



# Annual Report 2012

## Scope of report

This Annual Report is a summary of the achievements and outcomes of the twelve months of the *Stir it up!* project from 26 September 2011 to 25 September 2012.

For information about the period August 2010 to 25 September 2011 refer to *Annual Report 2011*.

## Author

Robyn Tindall

## Contributions

Jenny Norman

## Acknowledgements

*Stir it up!* Peer-educators

*Stir it up!* Mentors

*Stir it up!* Advisory Group members

Host Organisations

Health Promotion Service (Illawarra Shoalhaven Local Health District)

Healthy Cities Illawarra Inc

TAFE Illawarra Outreach Unit

TAFE Illawarra Commercial Cookery and Catering Division

Baptist Community Services

Wollongong Church of Christ

Australian Government – Department of Health and Ageing

## Contents

Executive Summary	Page 4
Summary of Project Outcomes	Page 5
Project Outcomes	Page 7
Training	Page 10
Achievements	Page 11
Evaluation	Page 13
Key Partners	Page 16
Important Milestones	Page 17
Funding	Page 17
Resources Developed	Page 18
Student Projects	Page 18
<i>Stir it up!</i> Presentations	Page 19
Visions for the future	Page 20
Appendix 1	Page 21
<i>Stir it up!</i> Structure	
<i>Stir it up!</i> Process	
How <i>Stir it up!</i> works	
Appendix 2	Page 26
Tables of data - <i>All data as at 25 September 2012</i>	
Table 1a: <i>Stir it up!</i> Activities by Venue - Summary	
Table 1b: <i>Stir it up!</i> Activities by Venue – Details	
Table 1c: <i>Stir it up!</i> Activities by Venue – Not completed	
Table 2: <i>Stir it up!</i> Activities by Setting	
Table 3a: <i>Stir it up!</i> Peer-educators	
Table 3b: <i>Stir it up!</i> Mentors	
Table 4: <i>Stir it up!</i> Peer-educators by LGA of Residence	
Table 5a: <i>Stir it up!</i> Peer-educators by CALD Background	
Table 5b: <i>Stir it up!</i> Peer-educators by Age	
Appendix 3	Page 33
Criteria for assessing a request for Volunteer Peer-educators	

## Executive Summary

*Stir it up!* is a collaborative project coordinated by the Illawarra Shoalhaven Local Health District (ISLHD) Health Promotion Service and Healthy Cities Illawarra (HCI) in partnership with TAFE Illawarra Outreach Unit, Baptist Community Services and a number of community and non-government organisations.

The aim of *Stir it up!* is to train community members to promote healthy eating in their communities. Interested volunteers complete a free TAFE training program and are then partnered with trained mentors who assist the peer-educators to run healthy eating initiatives. The project aims to improve the nutritional status of residents, particularly groups who do not traditionally access services or information. The trained volunteers are involved with community gardens, provide nutrition talks and cooking demonstrations at schools, pre-schools and playgroups and have participated in a number of other community events. Over thirty community organisations have supported the *Stir it up!* project by becoming Host Organisations for *Stir it up!* activities. The *Stir it up!* project was inspired by the Community Foodies Project in South Australia.

The second year of *Stir it up!* has been very busy. Eight new peer-educators and eleven mentors completed their respective training courses and have settled into their roles as healthy eating advocates. Together with existing volunteers, they have run a wide range of healthy eating activities in the Illawarra area in a variety of settings. Project benchmarks for the number of activities and audience members have been exceeded two- and four-fold. Funding from the Australian Government via the Healthy Communities Initiative auspiced by Wollongong City Council has provided funding for project and training resources. Plans for 2013 include a further round of TAFE training for peer-educators in the Illawarra area and the expansion of the project to the Aboriginal community in the Shoalhaven district.



Photos: *Stir it up!* Graduation and Celebration - 30 November 2011 with Keynote Speaker Catherine Saxelby.

