



ANNUAL REPORT

2022 - 2023

INTRODUCTION

Healthy Cities Onkaparinga (formerly Healthy Cities Noarlunga) is a non-government organisation advocating for collaborative health promotion. It was established in 1987 as one of three cities to test the European Healthy Cities model in Australia. HCO is a coalition of agencies and community members that addresses health issues using the World Health Organisation's *Ottawa Charter for Health Promotion* as its primary reference. Healthy Cities Onkaparinga has developed a process that provides community members with the opportunity not only to raise important health issues with representatives from the public and private sector, but also the opportunity to work with these groups to address the issues.

Healthy Cities Onkaparinga has made a significant contribution to the health of the City and has been a leader in establishment of the Healthy Cities approach in Australia.

Healthy Cities Onkaparinga Mission Statement

Healthy Cities Onkaparinga aims to stimulate community action in Onkaparinga about issues that affect health and to develop possible solutions for these issues.

Healthy Cities Onkaparinga Objectives

1. To increase community awareness of the social health perspective and the social determinants of health.
2. To facilitate and support community participation in health, and empowerment to act on the social determinants of health.
3. To increase collaboration between the community, government agencies (Federal, State and Local) and non-government organisations to support positive health outcomes.
4. To encourage health services to allocate a higher proportion of their budget and staff time to health promotion activities.
5. Undertake, or support others to undertake, initiatives and projects that focus on intersectoral cooperation and community engagement to improve health for all.
6. Auspice and support small community organisations in activities to improve health.
7. Demonstrate good governance by adhering to Healthy Cities principles and values, and working efficiently and effectively as an association.

Strategies

- Work with a variety of local community groups and individuals on locally relevant issues.
- Encourage community participation, firstly in the identification of needs, and then addressing the issues.
- Support existing community initiatives which promote health.
- Encourage health services and other services to allocate a higher priority to health promoting activities.
- Cooperate and facilitate the development of networks between Healthy Cities throughout Australia and the Western Pacific Region.
- Give priority to issues and activities which are based on values of social justice and equity.

Management Committee: Office Bearers

Chairperson: Jules Ferguson

Administration: Vanessa Moss (ex officio)

Deputy Chairperson: Jonette Thorsteinsen

Treasurer/Public Officer: Helen Mikolaj

Secretary: Gwyn Jolley

Management Committee: Community Members: Gary Goland; Tricia Damé; Sharon McGann

City of Onkaparinga Liaison: Geoff Eaton

Chairperson's Report

Firstly, it has again been a privilege to lead Healthy Cities Onkaparinga for another exciting year. It has been a challenging year with our Management Committee members needing to juggle committee responsibilities with personal commitments but as always, they contributed with a smile and willingness to be involved. To all the Management Committee - Jonette, Helen, Gwyn, Trisha, Sharon, Gary and Geoff your hard work, dedication, commitment and passion to progress the HCO mission is commendable.

A special mention to Jonette Thorsteinsen who put her hand up this year in the role of Deputy Chair and supported me as Chairperson. Jonette took on responsibilities by speaking and representing Healthy Cities on several occasions and at various events. She is always willing to assist where and when she can. Thank you, Jonette.

Again, many thanks to Helen Mikolaj for her knowledge and commitment in her role as Treasurer, undertaking the very important responsibilities of administrating and acquitting our various grants. Thank you, Helen.

As always, a big thank you to Gwyn Jolley, who goes above and beyond in the vital role as Secretary and her excellent grant writing skills and her ever willingness to put herself up for additional roles and tasks in our projects and initiatives. Thank you, Gwyn.

2022 - 2023 has been a very productive and busy year with the team working hard to stimulate community action in Onkaparinga about issues that affect health and developing possible solutions for those issues.

We continue to support the Onkaparinga Food Security Collaborative which is moving ahead in leaps and bounds being led by the ever-capable Sharon McGann and her team with a very successful 2023 Open Session event and the Fresh Farm Food Project and the development of the Food Trail Map.

It has been a wonderful and exciting time working towards establishing a Compassionate Community Collaborative with various local Compassionate Communities undertaking some interesting and needed projects in their local areas. The dedicated Southern Vales Compassionate Community group lead by the committed Kristina Walsh, Deb Lilley and the team shows the way by being even stronger and bigger this year, as they bring community together to raise end of life issues and find solutions to the community's needs. We look forward to seeing what comes from this ever-growing and passionate local Compassionate Communities group.

Thank you to the Compassionate Communities Collaborative Project Co-ordinator, Mark Waters, for all his help in establishing, growing and providing the expertise with this initiative and mentoring the local Compassionate Communities' groups as they find their way to success.

Working in partnerships and collaboration is the cornerstone for the way that HCO operates and thank you to our partners and supporters: Katrine Hildyard MP and her staff, Nat Cook MP and her staff, Hon. Amanda Rishworth MP and her staff, City of Onkaparinga; Adelaide Primary Health Network; Flinders University and Palliative Care SA.

