

Healthy Cities Illawarra

# Annual Report

2023 - 2024



Healthy  
Cities  
Illawarra

Healthy Cities. Healthy People.

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# About Us.

Established in 1987, we are 37 years young.

We are a health promotion charity registered with the Australian Charities and Not for Profit Commission.

We are an incorporated association administered by NSW Fair Trading.

We have deductible gift recipient status (DGR) with the Australian Taxation Office.

We are members of the Alliance for Healthy Cities and subscribe to the framework of Healthy Cities initiated by the World Health Organisation, that is, that the social, economic and physical environment is the key to the health and wellbeing of our citizens.

Healthy Cities Illawarra Inc.

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Healthy Cities Illawarra Inc. acknowledges the Traditional Custodians of the land on which we live and work. We pay our respect to Elders past, present and emerging.



Healthy Cities Illawarra warmly welcomes everyone, irrespective of their ethnicity, faith, sexual orientation or gender identity. We are committed to eliminating all forms of discrimination.





# CEO & Chairs Report.

## A message from Catherine Moyle, Chair & Kelly Andrews, CEO

Dear Community, Partners and Stakeholders,

As we reflect on another year of remarkable progress, we are proud to share the incredible strides we have made at Healthy Cities. In a time when public health and social justice challenges continue to evolve, our commitment to fostering healthier, more equitable and more sustainable urban environments has never been stronger.

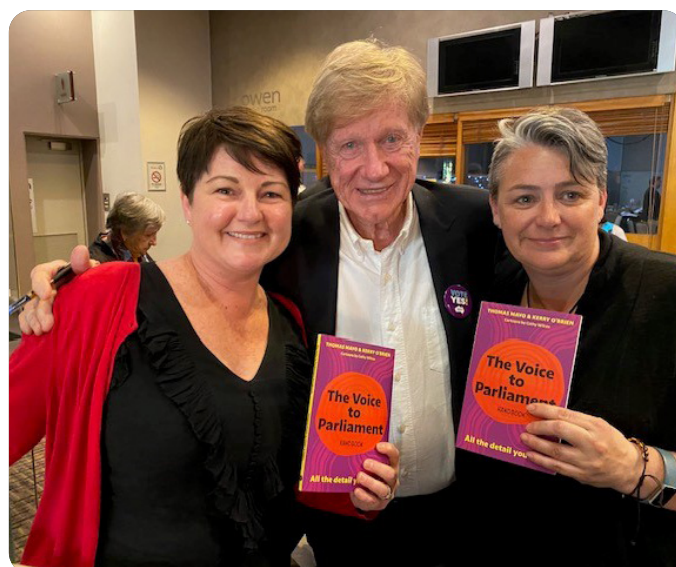
In order to deliver on this, this past year HCI has continued on the path set in 2022-23 and undertaken a comprehensive exploration of its identity, vision, mission, and purpose to ensure clarity and alignment for future direction. Through this deep dive, we have reflected on our core values and the unique role we play within our communities, reaffirming our commitment to creating meaningful impact. We have sharpened our focus on what we aim to achieve and how we plan to serve our stakeholders – and there is much more to come. This process has not only clarified and strengthened our strategic approach, but also provided space to continue a healthy review of our governance structures.

We are proud of our longevity, but also recognise the importance of reflection to remain relevant and fit for purpose. Governance in the not-for-profit sector is crucial to ensuring transparency, accountability, and long-term sustainability. Additionally, good governance fosters a culture of integrity and ethical leadership, ensuring that HCI can adapt to challenges, innovate, and maintain its impact and influence within the communities it serves.

Our Constitution was tweaked, our Board refreshed, and the world of strategy and risk embraced! We would like to acknowledge the many, many collective hours volunteered by the Board and extend our appreciation for their skills, knowledge, expertise and advice. Thank you, Lance Barrie, Joe Woodward, Laura Ruiz, Franca Facci, Andrew Mastroianni, Kathryn Singh, Mary-Ann Land, Vicky Wallace and Lina Engelen.

This past year we are excited to have embarked on a formal partnership with Asthma Australia to create an “Asthma Smart Community,” an initiative that takes a systems change approach to tackle the root causes of asthma-related challenges across all aspects of the asthma care ecosystem. This innovative program is designed to engage people with asthma directly, gaining valuable insights into their experiences and uncovering the key drivers that contribute to asthma flare-ups, emergency department presentations, and, in some cases, hospitalizations. By addressing these deeper systemic issues, we aim to create lasting change in how asthma is managed and supported within our community. Special thanks to Janine Phillips and Nigel Cooper from Asthma Australia for working through this with us and entrusting us to fulfil the legacy of the Pearl Sheppard Trust.

Thank you to all of our supporters and funding agencies. Whether you have bought a raffle ticket, attended an event, shared our socials or, indeed, provided us the financial means to deliver our programs, we love that you value the health and wellbeing of people and planet as much as we do.



