



ANNUAL REPORT

2021 - 2022

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 is directed by a Management Committee, which includes up to eight community members and seven members from organisations and agencies committed to promoting the health of the Onkaparinga community.

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

- Promote a social view of health within government departments, local government, private business and the general community.
- Encourage cooperative processes between government sectors and the private sector at a local level which coordinate health-promoting activities and foster the community's discussion of better health.
- Encourage commitment to improving the health of the local community.

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 & Secretary: Gwyn Jolley

Treasurer/Public Officer: Helen Mikolaj

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

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 and thank you to all the Management Committee members for working with dedication, commitment and joy.

2021 - 2022 has been a productive and busy year with the team working hard to advocate for collective health promotion.

Thank you to Helen Mikolaj for her knowledge and commitment in her role as Treasurer and Gwyn Jolley for her excellent grant writing skills and her ever willingness to put herself up for additional roles in our projects and Initiatives.

We continue to support and mentor the Onkaparinga Food Security Collaborative which is moving ahead in leaps and bounds being led by the ever-capable Sharon McGann and her team.

It has been a wonderful and exciting time working towards establishing Onkaparinga as a Compassionate Community and working alongside the dedicated Southern Vales Compassionate Community group lead by the committed Kristina Walsh, Deb Lilley and the team. We look forward to seeing what grows from this small yet passionate community group.

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

Special thanks to my Deputy Chair, Gwyn Jolley, who goes above and beyond supporting me as Chair and undertaking the vital role of minute secretary and grant writer.

To all the Management Committee thank you for your support and hard work undertaken this year and we look forward to another year "Making Onkaparinga a better place to live, Together" through the Onkaparinga Food Security Collaborative, Water Security action and our Compassionate Communities projects.

Thank you all
Jxx

MEMBER ADVOCACY

HCO members are involved in many organisations and groups where we advocate for health promotion and community engagement. We also respond to submission invitations and engage 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"

Gwyn is passionate about equity, empowerment and participation. In her role as Deputy Chair, Gwyn provides administrative support, writes grant applications and coordinates project activities and reporting; and she coordinated letters to local candidates for the SA State Election. 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 the importance of health incidence data for local areas being ignored, in a sad reflection of limited achievement by the Commission on Excellence and Innovation in Health. We really need to pay attention to what is going on in our backyards, and approach it with greater collaboration across departments and levels of government. This approach will lead to a more positive future. Health incidence has strong public interest, underlined by the Covid-19 pandemic. Why can't we take the next step for other diseases and engage a health risk approach that will benefit us all, including our GPs and an overworked 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 giving a talk to Port Adelaide Enfield staff and community groups about how we set up the Collaborative. Sharon also participated in a Circular Waste incubator program, connecting with Fleurieu farmers to identify ways to reduce on-farm waste and potentially turn it into additional sources of fruit and vegetables for local communities.

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 joined the executive of Onkaparinga Northern Community Forum and the Board of Southern Volunteering SA. She is also a weekly volunteer at Minton Farm Native Animal Rescue Centre.

ADMINISTRATION AND POLICIES

AGM

The 2021 AGM was held on Wednesday 20th October 2021, 10.00 am – 12.00 pm at the Civic Centre, City of Onkaparinga. Prof Fran Baum, Flinders University, Southgate Institute, presented on the Commercial Determinants of Health.

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.

Child Protection Policy

HCO has a Child Protection Policy and Child Safety Code on Conduct, next review May 2023.

Code of Conduct Statement

HCO has a Code of Conduct Statement intended to facilitate professional, respectful and inclusive organisational environment, review postponed until after current recruitment drive and 2022 AGM.

Catering Guidelines

HCO Catering Guidelines reviewed in March 2021 and adapted for Covid safety, next review April 2023.

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.

Governance and recruitment

Work has started on strengthening HCO governance procedures and a recruitment drive to encourage new members. A grant application to the Australian Government via Amanda Rishworth MP is funding volunteer training and governance development in 2022.

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 continuously being updated. The HCO Facebook page has proved to be an effective way to engage with members and supporters and now has over 350 likes. Future events and relevant issues are promoted on our Facebook page.

ACTIVITIES

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

The Food Security Collaborative had another busy year. In the second half of 2021, with support from an Event Grant from the City of Onkaparinga, we conducted a pickling / preserving demonstration at Christie Down Neighbourhood House, which gave community members the confidence to start or continue their efforts to pickle fruits and vegetables; and four Food Share Information sessions to generate interest in community food share groups in our region.



In addition, we engaged in two main areas of advocacy relating to:

- Strengthening our local food system: participating in an SA Food Systems Network and a local event to discuss ways to support and encourage use of the local food system;
- Affordable Healthy, Nutritious Food: writing letters to State and Federal politicians to support the retention of the Job Seeker / Job Keeper payments in order to maintain the ability of those on lower incomes to live with dignity and reduce food insecurity.

We participated in the working groups and two Affordable Onkaparinga Forums, discussing ways to make life and food more affordable to our community. We also participated in a Food Security Round Table hosted by Nat Cook MP in 2021.

