



ANNUAL REPORT

2018 - 2019

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

Secretary/Administration: Vanessa Moss

Deputy Chairperson: Gwyn Jolley

Treasurer/Public Officer: Helen Mikolaj

Management Committee: Community Members: Gary Goland; Tricia Damé; Heather Merritt, Robyn Holtham, Sharon McGann. Co-opted community member: Alayna de Graaf

City of Onkaparinga Representative: Richard Peat

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.

2018 – 2019 has been a productive and busy year with the team working hard to develop policies and statements and bringing the constitution in line with current legislation. Thank you to Helen for her knowledge and commitment in completing these tasks and keeping us all informed and on the correct path.

Healthy Cities Onkaparinga was recognised by the City of Onkaparinga for the 'SaY - The History Project' by receiving an 'Every Generational Award'. Thank you to Seaford Rotary, the Holly Aged Care facility, City of Onkaparinga Youth Committee and community members who worked collaboratively to achieve such a wonderful outcome. This intergenerational storytelling initiative aimed to bring together seniors and youth from Onkaparinga. Working together, the project developed relationships, helped in establishing an all age friendly community, promoted the value of intergenerational collaboration and helped to build a vibrant connected community.

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. We look forward to regularly seeing the great outcomes this project produces within the community.

Working in partnerships and collaboration is the keystone for the way that Healthy Cities Onkaparinga operates and thank you goes to MP Katrine Hildyard, Hon Amanda Rishworth, Cr Richard Peat, City of Onkaparinga, Adelaide Primary Health Network and Flinders University.

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 Good Health Data Project and assisting to develop a Dementia Friendly Alliance to establish a dementia friendly Onkaparinga

Thank you all

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2018 Xmas yearly celebration

ADVOCACY

HCO members are involved in a number of 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, Gwyn and Tricia are members of the Adelaide Primary Health Network Southern Community Advisory Council. Gwyn is currently the Management Advisory Committee representative for this group. Gwyn, Helen and Jules are members of the Health Literacy Hub.

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.

Gary followed up on concerns about pollution discharge to Christies Creek and is active in other environmental issues.

Tricia is a Patient and Family Representative at Flinders Medical Centre and as a member of the Southern Adelaide Local Health Network's Partnering with Consumers Advisory Group, and SALHN's Clinical Council she is able to promote consumer engagement within our local health network. She is also Deputy Chair of Onkaparinga Food Security Collaborative Steering Group.

Robyn is a Patient and Family Representative working across the Cardio Thoracic, Endoscopy and Renal Dialysis Units with Southern Adelaide Local Health Network. She provides a conduit between SALHN and her many contacts in the community.

Sharon is Chair of the Onkaparinga Food Security Collaborative Steering Group and an Associate Member of Community Centres SA (CCSA), and is volunteering at the CCSA annual conference. The conference will bring together a diverse group of stakeholders to discuss the role of community centres and volunteering in reducing the impact of social isolation on the health and wellbeing of our community.

Other issues where HCO has, or intends to have, an advocacy role include loss of public transport bus services, cost and lack of services for hearing loss, City of Onkaparinga Community Capacity Strategy, Low Income Reference Group and Reconciliation Action Plan.

ADMINISTRATION AND POLICIES

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 has been developed and is available on the website.

Child Protection Policy

In April HCO developed and ratified a Child Protection Policy and Child Safety Code on Conduct.

Code of Conduct Statement

In 2019 HCO developed and ratified a Code of Conduct Statement intended to facilitate professional, respectful and inclusive organisational environment.

Social Determinants of Health Statement

In 2019 HCO developed and ratified a Social Determinants of Health Statement outlining how we understand the social determinants of health and how they can be changed to improve health and reduced health inequities.

Constitution update

In 2019 we updated the HCO constitution to bring the organisation in line with current incorporated associations legislation.

PROMOTION AND COMMUNICATION

Website and Facebook page

A grant from DCSI (through Grants SA) was used to employ a website designer to update our website and provide training to community members on its use. The website content is continuously being updated.

HCO Facebook page has proved to be an effective way to engage with members and supporters and now has over 100 likes. Future events and relevant issues are promoted on our Facebook page.

ACTIVITIES

AGM

HCO celebrated 30 years of health advocacy at the AGM in August 2018. Members and supporters reflected on the history and experiences of HCO.

State government brief

The Marshall government elected in 2018 made a number of pre-election policy promises relating to health and wellbeing. HCO has been following the implementation (or otherwise) of these promises and seeking reports on progress.

Dementia Friendly Community Alliance

Jules and other HCO members have been active in the development of a Dementia Friendly Community Alliance for Onkaparinga. Katrine Hildyard MP is leading this project and a community forum is planned for September 2019.



Dementia Friendly Working Group 2019

Healthy South project (Flinders University)

Gwyn is a member of the steering group for this project which aims to identify what changes to structures or focus will lead to more health promotion and illness prevention in the south. HCO members attended a focus group in August and will be attending the project summit on 29th November 2019.

Good Health Data project stage 1 and 2

Following the report from the Good Health Data project, a priority setting exercise identified the action 'advocate for consumer experience to be recognised as a valuable source of data and for

community to be actively engaged in data collection and use' as the agreed priority action to follow on. Stage 1 of the project was presented at the SA Public Health Association conference on 1st December 2018. To enable stage 2, we were successful in obtaining a grant from the City of Onkaparinga to undertake interviews with relevant services to investigate current and good practice in valuing community engagement in data collection and use. This work will commence late 2019.

Onkaparinga Food Security Collaborative: "Achieving More Together Than Alone"

After discussions with the City of Onkaparinga, it was brought to our attention that there are a large number of community-based food security groups working within Onkaparinga. However, these groups are not well connected or coordinated with each other or with the food retail industry. This led to a decision to facilitate the establishment of the Onkaparinga Food Security Collaborative Project. We have used a partnership approach between government, non-government, industry and community to establish the Onkaparinga Food Security Collaborative. We aim to contribute to a stronger and healthier community and neighbourhood for all generations by increasing opportunities for healthy living, healthy eating and being active and this will, in turn, contribute to the City's goal of a strong vibrant community.

The Onkaparinga Food Security Collaborative (OFSC) brings together food security groups and other stakeholders within the districts of Onkaparinga to learn from each other, to share expertise and experience, resources, skills and information. Activities are designed by the Collaborative partners to better address food insecurity by increasing the availability of healthy food.

An initial community forum, with support from the City of Onkaparinga, was held on 12th September 2018 to start the process of setting up the Collaborative. Second forum was on 14th November 2018 to present the initial outcomes and a draft strategic plan for the Collaborative.

The project and strategic plan were presented at the SA Public Health Association conference on 1st December 2018, winning the Best Health Promotion Presentation prize.

A Thinktank day to discuss access to food, kitchen facilities and cooking skills was held on 9th May 2019.

A joint presentation by Gwyn (for OFSC) and Linda Enright (City of Onkaparinga) was given at the *Urban Food Systems and the Role of Local Government* workshop on 13th June 2019.

Project outcomes to date include establishment of a steering group, a data base of over 100 stakeholders, strategic plan, three well-attended community forums, work with a local school to extend a digital map of food services and hosting an initial meeting with emergency food workers to discuss setting up a network for these workers.



Think Tank 2019

PARTNERSHIPS

HCO members continue to collaborate with numerous organisations and groups. We have attended forums and workshops with SA Health, Adelaide Primary Health Network, Health Consumers Alliance SA, SAHMRI, FMC, Flinders University, SACOSS, Outer South Community Action Group.



Jules Ferguson – Chairperson