

VICHEALTH JUMPSTART GRANT

LET'S MOVE

Background

Northern District Community Health were 1 of 123 community organisations who received a VicHealth JumpStart grant in 2022 to create a healthier future for young people.




PROJECT SUMMARY

The projects aims were to

- increase physical activity participation and active living opportunities in the North Loddon and Gannawarra Shire for children and young people (5 to 18 years)
- up-skill organisations and activity providers who work with children and young people to create environments that enable children and young people to feel safe, welcome and confident to be active



WHAT DID THE PROJECT DELIVER?

 <p>561 SURVEY RESPONSES from an online youth consultation survey.</p>	 <p>7 RURAL TOWNS received FREE access to additional physical activity opportunities</p>	<p>2.5K OF COMMUNITY accessed the project via social media</p> 	<p>ACTIVITIES DELIVERED</p> <ul style="list-style-type: none"> DISC GOLF HAPKIDO FITNESS SESSIONS MINI GOLF TEEN GYM STORYWALKS YOGA TABLE TENNIS ROCK CLIMBING LASER TAG 	
<p>1748 ACTIVE PARTICIPANTS</p>	<p>BOORT COHUNA KERANG KOONDROOK LEITCHVILLE PYRAMID HILL MURRABIT</p>	<p>19 ADULTS were upskilled with YACVic training</p>	<p>Purchase of equipment for children and young people to be used by community organisations</p>	
<p>YOUTH CONSULTATIONS *number of young people participating in each town</p>		<p>13 BOORT</p>	<p>10 KERANG</p>	<p>9 COHUNA</p>

WHAT DID THE PROJECT ACHIEVE?

- Participants gained and improved skills to participate in physical activity
- More people participated in organised, structured, and social physical activity
- More diverse groups of people participated in physical activity (e.g. girls, rural, low socioeconomic)
- Adults who work with children and young people are better able to support welcoming, inclusive and safe environments which in turn will increase participation in physical activity
- Physical activity facilities and youth spaces will be receiving a quick wins checklist co-designed by young people which in turn will hopefully increase access by making the spaces more youth friendly
- Increased social connection for participants involved in the activities
- Increased confidence by the participants as they got to try new activities



FEEDBACK

4.9★
average rating



StoryWalk feedback from Cohuna and Kerang

- She said "I liked it the best that anyone could like anything!"
- Loved it because it was exercise and learning
- Great scooter and story adventure
- We loved following the story walk as my eldest (8) read the story to her brother (4) . They ran to each sign in anticipation of continuing the story.
- It was an awesome story it was impressive. We liked that it was based on an Australian animal and you could run around and read a story at the same time.
- Really good idea would be great to be carried on for Christmas and other special events
- We had a great time walking (and sometimes running) to each station & the story was well chosen. The kids really enjoyed the story and were guessing what was going to happen next as we were walking to the next pages. What a fantastic activity and it was great that it was available for us to visit at any time
- 'I liked the bit at the end when there were those bat tooth fairies.' Lots of fun. Thanks!
- Great Easter holiday activity for visitors and us as locals. Great idea to have the story walk as the story time library activity!
- A great idea. Younger kids especially enjoyed the story and scooting the path
- My daughter loved this Story walk and enjoyed guessing what would happen next while riding her bike to the next board. Such a great interactive idea.
- It was amazing, the kids all took turns reading
- Great way to get the kids out enjoying the fresh air and read a story at the same time
- A great little idea that the kids loved walking and talking around the park on Easter Saturday
- We enjoyed the story walk as part of Gannawarra shire / Cohuna library story time and really enjoyed it. Great to combine a story with fresh air and movement
- It was very interactive and my son loved it
- It was very fun and interactive
- Such a great idea walking around the park reading a story. My son loved running to each spot to read the next page until we got to the end
- The kids were so excited when they heard that there was another storywalk. We all really enjoy the format
- It's marvellous and encouraging.
- We enjoy the story walks, taking in turns to read each page and discussing each section as we make our way to the next station. It's a great family activity
- The kids were so excited when they heard that there was another story wall. We all really enjoy the for
- What a great activity to do with the kids. My daughters loved running to the next lots of pages.
- Fabulous initiative...thank you!
- Love that this book incorporates indigenous perspective and being comfortable in your own skin (feet)