Open sessions were held 15th September 2021, and 22nd June 2022, where partner organisations shared their ideas and achievements.

Fresh Food Farm Trails: a Community Development Grant from the City of Onkaparinga for \$3,875, is continuing in 2022.

Water Security, Environment and Health Community Forum

The community forum was held on 7th May 2022 at Reynella Neighbourhood House, Old Reynella, with support from SA Water. Forum objectives were to:

- Increase community understanding of water security and its impact on health and wellbeing
- Encourage community members to voice water security ideas and concerns
- Empower community members to connect and work together on action to increase water security
- Contribute to long term planning for water security in Onkaparinga.

Thirty-one registrations were received, and 21 attended, including the Honourable Katrine Hildyard MP, and the Acting Mayor of Onkaparinga, Mr Simon McMahon. Numbers attending were lower than expected due to the Covid pandemic. The program contained a mix of workshop/discussion activities and speakers. Outcomes are summarised below.

Participants were asked to consider the links between water and health at individual, community and environmental levels. There was clear recognition of the links between water and health, the vital role that water plays in physical and mental health and wellbeing, and in the environmental benefits of water security.

What water security issues are the most important priorities?

- Climate change and catchment policy
- Better management of storm water, keeping rubbish out of systems – it damages people and the environment
- Closed loop water systems: recycle, recapture, reuse
- Water for protection of nature and ecosystems
- Droughts and floods lead to bank erosion
- Food security and water for food production
- Education and engagement to develop a sense of place and a desire to protect and value this space. Spending time and developing ownership of place, eg individual or community adopts a spot along a water way to care for
- Education and awareness on how we live, building design, water use and efficiency, water wise use that is easy and cost effective to implement

What action can community take to enhance water security

Acknowledge and promote good practice

- Council and community should celebrate what is being done well, and celebrate achievements
- Council needs more promotion of what is happening, develop a model of good practice
- Compare performance with other councils but ensure context and environments are considered

Advocacy

- Build coalition of stakeholders: eg Universities, local government, community groups, Green Adelaide, MRN
- Council and community advocacy on sustainable water system
- Lobby government at all levels,
- Deputation to council, (clearly there is community support with the Community Survey 2021 finding 80% respondents concerned about climate change and 87% concerned about the amount of waste going to landfill)
- Reflect on lessons learnt from first nations

Community education and engagement

- Save and reuse water campaign
- Data visually presented eg virtual display of numbers of buckets of water used in activities and behaviours
- Audit water capture methods and volumes
- Focus on young people and schools, filters through to family
- Ensure community engagement eg in McLaren Vale water security strategy
- Correct use of three bin system saves money and environmental damage

HCO will continue to build partnerships and work on these recommendations for action in the coming year.

Compassionate Communities

Healthy Cities Onkaparinga is pleased to announce that, in partnership with Southern Vales Compassionate Communities, we have won 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 will provide governance, mentorship and support to the five local Compassionate Communities, leaving them free to focus on activities as determined by local strengths and needs. Southern Vales Compassionate Communities will be one of the five and is already hosting death cafes, where participants get the opportunity to discuss death and dying in a friendly and supportive setting and think about how they want to be cared for when they approach end of life.

We are starting our detailed planning now and are seeking interested individuals and organisations who would like to work with us.

End-of-life expo

In April we presented at the City of Onkaparinga Community Grant open round and received \$2,000 towards hosting of an end of life expo. The expo aims to demystify death and dying, increase skills and confidence in death literacy (planning for ageing and end-of-life) and supporting community in activities to increase understanding about, and preparation for, future care.



Mailchimp training

The Volunteer grant of \$2,025 from the Australian Community Grants Hub, via Amanda Rishworth MP, was in part used to provide Mailchimp training for HCO and SVCC volunteers on 30th May 22. This will assist in mail-outs to our supporters.

PA system purchase

We received a Small Equipment Grant of \$170 from the City of Onkaparinga towards a PA system. Unfortunately, the order has been delayed due to the Covid pandemic and its effect on the timeline for imported goods.

Grants SA application

A grant application to run an end-of-life expo and five local death cafes was submitted in June 2022.

Presentations

Active Ageing forum 15th November 2021, hosted by Rebekah Sharkie
Onkaparinga Northern Community Forum 18th October 2021

Support and engagement

Southern Vales Compassionate Community
Commission for Innovation and Excellence in Health
City of Onkaparinga Every Generation program
Aberfoyle Park Active Ageing event 14th May 2022
Health CAN SA membership
Twilight Festival, Christie Downs Community House, 22nd April 2022
SA Food Systems Network meetings

PARTNERSHIPS

HCO members continue to collaborate with numerous organisations and groups. We have attended forums and workshops with SA Health, Centre for Excellence and Innovation in Health, SAHMRI, SALHN, FMC, Flinders University, SACOSS. We acknowledge the opportunities for collaboration and mutual support in helping to make Onkaparinga a healthy community.