

Department for Victorian Communities

Office of Senior Victorians

Seniors 'Go for your life'

Active Living Grants

for

Primary Care Partnerships

Final Project Report

*Department for
Victorian Communities*



Active Living Grants

Aims & objectives

The Active Living grants program is a key element of the Seniors 'Go for your life' initiative that targets Primary Care Partnerships (PCPs). The aim of the Active Living grants program is to support local communities to:

- develop and promote opportunities for active living by older people; and
- increase participation in active living by older people.

Final Project Report

Each PCP funded in phase two of the Active Living grants program is required to provide a Final Project Report to the Office of Senior Victorians by **30 April 2007** (*unless an alternative date has been negotiated with OSV*).

PCPs are required to report on project activities by using the provided template. The template has two parts:

Section A: Qualitative description of project outputs and achievements.

The purpose of this section is to:

- report against the objectives specified in your project plan
- identify any issues which have impacted on project progress
- identify project highlights and key learning
- provide feedback on project support.

Section B: Quantitative data on project outputs and achievements.

The purpose of this section is to provide quantitative data on key activities and achievements. This information will assist in developing an overall picture of the Seniors 'Go for your life' initiative.

The steps in completing this section are as follows:

1. Identify the measures relevant to your project. Please note that not all measures are relevant to each project.
2. Provide final project data and attach relevant documents.

Refer to the example provided in PDF format.

Individual Project Evaluation

Many PCPs have incorporated an evaluation component in their project plan. This has included using techniques such as questionnaires, pre and post surveys, feedback forms, focus groups and other data collection tools to evaluate project impacts.

Please attach any evaluation reports which have been produced during the course of the project.

For further information contact Genia Sawczyn at the Office of Senior Victorians on 9208 3875 or genia.sawczyn@dvc.vic.gov.au

Final Project Report

Name of Primary Care Partnership: North Central Metro

Project Title: 'Ready Set Stride' training for walking group leaders

Section A: Qualitative description of project achievements.

1. What interventions were undertaken during the course of your project and what impacts have been made? *Please report against each objective listed in your project plan.*

Priority Goal:

To develop and maintain walk and talk groups for diverse communities in the municipalities of Yarra, Darebin and Whittlesea.

Objective # 1: : Walking group leaders have the skills and resources to plan, promote and lead walking groups for older people in identified population target groups.

What interventions have been implemented?

- Walking group leader training developed and piloted (see mid term report). Focus group questions and report attached.
- Promotion of training for walking group leaders:
Flyers for community health centres, clubs, local council offices etc.
Members of working group targeted people, including volunteers, in their organisations to promote the training.
Migrant Resource Centre promoted training through its network of clients and clubs.
- Conduct second round training session.
Make any final modifications to training based on participant feedback.
- Finalise a training resource to train walking group leaders.

What impacts have been achieved?

- 15 people completed pilot walking group leader training. Evaluation informed resource development.
- 15 people completed second round of walking group leader training, nationalities represented included: Italian, Macedonian, Turkish, Vietnamese, Chinese, and Australian.
- 'Ready, Set, Stride Trainer's guide for walking groups' developed, produced and distributed to participating agencies in the NCMPCP. (Copy included with report)

Objective # 2: Increase the range of walking and talking groups available to older people in Yarra, Darebin and Whittlesea

What interventions have been implemented?

Promotion of walking groups available in the NCMPCP catchment included:

- Promotional breakfast for health professionals to promote walking groups available in the Darebin area.
- Promotion of walking groups through physios working in Darebin Community Health including

pedometer incentive program.

- Promotion through MRC groups and offer of additional training according to demand.
- Walking groups supported by volunteers program (North Richmond Community Health)

What impacts have been achieved?

- Total of 9 walking groups running across the NCMPCP catchment
- Specifically targeted walking groups include: Turkish, Italian, Greek, East Timorese, Seniors, Indigenous.
- Additional training provided for Aboriginal workers in the 'Movin' Around' Project. One walking group set up.

Objective # 3: Ongoing availability of walking group leader training and support to walking group leaders and systems to refer to walking groups

What interventions have been implemented?

