

CATEGORIES 1 TO 10

Category	8 Excellence in prevention and early intervention				
Title of entry	Koori Bubs Swim Program				
Organisation	Gippsland Lakes Community Health				
DHS region	Gippsland				
Entry contact person	Angela Ellis & Jane Christie				
Position	Director Community Health Angela Ellis Health Promotion Co-coordinator Jane Christie				
Unit/Division	Community Health				
Postal address	PO Box 429 Lakes Entrance 3909				
City/Suburb	Lakes Entrance	State	VIC	Postcode	3909
Telephone	03 51 55-8300				
Facsimile	03 51 55-4057				
Email	angelae@glch.org.au & janec@glch.org.au				

Title of entry	Koori Bubs Swim Program
Organisation	Gippsland Lakes Community Health

Tell your story	<p>Monday is “the best day of the week for all of us” according to Wilma from the Bung Yarnda Indigenous Childcare Centre at the Lake Tyers Trust, East Gippsland.</p> <p>This is the day that Koori children aged between 0-5, along with their mums, aunties and childcare workers gather up their swimming gear and come to the local YMCA swimming pool to have fun in the water, socialise and enjoy a shared lunch.</p> <p>Over the past two years, Koori youngsters and their carers have got into the habit of weekly swimming, feeling good about coming to the YMCA and generally being more engaged within the community.</p> <p>Prior to the commencement of this program this group weren’t using the YMCA at all, and now, are participating regularly at this venue in both mainstream community events , school swimming programs and independently. Koori mothers report that their children now have fewer colds, are far more confident in the water, and are also benefiting socially from this group interaction.</p> <p>Gippsland Lakes Community Health (GLCH) co-ordinate the program in partnership with Bung Yarnda Childcare, as part of their broader Indigenous capacity building health promotion strategy.</p> <p>The YMCA management and staff are now more inclusive, and have recently won an Award for Family Water Safety in recognition of their pro-active support for the Koori Bubs Swim Program.</p> <p>This program has now expanded. With the Koori Family Swim program well established in Lakes Entrance it was timely to expand on our experience and we have taken the program to the neighboring community of Bairnsdale.</p> <p>Contact for more information about the initiative: Name: Angela Ellis & Jane Christie Position: Director Community Health Services & Health Promotion Co-coordinator Organisation: Gippsland Lakes Community Health Tel: 51 55-8300 Email: angelae@glch.org.au & janec@glch.org.au</p>
-----------------	--

Title of entry	Koori Bubs Swim Program
Organisation/s	Gippsland Lakes Community Health

(a) Abstract	<p>By participating in the weekly Koori Bubs Swim Program (KBSP), pre-school Koori children and their carers from Lake Tyers Aboriginal Trust (LTAT) and Lakes Entrance community are gaining the well known benefits from increasing their level of physical activity and social connectedness, and have now formed regular patterns of participation in swimming activities.</p> <p>Through consultation with the local koori community, review of local and national burden of disease data, and review of GLCH service data the need was identified, and through funding opportunities afforded by Go For Your Life GLCH established the KBSP.</p> <p>Each Monday YMCA instructors work alongside GLCH and Bung Yarnda childcare staff encouraging the children to play in the water and teach water safety skills.</p> <p>Participant feedback has been excellent, with the parents and carers reporting that the children's enjoyment and skills in both physical and social activities have increased significantly.</p> <p>The Program has positively impacted upon the local Koori population's capacity to identify and address their own health needs, and has increased their access to other services within GLCH.</p> <p>Relationships between the indigenous and wider community have improved in many areas, with partnerships with a range of stakeholders both increasing and strengthening.</p> <p>The program is continuing to develop with many unexpected outcomes. The health gains to this community are continuing to be supported with on going commitment from our organisation with State and Commonwealth funding ensuring our continued commitment.</p>
(b) Background	<p>East Gippsland has an Indigenous population that is five times higher than the State average, being 2.7% of the total population.</p> <p>There is solid evidence for promoting and enhancing physical activity opportunities for the whole community with health gains being well documented.</p> <p>This evidence is further supported by BOD data for the indigenous population demonstrating a higher incidence than the general population of diseases associated with physical inactivity such as Type2 diabetes and cardiovascular diseases. Along with this data, and the statistic that demonstrates the drowning rate of Indigenous children being three times higher than for non indigenous children being ranked the second most common cause of injury death in the 0-5 age group overall inspired the development of the KBSP program.</p> <p>Consultation with local Koori mothers identified a desire for their children to learn to swim and become more active.</p> <p>GLCH developed a Koori population profile and has identified this group as one of high need. GLCH have long established health promotion priorities to improve the physical activity levels of the whole community.</p> <p>The Koori Bubs Swim program was one strategy developed to address this priority within the Koori population.</p>
(c) Objectives	<p>Goal :-</p> <p>“Improving the health and wellbeing of the local indigenous communities of LTAT and Lakes Entrance”</p> <p>Objectives:-</p> <ul style="list-style-type: none"> • The local Koori community increases its capacity to identify and address their health needs • Local health services increase their capacity to work with their local koori communities addressing these health needs.