Left photo: 2011 Peer-educators

Right photo: 2011 Mentors

## Summary of Project Outcomes

Outcomes	At Sept 2011	Sept 2011-2012	At Sept 2012	More information in Appendix 2
Number of peer-educators accepted	35	13	48	Tables 3a and 5c  ^ from Groups A, B, C
Number of peer-educators who commenced course	35	11	46	
Number of peer-educators completed TAFE course	32	9	41	
Number of peer-educators resigned	1	1 + 4 <sup>^</sup>	6	
Number of peer-educators - current	31	4	<b>35</b>	
Retention Rate (Current/Completed training)	97%	-	85%	
Retention Rate (Current/Accepted)	88.5%	-	73%	
Number of mentors accepted	28	11	39	Table 3b  ^ includes 2/4 who had not previously completed training ^^ from Groups A and C ^^^ did not complete training (Group B and C)
Number of mentors completed training	26 <sup>^</sup>	11	37	
Number of mentors resigned	3	7 <sup>^^</sup> + 2 <sup>^^^</sup>	12	
Number of mentors – final	25	2	<b>27</b>	
Retention Rate (Current/Completed training)	96%	-	73%	
Retention Rate (Current/Accepted)	89%	-	69%	
Anticipated number of healthy eating activities to be conducted in first year	22	58	80	Tables 1a and 1b
Number of healthy eating activities conducted	66	127	193	
Number of requests for <i>Stir it up!</i> activities	52	65	117	Tables 1a and 1b
Number of requests unable to be completed	8	11	19	
Number of requests completed	44	54	98	

Outcomes	At Sept 2011	Sept 2011-2012	At Sept 2012	More information in Appendix 2
Completion Rate	85%	83%	84%	
Estimated number of community members to attend healthy eating activities (Benchmark)	220	580	800	
Number of community members who attended healthy eating activities	~1240	~2461	~3700	Table 2
Number of host organisations involved	24	~30	~30	
Number of Information Sessions held	7	3	10	
Number of TAFE <i>Stir it up!</i> Courses conducted	3	1	4	
Number of Peer-educator Update Training Sessions	7	7	13	
Number of Mentor Workshops conducted	4	2	6	
Number of Mentor Update Training Sessions	5	4	8	
Number of Advisory Group meetings held	6	4	9	
Number of presentations conducted	5	2	7	
Number of media articles	~6	1	7	

## Project Outcomes

### Peer-educators

The second and third groups of peer-educators graduated in November 2011 and received a Certificate I in Access to Work and Training. The fourth group of eight female and one male *Stir it up!* peer-educators completed an eight-week TAFE training course in June 2012. One peer-educator resigned shortly after the completion of training. Together with the existing peer-educators the eight new peer-educators have conducted 127 healthy eating activities in the community in the past year including talks to playgroups, primary and high schools, healthy eating activities at community events such as Relay for Life, four-week cooking courses with refugee communities and CALD mental health clients, cooking demonstrations for a number of disability services, cooking classes for Aboriginal children and cooking demonstrations at Go4Fun sessions. See Appendix 2 for details.

Since *Stir it up!* commenced in 2010, 48 peer-educators have enrolled in *Stir it up!* Thirteen have left the project - two resigned when they moved to Sydney; five did not complete training; two withdrew before training commenced due to work and family commitments; one resigned and three were inactive for over 18 months and were removed from project. Thirty-five people are currently registered as *Stir it up!* peer-educators.

### Mentors

Two Mentor Workshops were held in June and August 2012. An additional eleven mentors completed the training. Seven mentors have resigned due to work and other commitments. There are currently twenty-seven mentors, four of whom are not paired with a peer-educator but are available in a 'pool' for one-off queries. The mentors support, guide and encourage the peer-educators as they make contact with community organisations and conduct healthy eating activities. The mentors have backgrounds in teaching, catering, mentoring, nutrition and dietetics and community development. Several mentors support two or three peer-educators. More details are



Photos: From top – *Stir it up!* peer-educators from Group C; Group D listening to TAFE teacher Jill Wortley; *Stir it up!* peer-educators from Groups B and C, TAFE teachers & Project Team at the Graduation on 30 November 2011 and Group B on their first day of training

available in Appendix 2. An optional TAFE qualification is now available for *Stir it up!* mentors through a combination of the *Stir it up!* Mentor Workshop and Recognition of Prior Learning.

