

## Tasmanian Association of Community Houses

### *Get Healthy Service* Promotion Activities

#### Promotion Activities July – December 2010

<b>Neighbourhood House</b>	<b>Locality</b>	<b>Promotional Initiative</b>
Beaconsfield House	Beaconsfield (North)	Fun for Free Day promoting free outdoor summer activities for families, followed by a healthy lunch
Bridgewater Community Centre	Bridgewater (South)	Shop Smart and Eat Well - Supermarket tours comparing costs of fresh and processed foods, shopping on a budget and easy recipe ideas.
Clarendon Vale Neighbourhood Centre	Clarendon Vale (South)	Hold a stall at the Clarence Plains Festival. Providing healthy recipes, display of food (ingredients) and promoting Walk n Lunch program, fruit and veg coop. Provide free fruit on the day.
Deloraine House	Deloraine (North West)	Promote healthy eating at a Seniors luncheon with a guest speaker, and hand out vouchers for one free healthy lunch.
Derwent Valley Community House	New Norfolk (South)	Community cooking demonstrations for seniors to promote healthy eating, and produce a healthy eating cookbook
Devonport Community House	Devonport (North West)	Fourteen sessions of Tai Chi in the community garden
Dorset Community House	Scottsdale (North East)	Weekly cooking demonstration of healthy recipes including cost comparisons, nutrition information and exercise activities

<b>Neighbourhood House</b>	<b>Locality</b>	<b>Promotional Initiative</b>
Dunalley Tasman Neighbourhood House	South	Family day in partnership with Tasman Council in Nubeena park, including instruction on using outdoor gym, skateboarding demonstration, free fruit for participants
Eastern Shore Community House	East Devonport (North West)	Melbourne Cup event with fresh fruit, vegetable and cheese platters, chicken and fish. Also competitive hobby horse races
Fingal Valley Neighbourhood House	Fingal Valley (North East)	Fishing trips followed by healthy BBQ's using fish and salads
Gagebrook Community Centre	Gagebrook (South)	Weekly cooking class focussing on nutrition and budget led by chef Nathan Lam, developed in partnership with Salvation Army Step 123 program
George Town Neighbourhood House	George Town (North)	Daily walking group in partnership, plus promote healthy eating options with weekly breakfast club for walking group participants
Goodwood Community Centre	Goodwood (South)	Bike workshop and barbeque (centre is close to the bike track)
Maranoa Heights Community Centre	Kingston (South)	Establishing a Community Garden, walk to local nursery, planting day with healthy lunch. Thereafter, ongoing community healthy lunch
Okines Community House	Dodges Ferry (South)	Healthy Christmas lunch for Seniors with panel of guest speakers covering nutrition, exercise first aid, Tai Chi, and the role of the pharmacy.
Ravenswood Neighbourhood House	Ravenswood (North)	Run a 6 week cooking and nutrition program, on a repeating cycle

<b>Neighbourhood House</b>	<b>Locality</b>	<b>Promotional Initiative</b>
Risdon Vale Neighbourhood House	Risdon Vale (South)	Host a taste day combined with cooking demonstrations using basic pantry ingredients and fresh produce for budget meals. Demonstrate that healthy cooking can be cheaper than fast food
Rokeby Neighbourhood House	Rokeby (South)	Series of Zumba classes followed by healthy lunch. Participants to each receive a pedometer
St Helens Neighbourhood House	St Helens (North East)	Walking challenge (similar to orienteering), requiring photographic evidence of each local landmark or place of interest visited on the day. Afternoon tea or barbeque to finish.
Tresca Community Centre	Exeter (North)	Cooking classes choosing healthy foods from different nations/cultures.
Warrane Mornington Neighbourhood Centre	Warrane (South)	Provide half price 10 week Zumba program with childcare provided
West Moonah Community House	West Moonah (South)	Community Christmas lunch promoting health initiatives including walking group, heart moves, breakfast club, cooking classes and the community garden
Women's Karadi Aboriginal Corporation	Goodwood (South)	Run Zumba Gold sessions twice a week for 12 weeks (in conjunction with the current weight loss group)
Zeehan Neighbourhood Centre	Zeehan (West Coast)	Taking over management of local gym. Hold an open day, free trials of equipment and healthy lunch for attendees.

