

# Integrated Health Promotion in Action

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## Integrated health promotion is making a difference

For a PCP practical example [click here](#).

A Community Health practical example:

### Cardinia Learning is For Everyone (LIFE) project

Community consultations have identified that new residents to the municipality, especially those of CALD backgrounds are at-risk of isolation and often do not have the English speaking skills or knowledge of the lifestyle, services and supports available.

Key issues identified include:

1. Inability to assist children with homework due to limited or no English skills
2. Lack of knowledge of how to do banking, shopping and use public transport
3. No understanding of finance, budgeting or how to apply for a loan
4. Little to no knowledge of community services

Cardinia (LIFE) project is targeting newly arrived residents to Cardinia during 2008 who are unfamiliar with the community and are at-risk of isolation. This includes newly arrived residents with Brazilian and Sudanese backgrounds.

The purpose of the project is to enhance life skills and wellbeing by establishing community connections and pathways to learning opportunities and social supports.

The project is a joint collaboration between Cardinia-Casey Health Service, Outlook Community Centre, Upper Beaconsfield Community Centre and Pakenham and District U3A Inc.

The project involves implementing a Culturally and Linguistically Diverse (CALD) engagement strategy. This strategy includes involving participants and their children in the Australian Council of Education (ACE) 'taster' classes and 'getting to know your community' tours in the school holidays during 2008. Support and mentoring groups have been established to enable sustainability beyond the project's duration.

### What is the integrated health promotion response?

Low cost (gold coin donation) 'taster' classes are offered using Outlook and U3A's facilities to isolated new arrivals.

Participants are transported by bus to the facilities to engage in a range of programs, and are given a tour of the Pakenham district, and shown where all the major services are located.

The life skill development programs offered include:

1. Language, literacy and numeracy
2. Australian cooking, healthy eating, budgeting for grocery shopping

3. Life skills such as housing and finance, budgeting issues for households
4. Garden tours in cooperation with the Hills Community Garden (a previous Community Learning Partnership collaborative initiative)
5. IT
6. Know your Community (including tours of library, churches, community facilities, shops, social support services etc.)
7. Health issues and welfare issues
8. Social support group for sustained mentoring Children's classes in craft and music were offered to coincide with some adults classes in view of school holidays.

### **What are the impacts?**

- 26 education opportunities offered with 217 participants
- 17 regular participants attending the weekly conversational English and computer classes
- Connecting communities across unusually challenging geographic areas, for example Cockatoo to Upper Beaconsfield and Pakenham
- The introduction of educational opportunities not traditionally offered such as driver education for residents with CALD backgrounds. The education aims to improve confidence and passing rates for those sitting the Victorian Drivers License test. This will be considered by Outlokk as a supported activity of the whole community, as learning opportunities are limited for low income residents
- Student and tutor opportunities beyond the funded project. The conversational English classes for residents with CALD backgrounds will continue, the sustainable food based trips for the Community Gardens will also continue on a user pay basis, as those who participated are really committed to biodiversity principles and self sufficiency in food production
- The networks established both by the project steering committee and the previous operational networks across Pakenham, Upper Beaconsfield and Cockatoo, have been strengthened
- New partnerships with Cockatoo Sports Stadium, the Good Samaritan Sister in St Patrick's Parish Pakenham, the Allied Health Staff of Cardinia Casey Community Health Service, the Municipal Library, and the 4C's Food Bank
- The community health service and food bank have offered nutrition and cooking classes
- Green Computers are offering ongoing technology access for those on limited incomes
- Some of the issues surrounding social connectedness have been addressed through physical activity. A number of residents with Brazilian backgrounds were introduced to the soccer opportunities at CardiniaLife and Cockatoo Stadium. Commencing with only one team in April there are now 2 Brazilian teams competing. Feedback from participants' has been positive. Australian and Brazilian participants' enjoyed cross cultural learning and the teaching of language and soccer skills. The overall impact to participants has been increased physical activity and improved mental wellbeing

## **What's next?**

Evaluation is ongoing and will be fully reported to the funding body ACFE. Most activities can be sustained independent of the funding as the networks have the strength to do this and facilitator costs can be covered by modest participant fees. The soccer program is self funding as well as general community programs for new arrivals to the area.

The Good Samaritan Sisters will use U3A volunteers to continue the conversational English classes in 2009 and Outlook Community Centre will take on the Driver Education Program for anyone in the community struggling with literacy issues and the driver testing process.

## **Further information**

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