

**Work Plan for the Primary Care Partnership Physical Activity and Active Communities Working Party held at Ramsay Court, MR 1:**

**Mission Statement: To improve physical activity participation rates in the Northern Mallee**

**Members Present:**

**Apologies:**

**Absent:**

**Confirmation of Previous Minutes:**

**Amendments:**

**Accepted:**

**Seconded:**

**Red= Completed Tasks**

**Budget=**

**Objective 1: To increase the number of children aged 0-6 in the Northern Mallee who participate in adequate amounts of physical activity by 2012**

Item No	Strategy	Intervention	Action/s Required (including expenditure)	Person/s Responsible & When	Progress	Completed/ outcome
1.1	To promote the benefits of physical activity for young children	<ul style="list-style-type: none"> <li>Toddler Water Safety Sessions</li> </ul>	Sessions start April 20 <sup>th</sup> 2010 MTHCS pool.	MTHCS Update Aug meeting	Currently being implemented- proving successful at this point- 28 kids	
1.2	To assist supported playgroups within the Mildura LGA to integrate active play	<ul style="list-style-type: none"> <li>Meet with supported playgroups</li> <li>Continue to co-</li> </ul>		SCHS:15 families, 9 children weekly.	Continuing- increase in numbers	Ongoing

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	into sessions	facilitate the Munchers and Movers Playgroup		(Newsletters).		
			Possible future collaboration with other Play Groups- CALD; Harmony etc. Robinvale & Ouyen	Anthea working with Laura Parente		
		<ul style="list-style-type: none"> <li>Jump &amp; Jive- RDHS Early Childhood Development program</li> </ul>	Future collaboration with Muncher's & Movers in the 4 <sup>th</sup> term	Nicola Program started on 16/7/10	50 kids, very successful.	

**Objective 2: To increase the number of children aged 6-12 in the Northern Mallee who participate in adequate amounts of physical activity by 2012**

Item No	Strategy	Intervention	Action/s Required (including expenditure)	Person/s Responsible & When	Progress	Completed/ outcome
2.1	To promote registration of Primary Schools with "Kids Go For Your Life"	<ul style="list-style-type: none"> <li>Attend KGFYL regional forum</li> </ul>	Jane & Anthea to develop plan post forum 1/3/10.	SCHS – Anthea and Jane/ Sarah Forum: 1.03.10	Anthea & Jane contacted schools, awaiting response. Further feedback Aug	Ongoing. In future to have meeting with Principals- Irymple and Mildura West
		<ul style="list-style-type: none"> <li>Contact DEECD re: assistance</li> </ul>		Rob		
		<ul style="list-style-type: none"> <li>Go For Your Life van to visit local primary schools</li> </ul>		Rob to find out about GFYL Van: update Aug meeting		

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		<ul style="list-style-type: none"> <li>Develop a plan to target primary schools to encourage registration and progression towards award status</li> </ul>		Mark Beasy-Redcliff's Primary		
<b>2.2</b>	<b>To establish a "Northern Mallee Active Schools Network"</b>		Studies into why kids aren't riding to school are being conducted once completed education on road safety etc will occur		Work with Mildura South PS: Kids Crossings will be constructed if 20 or more kids from one area walking	Chris gave update
<b>2.3</b>	<b>To promote Active Transport</b>	Walktober- get in touch with Ouyen & Robinvale collaborate with schools	Communicating with schools	August: Anthea/Mark to contact Casey Kay (Ouyen) Nikki Gadsden (Rob) and Primary School Nurses		
		Ride/ Walk to Work/ School Day	Involve Robinvale & Ouyen Looking for people to play an active role in this project; advertising etc.	Mark, Rhys & Anthea. Contact: Rhys, Anthea, Carmel or Chris for info/ ideas/ active role	Rhys gave feedback of last years event, looking for peoples involvement	<b>In progress</b>
<b>2.4</b>	<b>To promote the benefits of physical activity for children aged 6-12 years</b>	MTHCS and RDHS to coordinate	Grant- feedback Aug meeting Nicky to report back	MTHCS, RDHS	Active After Schools is occurring in Ouyen for 6-12 yro's	<b>Ongoing</b>

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			next meeting			

**Objective 3: To increase the number of people of a CALD background in the Northern Mallee who undertake sufficient physical activity to meet the National Physical Activity Guidelines by 2012**

Item No	Strategy	Intervention	Action/s Required (including expenditure)	Person/s Responsible & When	Progress	Completed/ outcome
3.1	<b>To assist refugee and newly arrived migrant youth to increase their level of planned physical activity</b>	<ul style="list-style-type: none"> <li>Organise community consultations with CALD youth groups</li> <li>Organise “come and try days”</li> <li>Sport Network Forum (MSA)</li> <li>Link &amp; Learn Committee to organise a meeting with Active After School</li> </ul>		<ul style="list-style-type: none"> <li>MSA, SMECC, SCHS: Tanya, Dean, Jane/ Sarah, Anthea, Rhys. To be completed by June 2010</li> <li>MSA</li> <li>L&amp;L Committee</li> <li>Anthea to report back next meeting</li> </ul>	MSA 6 people attended. 20 registered only one club.  Grant is coming to an end, letters sent to schools to get consultations. Anthea to continue updates	
		<ul style="list-style-type: none"> <li>Active After Schools Update</li> </ul>		Sam Muscatello	Program will run until 31 <sup>st</sup> December, no more information until after Election	
				Anthea & Tanya to provide feedback on info packages	Still being put together	

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				for sporting clubs		
		<ul style="list-style-type: none"> <li>Waves female specific pool time to be reported back on</li> </ul>		<p>Turkish women's PA and nutrition program scheduled for August.</p> <ul style="list-style-type: none"> <li>Sep: Anthea to provide feedback</li> </ul>		

**Objective 4: To increase the number of adults aged 40 and over in the Northern Mallee who meet the National Physical Activity Guidelines by 2012**

Item No	Strategy	Intervention	Action/s Required (including expenditure)	Person/s Responsible & When	Progress	Completed/ outcome
4.1	<b>To assist adults at high risk of developing a chronic disease to reach the level of activity recommended in the national physical activity guidelines</b>	<ul style="list-style-type: none"> <li>Life! Program</li> <li>RDHS chronic disease prevention program</li> </ul>	To seek funding from Council to create a walking track	RDHS, SCHS, MTHCS, MDGP	Ongoing A lot of people walking in Robinvale	
4.2	<b>To promote the benefits of physical activity to adults in the Mildura LGA</b>	Encourage adults to engage in community based exercise classes – RDHS		RDHS		
		Encourage community use of Robinvale walking and bicycle track		RDHS		
		Body Image Project (overlapping with the Mental Health Working		MRCC Youth, DEECD, SCHS Invite Nikki Moraitis (MH		

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		Group)		focus)		
	<b>New Business:</b>					
		Update on Active After Schools Program- being shut down			Sam provided feedback	<b>Ongoing</b>
		Update from the Ride To Work Day	Update given	Rhys Brymer (SCHS)	<b>Call for active involvement for interested parties</b>	<b>Update given</b>
		Next Financial Year Strategies	Need to think about what they will be	Anthea		

1. Meeting Closed: 10:40am
2. Next Meeting: September 23<sup>rd</sup> 2010: 9:30-10:30am