City of Darebin , City of Whittlesea, City of Yarra (end of project only), Darebin Community Health, Plenty Valley Community Health, North Yarra Community Health, North Richmond Community Health, Northern Migrant Resource Centre have participated in the project to support training and walking groups by:

- Promotion of walking groups in each municipality.
- Incorporating walking strategies into municipal health plans and community health plans to include walking group leader training. (2007-08 plans).
- Development of council walking strategy (Darebin, Whittlesea and Yarra) includes ongoing promotion and support of seniors walking groups including increasing walking groups and future training of walking group leaders.
- Proposed future training sessions for additional walking group leaders.
- Promotion of walking groups on council website (Darebin)
- Information on walking groups in NCM catchment included on Northern Division of GPs and NCMPCP Lifescrpts websites.

What impacts have been achieved?

The following agencies are supporting walking groups and have incorporated systems to promote to the community.

City of Darebin

A system set up to refer to walking groups includes leader's first name and telephone number together with the City of Darebin Leisure Services is included in:

- A4 Darebin Walking Groups brochure
- Older and Active in Darebin booklet
- Newspaper advertising
- Website

Plus other publications which are available at Council Customer service centres and community health centres.

Interested walkers contact the walking group leader directly or contact Leisure services.

City of Yarra

Development of destination maps for estate residents

Walking strategies in Municipal Health Plans

City of Whittlesea

Development of five walking maps in key areas.

Community Health

Community Health services link clients to local walking groups in Yarra, Whittlesea, Darebin areas.

Darebin Community Health physio department link clients to walking groups, using a pedometer program to motivate clients.

North Richmond Community Health link clients to walking groups run through volunteer programs.

North Yarra Community Health planned training for new walking group leaders.

Other

Promote walking groups through *Lifescrpts* Program supported through the Northern Division of GPs and NCMPCP.

Please add additional objectives as required.

2. Were any objectives not fully achieved and why?

Overall objectives were achieved although increasing the range of walk and talk groups (objective 2) varied between agencies.

The project was well supported by the City of Darebin where there was close collaboration with the VicHealth Walking Darebin Project. VicHealth funding allowed a project officer to be dedicated to setting up and supporting walking groups as well as meeting other environmental changes objectives of that project. Training of walking group leaders was linked to the Seniors 'Go for your life' project and a limited number of first aid training places was offered to other agencies for their walking group leaders.

In other agencies staff supporting the project incorporated the work into an existing workload. Where there were changes to staff the lack of continuity impacted on achieving interventions proposed as part of the project.

Not all participants in the training went on to run walking groups and the reasons for this varied from personal reasons to a lack of sufficient agency staff to coordinate and support the people trained.

The project highlighted the importance for agencies to set up a system for coordinating walking groups and support for the leaders and this has been incorporated into the '*Ready, Set, Stride Trainer's guide for walking groups*' manual. A network for walking group leaders is useful and helps provide backup when a leader is unable to take a planned walk. Training sessions can help set up this network.

3. Which of the above activities and impacts are you able to sustain beyond this project? How?

Walking group leader training

The resource manual, '*Ready Set Stride Walking Trainer's Guide for Waking Group Leaders*', is available to all participating PCP agencies. (This manual will be downloaded onto the NCMPCP website for general access).

Walking strategies for seniors are incorporated into some municipal or community health plans. Migrant Resource Centre is a venue with experienced trainers to offer on-going leader training.

The walking groups in Darebin will continue because they are led by volunteer walking group leaders, supported by Council's Leisure Service staff who promote the walking groups to the public.

North Yarra Community Health have identified the development of new walking groups as a priority for 2007-08 and plan to use the resource to train additional leaders. This will also support the centres work with the new Diabetes Clinic and work with the public housing estates.

4. Were there any new or unforeseen issues that arose during the course of the project? Have these been addressed and how? Are there any outstanding issues?

Insurance to cover volunteer walking group leaders has been raised as an issue. For some agencies this has not been satisfactorily resolved which means staff members much accompany walking groups.

At Darebin, Walking Group Leaders are registered as Volunteers so that they are covered by the Council's insurance policy. Walking is considered a low risk activity.

Decisions about insurance cover for walking group leaders is a matter for individual agencies setting up the walking groups. As the matter was often raised by participants in the training it is one that needs to be clarified for them.