## Annual Report 2023-2024 / About Us

A special shout out to Marcela Gaddes, NGO Finance Manager and Katherine Van Weerdenburg, Manager of Health Promotion, both from Illawarra Shoalhaven Local Health District for your ongoing partnership and support. Finally, as you read through this Annual Report, you will ultimately see the vibrancy and dedication of our staff and volunteers. Whilst not everything can be captured in these pages, we would like to acknowledge the professionalism and dedication of our staff in creating healthy cities and addressing the social and commercial determinants of health. Despite a volatile funding environment, they are driving transformative change, advocating for policies and practices that promote equity and well-being, and ensuring that health is viewed as a fundamental right for all.

Hat's off to:

Michelle Barry	Elizabeth	Boachie-Poku
Alexander Brown	Ingrid	Ferguson-Pillay
Berbel Franse	Manami	Henderson
Annie Jenkins	Ebeney	Kymme Whillas
Thomas Logan	Loreto	Medina
Ali Mesgarzadeh	Linda	Milling
Isabella Masi	Emily	O'Driscoll
Riahnna Ricardo	Isabella	Russell
Margareta Saveska	Sayuri	Shindo
Lachlan Stewart	Karel	Strooband
George Takacs	Tracy	Thomas
Maree Thompson	Matthew	West
Keegan Whitten	Sean	Wilson

Thank you all for your continued interest and support of HCI – there are new and exciting times ahead in 2025, so stay on the journey with us – we're stronger together.



Catherine Moyle



Kelly Andrews





## Our Mission:

To improve ALL health outcomes for ALL communities.

## Our Process:

- direct impact and individual empowerment through community-based programs
- inter-sectoral collaboration
- advocacy for systemic change

## Our Values:

- Integrity
- Equity
- Collaboration
- Inclusion



### Physical Activity

Promote healthy diets that are affordable, sustainable and culturally acceptable, resulting in improved nutrition and health outcomes while minimising negative impact on the environment.

Enhance physical and mental wellbeing, prevent and manage chronic disease, and promote healthy environments – for people, communities and the planet.

### Community Wellbeing

Enhance health and wellbeing by sharing skills and resources, fostering social cohesion and community participation.

### Leadership in Partnership

Establish and grow authentic partnerships to deliver meaningful health and wellbeing outcomes for the communities of the Illawarra-Shoalhaven

### Business Sustainability

Diversify and grow our revenue streams to strengthen our financial stability and enable measured growth.

## Minimise our negative impact on the planet while maximising our positive impact in our communities

- Deliver programs, resources and opportunities that encourage and support increased nutrition awareness and the knowledge and skills to prepare nutritious and affordable food.
- Contribute to strengthening the local food system to favour local production, decrease food waste and increase community access to fresh, healthy and affordable food.
- Drive policy improvement and advocacy activities that encourage the production of healthier food and drinks, and reduce exposure to unhealthy food marketing, especially for children.

- Deliver programs, resources and opportunities that encourage and support increased physical activity across all ages and demographics.
- Grow the number of people walking and cycling to education precincts (schools, TAFE, UOW campuses) inclusive of staff, students and parents.
- Grow participation in walking, cycling, public transport, active recreation and sport by minimising cost and reducing barriers to access.
- Contribute to policy improvement and advocacy for urban environments that are conducive to safe walking and cycling as part of a connected healthy cities and communities movement.

- Deliver programs, resources and opportunities that address risk factors for chronic disease, reduce social isolation and encourage dialogue that not only address immediate needs but also proactively cultivates the long-term health and happiness of our community.
- Empower and strengthen community voices by growing a diverse member base to bring people together and facilitate:
  - Opportunities for consultation and decision-making.
  - Access to information and education, learning, research and community service through volunteering, student placements and corporate collaborations.
  - An environment that cultivates community belonging and positive impact.
  - Contribute to the delivery of community events and spaces that promote connection and belonging, and inspire people of all ages, abilities and cultures to engage in social and healthy activities.

- Identify, resource and facilitate community programs using collective impact methods.
- Deepen our engagement with government, multi-sectoral organisations and individuals to advocate for healthy environments that promote and enable healthy choices, thus reducing chronic disease.
- Strengthen our research collaborations with the University and health sector to add to the evidence base of our work, thus influencing policy and systemic change.
- Strengthen the position of Australian preventative health strategies and practices through increasing the member base of the Australian Chapter of the Alliance for Healthy Cities and championing the Healthy Cities approach domestically and internationally.

- Grow the HCI member base to increase revenue, awareness and influence.
- Ensure our systems, technology, facilities, and infrastructure are well-resourced, efficient, adaptable, user-friendly, and scalable to support our current and future needs.
- Identify alternative, enduring revenue streams that provide longer-term financial sustainability for HCI and benefits for the community.
- Explore opportunities to merge/acquire aligned organisations to grow economies of scale, efficiencies and impact.

**Healthy Cities. Healthy People.**

# The year in review.



**60 New**  
Volunteers

New Koonawarra  
Holiday Program  
**80 kids!**



**573**  
Program  
Participants

Despite the Voice to  
Parliament referendum  
being defeated on Oct  
14, 2023, HCI actively  
participated in the YES  
campaign.