Since *Stir it up!* commenced, 39 people have enrolled as mentors and 12 have left the project (10 resigned and 2 did not complete training). Most resignations were due to moving away from the area and/or changes in work circumstances.



Group D members at *Stir it up!* training.  
Top: Inas; Bottom: Teresa

### Host Organisations

At least thirty organisations have hosted *Stir it up!* activities in the past 12 months. These include Barnardos South Coast, Baptist Community Services, Department of Education, Illawarra Women’s Health Centre, The Disability Trust, Northcott Disability Services, Essential Personnel, NSW Cancer Council, The Smith Family, Multicultural Health Service, Multicultural Communities Council of the Illawarra (MCCI), Illawarra Multicultural Services (IMS), Illawarra Shoalhaven Local Health District, Coomaditchie Community Centre, Illawarra Retirement Trust, University of Wollongong and Wollongong City Council.

There has been a steady increase in enquiries about the *Stir it up!* project from community, government and non-government organisations.

### Advisory Group

The *Stir it up!* Advisory Group meets quarterly and continues to provide expertise, advice and support regarding the strategic direction of the project. The Advisory Group has reviewed the ‘*Stir it up!* Strategic Plan 2012 - 2014’. Membership and Terms of Reference were revised in February 2012.

### Project Team

The Project Team is currently comprised of Robyn Tindall (Project Coordinator) from the Health Promotion Service (Illawarra Shoalhaven Local Health District) and Jenny Norman, from Healthy Cities Illawarra. The collaborative partnership between these two organisations continues to underpin the *Stir it up!* Project.

## Establishment of *Stir it up!* in the Shoalhaven area

Since May 2012, plans for the establishment of *Stir it up!* for the Aboriginal community in the Shoalhaven area have taken shape. Together with ISLHD Health Promotion Service and Healthy Cities Illawarra, a number of organisations have expressed interest in being partners including Nowra TAFE, the Australian Red Cross and the Aboriginal Child and Family Centre. A Project Team of Mel Leedham (ISLHD Health Promotion Service) and Drew Longbottom (Aboriginal Child and Family Centre) has been formed, with support from Emma Ferner (Australian Red Cross) and Kim Thompson (Small Townships Program). There is capacity to train a maximum of 16 Aboriginal community members as *Stir it up!* peer-educators in 2013.

## South Eastern Sydney *Stir it up!*

After the restructure of Area Health Services in January 2012, the South Eastern Sydney Health Promotion Staff became part of South Eastern Sydney Local Health District (SESLHD). The SESLHD staff have transferred their *Stir it up!* project to two local non-government organisations – The Junction Neighbourhood Centre and South East Neighbourhood Centre. A detailed Transition Document was compiled to outline the changes in roles and responsibilities of all partners and was signed and formally adopted in November 2012. Data collection is carried out according to the HREC Ethics Approval and data analysis will be performed by SESLHD Health Promotion Staff. From twenty peer educators trained, thirteen continue to be registered volunteers and provide healthy eating activities in the community. Five of the original nine volunteer mentors continue to support the peer-educators.

## Enquiries from external organisations

The *Stir it up!* Project Team has received a number of enquiries from other Local Health Districts and external organisations about *Stir it up!* and the possibility of using the project concept.

## TAFE Support

The Project Team would again like to acknowledge the support for *Stir it up!* received from Kathy Finigan (TAFE Illawarra Outreach Coordinator), Jill Wortley (Outreach Teacher) and Gabrielle Frawley (TAFE Illawarra, Head of Commercial Cookery and Catering).

## Training

### Peer-educator training

The initial training for the peer-educators is conducted by TAFE Illawarra Outreach Unit over 8 weeks. Training involves a mixture of theory and practical cooking skills. Candidates who successfully complete the coursework and assessment tasks receive a Certificate I in Access to Work and Training. A ninth week was included for Group D to meet their mentors and discuss ways in which they would like to be supported in their peer-educator role.