## Promotion Activities January – June 2011

<b>Neighbourhood House</b>	<b>Locality</b>	<b>Promotional Initiative</b>
Bridgewater Community Centre	Bridgewater (South)	Not Wealthy But Healthy. Grow fruit and vegetables in community garden and run cooking days on how to use them
Bridgewater Community Centre	Bridgewater (South)	Men's Health Week. Healthy Men Healthy Life. Run a series of BBQs and information sessions during Men's Health Week.
Burnie Community House	Burnie (North West)	Kommunity Kids & Families Big Day Out. Focus is on Get out, get active and eat well via a bus trip to Molenda Lodge for outdoor activities followed by healthy BBQ focussed on healthy eating ideas on a budget.
Clarendon Vale Neighbourhood Centre	Clarendon Vale (South)	Zumba. Five free Zumba classes after school hours at the local school to reach a larger target group of parents and whole families.
Deloraine House	Deloraine (North West)	Families Get Healthy. Hold a family BBQ using healthy BBQ ideas from Move Well, Eat Well.
Deloraine House	Deloraine (North West)	Men's Health Week Healthy BBQ. Hold a BBQ at the Deloraine Community Shed with information and activities about Heart Foundation walking, Get Healthy Service, health generally and mental health.
Devonport Community House	Devonport (North West)	Healthy Beginnings Cook and Taste sessions. Bags of vegetables/ingredients with recipe provided to participants. Help parents become role models for healthier eating for their children.

<b>Neighbourhood House</b>	<b>Locality</b>	<b>Promotional Initiative</b>
Devonport Community House	Devonport (North West)	Men's Health Week. Blokes Day Out. A men's health expo on 18 June including a men's cook-off, a community nurse and physio on hand and show bags of men's health information. Also demonstrations on small building projects, a hot rod on display and 3 follow up cooking sessions for men once a month.
Eastern Shore Community House	East Devonport (North West)	Freezer Friendly Food Cook-up. Support participants to cook a range of healthy meals that can be taken home to freeze and reheat at a later time, rather than purchase take-away food. Give information on safely storing and reheating food and other suggestions for freezer friendly healthy recipes.
Gagebrook Community Centre	Gagebrook (South)	JRS Buffet. Provide two community lunches that promote healthy eating and initiate a new walking group sponsored by Heart Foundation
Gagebrook Community Centre	Gagebrook (South)	Men's Health Week. Men Get Active. Open day at the house with healthy morning tea and health information. Take groups of men to Pete's Community Work Shed with a barbeque lunch focussing on healthy eating.
George Town Neighbourhood House	George Town (North)	Purchase fitness equipment for everyday use to set up a circuit type fitness program available every week day.

<b>Neighbourhood House</b>	<b>Locality</b>	<b>Promotional Initiative</b>
George Town Neighbourhood House	George Town (North)	Men's Health Week. A Blokes Brekky. Provide a series of fun/interactive breakfast programs for men. Healthy breakfasts with interactive puzzle sessions and health education quizzes plus 1 minute health checks. Prizes of various men's activity and health products.
Geeveston Community Centre	Geeveston (South)	My Fair Share - Healthy Eating. Six week program for young mum's group and children to learn how to cook basic meals
Northern Suburbs Community Centre (Rocherlea)	Rocherlea (North)	Our Neighbourhood House Kitchen Rules. Run a 4 week series of cooking and nutrition programs on a repeating cycle.
Northern Suburbs Community Centre (Mowbray)	Mowbray (North)	Our Neighbourhood House Kitchen Rules. Run a 4 week series of cooking and nutrition programs on a repeating cycle.
Okines Community House	Dodges Ferry (South)	No Dig Garden Bed. Workshop on creating a no dig garden bed and planting vegetables. Healthy morning tea/lunch provided
Ravenswood Neighbourhood House	Ravenswood (North)	Food Glorious Food (Series 2). Run a 6 week cooking and nutrition program, on a repeating cycle
Ravenswood Neighbourhood House	Ravenswood (North)	Men's Health Week. Active Dads Makes Active Kids. Create a Dads' photo poster by Dads taking photos of themselves and their children being active in the community. Prizes for most popular photos.

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Rokeby Neighbourhood House	Rokeby (South)	Healthy Eating, Healthy Snacks. A one day event with taste testing of a wide variation of healthy snacks and meals. Printed recipes of these will be available.
Rosebery Community House	Rosebery (West Coast)	Men's Health Week. Rosebery Men's Shed. Progress establishment of a men's shed through a supper and discussion workshop.
Tresca Community Centre	Exeter (North)	Hold a fortnightly series of healthy community lunches with a social activity or a talk from various health organisations (eg diabetes, heart disease, arthritis)
Tresca Community Centre	Exeter (North)	Men's Health Week. Swinging Blues. Provide a game of golf to groups of men. Encourage them to bring a mate who hasn't played before to encourage them to be more physically active.
West Moonah Community House	West Moonah (South)	West Moonah Community Pantry. Stock of healthy food including fresh food, cooked then frozen meals using supplies from Second Bite. Food available to families and individuals with limited access to fresh and healthy food.
West Moonah Community House	West Moonah (South)	Men's Health Week. Bus trip to Pete's Shed in Bridgewater with a workshop activities and barbeque lunch focussing on healthy eating. Participants receive a health information bag.