Last but by no means least, thank you to our Onkaparinga Councillors, Geoff Eaton and Gretel Wilkes who continually connect us to our local Council and advocate for us. Early next year we look forward to meeting and working with the new CEO, Mr Phu Nguyen, so together we can all "Make Onkaparinga a better place to live, work, play and love" through the Onkaparinga Food Security Collaborative, the Compassionate Communities Collaborative and its local Compassionate Communities groups and continuing to promote Healthy Cities Onkaparinga to the community.

Thank you all Jxx

MEMBER ADVOCACY

Members are involved in many organisations and groups advocating for health promotion and community engagement, writing submissions and engaging with services and policy makers.

Jules brings to Healthy Cities Onkaparinga her skills in community development, consumer engagement and demonstrates leadership by example through providing opportunities for those around her to find their niche. Her passion for mentoring, partnerships along with the recognition of establishing good networks has been the cornerstone in her leadership style. Jules believes in the motto "To Encourage. To Enable. To Empower"

Jonette is a Community Member on Healthy Cities Onkaparinga. She spent her career in Early Childhood Education and is passionate about providing exceptional environments and educational opportunities for our community in order to support a 'lifelong wellbeing approach'. Since her retirement she has become a weekly volunteer at Minton Farm Native Animal Rescue Centre, and is on the Board of Southern Volunteering SA.

Gwyn is passionate about equity, empowerment and participation. In her role as Secretary, Gwyn provides administrative support, writes grant applications and advocacy letters, and coordinates project activities and reporting. Gwyn is the acting secretary for the Onkaparinga Food Security Collaborative. She is a member of Health CAN SA and the Public Health Association Australia, and has attended many seminars and events during the year, advocating for health promotion and a Healthy cities approach. Gwyn liaises with Healthy Cities Illawarra and the Australian Chapter of Healthy Cities.

Helen continues to advocate for seniors and disability and has undertaken training as an Advanced Care Directive Ambassador. She shares her knowledge and resources with groups and community members. Helen is a member of the Ethics Review Committee of Audiology Australia. Helen is re-establishing the Noarlunga Diabetes Support Group which was forced to close because of COVID. She also organises the annual *Young at Heart* art and craft exhibition to celebrate seniors' creative talents.

Gary sees health incidence data for local areas being ignored, in a sad reflection of limited achievement by the health bureaucracy and decision makers. We really need to pay attention to what is going on in our backyards, and focus on greater collaboration across departments and levels of government. We could also benefit from greater understanding and collaboration with research and data organisations such as the SA universities. A greater understanding of health incidence, risks and costs will lead to a more successful and positive future for the community's health. Health incidence has strong public interest, underlined by the Covid-19 pandemic. Why can't we take the next step, as is happening overseas, and engage a health risk approach that will benefit our health system and provide information for our GPs and an overworked public health system.

Tricia is a strong advocate for Consumer Engagement in the health system and joined Healthy Cities Onkaparinga in 2016. She is a Patient and Family Representative at Flinders Medical Centre where she speaks to patients, families and carers in the Division of Rehabilitation, Aged and Palliative Care. Tricia is also passionate about Aboriginal Reconciliation and recognition in our communities.

Sharon is Chair of the Onkaparinga Food Security Collaborative (OFSC) Steering Group and this sub-committee advocated with Local, State and Federal Governments, including making a representation to the National Agricultural Standing Committee's Inquiry into Food Security. Sharon has also participated in workshops and provided feedback into the State Government funded Secure Food Systems Project, run by Flinders University. She also participated in the Activating the Fleurieu Food System workshop with Sustainable Table and local council representatives, which has led to the creation of a funded activator role in the Fleurieu.

ADMINISTRATION AND POLICIES

AGM

The 2022 AGM was held on 14th September at 114 Beach Road, Christies Beach.

Governance and Review of Constitution

Thanks to a grant from the Australian Government via Amanda Rishworth MP, HCO received funding to provide volunteer training and governance development in 2022. Two workshops were held to update our strategic priorities and the constitution was revised to reflect governance changes.

Code of Conduct Statement

HCO has a Code of Conduct Statement intended to facilitate a professional, respectful and inclusive organisational environment, review due June 2025.

Child Protection Policy

HCO has a Child Protection Policy and Child Safety Code of Conduct, review due June 2025.

Catering Guidelines

HCO Catering Guidelines reviewed in March 2021 and adapted for Covid safety, review due June 2025.

Auspice policy

As an incorporated NGO, HCO is occasionally asked to auspice other community-based groups in grant applications. An auspice policy including guidelines and costs is available on the website.

Orientation Booklet

An orientation booklet has been developed describing HCO history, governance, principles and objectives. This resource will be useful for all members and, in particular, provides a guide for new members on what to expect and what is expected of them.

Volunteer Police Checks

HCO has a Voluntary Organisation Authorisation Number (VOAN) to allow our volunteers to apply for a National Police Certificate without charge.