**5104 Hours of**  
Volunteering

**400**  
Program  
Delivery  
Hours

**1st Illawarra Edible  
Garden Trail  
11/12 Nov 2023!**



"It has been such a great experience so far; I've met so many incredible people and hanging out with the kids as part of the Active In-Betweens program has been amazing! They're all so kind and I feel like HCI is helping to make a tangible difference which is so great to be a part of"

**Caitlin- Active In-Betweens Volunteer**

# Measuring our social impact.

Healthy Cities Illawarra now holds a license to use the [Australian Social Value Bank \(ASVB\)](#) to evaluate programs with recognised national metrics. In 2025, program surveys will be adjusted to align with ASVB outcomes. While ASVB focuses on adults, its use for children remains valuable, especially in programs involving families.

Through this evaluation, we gained a deeper understanding of the social and economic value generated by our initiatives. These insights allow us to refine our approach, ensuring we deliver meaningful, measurable benefits to our community.

## Program Comparisons and Results

### Cook Chill Chat (2018 - 2023)

Cook Chill Chat (CCC) has been one of our longest-running initiatives, and we are thrilled to present a comprehensive analysis of its social impact using data from 2018 through 2023. We assessed if the CCC program had benefits on three key outcomes: (1) improved self-esteem/confidence, (2) meeting friends regularly, and (3) joining a social group.

Across the five years, the net benefits of the CCC program were **\$492,037**, with an average benefit-cost ratio of 1.64. This means that for every dollar invested, the program returns approximately **\$1.64** in social and economic value.

The program has reached **659 people**, with a net benefit of **\$750** per participant, demonstrating the program’s positive return on investment, translating into tangible improvements for participants and the broader community. To achieve the most accurate representation with the current available data, we applied a “best-fitted” approach to our analyses.



Graph 1: CCC Program Outcomes (2018-2023)

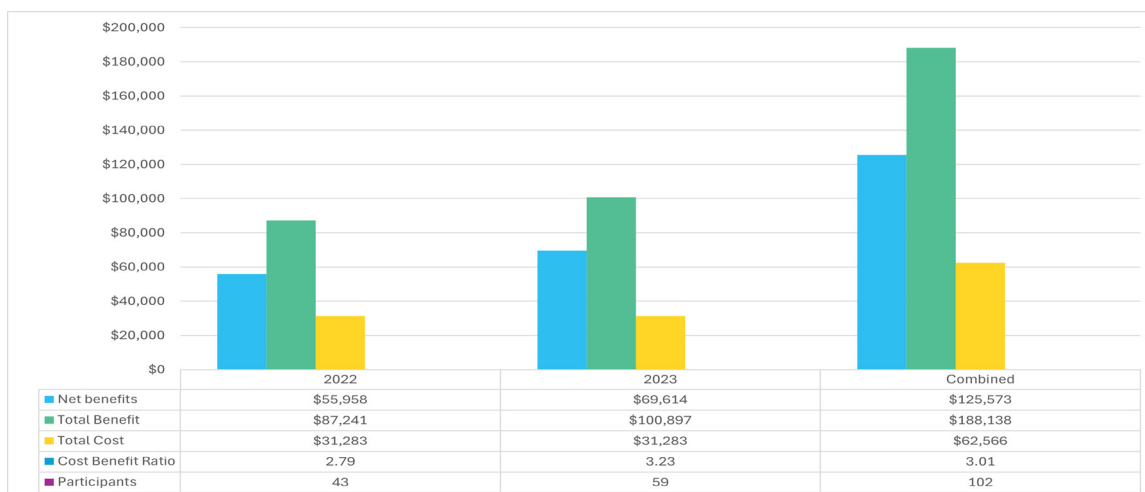
### Dinner Table Project (2022-2023)

The Dinner Table Project (DTP) brings together adults and their children for social cooking workshops. Given the mixed participant age groups, this section presents a focused analysis of the last two years. We have carefully navigated the complexities of evaluating both children and adults and believe this data offers key insight, showing that including children in these environments can enrich the programs.

We assessed the same outcomes as the CCC program: (1) improved self-esteem/confidence, (2) meeting friends regularly, and (3) joining a social group. Over the two-year period, the net benefits of the DTP program totalled **\$125,573**, with an average benefit-cost ratio of 3.01. This means that for every dollar invested, the program returns approximately **\$3.01** in social and economic value—almost double the return compared to the CCC program.

The net benefit per participant was calculated at **\$1,233**, clearly showcasing the program’s impactful return on investment and its substantial positive impact on participants and the broader community.

Graph 2: DTP Program Outcomes (2022-2023)



### Active In-Between (2023-2024)

The AIB program has shown outstanding positive outcomes in our most recent evaluation using the ASVB. The program is for children 8–12-year-olds. The ASVB is not designed to calculate Cost-Benefits for this age group as it starts from 16 and older. Nonetheless, we believe the ASVB is the best cost benefit analysis tool available. Often children at younger ages will have more benefits from health promotion programs in the future. These results will, however, will have to be considered carefully, due to the methods used.

We assessed whether the AIB program produced a benefit on three key outcomes: (1) improved overall health, (2) feels in control of life, and (3) feels part of local community. The ASVB was assessed on a 6 month timeframe, the net benefits of the AIB program were **\$877,391**, with an average benefit-cost ratio of 6.68. This means that for every dollar invested, the program returns approximately **\$6.68** in social and economic value.