5. Is there anything that you have learnt during the course of the project that you would like to highlight?

Walking is an activity that is enjoyed by the target group chosen in this project ie. older people from Culturally And Linguistically Diverse (CALD) backgrounds. They particularly enjoy going to places outside their immediate neighbourhood but there can be an issue of transport to these places. Many are not confident in using the public transport system and rely on agencies or community buses.

Cost (eg. petrol cost to walking venues), can be an issue for volunteers and some reimbursement for their costs may need to be considered.

6. Were you able to use the *Go for your life* campaign to support your project? If so, how?

The 'Go for your life' logo has been used on the training manual and participant handouts. However, evaluation at the pilot training indicated that the 'Go for your life' slogan was not meaningful for the target group. It held little meaning for CALD groups. It was also reported to have negative connotations for some people, for example with refugees where the alternative to not going for your life was immediate death.

7. Is there any additional support, which could have assisted with project implementation? Please describe.

Withdrawal of support from Kinect Australia part way through the project limited some aspects of evaluation that they had agreed to undertake, ie: an audit of walking groups.

Pre and post project quantitative data required for this report was not adequately clarified before starting, therefore, outputs and achievements are mostly estimates. Individual agencies had different ways of implementing the project and a consistent reporting framework was not established at the start of the project. Data provided by the City of Darebin is most comprehensive and comes from a community census conducted and funded as part of the Walking Darebin project.

8. Describe the partnerships that were critical to the success of your project and how these were developed. Will they be sustained?

The working group formed from PCP agencies was needed to link with appropriate organisations such as seniors and cultural groups. The working group had a critical role in developing the resource, in the selection of people to contribute to the manual's development and selecting participants for training as leaders.

The training manual produced by the project supports the ongoing plans to support local walking strategies by training additional walking group leaders by agencies as required.

Incorporation of the development and support for walking groups in community health and municipal health plans will ensure sustainability.

The Migrant Resource Centre was a member of the working group and had important links to the CALD community and staff skilled in working with these groups. They are able to offer training in the catchment if there is a demand.

9. Other comments.

Section B: Quantitative data on project outputs and achievements.

| Tick if measure is relevant to your project. | Increased Activity Opportunities for Seniors | Outputs and Achievements |
|--|---|---|
| √ | Number, type, frequency & duration of each activity program. | <p>Darebin 5 walking groups: av. 50 walkers Italian Community Walking Group Darebin International Sports Centre Walking Group Northland Shopping Centre Walking Group Greek Women's Elderly and Friendly Club Walking Group Bundoora Park Walking Group</p> <p>Yarra NYCH: 2 walking groups, meet daily for one hour walks NRCH walking group: Weekly walks. Number 10-15 participants at each walk.</p> <p>Whittlesea 3 walking groups Whittlesea walking group: 10 walkers, twice weekly. Number 10 -18. Happy Feet Seniors Walking Group, twice weekly. Number av 47. Barry Road Group, once a week av 6 participants (not currently running)</p> |
| √ | Number of these activity programs that are new. | <p>Darebin: all new groups Yarra: NYCH: these were existing groups. NRCH: existing program but of 20 participants, 15 are new walkers. Whittlesea: one new group. In other groups most have regular members, with new participants. Membership of group changes. Happy Feet attracted many new members who were previously inactive and isolated.</p> |
| √ | Location (postcode) for each activity & the type of venue it was held in (eg. Community hall, gymnasium etc.) | <p>Bundoora Park: 3083 Northland Shopping Centre: 3072 Darebin International Sports Centre: 3071 Edwards Lake Park, 3073 Darebin Community Health Centre 3072 Yarra: 3053 and 3066 Whittlesea: 3757, 3074, 3076,</p> |
| √ | Did the activity target specific groups. (eg. CALD, frail older people etc.) | <p>CALD communities included: Italian, Greek, Macedonian, Turkish, Vietnamese, Chinese, East Timorese; Indigenous; and general seniors.</p> |