Teen Gym feedback from Koondrook, Cohuna, Kerang and Boort

- I think it is a good opportunity to learn new things before getting an official membership
- I enjoyed challenging myself but didn't always enjoy the activities
- it was fun and productive at the same time.
- Felt good, exercise, fun, seeing friends, not too long
- It's fun and good for you
- Variety every week
- Variety every week
- It was good to get out and workout with others
- I liked it and learnt some things
- We easy, accessible and free
- Enjoyed working out and build my strength
- I like working out with my friends and getting my fitness up

4.7★
average rating



This week's happenings at Pyramid Hill College

Hapkido



Respect Learn Community



Hapkido

Thanks to the Northern District Community Health Service students at Pyramid Hill College have taken the opportunity to learn self defence skills under Hapkido instructor Mr David Rees.

The students will be a force to reckon with in the future as they have mastered a number of moves that will leave any unsuspecting attacker literally on their knees.

Not only has it been a fun filled after school activity, Hapkido has also given students the knowledge of the power that they can exert and the skills in preserving their own safety.

Thanks NDCH for sponsoring the six week sessions of Hapkido; our students have had a blast!

SURVEY CONSULTATION RESULTS

What activities would you love to do? (pick as many as you like)

The three most popular responses were bike riding, swimming and gym (but it was very close)

ANSWER CHOICES	RESPONSES	
Yoga	24.36%	134
Frisbee Golf	16.55%	91
Bike riding	36.55%	201
Gym	28.18%	155
Fitness class	22.55%	124
Dance	27.09%	149
Canoeing	19.64%	108
Bush Scavenger hunt	17.27%	95
Paddle boarding	18.91%	104
Water Sports (skiing, wakeboarding)	21.64%	119
Skateboarding & Rollerblading	21.09%	116
Nature walks	18.91%	104
Running group	16.18%	89
Gardening	14.00%	77
Photography	14.73%	81
Swimming	30.55%	168
Pop up games (Twister, giant board games, finska, music)	17.82%	98
Mini Golf	18.36%	101
Golf	7.45%	41
Lawn bowls	5.27%	29
Total Respondents: 550		

Are there any sports that you currently do not do, that you would like to? (pick as many as you like)

ANSWER CHOICES	RESPONSES	
Basketball	24.95%	130
Netball	17.47%	91
Football	27.83%	145
Tennis	21.69%	113
Cricket	19.77%	103
Soccer	23.22%	121
Futsal	16.70%	87
Badminton	17.27%	90
Little Athletics	19.19%	100
Hockey	11.71%	61
Other (please let us know what other sport)	Responses 2.50%	13
Total Respondents: 521		

Was there an activity not listed above that you would love to do?
It could be anything. Please let us know.

Cricket mountaineering also volleyball yet ball tennis much Table tennis gym
badminton NONE football photography
basketball sports Play swim Billiard ball
Climb mountain golf game time shoot Gymnastics sing boxing