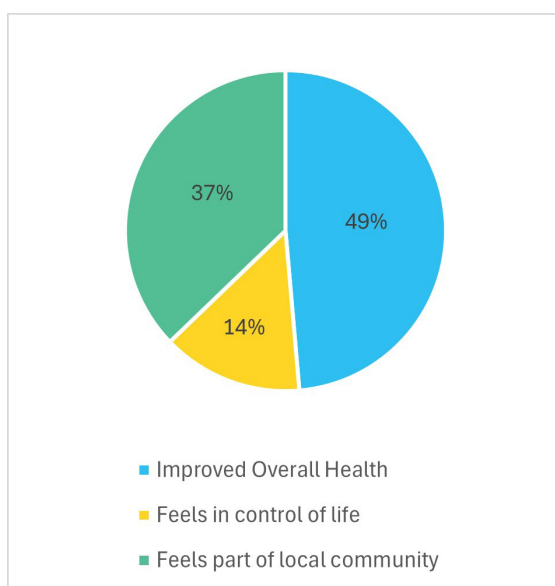
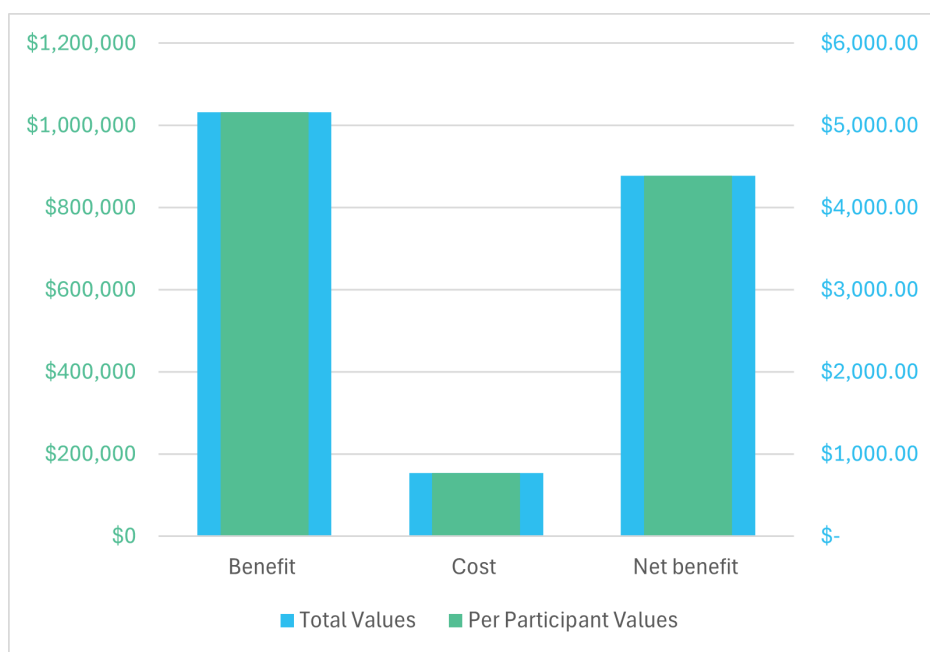


## Annual Report 2023 -2024 / Our Impact

The program reaches approximately **200 children every school term**, with a net benefit of **\$4,387 per participant**, demonstrating its substantial impact on enhancing children’s health and wellbeing. These impressive outcomes underscore the program’s effectiveness in fostering a supportive community environment while empowering children to take control of their health, making it a vital resource for the families it serves.

As we continue to refine our evaluation methods, we look forward to further incorporating ASVB data in future reports. These analyses not only demonstrate the impact of our programs but also offer a roadmap for their ongoing development. We are committed to improving the lives of our participants and communities and will continually seek ways to enhance the accuracy and relevance of our impact assessments.

### Graph 3 & 4: AIB Program Outcomes



**Disclaimer:** Though the ASVB was not originally intended for participants under 16 years of age, we have employed it carefully to assess younger participants’ outcomes. While future evaluations will refine this approach, we believe using the ASVB in this context provides valuable insights into the holistic benefits of our programs for both children and adults.



# Active In-Betweens

Active In-Betweens is a place-based, trauma-informed after school program for children aged 8-12. The pre-teen age group experiences rapid physical, social and cognitive development and is a time where many patterns of behaviour are established which can affect their health outcomes. It is also a significant time of transition – to high school and adolescence.

Active In-Betweens provides opportunities for children to:

- Eat and learn about healthy food
- Play actively outdoors and try different sports and activities
- Connect positively with peers and supportive trauma-informed adults
- Learn about interpersonal behaviors that contribute to health and positive self-esteem
- Engage with positive social and neighbourhood connection opportunities

This year, we celebrated the **10th anniversary of Horsley's Active In-Betweens** (formerly Horsley Outdoor Krew), marking a significant milestone in community development and highlighting the program's lasting impact and relevance. Key stakeholders attended a special session where we showcased the program's three core goals: promoting physical activity through martial arts, encouraging healthy nutrition with our fun smoothie bike, and fostering social connections through art. The event featured children who took on leadership roles, speaking and serving as MCs, acknowledging the program's positive influence.

