

**Kimberley Project sharing template – completed projects**

<b>Group name</b>	Mowanjum Healthy Eating and Active Living program
<b>Group organisers name</b>	Bernadette O’Brien and Lucas Brennan
<b>Group organisation’s Name</b>	Boab Health Services and WA Country Health Services (WACHS)
<b>Program/project partners</b>	Mowanjum community, WACHS regional dietitian and WACHS Derby community nurse
<b>Budget</b>	Hall fee to commence next time
<b>Session Duration</b>	Approx 4 hours
Date Tuesday 26 <sup>th</sup> September 2017	
<p><b>Why was there a need for the project? Who was the project targeting? What were you aiming to achieve?</b></p> <p>To provide opportunity to improve cooking and nutritional knowledge and evidence based, best practice exercise sessions that are otherwise not available. Learning these practical skills can contribute towards improved health and to disease prevention.</p>	
<p><b>Who? When? Where?</b></p> <p>Permission was granted from Penny at Mowanjum to use the hall. WACHs dietitian Lucas Brennan and WACHS nurse Liz Hart both contribute to the session which is held at the Mowanjum Language Centre every 4 weeks.</p>	
<p><b>How did you make it happen?</b></p> <p>There was an identified need for and interest in improved nutrition and cooking knowledge in Aboriginal remote communities. Some of these skills could be taught by Boab dietitians but schedules did not allow ongoing commitment. As a diabetes educator with a Certificate 3 qualification as a fitness instructor Bernadette was able to compliment the health improvement opportunity with group fitness classes and to provide health and diabetes prevention/management information. Lucas was employed by WACHs for the purpose of holding cooking sessions at specific remote communities. The opportunity was taken to combine resources and offer a healthy lifestyle program .</p> <p>A workshop was convened with community members and the responses clearly stated a desire for regular healthy cooking, exercise and monitoring of weight, BP, BGL and pulse.</p>	
<p><b>How did you get feedback?</b></p> <p>Verbal comments- “Fantastic”, “when are you coming here again”, “Can we practice the exercises during the week?” “Can we have an exercise session at the pool?” “Are these recipe books available?” “What about salad dressings?” There were numerous requests for further sessions about food and suggestions about what topics could be covered.</p>	
<p><b>Resources</b></p> <ul style="list-style-type: none"> <li>• Lucas – Food bank resources and supply of his own music</li> <li>• Liz – scales, BP monitor, tape measure, BGL meter, exercise step</li> <li>• Bernadette- Pt record sheets, activity programs (sessions 1-6) as per Diabetes WA and Dept of Health – “My Healthy balance Program”, Assessment tools (TAFE based)</li> </ul>	