Ongoing peer-educator training sessions (Catch ups) are held twice each school term and are facilitated by the Project Team. These sessions are an opportunity to share *Stir it up!* experiences and to learn further skills and knowledge that can be used when conducting healthy eating activities in the community. Topics have included a guest speaker from Centrelink; making gnocchi; an excursion to the Botanic Gardens to learn about no-dig gardens, composting and worm farms; food budgeting; food waste reduction strategies (Love Food Hate Waste presentation); how to cook legumes; evaluation techniques; planning activities and cooking demonstrations using seasonal produce. Twenty-nine percent (29%) of peer-educators attended half or more of the catch up training and 60% attended at least two catch up sessions.

### Mentor Training

The initial Mentor Training is a one-day workshop conducted by the Project Team. The workshop content was developed by Illawarra Forum Inc as their contribution to the *Stir it up!* project. The workshop content has been reviewed and updated. Two Mentor Workshops were held in 2012. Kathy Finigan (TAFE Illawarra Outreach Unit Coordinator) has negotiated an optional formal TAFE qualification for interested mentors involving attendance at the Mentor Workshop plus Recognition of Prior Learning.

Ongoing Training is held at evening sessions once per school term. These sessions are facilitated by the Project Team and cover topics to enhance the mentors' skills and knowledge as they support their peer-educators. Guest speakers spoke about the Sydney Youth Food Movement and mentoring relationships. Other topics included motivational interviewing and active listening. Forty-three percent (43%) of the mentors attended half or more of the updates and 82% attended at least one session.



Photos: Jill Wortley teaches *Stir it up!* peer-educators

## Achievements

### Healthy Eating Activities

The annual benchmarks for the *Stir it up!* project are two activities per peer-educator to an average audience of ten community members per activity. Expectations for the second twelve months of the project were, therefore, fifty-eight (58) healthy eating activities to 580 people.

One hundred and twenty-seven (127) healthy eating activities were conducted between September 2011 and September 2012. Sixty-two percent (62%) of the activities were held in the Wollongong Local Government Area (LGA), and 38% in Shellharbour LGA. Settings included play groups, primary schools, community groups, non-government organisations and community gardens. There was a decrease in the proportion of activities held at playgroups and an increase at community centres, community groups and in partnership with health organisations (See Appendix 2 for more details).

Thirty-one out of thirty-five (31/35 or 88.5%) of the peer-educators have participated in at least one request. Of the four that have not participated, reasons include ill-health, moving house and family and work commitments.

Eighty-three percent (83%) of activity requests were completed. Of the eleven requests not completed reasons included cancellation of the event (3), no volunteers available (6), one was outside the geographical scope of the project and one was cancelled due to family commitments of the volunteer assigned to the activity. Half of the requests where no volunteers were available did not allow adequate time for their request to be processed. Just over three-quarters (77%) of the peer-educators live in the Wollongong Local Government Area and 17% and 6% live in the Shellharbour and Kiama LGAs, respectively.

The number of community members who attended these 127 *Stir it up!* activities is in excess of 2460, giving an average attendance of 19.4 per activity.

Between a quarter and a half of the activities conducted by peer-educators were part of longer-term programs. Several peer-educators have conducted one-off healthy eating activities and have been asked to return on a regular basis.

Topics presented at *Stir it up!* activities include demonstrations on healthy lunch boxes; healthy party foods; healthy snacks; healthy smoothies; how to make rice paper rolls, salad



Photos from top: Mande, Cassie, Emiko and Connie at Fundraiser for CanTeen; Chantal at Northcott; Catriona and Fay with Kellie from Fernhill Mental Rehab Service; Noelene at a Multicultural Health Week event

wraps and healthy sandwiches; cooking muffins, pikelets and healthy pizzas; fruit and vegetable activities; food from other cultures; healthy takeaway foods; healthy drinks; making fruit kebabs; cooking with vegetables and how to use seasonal produce.

### Retention Rates

The retention rate for the *Stir it up!* volunteer peer-educators is 85% (Retention = current number/number who completed training). The retention rate for mentors is lower (73%) as a number of mentors are nutrition students who move away from the area when they graduate and obtain employment.