Additionally, our **Active Holidays series**, held in Koonawarra during school breaks, provided four sessions focused on empowerment, basketball skills, and cooking classes. These holiday events play a vital role in engaging the community and serve as a gateway to our ongoing Active In-Betweens program.

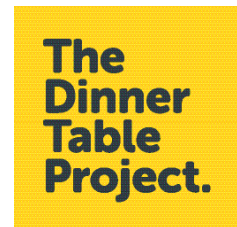


# The Dinner Table Project

In its second year, the Dinner Table Project continued as a fun and engaging 6 week cooking program for families with at least one child aged 8 and up. Families gathered from 5-7:30pm to prepare nutritious meals together and enjoy a shared dinner experience. The program runs in the Shellharbour LGA and aims to build stronger family units and improve individual health and wellbeing by:

- Building nutritional knowledge, basic food preparation and cooking skills
- Sharing a meal and communicating as a family

We delivered **3 groups** this year, 1 at Albion Park Community Centre and 2 at Albion Park Rail Primary School reaching 25 adults and 35 children, including 5 pre-schoolers.



## Cook Chill Chat

In the kitchen and around the table, we share knowledge, learn new skills, and strengthen community bonds, Cook Chill Chat (CCC) is a 6 week program designed to bring community members together to cook and share a meal.

The program aims to foster inclusivity, resilience, and healthier communities by increasing social connections, enhancing cooking skills, boosting knowledge of healthy eating, and improving both mental and physical wellbeing. This year, Cook Chill Chat ran **4 programs** with a total of **47 participants**.

The shared experience of cooking and dining together helps break down social barriers, creating a space where people feel heard, valued, and included. The success of the program reflects the importance of shared meals and meaningful conversations in creating, healthier communities.





## Hi Mate

In June 2023, with seed funding from the NSW Department of Education's Student Wellbeing Innovation Fund, Health Promotion Officer Matt West began the 'Hi Mate' program, a physical activity-based transition to high school program, with the Warrawong Community of Schools.

The main benefits of Hi Mate came from giving students the opportunity to build friendships and connect in a positive way through sport and activity, thereby fostering a sense of belonging. Students familiarised themselves with the high school environment they are transitioning to in a supportive but less formal manner, without the pressures of schoolwork, whilst encouraging healthy habits.

Matt worked with students in Year 6 from Cringila PS, Kemblawarra PS, Lake Heights PS, Port Kembla PS and Warrawong PS to co-design a program to assist students' transition to high school by focusing on physical activity as a driver for social connection and wellbeing, building their sense of belonging within the Warrawong community.



Education

## Creative Cooking

Creative Cooking is designed for young adults aged 18-25, offering a series of classes that help participants build confidence in the kitchen. They master cooking fundamentals and explore their creativity with fun, choose-your-own-adventure recipes. The program also aims to tackle food waste and improve food security by empowering young people with essential food knowledge and skills, enabling them to cook up positive change from their kitchens at home.

This year, we conducted an impactful 5 week program, targeting young adults from UOW, with 3 hours sessions each day. A total of **46 participants** took part, gaining practical experience and developing essential skills.

The extended duration allowed for deeper engagement, enabling participants to fully absorb the material and apply their knowledge. In addition to skill building, the program strengthened community.





# Breathe Better Illawarra

Asthma is one of the most common chronic health conditions affecting people in Australia, with approximately 2.8 million people estimated to be living with the condition in 2022. Asthma Australia began scoping a new project to reduce potentially preventable hospitalisations in children with asthma in the Wollongong area between June 2023 and February 2024. In February, Healthy Cities Illawarra signed a funding agreement with Asthma Australia to deliver the new project and help primary-school-aged children to “Breathe Better in the Gong”. HCl undertook recruitment for a project worker to lead the initiative, with the new position commencing in July 2024. The project received media coverage in the [Illawarra Mercury](#) (19 March 2024) and [Illawarra Flame](#) (24 April 2024).

For more information head to: <https://asthma.org.au/>



# More than a Cyclist

Our “More Than A Cyclist” campaign supports the Wollongong 2030 Cycling Strategy, aiming to make cycling a top transport option by improving city infrastructure for cyclists. While the strategy focuses on off-road paths, cyclists still need to share the road, and we aim to raise driver awareness of their rights.

This year’s campaign sees an infusion of new energy, with new talent representing an array of different local organisations, sports teams, and workplaces. Among them are notable community members such as Mathew McMaugh, Gabriel Stephenson, Edward Birt, Manami Henderson, Isabella Rooney, and Louise Meyrick.

Cyclists are vulnerable road users. Research suggests that many motorists perceive people who ride bikes as less than human, or distinctly different from themselves. The campaign aims to evoke empathy for the person riding a bike and foster attitudinal and cultural change regarding the shared place of bikes, and other forms of micromobility, as a form of transport.





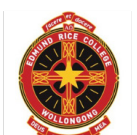
# Illawarra Women's Day of Dance & Culture

On 15 March 2024, over 300 women and **18 local organisations** gathered at Wollongong Town Hall for the third Illawarra Women's Day of Dance and Culture. This vibrant event brought together 250 attendees, 20 volunteers, 35 performers, and **36 stallholders, totalling 341 participants.**

The event is inspired by the work of Rosemary Kariuki OAM who believes in the provision of information for woman of all backgrounds and circumstances to empower them to seek support for self-determination. The celebration featured cultural dance performances and provided valuable information on local women's health and support services. Dr Aunty Joyce Donovan delivered an inspiring opening speech, highlighting women's achievements and setting a positive tone for the day. Attendees enjoyed a range of activities, including engaging workshops, interactive stalls, and moving dance showcases representing diverse cultures.

