



*healthy cities onkaparinga*

# **ANNUAL REPORT**

**2019 - 2020**



## **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.

**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.

2019 – 2020 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.



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 seeing the great outcomes this project produces within the community.

This year we have taken on board the particularly important health issue of dementia in our community. Dementia can happen to anybody, but it is more common after the age of 65 years. People in their 40s and 50s can also have dementia. Most people with dementia live in the community. Often people feel socially isolated and wish they had more opportunities to interact with people in the community and to participate in social or other activities. In Onkaparinga about 3,300 people were living with dementia in 2019 and this is estimated to rise to over 5,000 by 2030.

Healthy Cities Onkaparinga now auspices and supports the newly formed Onkaparinga Dementia Friendly Alliance, providing leadership, mentoring and the Healthy Cities' approach to community development, community participation, partnerships, empowerment and equity.

Working in partnerships and collaboration is the keystone for the way that Healthy Cities Onkaparinga operates and thank you goes 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 Dementia Australia

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 advocacy arising from the Good Health Data project and assisting to develop a dementia friendly and food secure Onkaparinga.

Thank you all  
Jxx

## 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, 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. Helen is a member of the Ethics Review Committee of Audiology Australia.

Gary continues to follow up on concerns about pollution discharge, for example, to Christies Creek and is active in other environmental issues. Gary is advocating to see health incidence data for local areas to be on the agenda of the Commission on Excellence and Innovation in Health 2020. Health incidence data should stimulate a stronger interest in public health risks and action plans for all sections of government, and not just health departments.

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 Aged Care Medical Units with Southern Adelaide Local Health Network. She is also a consumer representative on the Hospital Acquired Infection Committee, the Nutrition/Hydration Committee, Aboriginal Reconciliation Working Group, Surgery & Peri-operative Medicine Quality Committee and the Pressure Injury Management Committee. Robyn provides a conduit between SALHN and her many contacts in the community.

Heather is the secretary of Onkaparinga VIEW club which raises money for The Smith Family and currently sponsors five students. She is the Area Coordinator Morphett Vale Neighbourhood Watch 163. Heather is a board member at Christie Downs Community House and Reynella Neighbourhood Centre, and a member of the Elizabeth House Advisory Committee, the Onkaparinga Food Security Collaborative, the Onkaparinga Dementia Friendly Alliance and the No Australian Dying of Bowel Cancer Initiative consumer advisory group.

Sharon is Chair of the Onkaparinga Food Security Collaborative (OFSC) Steering Group. Sharon also supported the Emergency Food Relief Workers Network to connect online during SA's COVID lockdown and advocated with State Government. Sharon presented to the Community Centres SA / Volunteering SA/NT "Being Connected" Conference on the role of the OFSC in connecting community to food and growing as a means to reduce food insecurity.

## **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 is available on the website.

### ***Child Protection Policy***

HCO has a Child Protection Policy and Child Safety Code on Conduct, review due April 2021.

### ***Code of Conduct Statement***

HCO has a Code of Conduct Statement intended to facilitate professional, respectful and inclusive organisational environment, review due June 2021.

### ***Social Determinants of Health Statement***

HCO has 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, review due June 2021

### ***Catering Guidelines***

HCO ratified Catering Guidelines in March 2020, aiming to reduce single use plastic and food waste, due for review March 2021.

## **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 100 likes. Future events and relevant issues are promoted on our Facebook page.

## **ACTIVITIES**

### ***AGM***

The 2019 AGM was held on 6<sup>th</sup> November 2019, at the Onkaparinga Civic Centre

### ***Healthy South project (Flinders University)***

Gwyn was a member of the steering group for this project which aimed to identify what changes to structures or focus will lead to more health promotion and illness prevention in the south. Six members of HCO attended this Health Summit held on 29<sup>th</sup> November at Flinders University. The purpose of summit was to report on the findings of the 'Health promotion and community wellbeing in the South' Southgate Institute project. The project conducted a rapid evaluation of health promotion and disease prevention structures and activities in order to determine the system building blocks required to make the south a health promoting region. Gwyn was part of the rapid-fire session with panel members asked to address the question: From your sector's perspective, how would you like to improve coordination and leadership for health promotion and community wellbeing activities in the South?