A generally recognised retention rate for volunteer programs is 66% (Corporation for National and Community Service, USA). The Project Team attributes the high retention rate to the effort expended to include the *Stir it up!* volunteers in the development of the project and by respecting and acting on their feedback to improve the running of *Stir it up!*

### Other *Stir it up!* achievements

- ❖ Three Information Sessions were held to recruit peer-educator and mentors to the *Stir it up!* project. The aim of these sessions is to provide an overview of the project so potential volunteers are informed about the project and what is expected of them.
- ❖ *Stir it up!* processes and procedures and evaluation tools continue to be developed and regularly reviewed and updated.
- ❖ Project resources were developed. These included a Recipe Book and Banner.
- ❖ Presentations about *Stir it up!* were conducted by the Project Team at interstate conferences.
- ❖ Development of a Transition Document for the transfer of South Eastern Sydney *Stir it up!* Project to two non-government organisations
- ❖ Development of criteria for assessing requests for a *Stir it up!* volunteer peer-educators
- ❖ Development of resources for the Shoalhaven *Stir it up!* project



Teresa giving a talk

## Evaluation Results

**This section of the Annual Report contains a review of some initial results. Detailed evaluation will be included in the final Project Report.**

### Peer-educators

The peer-educators complete a baseline survey when they enrol in *Stir it up!* which is repeated annually. Baseline data has now been collected from all four Groups (A – D) and annual data from Groups A and B. The results indicate that the majority of peer-educators felt fairly or very confident about planning and organising healthy eating activities, talking about healthy eating and doing presentations and cooking demonstrations. The most significant dietary changes were a decrease in soft drink consumption and take away foods. There are considerable differences in demographics and results between each of the four groups and these will be analysed in more detail in later reports.

After a year in the project, each peer-educator is asked to complete a conversation with an external interviewer to determine their thoughts about the *Stir it up!* project, to obtain feedback about the role of a peer-educator and to assess changes in confidence, knowledge, skills, diet, community connections, other training undertaken and other impacts that the *Stir it up!* project has had on them and their families. Results from Groups A and B are very positive and indicate that the peer-educators enjoy sharing knowledge about food with their community and appreciate the opportunity to learn and increase their own knowledge, skills and ideas. They reported making new friends and connections with their community. Barriers to conducting healthy eating activities included time, work, family and study commitments, transport access and cost and health issues.

The majority of peer-educators considered they had received the skills and knowledge they needed to run healthy eating activities; felt supported by the Project Team; appreciated the resources available and found the training updates useful. Areas in which the peer-educators would like to be better supported included receiving timely feedback about their activities, additional training topics and resources; more training on how to plan an activity and liaise with Host Organisations and increasing the number of communication methods between the Project Team and the volunteers. These issues are being addressed by the Project Team.

16/18 peer-educators reported an increase in confidence in public speaking, felt more connected with the world after being isolated at home and had a sense of pride in their achievements. All reported an increase in knowledge and skills, particularly regarding cooking for children; sugar in foods; food hygiene; new cooking methods and ingredients; other cultures and reading food labels. The majority reported changes in their own and families' diets and shopping habits including increasing the variety of foods eaten, eating more vegetables and fruit, fresh and homemade foods, drinking more water, reducing salt, sugar, takeaway foods and soft drinks and reading food labels.

10/17 felt inspired by their *Stir it up!* experience to do other training courses and five felt more confident about applying for jobs.

## Mentors

Mentors are interviewed after they have been involved in *Stir it up!* for twelve months. The sample size from which these data are derived is only small (n=8). The respondents provided positive feedback regarding training, learning new skills and contributing to the community, and had felt encouraged to become involved in other community work.

Where their peer-educator expressed a need for support and feedback and a relationship was established, the mentors felt positive about their role. Communication and contact difficulties between peer-educators and mentors led to dissatisfaction with the mentor role and many mentors reported feeling under-utilised and uncomfortable making contact which was not reciprocated by the peer-educator. These issues have recurred throughout the two years of *Stir it up!* and strategies have been implemented to improve them. The initial TAFE training course now includes a session where peer-educators and mentors can meet face-to-face to discuss how the mentor can best provide support. In addition, the Project Team plans to clarify the role of mentors and develop a more detailed role description.

Mentors noted positive changes in their peer-educators over the course of the year. Observations of shyness and a lack of confidence in the initial stages changed as peer-educators grew in confidence, self-esteem, skills and knowledge. Peer-educators' dependence on their mentor decreased as their confidence increased.