<b>Neighbourhood House</b>	<b>Locality</b>	<b>Promotional Initiative</b>
Women's Karadi Aboriginal Corporation	Goodwood (South)	Karadi Kook Up. Healthy cooking program for parents/carers and families of Aboriginal children, including healthy food ideas, budgeting and hands on activities. Traditional Aboriginal foods will also be included.
Zeehan Neighbourhood Centre	Zeehan (West Coast)	Free T-Shirts for All. Purchase and print t-shirts as incentive to people who complete one month of gym membership and to promote gym in the town.

## Promotion Activities July – December 2011

Neighbourhood House	Locality	Promotional Initiative
Beaconsfield House	Beaconsfield (North)	Youth Fitness Program (17-25). Run three different types of exercise classes – boot camp, circuit and Zumba. Two classes a week for 4 weeks.
Bridgewater Community Centre	Bridgewater (South)	Walk It Out. Bridgewater Striders walking group excursion to Huon area to do a local walk and have a picnic lunch
Deloraine House	Deloraine (North West)	Spring into Gardening. Open day at the community garden, weeding, planting take home pots and seedlings.
Derwent Valley Community House	New Norfolk (South)	Healthy Aging expo. Promote healthy exercise such as Tai Chi, water and chair based activities.
Devonport Community House	Devonport (North West)	Blooms, Beaches and Being Active. Monthly events to encourage participants to be active and enjoy Spring, including walking tour of Arboretum, Tulip Festival, Community Garden and surfing lessons.
Dunalley Tasman Neighbourhood House	Dunalley (South)	Spring into Spring Family Bike Day. Hold at mountain bike track at Kellevie with guided riding sessions and demonstrations of bike set-up and maintenance.
Eastern Shore Community House	East Devonport (North West)	Get Active Program for Older Residents. A ten week series of 2 hour workshops with information, and a different physical activity each week such as aquarobics, rock climbing, Zumba, yoga, walking, barefoot bowls.

<b>Neighbourhood House</b>	<b>Locality</b>	<b>Promotional Initiative</b>
Gagebrook Community Centre	Gagebrook (South)	Family Day Out. Bus Trip to Botanical Gardens with scavenger hunt and family games.
Gagebrook Community Centre	Gagebrook (South)	Seniors Get Active. Take a group of Seniors to Hartz Mountains National Park with short walks to Waratah Lookout, Arve Falls and Lake Osborne.
Maranoa Heights Community Centre	Kingston (South)	Spring into Zumba. Ten Zumba classes for up to 10 participants.
Northern Suburbs Community Centre (Mowbray)	Mowbray (North)	Let's Get Physical. Run a 6 week block of Zumba Classes., and give out water bottles and fruit
Northern Suburbs Community Centre (Rocherlea & Mowbray)	Rocherlea & Mowbray (North)	Out and About in Spring. Use the community bus to take participants to Tasmania Zoo to explore the walking tracks and see the animals. Also purchase some sport equipment.
Okines Community House	Dodges Ferry (South)	Pizza Oven Workshop. Weekend workshop to build an outdoor pizza oven.
Ravenswood Neighbourhood House	Ravenswood (North)	Bounce into Spring. Purchase 10 fit balls and incorporate use into Monday exercise program
Ravenswood Neighbourhood House	Ravenswood (North)	Bounce into Spring and The Walking Trail Challenge. Subsidise fitness trainer fees and take participants in the community van to walk the Greater Launceston trails in the trail challenge.
St Helens Neighbourhood House	St Helens (North)	Women Get Healthy. Run a 6 week self-defence class for women with a qualified black belt instructor, and conclude with a BBQ.

<b>Neighbourhood House</b>	<b>Locality</b>	<b>Promotional Initiative</b>
Tresca Community Centre	Exeter (North)	Toddler's Tomatoes. Purchase 2 raised garden beds, seeds etc and have parents and children from parenting group plant and maintain.
Ulverstone Community House	Ulverstone (North West)	Equipment for Group Exercise. Purchase "step" boxes and include in a regular group exercise class.
Ulverstone Community House	Ulverstone (North West)	Tai Chi Leadership Training. Train volunteer (former Tai Chi participant) in instruction and then commence Tai Chi classes.
West Moonah Community House	West Moonah (South)	Get Fit Over Summer. Transportation to and participation in 8 week program of 30 minute gym sessions.
West Moonah Community House	West Moonah (South)	Family Fun Day. Yoga and fit ball in the park, with games and activities for entire family, and including healthy cooking demonstrations.
Zeehan Neighbourhood Centre	Zeehan (West Coast)	Self Defence for Beginners. Run a self-defence course with a qualified instructor, followed by a healthy lunch