The success of Illawarra Women's Day of Dance and Culture was made possible through the dedication and hard work of the volunteer organising committee and the generosity of our sponsors. Their commitment ensured that this special day left a lasting impact, creating new pathways for collaboration and solidarity in the ongoing journey towards gender equality and community empowerment. A heartfelt thanks to all involved for making this day a truly memorable and transformative experience for everyone who participated.

Porudly sponsored by:





# Our Volunteers.

Volunteers are essential to the success of Healthy Cities Illawarra, especially when staffing and funding are limited. Their unwavering dedication has allowed us to maintain and deliver a variety of community programs, even during periods of financial constraint.

This year, our volunteers contributed over **5,000 hours** to support various campaigns, projects, and events. We welcomed **60 new volunteers**, helping launch new volunteer initiatives like the Illawarra Edible Garden Trail and 5x5 at Kiama. More than **2,000 volunteer hours** came from student placements through partnerships with TAFE, UOW, and Western Sydney, some of which contributed to key research projects, strengthening our program outcomes. We concluded the year with a special International Volunteer Day, highlighted by a cultural walk along Bellambi Beach led by an Aboriginal Cultural Awareness Facilitator.

## Volunteers: 203

60 volunteers have been onboarded since July 2023 taking the total number of HCI volunteers onboarded to **203**.

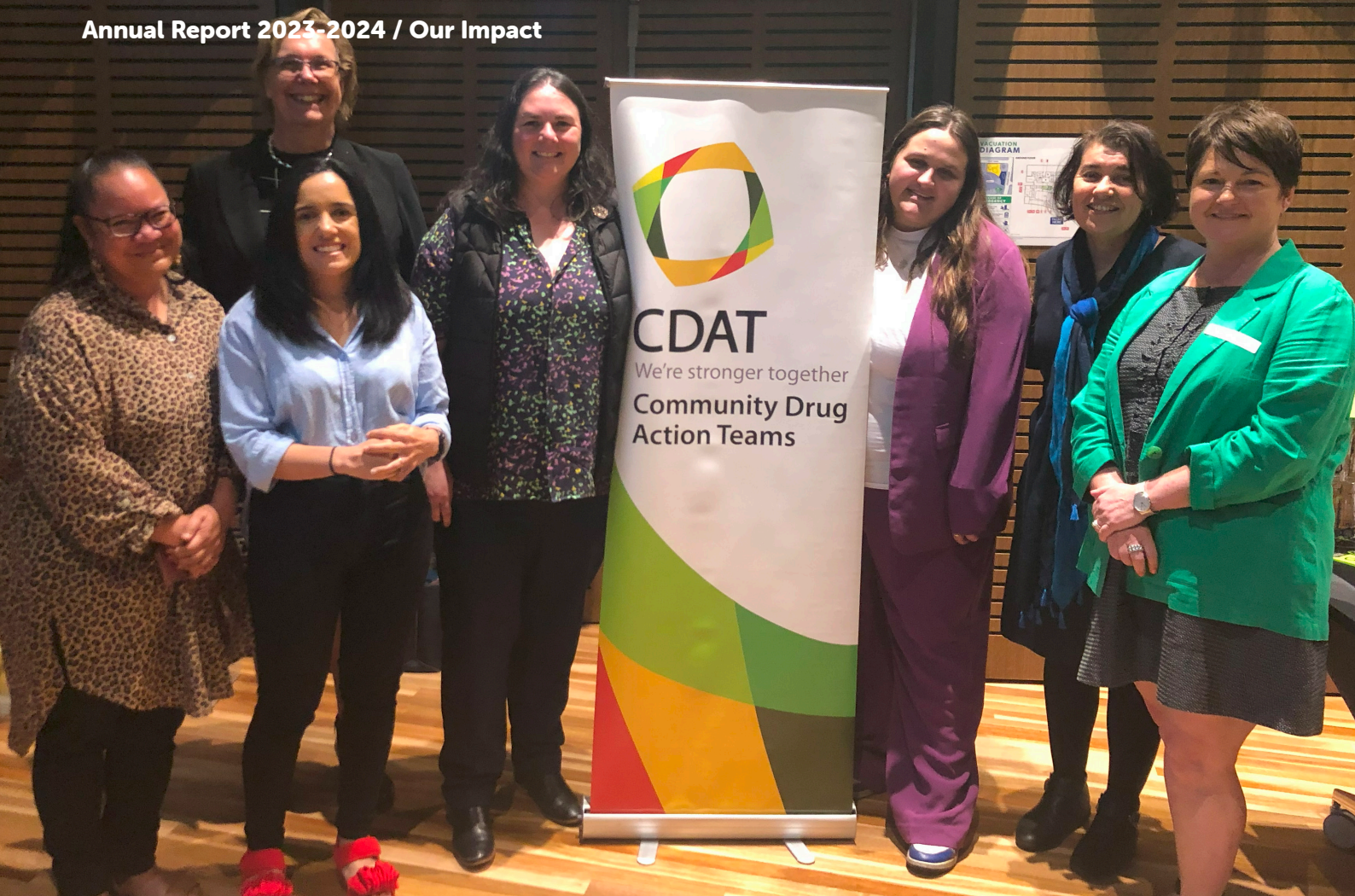
## Hours Volunteered: 5,104 representing \$175,000\*

Our volunteers have collectively contributed over **5,104** hours of volunteering over the past financial year.