## Host Organisations Surveys

Host Organisations Surveys are conducted with a cross-section of Host Organisations by the Project Team after a *Stir it up!* activity has been conducted. Feedback from these phone calls indicates that organisations who have hosted *Stir it up!* activities have been very positive about the project and reported that the participants learnt new information about healthy eating in an engaging way. All Host Organisations would be happy to host future *Stir it up!* activities.

## Training

Initial training for the peer-educators is an eight-week TAFE course facilitated by a TAFE teacher. The post-training survey was redeveloped for Group D to reflect changes pre- and post-training. Post-training results indicate that this group of peer-educators felt more confident planning and organising a healthy eating activity and noticing and acting on healthy food concerns in their community. Changes in diet over the eight-week training period included a decrease in take-away consumption, an increase in food variety particularly new vegetables, legumes and quick and easy meals. Many reported the intention to make further diet changes. One peer-educator decreased their soft drink consumption from 1-2 cups a day to none, and increased their vegetable consumption from none to several serves a day. Feedback was also received about the content and structure of the training.

The mentors attend a one-day training workshop run by the Project Team. Feedback about the mentor workshops indicates that participants were happy with the content, pace, workshop length and handouts. Most participants listed listening skills and how to engage their mentee as the most useful topics and found the role plays and practical sessions most helpful.

Both peer-educators and mentors are expected to attend update training sessions. These are held once a term for mentors and twice a term for peer-educators. Attendance has been disappointing for some sessions so strategies for 2013 include guest speakers, excursions to the Botanic Gardens and Supermarket Tours, and encouraging all volunteers to attend any of the update training sessions. A brief summary of the update sessions are compiled and sent to the volunteers so people who could not attend can keep up-to-date. In addition, a *Stir it up!* newsletter is distributed by email and post approximately three times a year which contains project information and reminders about resources.

### Impact Evaluation

During the latter half of 2012 and into 2013, the Project Team will concentrate on collecting impact evaluation data. More experienced peer-educators are now confident to ask the participants at their activities for feedback and a Feedback Form has been developed for this purpose. A small number of Feedback Forms have been collected and participant evaluation has also been obtained from longer-term programs such as the four week cooking classes run in partnership with Fernhill Mental Health Rehabilitation Service.

### Anecdotal Information

A number of peer-educators and mentors have commented that they regularly impart healthy eating messages to their friends and family on an informal basis. Several peer-educators do volunteer work with other organisations (School Gardens, Seed Savers, various gardening groups) and impart healthy eating messages learnt from their *Stir it up!* training at these venues.

### Cost Analysis

A very basic cost analysis using an estimate of *Stir it up!* peer-educator hours for planning and implementing healthy eating activities and a value per hour of \$20.50<sup>^</sup> indicates that the value of *Stir it up!* peer-educator hours in the past 12 months as approximately \$15,400. This is an underestimate as *Stir it up!* mentor hours have not been included and the hourly rate is lower than we would recommend. A more detailed cost analysis will be included in the final Project Report.

<sup>^</sup>The value per hour was derived from Volunteering Australia statistics on the annual value of volunteering in Australia divided by the estimated number of volunteers.

(<http://www.volunteeringaustralia.org/Volunteering-Facts/-Statistics/The-latest-picture-of-volunteering-in-Australia-.asp>)

### Healthy Communities Initiative (Federal Funding)

This grant is auspiced by Wollongong City Council and provides funding for most project consumables and resources, including training costs - food, childcare, stationery and volunteer resources including folders, textbooks, handouts and aprons from January 2012 to June 2013. As part of our funding agreement, de-identified data is provided to the Consultant Evaluation Coordinator at the end of each reporting period (30 November 2011, 31 May and 30 November 2012). The final reporting periods end on 30 April and 30 June 2013. This data is collated with data from other projects funded under this initiative and a final project report will be available in 2013.

## Key Partners

*Stir it up!* is coordinated by the Health Promotion Service (part of Illawarra Shoalhaven Local Health District) and Healthy Cities Illawarra.

*Stir it up!* is a partnership project and would not be possible without the support from a number of key partners.