### ***Onkaparinga Dementia Friendly Alliance***

The first public event was a community forum held in September 2019 with about 45 attendees. Issues identified included more awareness and support from health services; transport, car parking and shopping centres needing to be more dementia friendly. Subsequent links with the SA Pharmacy Guild saw pharmacies on Beach Road undertaking dementia friendly training. A steering group to oversee the Alliance and action groups for specific projects have been established.



A Lived Experience group is providing advice on appropriate promotion and activities. A strategic plan was submitted to Dementia Australia in order to gain recognition for the Alliance. A grant application to Onkaparinga Council to set up and run a Community Café to provide social activities at Elizabeth house was successful and the café will run fortnightly from September 2020. Work has been ongoing in developing branding and promotional materials, and planning a media launch for later this year.

### ***Advocacy for Community and Consumer Experience in Data Collection and Use: Good Health Data (Stage Two)***

HCO member experience indicates that while a lot of health data is collected, it is not collected with a primary purpose to assist health care decisions. It is sometimes of questionable quality and is seldom shared across relevant players. The Good Health Data project (stage 1 and 2) was a collaborative initiative aiming to increase community and services understanding of health data and increase use of the information to enhance health and wellbeing.

Methods included preparation of a review paper outlining evidence and good practice in community engagement in data collection and use. Interviews with seven key informants from government and health and wellbeing organisations aimed to identify current practice in community engagement in data collection and use.

While good intent was often expressed, the extent of community engagement in health data collection and use was patchy. Engagement in data collection was generally limited to providing survey responses, or invited consultation, with parameters set by the professionals. Community engagement in agenda setting, planning and monitoring of services was rare. In data use, community engagement was also limited with access to data difficult and community groups having to be proactive in obtaining information rather than it being easily available.

The literature and our respondents mostly agreed that community engagement increases data quality and skill development. However, respondents focused more on the benefit of increased compliance and enhancing communication. In addition to the barriers to community engagement reported in the literature review (funding and time constraints, representation of diverse communities and differing priorities) our respondents identified concerns about risk assessment, data quality and confidentiality.

We conclude that stronger organisational capacity, governance and supportive infrastructure is needed to move beyond the rhetoric of community engagement to a more power-sharing and participatory approach.

We acknowledge the City of Onkaparinga Community Grants program funding for this project.



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

The Food Security Collaborative was active on a number of fronts:

We organised and ran a Morning Tea in November 2019 with around 25 parents and members of the public at Aldinga Beach Children’s Centre, to discuss food needs in the area.

The connections and needs we uncovered from the Morning Tea, led to a pilot with Foodbank’s Mobile Food Hub. Starting in April 2020, Foodbank visits the Aldinga Community Centre every second Thursday to provide vulnerable clients with access to free fruit and vegetables and heavily discounted staple items. This pilot was extended to Seaford on alternating Thursdays.





We also ran an Open Conversation in November 2019, in conjunction with the HCO AGM. Our Open Conversations are an opportunity for all to share what they are doing and what support they need in the food systems / food security. Around 20 people attended and 12 initiatives were showcased.

We organised to run an Open Weekend in April 2020, in conjunction with The Food Embassy and with the support of City of Onkaparinga. The purpose of the Open Weekend is to share information and connect community members who are interested in community gardens, verge gardening and foraging. The event was cancelled due to COVID restrictions, but the groundwork was put to good use as we successfully applied for an Event Grant from City of Onkaparinga to run an Open Weekend in 2021.

We also engaged Uni SA international students to conduct research on foraging in the Onkaparinga region and some of the students were to be a part of the Open Weekend.

In late 2019 we supported the set-up of a local Emergency Food Relief Workers Network, under the enthusiastic leadership of Steering Group member Vicky Rowland. During SA's COVID lockdown, we hosted regular meetings online to share where community members could get emergency food packages. We also connected with stakeholders to advocate with State Government for church groups to be able to continue to provide emergency food relief when places of worship were required to close.

### ***Water security***

A planning session early in February included a brainstorm on action on climate change. Two key priorities were identified:

- water security (tree and veg cover and loss, biodiversity loss, saving water, environmental flows, stormwater management, verge gardens); and
- rubbish (sorting, recycling, reuse, reducing, sharing resources to reduce consumption)

It was agreed to focus on water security in the first instance and a community forum is planned for 2021 to identify community concerns and potential actions and advocacy.

### **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, SALHN, FMC, Flinders University, SACOSS.