PROMOTION AND COMMUNICATION

Website and Facebook page

The website content is continually being updated. The HCO Facebook page has proved to be an effective way to engage with members and supporters and now has over 944 likes. Future events and relevant issues are promoted on our Facebook page.

ACTIVITIES

Onkaparinga Food Security Collaborative: “Achieving More Together Than Alone”

The Onkaparinga Food Security Collaborative was active this year in advocacy at all three levels of Government. We made submissions to the National Agricultural Standing Committee’s Inquiry into Food Security and were invited to make a verbal presentation. We also made a submission to the Senate Inquiry into Poverty.

At the State Government level, Collaborative committee and members provided valuable input into the State Government’s funded Secure Food Systems Project, run by Flinders University’s Centre for Social Impact. Committee members also participated in the Activating the Fleurieu Food System workshop with Sustainable Table and local council representatives, which has led to the creation of a funded activator role in the Fleurieu, through Liz Sanders from The Food Embassy.

At the local level, Steering Group members Linda Enright and Vicky Rowland were instrumental in the successful piloting of a Social Supermarket, currently based at Reynella Neighbourhood Centre. Vicky also provided outstanding commitment to many initiatives, including successfully piloting a response to a ‘code blue’ and running regular Emergency Food Relief Network meetings.

We received a Community Development grant from the City of Onkaparinga to run a series of three Fresh Food Farm Trails with around 50 participants and 8 participating local farmers / producers. The feedback was very positive - all participants said that they enjoyed the trails and had gained an increased awareness of local farmers and producers. Many expressed appreciation of the opportunity provided, courtesy of council, and would love to repeat the trail. There was also high farmer / producer satisfaction and high willingness to be involved again. The participants said they would purchase from local producers if there were convenient ways to buy and deliver – and these are some of the issues that the Activator role (mentioned above) will be exploring.

We also ran an Open session with Collaborative members and interested community and identified up to three potential collaborations for the future.



Participants on a Fresh Food Farm Trail

End-of-Life Wellness and Care Expo

This event was held on 19th October 2022 at Christie Downs Community House. The expo aimed to demystify death and dying, increase skills and confidence in death literacy and supporting community in activities to increase understanding about, and preparation for, future care.

Twenty exhibitors, from death doulas to funeral directors to advocacy and education organisations, and about 60 attendees took part. The Threshold Singers treated participants to some beautiful and relaxing songs, and Deborah Lilley, CNC Celebrant Services, ran a popular ‘Write your own eulogy workshop’. Thank you to the City of Onkaparinga Community Grant funding and to Acting Mayor, Simon McMahon for opening the event.



Threshold Singers



Gwyn with Acting Mayor Simon McMahon

Compassionate Communities Collaborative

Healthy Cities Onkaparinga, in partnership with Southern Vales Compassionate Communities, received a SA Palliative Care Grant (SA Health) to establish the Onkaparinga Compassionate Communities Collaborative and five local Compassionate Communities within the Onkaparinga region. Compassionate Communities are where people feel supported to live and die well in accordance with their wishes, feel supported at times of grief and loss and have information and confidence to make choices about end-of-life experience and care. Compassionate Communities complement health and palliative care services by drawing on community resources and experience.

The Collaborative has hosted several community events to engage community stakeholders and support the establishment of local groups. These groups are now planning and conducting their activities, including death cafes, resource development, art courses, peer grief support and Advance Care Directive workshops. HCO and the project Steering Group play a mentoring and supporting role as the Collaborative works toward incorporation as an independent body.



Shyla Mills, CEO PCSA at the Community Forum and Launch 8th November 2022



OCCC steering group and speakers at the Community Forum and Launch 8th November 2022



Word cloud from the evaluation of the Community Forum and Launch 8th November 2022



Example activity sheet from Workshop 6th December 2022

Death and Dying expo and Death Cafes

An application to Grants SA to run an end-of-life expo and five local death cafes was successful and these activities will take place later in 2023/24.

ADVOCACY, EDUCATION & PROMOTION

Events attended in 2022/23 include:

- Presentation, Seaford Secondary College 29th August
- Community expo, Reynella Neighbourhood Watch 16th October
- Southern Network meeting, Seaford Community Centre 11th November
- Consumer Voice workshop, SACOSS 3rd March and 5th April
- Place-based Initiatives panel, University of Adelaide 16th March
- Lion's expo, McLaren Vale 25th March
- Palliative Care workshop, APHN 11th May
- Strategic Plan consultations, SALHN May
- Seniors Forum, Katrine Hildyard MP 2nd June
- Policy day, National Palliative Care Week 26th June
- Project showcase day, Palliative Care SA 27th June

PARTNERSHIPS

HCO members continue to collaborate with numerous organisations and groups. We have attended forums and workshops with SA Health, Commission for Excellence and Innovation in Health, SAHMRI, SALHN, FMC, Flinders University, University of Adelaide, SACOSS, APHN, PCSA, COTA, SA Food Systems Network, Anti-Poverty Network and Health CANSA. We acknowledge the opportunities for collaboration and mutual support in helping to make Onkaparinga a healthy community.