\*Value based on \$35p/h

## 20+ events attended

Our volunteers have assisted at over **20** different events across the year.



## Drug & Alcohol Forum

On Tues 12th September, in collaboration with ISLHD Alcohol and Other Drugs Service and other members of the Wollongong Community Drug Action Team, we hosted an important local forum to discuss tackling stigma and employing positive approaches to prioritise primary prevention and community connection to reduce harm from alcohol and other drugs and create safer and healthier communities.

The forum was attended by over **100 people** and we heard rich experiences and insights from people with lived experience. Thanks to ABC Illawarra radio journalist Kelly Fuller for being a great MC, and our speakers:

- Caterina Giorgi, CEO, Foundation for Alcohol Research & Education
- Sarah Williams, Founder, What Were You Wearing Australia
- Prof Evelyne de Leeuw, Professor

This forum was funded by the NSW Government through the Community Drug Action Team program.

Special acknowledgement of the efforts and leadership of Gabbi Martinez from the Drug & Alcohol Service at Illawarra Shoalhaven Local Health District in bringing this event to fruition.





## Food Fairness Illawarra

This year saw the departure of **Berbel Franse** in January who commanded the Food Fairness Illawarra Coordinator role for eight years in addition to many other community nutrition based projects. Berbel will be remembered for her fierce advocacy and high-level project management to ensure the highest quality of projects delivered. A collective thanks and recognition of Berbel’s contribution to work towards a fairer, more local, more sustainable food system – such as the redevelopment of the FFI website, trialing the Wollongong Online Farmer’s Market, the Regional Food Donations Pilot and presenting at the NSW Food Supply & Distribution in NSW Enquiry in 2022 just to name a few!

A shout out also to **Maree Thompson** who worked with us to support FFI when Berbel was on extended leave as well as deliver the Hidden Harvest Creative Cooking program at UOW. For those not familiar with Hidden Harvest, it was founded in 2015 by Berbel, later managed by Maree – a wholly volunteer run organisation dedicated to “upskilling our community by giving them the tools and forks to tackle food waste and shape a sustainable future”. Hidden Harvest, whilst currently no longer running due to lack of funding was an outstanding example of targeted, relevant and impactful grassroots education and advocacy for the climate and social impacts of food waste from 2015/2023.



## Connecting Over Fair Food

On Wednesday 18 Oct 2023, more than 110 dedicated food educators, advocates, producers, gardeners, and passionate food enthusiasts converged for the annual “Connecting Over Fair Food” event at the Shellharbour Civic Centre. “Connecting Over Fair Food” is a collective effort of Shellharbour City Council, Wollongong City Council, Kiama Council, Illawarra Shoalhaven Local Health District, University of Wollongong, and Healthy Cities Illawarra, under the banner of Food Fairness Illawarra.

The evening commenced with a vibrant atmosphere as participants explored a diverse array of Fair Food information and market stalls. These stalls served as platforms for connecting and learning about various initiatives in the Illawarra region. Building on the previous year’s success, the event featured a bustling Crop Swap, where attendees exchanged surplus produce, fostering discussions on growing, preserving, and seed-saving practices. The Swap featured garden greens, herbs, citrus, mulberries, macadamias, eggs, honey, seedlings, and more.

To quench the thirst and fill the bellies, attendees were treated to an apple cider from Glenbernie Orchard, a selection of tea from Flametree Community Food Co-Op, and plates of local goodness from the Civic Centre Café before the speakers took the stage.

The speaker session, led by Maree Thompson from Hidden Harvest, began with a heartfelt Welcome to Country by Uncle Richard Davis. Shellharbour Mayor Chris Homer followed, underscoring the interconnectedness between the food system and climate change. Keynote speaker Emanuela ‘Manu’ Prigioni, co-founder of Farm It Forward, shared her inspirational journey connecting residents with unused land and passionate growers. Local speakers Sarah Anderson and Suzy Pickles from Foodtalks Illawarra and Narelle Happ from A Garden for Life, added a local lens to the conversation, emphasising community involvement opportunities and the significance of indigenous foods.

The event culminated with a screening of “Rachel’s Farm,” a thought-provoking documentary depicting actress Rachel Ward’s transformation from working in the entertainment industry to becoming a passionate farmer. The film provided a unique perspective on ecological awareness and the movement to restore Australia’s farmland, food and climate.





### First Illawarra Edible Garden Trail

The Illawarra’s first Edible Garden Trail, supported by Food Fairness Illawarra and sponsors **Gilly’s Kitchen Garden and Treemates**, took place on 11/12 November 2023. This event opened private gardens to the community, giving everyone a chance to explore and be inspired. From large, sunny backyards to verges, balconies, and pot plant setups, the Trail showcased diverse growing spaces.