These include:

### TAFE Illawarra Outreach Unit

TAFE Illawarra Outreach Unit provides the funding for a TAFE teacher to conduct a Certificate I in Access to Work and Training Course, which has been designed for the *Stir it up!* project.

### Baptist Community Services (BCS)

BCS funds the registration of *Stir it up!* volunteers (peer-educators and mentors). This includes volunteer insurance, Criminal Record and Working with Children Checks.



### Wollongong Church of Christ (WCOG)

Wollongong Church of Christ is located at Figtree, a suburb of Wollongong. WCOG provide the training venue free-of-charge as their contribution to the project. The venue includes a teaching space, a kitchen and a crèche. They also store the *Stir it up!* equipment.



### Illawarra Multicultural Services (IMS)

IMS provide trained childcare workers during *Stir it up!* Information Sessions and throughout the peer-educator training courses. Childcare workers are paid from the *Stir it up!* project budget.



### Illawarra Forum Inc

Illawarra Forum provided funding for the development of the Mentor Training Workshop and facilitated the first mentor workshop in August 2010.

## Important Milestones

December 2009	Inaugural Advisory Group Meeting
August - September 2010	First group of peer-educators trained (Group A)
November 2010	Project Launch and Graduation
May - June 2011	Second group of peer-educators trained (Group B)
August - September 2011	Third group of peer-educators trained (Group C)
November 2011	Graduation and Celebration
May - June 2012	Fourth group of peer-educators trained (Group D)
July onwards 2012	Discussions with potential partners in Shoalhaven area about the establishment of <i>Stir it up!</i> for the Aboriginal community

## Funding

The *Stir it up!* project is funded by the Health Promotion Service (part of Illawarra Shoalhaven Local Health District). Funding covers the *Stir it up!* Project Coordinator position (34 hours per week)

Healthy Cities Illawarra are partners in the *Stir it up!* project. They provide funding for a Project Team member (10 -12 hours per week) plus accounting support.

Healthy Communities Initiative (Federal Funding) auspiced by Wollongong City Council has provided funding for most project consumables and resources, including training costs - food, childcare, stationery and volunteer resources including folders, textbooks, handouts and aprons from January 2012 to June 2013.



Lisa C, Lisa J and Tessha

## Additional Funding Applications

- Community Builders 2012 – waiting for results
- Ian Potter Foundation - unsuccessful

*Stir it up!* budget estimates are available on request from the Project Team.

## Resources Developed or Updated

- Evaluation Tools
- Peer-educator Log Book – fourth edition
- Mentor Log Book – fourth edition
- Annual Report 2012
- Activities Register
- Activity Request Form
- Risk Assessment Form
- Supermarket Tour Module
- Recipe Book
- Banner

### Developed for Shoalhaven *Stir it up!*

- Host Organisation Brochure
- Volunteer Peer-educator Brochure
- Volunteer Mentor Brochure
- Information Booklet



*Stir it up!* Banner

### Developed in partnership with South Eastern Sydney Local Health District

- Transition Document

## Resources in Development

- A *Stir it up!* Manual. This document will contain policies and procedures about the *Stir it up!* project. Goal completion date – June 2013
- Activity Kits with ideas and resources for healthy eating activities

## Website

*Stir it up!* has two dedicated pages on the Food Fairness Illawarra website. The first page contains general information and resources for the public. The second page is password protected and contains project forms and resources for peer-educators and mentors to use in community activities.

The link is: <http://foodfairnessillawarra.org.au/projects-stories/stir-it-up/>

## Student Projects

Students from the University of Wollongong (Nutrition and Dietetics) and University of Western Sydney (Health Promotion) have assisted in the development of *Stir it up!* resources.