	<ul style="list-style-type: none"> • Participants increase their levels of physical activity and social connectedness and form regular patterns of participation. • Increase water-safety skills and reduce the incidence of drowning amongst the indigenous 0-5 age group • Increase the confidence of the local indigenous community to access the YMCA facility and increase its participation in swimming independently of the program
(d) Methods	<p>2001</p> <ul style="list-style-type: none"> • BOD data established need and influenced objectives and strategies • Employment of Koori Liaison worker • The need was identified for recreation and community activities for young people and families addressing health issues. • GLCH Koori liaison worker established links with in the local Koori community and GLCH services <p>2002</p> <ul style="list-style-type: none"> • Koori population profile developed supporting the need • Formal agreement between GLCH and LTAT, articulated a commitment to work together to improve Indigenous health and access to services. • Koori workers and Elders assisted with engaging stakeholders for the program <p>2003.</p> <ul style="list-style-type: none"> • Consultation with EGPCP Koori Health Promotion Project and GLCH was established • Identification of initial strategies supporting capacity building objectives including improving physical activity opportunities in community settings, and targeting families rather than individuals • Koori Family Swim program developed successfully piloted <p>2004</p> <ul style="list-style-type: none"> • Further partnerships with stakeholders developed to include, police YMCA, etc • KBSP commenced. <p>2006</p> <ul style="list-style-type: none"> • New partnerships developed in Bairnsdale to enable expansion of the KBSP <p>Ongoing</p> <ul style="list-style-type: none"> • Strengthened partnership with Bung Yarnda Childcare and GLCH facilitating the weekly swimming program. • Continuing development and expansion including land based Koori Kinda Gym. • A shared lunch is instrumental in increasing social interaction and modeling healthy eating habits during both sessions.
(e) Outcomes	<ul style="list-style-type: none"> • Kooris using the YMCA facility has increased from 3 in 2003 to over 100 individuals within 2 years. • Participants water safety skills improved • Participation rates improved from 33% in 2004 to 100% in 2006 • Self-esteem and physical activity levels have increased amongst the adult carers • Adult participation rates in the water increased by 200% since inception • The partnership with Bung Yarnda child care has strengthened, with responsibility for program tasks being transferred from GLCH • Participants and families are swimming outside the program times and attending other YMCA community activities • Wider community awareness, nurtured through positive local media profile, range of training and employment opportunities (e.g. life guard training and tertiary education uptake by Koori