The goal was to encourage aspiring gardeners and connect existing growers with their neighbours and local crop swap groups, building community resilience and strengthening food security across the Illawarra. The Trail was organised by a dedicated community group from Otford – Claudia, Zan, Grant, and AJ – who coordinated 18 gardens from Helensburgh to Woonona, including school and community gardens. The event drew over **300 attendees**, mostly women aged between 5 and 64, with the majority in the 45-54 age group.





# Illawarra Shoalhaven Active Transport Taskforce

The Illawarra Shoalhaven Active Transport Taskforce (ISATT) is a network of state and local government organisations, community groups, and passionate individuals dedicated to improving urban environments to encourage and support active transport for all citizens. The major objective of the taskforce is to reduce the burden of lifestyle-induced chronic disease by helping create urban environments which encourage greater use of active means of transport for shorter trips.

Our focus this year has been on advocacy around schools, workplaces, and railway stations. Submissions have been made on the Wollongong Integrated Transport Strategy, Wollongong City Centre Movement and Place Plan, Stuart Park masterplan, and the Wollongong City Council Delivery Program. In addition we have been engaging with local elected representatives and bureaucrats around active transport elements of the Mt Ousley interchange project.

One small victory for this advocacy work recently was the announcement by NSW Minister for Transport Jo Haylen that **North Wollongong railway station** would have its **bicycle storage** made more secure by installation of a bike shed. This allows regular commuters to lock their bike in a covered facility with CCTV, and to which access is only available to users with registered Opal cards. We had advocated for similar sheds at four other stations in the Illawarra but one is at least a start.

In the coming year we look forward to completing a revision of the 2013 Wollongong CBD walkability assessment, with the help of a community member who has recently volunteered to assist with this task. Work on the revision of the Coastline Cycleway audit from Thirroul to Kiama continues.

# Healthy Cities Illawarra Incorporated

## Statement of Financial Position as at 30 June 2024

<b>CURRENT ASSETS</b>	<b>2024</b>	<b>2023</b>
Bank Cheque Accounts & Term Deposits	\$ 681,038.00	\$ 584,356.00
Receivables	\$ 276,947.00	\$ 34,198.00
Other Current Assets	\$ 4,404.00	\$ 4,356.00
<b>TOTAL CURRENT ASSETS</b>	<b>\$ 962,389.00</b>	<b>\$ 622,910.00</b>
<b>NON CURRENT ASSETS</b>	<b>2024</b>	<b>2023</b>
Fixed Assets	\$ 9,459.00	\$ 12,632.00
<b>TOTAL NON CURRENT ASSETS</b>	<b>\$ 9,459.00</b>	<b>\$ 12,632.00</b>
<b>TOTAL ASSETS</b>	<b>\$ 971,848.00</b>	<b>\$ 635,542.00</b>
<b>CURRENT LIABILITIES</b>	<b>2024</b>	<b>2023</b>
Creditors	\$ 39,697.00	\$ 55,799.00
Unexpended Grants & Grants in Advance	\$ 508,475.00	\$ 155,051.00
Funds Held in Trust	\$ 5,924.00	\$ 58,893.00
Net GST	\$ 41,930.00	\$ 21,352.00
Provisions	\$ 47,482.00	\$ 47,080.00
<b>TOTAL LIABILITIES</b>	<b>\$ 643,508.00</b>	<b>\$ 338,175.00</b>
<b>NET ASSETS</b>	<b>\$ 328,340.00</b>	<b>\$ 297,367.00</b>

## Statement of Income & Expenditure for the Year ended 30 June 2024

<b>INCOME</b>	<b>2024</b>	<b>2023</b>
Grants Received	\$ 1,002,795.00	\$ 638,664.00
Program Delivery	\$ 88,932.00	\$ 102,986.00
Grants Unexpended Carried Forward	\$ 213,945.00	\$ 382,364.00
Membership Fees, Training Income	\$ 15,038.00	-\$ 723.00
Transferred from HPI	\$ -	\$ -
Interest & Miscellaneous	\$ 730,479.00	\$ 119,605.00
<b>TOTAL INCOME</b>	<b>\$ 2,051,189.00</b>	<b>\$ 1,242,896.00</b>
<b>EXPENDITURE</b>	<b>2024</b>	<b>2023</b>
Employee Costs	\$ 552,767.00	\$ 786,196.00
Program Costs	\$ 40,668.00	\$ 70,825.00
Administration & Sundries	\$ 912,384.00	\$ 295,917.00
<b>TOTAL EXPENDITURE</b>	<b>\$ 1,505,819.00</b>	<b>\$ 1,152,938.00</b>
<b>Surplus/(Deficiency) of Income for the Year</b>	<b>\$ 545,370.00</b>	<b>\$ 89,958.00</b>
Amounts Transferred to Unexpended Grants/Held in Trust	\$ 514,399.00	\$ 213,945.00
<b>Net Surplus/(Deficiency) of Income for the Year</b>	<b>\$ 30,971.00</b>	<b>-\$ 123,987.00</b>