| Tick if measure is relevant to your project. | Increased Participation by Seniors | Outputs and Achievements (Where possible, please indicate breakdown of male/female) |
|--|---|--|
| √ | Total number of seniors participating across all activity programs. | City of Darebin: a census in October 2006 indicated that 175 people were taking part in 12 of the walking groups in the City of Darebin. Of these 121 were over 56 years of age (half were between 66 – 75 years of age) Estimated average: 36 participants in City of Yarra 75 participants in City of Whittlesea |
| √ | Number of new seniors participating in each activity. | Information from Darebin census: 75 of the Darebin project walkers had been walking with their group for more than one year. 53 had been walking or 1-6 months. 10 less than one month 1% 7-12 months. Yarra: NYCH: all members of existing groups NRCH: 15 new members Whittlesea: most groups consisted of existing walkers with new walkers joining the groups. Members commonly have a break then rejoin the group. |
| √ | Total number of seniors not previously active. | Darebin: 22 (16%) of walkers only walk once a week outside the walking group Yarra: NYCH: 0 NRCH: 3 never belonged to a group before Whittlesea: majority of Happy Feet group not previously active (47 members) |
| | Total number of seniors undertaking a new form of exercise. | - |
| √ | Approx. age ranges of participants and number in each range: | 50-60 yrs of age: 60-70 yrs of age: 70-80 yrs of age: 80+ yrs of age: Specific data not collected the majority are 60 years and over. |
| √ | Total participants from CALD & from indigenous backgrounds. | Darebin: 30.9% Greek 12.2% Italian 10.8% other 2.9% UK 43.2 % Australian 2 ATSI (New ATSI group of approx 20 formed through Movin' Around project). Yarra: 16 CALD, 0 Indigenous Whittlesea: Greek and Italian, UK, Australian |
| | Total participants from remote locations. | |

| Tick if measure is relevant to your project. | Marketing and Promotion | Outputs and Achievements |
|--|--|---|
| √ | Number of events/forums & no. participants at each | Two training programs of 3 sessions each provided. 15 participants attended each program. |
| √ | Number & type of promotional resources produced & distributed. Please indicate if available in languages other than English. <i>(Please provide a copy).</i> | Promotion of training for walking group leaders: Flyers for community health centres, clubs, local council offices etc. |
| √ | Number of media articles & advertisements. <i>(Provide copies if possible)</i> | The Age Wednesday October 25 2006, page 22 |

| Tick if measure is relevant to your project.. | Information Provision | Outputs and Achievements |
|---|--|---|
| √ | Number & type of all information resources produced & distributed. Please indicate if available in languages other than English. <i>(Please provide a copy).</i> | 100 copies manual produced, includes CD with translations of handouts in: Chinese, Vietnamese, Greek, Italian, Macedonian, Turkish. |
| √ | Has information has been made available electronically? Number of web page hits(if known). <i>(Please provide web address).</i> | Information on walking groups : www.darebin.org/walkinggroups (87 hits) www.ndgp.org.au click on Lifescritps. |
| | Number of enquiries/requests from seniors about active living. | Data not collected |

| Tick if measure is relevant to your project. | Addressing Barriers to Participation | Outputs and Achievements |
|--|---|---|
| √ | The type/s of barriers addressed (eg. transport, cost, language etc) and how they have been addressed. | Language: handouts based of trail of walking group leader training translated into 6 languages. Key points in training are highlighted and messages kept simple. A section of the training manual highlights possible issues such as cost, insurance, emergency procedures, suitable routes and access. These were identified by participants in the pilot training to assist agencies in planning walking groups and leader training. |
| | The number of seniors which have benefited from project interventions addressing barriers to participation. | Not measured. |

| Tick if measure is relevant to your project. | Building Local Capacity | Outputs and Achievements |
|--|--|---|
| √ | Number & type of organisations involved in the project. | 3 local governments 4 community health services 1 Community House Greek Women's Group Italian Club Migrant Resource Centre Northern Division GPs (for Lifescripts) |
| √ | Number of GP's or other health professionals formally involved in referring seniors to activity programs | Darebin Project held a health professionals breakfast, including GPs, promoting walking groups. Northern Division of GPs have included walking group information on their Lifescripts Program website and promote directly to GPs. 3 physios and 4 health promotion officers involved in feedback on proposed training. |
| √ | Number and type of activity or fitness leaders trained. | 32 walking group leaders trained. |
| √ | Number of volunteers involved in the project. | 28 volunteers trained. |
| | Total value of any equipment purchased for the activity program/s. | |

| Other | Outputs and Achievements |
|-------|--------------------------|
| | |
| | |