	<p>youth, cultural diversity awareness for YMCA and GLCH staff)</p> <ul style="list-style-type: none"> Local health services have improved access to families during the program times in an informal way enabling appropriate referrals where required. Eg Allied Health, SAAP, Disability services. Koori attendances at GLCH has increased by 7% since the program commenced (SWITCH) (See chart - Com Dev in Koori Communities. PDF) 																																				
(f) Lessons learned	<ul style="list-style-type: none"> A steering committee should have been established with the Lakes Entrance Indigenous stakeholders in the establishing phase. This has been a learning carried forward to Bairnsdale, strengthening this initiative. In Bairnsdale we met with Gippsland & East Gippsland Aboriginal Co-operative (GEGAC) to plan the program and continue to meet with this steering committee regularly. A stronger sense of program ownership is already evident in this program, and GLCH is already devolving responsibility to GEGAC for the ongoing support of their Program. This took two years to occur in Lakes Entrance. Koori initiatives develop slowly. Cultural awareness training has given GLCH the insight to be persistent and patient, and are now along with the Koori Community are reaping the benefits of this program. 																																				
(g) Status and sustainability	<p>'Go for your Life' funding will support the program until 2008. GLCH has ongoing commitment recently expanding to Bairnsdale where GEGAC and Kilmany Uniting Care have committed resources and funding for the program.</p> <p>Capacity building within the Koori community is being enhanced through the program, strengthening their partnership with the YMCA and ensuring sustainability.</p>																																				
(h) Budget	<table border="1"> <thead> <tr> <th>INCOME</th> <th>Year 1</th> <th>Year 2</th> <th>EXPENDITURE</th> <th>Year 1</th> <th>Year 2</th> </tr> </thead> <tbody> <tr> <td>Go For Your Life</td> <td>\$17,300</td> <td>\$19,000</td> <td>Administration</td> <td>\$1,211</td> <td>\$1,330</td> </tr> <tr> <td>GLCH</td> <td>\$11,291</td> <td>\$12,418</td> <td>Marketing & Promotion</td> <td></td> <td></td> </tr> <tr> <td>In-kind support</td> <td>\$10,080</td> <td>\$11,088</td> <td>Materials & Equipment</td> <td>\$17,300</td> <td>\$19,000</td> </tr> <tr> <td></td> <td></td> <td></td> <td>Staff</td> <td>\$20,160</td> <td>\$22,176</td> </tr> <tr> <td>TOTAL</td> <td>\$36,671</td> <td>\$42,506</td> <td>TOTAL</td> <td>\$38,671</td> <td>\$42,506</td> </tr> </tbody> </table>	INCOME	Year 1	Year 2	EXPENDITURE	Year 1	Year 2	Go For Your Life	\$17,300	\$19,000	Administration	\$1,211	\$1,330	GLCH	\$11,291	\$12,418	Marketing & Promotion			In-kind support	\$10,080	\$11,088	Materials & Equipment	\$17,300	\$19,000				Staff	\$20,160	\$22,176	TOTAL	\$36,671	\$42,506	TOTAL	\$38,671	\$42,506
INCOME	Year 1	Year 2	EXPENDITURE	Year 1	Year 2																																
Go For Your Life	\$17,300	\$19,000	Administration	\$1,211	\$1,330																																
GLCH	\$11,291	\$12,418	Marketing & Promotion																																		
In-kind support	\$10,080	\$11,088	Materials & Equipment	\$17,300	\$19,000																																
			Staff	\$20,160	\$22,176																																
TOTAL	\$36,671	\$42,506	TOTAL	\$38,671	\$42,506																																
Word count	1145																																				
Referees	<p>Margaret Pearce Bung Yarnda Childcare Centre Lake Tyers Aboriginal Trust Ph: 5155 8500</p> <p>Wendy Aitken Manager, YMCA Ph: 5155 3333</p>																																				
References	<p>GLCH IHP 2004-06 GLCH Koori Population Profile Mackie I, Tebb N, Eady T, National Drowning Study. Royal Lifesaving Society Australia, 1993 Moore T. 2004 "Working with Koori families" Royal Childrens Hospital Melbourne Vic National Rural Health Alliance</p>																																				

Victorian Government 2004, **Planning for Healthier Communities : Reducing the risk of type 2 diabetes and cardiovascular disease through healthier environments and lifestyles**

CHECKLIST

CEO endorsement	[A letter of endorsement from the CEO of your health service should be emailed with the entry. Please note that the CEO endorsing the entry should be the head of your <u>overarching</u> health service; for example, Bayside Health or Moreland Community Health Service. Include file name here.]
Conditions of entry	[Read the conditions of entry to ensure that your submission meets the entry requirements, otherwise it may be declared ineligible.]
Photo	Photo of Koori Bub Swim Program attached Koori Bubs Projects Award photo.jpg
Supporting material	Community Partnerships chart - Com Dev in Koori Communities.pdf Program participants feedback quotes- Bung Yarnda evaluation.doc Letter of Support – YMCA – YMCA letter of support.doc