



healthy cities onkaparinga

# **ANNUAL REPORT**

**2020 - 2021**



## **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, Heather Merritt, (to February 2021).

**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.

2020 - 2021 has been a productive and busy year with the team working hard to tighten our governance structure by developing and revising our 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 and her team. Thank you also to Michelle Watson for her commitment as ODFSC Secretary and Tricia Damé as Deputy chair. We look forward to seeing the great outcomes this project produces within the community as they run various community events.

Healthy Cities Onkaparinga auspiced and supported the Onkaparinga Dementia Friendly Alliance, providing leadership, mentoring and the Healthy Cities' approach to community development, community participation, partnerships, empowerment and equity. Dementia can happen to anybody, but it is more common after the age of 65 years. Most people with dementia live in the community and often 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.

It was great regret and sadness that, due to administrative issues, the Onkaparinga Dementia Friendly Alliance was suspended in March 2021 and Healthy Cities Onkaparinga has no affiliation with any other dementia project within Onkaparinga.

Working in partnerships and collaboration is the keystone for the way that HCO operates and thanks 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 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

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## **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 continues to lead the Community of Consumers for the Commission for Excellence and Innovation in Health, advocating for a greater consumer voice within the health system and a greater voice in clinical improvement activities. In her role as Community Consultant she sits on the Commission's Clinical Advisory Council which is the peak advisory body for the CEIH and supports the development vision and purpose in align with state-wide health priorities and community expectations.

Gwyn coordinated a response to the National Preventative Health Strategy consultation and the Australian Commission on Safety and Quality in Health Care, National Safety and Quality Primary Healthcare Standards consultation. She is a member of the Commission on Excellence and Innovation in Health, Clinical Informatics Advisory committee. 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.

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. 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.

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**

### ***AGM***

The 2020 AGM was held on Wednesday 14th October 2020, 1.00 pm – 3.00 pm at Christie Downs Community House. A short workshop on water security provided ideas for a new project on this topic.

### ***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, reviewed in April 2021, next review May 2023.

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

HCO has a Code of Conduct Statement intended to facilitate professional, respectful and inclusive organisational environment, due for review June 2021, postponed until after current recruitment drive and 2021 AGM.

### ***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. This statement now forms part of the Orientation Booklet.

### ***Catering Guidelines***

HCO Catering Guidelines reviewed in March 2021 and adapted for Covid safety, next review April 2022.

### ***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. The draft orientation booklet will be trialled, and feedback sought before finalisation and printing.

### ***Governance and recruitment***

Work has started on strengthening HCO governance procedures and a recruitment drive to encourage new members.

Helen has designed forms for requesting payment or reimbursement of funds from grant or HCO budgets, and for recording assets. A grant was submitted to Budget Direct to contribute towards Public Liability Insurance and governance development, but this was unsuccessful. Another grant application to the Australian Government via Amanda Rishworth MP is expected to fund volunteer training and governance development in 2022.

### ***Volunteer Police Checks***

HCO obtained 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.

### ***Australian Chapter of Healthy Cities***

Gwyn attended a (zoom) meeting in July to discuss activities updates and potential online workshop. This was held in October with over 30 participants and interesting presentations.

## **ACTIVITIES**

### ***Good Health Data (Stage 2)***

This project was finalised and presented at the 2020 AGM. The Covid pandemic meant that not all the funds from the Good Health Data project were expended. Permission was granted from the City of Onkaparinga Community Development Grants Program to use the balance of the funds remaining to purchase a tablet for use in future data collection activities. We acknowledge the City of Onkaparinga funding for this project.

### ***Small equipment grant***

HCO successfully applied for a small equipment grant from the City of Onkaparinga to purchase a data projector. This will cut down on printing and paper use at meetings and events.

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

The Onkaparinga Dementia Friendly Alliance gained recognition from Dementia Australia, following approval of our strategic plan. The Fleurieu Cancer Network donated \$2,000 and the Christies Beach Open Market donated \$200 to assist with the establishment and running of ODFA. We thank these organisations for their generosity. Jules presented on the work of the Alliance at the National Dementia Friends forum in November. Members of the Alliance competed dementia-friendly sessions and undertook training to act as hosts to run these sessions. Dementia awareness raising sessions were run with a number of community organisations, encouraging them to work towards becoming dementia friendly. We liaised with Dining Co, a project of ACH, working with food venues to support them in becoming dementia friendly.

A successful grant application to the City of Onkaparinga Community Development Grant Program saw the establishment of the Community Café at Elizabeth House, running fortnightly from September 2020 to June 2021. The café provided a safe and welcoming space for people living with dementia and their carers to enjoy social activities, games and afternoon tea. Support and resources for carers was also available. A Christmas party included lunch, quiz, visit from Santa and the collection of several boxes of toys and books that were delivered to the local Smith Family. We acknowledge the City of Onkaparinga funding for the Community Café initiative and support of staff and volunteers at Elizabeth House.

Unfortunately, administrative issues caused the Alliance to be suspended in March 2021. This meant that a grant (\$13,000) obtained from Dementia Australia to work with retailers and services at Colonnades was returned and this project was not able to be delivered.

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

The Food Security Collaborative had a busy year. With support from an Event Grant from the City of Onkaparinga, we conducted a series of over 20 events to engage the community in connecting with community centres and community gardens around growing, cooking, sharing food and reducing food waste. These included: a Q&A session with Council specialists where we discussed ideas for using excess community spaces for verge gardens, community gardens and community orchards; an Open Week featuring nine local Community Gardens, which generated interest from new volunteers; a series of six pickling / preserving demonstrations which gave community members the confidence to start or continue their efforts to pickle fruits and vegetables; and four information sessions to generate interest in community food share groups in our region.



We also conducted three successful Community Food Expos in conjunction with six local partners – The Food Embassy, Magic Harvest, Willunga Farmers Markets, City of Onkaparinga, Christies Beach Baptist Church Family Enrichment Centre and Food4Futures. This project was initiated with a grant from Wellbeing SA.





In addition, we engaged in two main areas of advocacy: running workshops with staff from City of Onkaparinga to discuss ways to support the local food system; and writing letters to 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 also made a submission to the *Valuing our Food Waste SA* government consultation on development of a food waste strategy and provided feedback on the City of Onkaparinga Community Capacity Strategic Plan 2021-24 which now includes a stronger focus on ensuring food security.

### **Water security**

The brief workshop conducted at the 2020 AGM produced ideas for future advocacy on water security. Participants identified water security as:

*Water that is clean, safe, accessible, affordable, reliable, and readily available*

A water secure Onkaparinga would have:

- More greenery, trees, wetlands
- Less wastage, more diversion of stormwater, capture of rainwater
- Educated, aware community, including young people
- Equity in water capture and use
- Expansion of water-proofing the south
- More grey water/purple pipes

Priority action for HCO included:

- Advocating for policies/guidelines/incentives to increase storm water and rainwater capture and use
- Raising community education and awareness
- Encouraging planning for sustainability

An application to SA Water in 2020 for sponsorship to run a community forum was unsuccessful. However, a revised application in May 2021 was successful and we now have sponsorship to run: *Water Security, Environment and Health: a forum to explore community values and perspectives on sustainable water supply and use, its impact on local health and wellbeing, and to empower community action to increase water security.* Due to Covid uncertainties the forum will be delayed until early 2022.

### **Compassionate Care**

Jules is liaising with Compassionate Communities project in McLaren Vale and Jules and Gwyn attended a Palliative Care SA workshop in November. We are continuing to develop our links and understanding of the Compassionate Communities model.

### **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.