PROJECT APPROACH

- Developed a co-design workshop based on the Kids Co-Designing Healthy Places materials by Monash University and supported by VicHealth
- Met with YACVic about creating a training session that up-skilled organisations and activity providers to create safe, welcoming and inclusive active spaces
- Sent out emails to schools inviting them to participate in our project and scheduled visits with the schools to deliver the above co-design workshops
- Cancelled co-design workshops and YACVic training due the October 2022 floods in the region
- Created an online consultation survey for children and young people to help us determine what activities they wanted to see in their home town. This was in place of the workshops in schools.
- Rescheduled YACVic training for March. Promoted training opportunity with existing networks, and through social media including each towns social media community noticeboard
- Used the 561 online consultation survey responses by children and young people to provide free activities in their home town. This involved purchasing equipment and finding activity providers, venues, creating promotional material and distributing promotional material, creating try booking links, ensuring child safety standards were followed by activity providers and having participants fill out waivers to be involved.
- Activities that were made available, that were previously not available to children and young people were Table Tennis, Mini Golf, Disc Golf, StoryWalks, Teen Gym, Hapkido, Fitness classes and Yoga. Rock Climbing is also scheduled for end of June.
- Partnered with the local library for StoryWalks and created an evaluation survey to see how often it was being used and if it was being enjoyed.
- Informally asked and surveyed young people after Term 1 to see if they'd like to participate again in Term 2. Set up the sessions again for Term 2 with some additional offerings.
- Worked with public events already happening and with Neighbourhood houses to use the equipment purchased to increase active living e.g. Mini Golf at Summerwave Music Festival, Easter Festival etc.
- Consulted with YACVic to run Youth Consultations sessions, created promotional materials and asked young people already involved with our programs to be involved in creating a checklist that we can use in future to ensure that any organisations and activity providers who work with young people have a checklist they can use to ensure their activity and space is welcoming, safe and inclusive for young people. Made sure young people knew they will be paid for their time.
- Publish checklist and share with relevant networks and organisations



APPROXIMATELY HOW MANY PEOPLE WERE INVOLVED?

- 561 children and young people responded to a youth consultation survey
- Approx 200 children participated in FiitKids in Kerang for 3 sessions over Term 1 and 2
- 14 young people (term 1) and 10 young people (term 2) participated in Outdoor Teen Gym in Koondrook Barham for 6 sessions
- 10 young people (term 1) participated in Kerang Teen Gym for 9 sessions and 10 young people (term 2) for 6 sessions
- 20 young people (term 1) participated in Boort Teen Gym for 7 sessions and 7 young people (term 2) for 6 sessions
- 20 young people (term 1) participated in Cohuna Teen Gym for 6 sessions and 20 young people (term 2) for 6 sessions
- 19 children in Koondrook, 12 Kerang and 5 Cohuna participated in Kids Yoga in the school holidays for one session
- 15 children (term 2) participated in FiitKids in Kerang for 6 sessions
- 42 children (term 2) participated in FiitKids at Murrabit Group School for 6 sessions
- 9 young people (term 2) participated in yoga in Leitchville for 4 sessions
- 10 young people (term 2) participated in Hapkido in Pyramid Hill for 6 sessions
- Mini Golf at Summerwave Music Festival, Headspace round - Wandella V Murrabit, Kerang Easter Festival, Koondrook Barham Easter Festival, Boort District School for Ride2School breakfast, Murrabit District School and Kerang Tech High (Approx 700 young people)
- Disc Golf at Boort District School for Ride2School breakfast, Murrabit District School, Kerang Tech High (Approx 340 young people)
- 45 people participated in the Story Time StoryWalk® at Cohuna and Kerang in Term 1
- 75+ people participated in the StoryWalks® across the region according to our survey data in Term 1, and Term 2 data TBC
- 19 adults participated in YACVic Youth Participation 101 training
- Youth Consultations in Boort (13 young people), Kerang (10 young people) and Cohuna (9 young people)
- Family Fun Day at the Cohuna Farmers and Makers Market (approx. 80 children and young people)
- Family Fun Day at the Murrabit Country Market (approx. 150 children and young people)
- Last Day of term Fun Day at Pyramid Hill College (approx. 85 children and young people)
- First Week of term Fun Day at Boort District School (approx. 200 children and young people)

LEARNINGS

- When you have parents fill out the waiver for their young person to be involved in the activity e.g. Teen Gym provide them with the VicHealth photo consent form at the same time.
- When working with activity providers clearly set out expectations at the beginning who is responsible for letting participants know if a session is cancelled
- Ensure participants let you or the activity provider know if they can't make the next session so you can let people from the wait list join in.
- Social media is a great tool for promoting surveys and programs, it allows the information to reach a wide audience
- Collecting evaluation data through using a try booking link where participants had to register enabled us to have a high response rate for evaluation data

OPPORTUNITIES

- The Mini Golf set has been a huge hit, there is potential to get more holes created and trailer to transport it
- There is a huge opportunity to expand the StoryWalks to all the neighbouring towns