- Development of Recipe Book – culling, typing and analysing recipes; formatting, indexing and proofreading; preparing for print
- Review and update of *Stir it up!* Display Kits

## ***Stir it up!* Presentations**

Public Health Association of Australia – Second National Food Futures Conference

Hobart, Tasmania

22-23 November 2011

Oral presentation

Authors: Jenny Norman and Robyn Tindall

Presenter: Jenny Norman

Title: Stirring up community interest in healthy eating – a peer-education project

5<sup>th</sup> Healthy Cities Conference – Working Together to Achieve Liveable Cities

Geelong, Victoria

6 – 8 June 2012

Oral presentation

Authors: Jenny Norman and Robyn Tindall

Presenters: Jenny Norman and Robyn Tindall

Title: Community Capacity Building in the Kitchen: *Stir it up!* A healthy eating project

Abstract submitted for 16<sup>th</sup> International Congress of Dietetics (Sydney, September 2012)

Poster accepted but offer declined

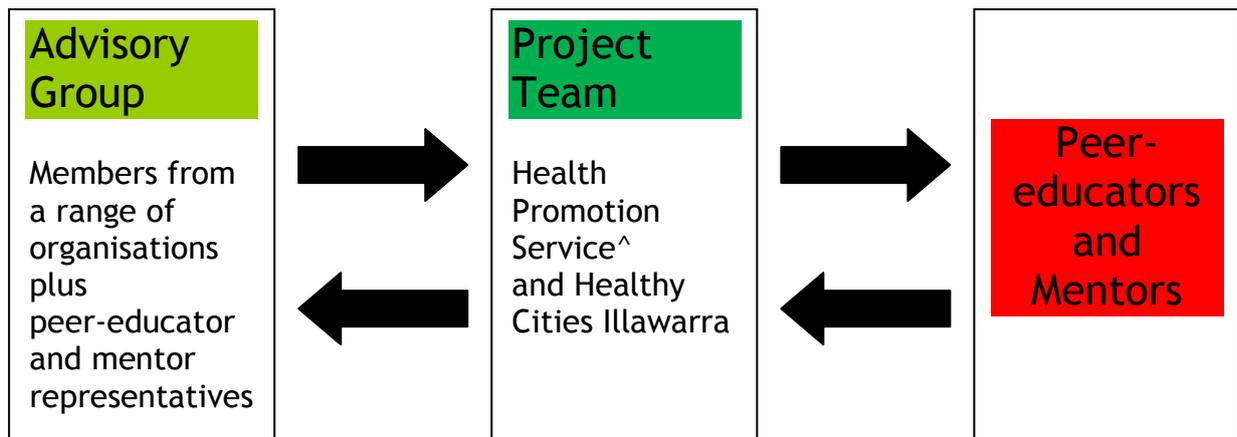
## Visions for the future

More details are available from the 'Stir it up! Strategic Plan 2012 – 2014 – Progress Report December 2012'

- Train more *Stir it up!* peer-educators
- Facilitate additional training opportunities for *Stir it up!* peer-educators and mentors  
These may include guest speakers and excursions
- Establish a Small Grants Scheme to assist community groups to conduct healthy eating activities with *Stir it up!* volunteers
- In addition to one-off activities, facilitate contacts for more long-term programs for *Stir it up!* peer-educators
- Continue and expand work with Refugee, CALD and Aboriginal Groups
- Conduct Supermarket Tours  
Repeat the training for Supermarket Tours and develop relationships with local supermarkets.
- Complete the *Stir it up!* Manual  
The Manual will contain policies and procedures about the *Stir it up!* project
- Review the Mentor Role
- Develop links with Jamie's Ministry of Food (currently established in Ipswich, Queensland)  
Jamie's Ministry of Food has similar philosophies to *Stir it up!* and is an organisation which could potentially sustain the groundwork conducted by *Stir it up!* volunteers
- Establish administration support for the *Stir it up!* Project Team
- Investigate funding for volunteer honorariums and transport reimbursement
- Develop a Sustainability Plan including funding sources
- Increase the quantity of impact evaluation data collected

# Appendix 1

## The Structure of *Stir it up!*



The **Advisory Group** meets quarterly. Its role is to:

- Support the development and implementation of the project
- Provide expertise and strategic direction

The **Project Team**:

- Coordinates the *Stir it up!* project
- Recruits partners, Advisory Group members, peer-educators and mentors
- Coordinates initial peer-educator training in partnership with TAFE Illawarra
- Conducts initial training for mentors and ongoing training for peer-educators and mentors
- Develops project resources
- Conducts project administration including funding applications and evaluation

**Peer-educators** are trained volunteers who conduct healthy eating activities in their communities. **Mentors** are trained volunteers who support and guide the peer-educators.

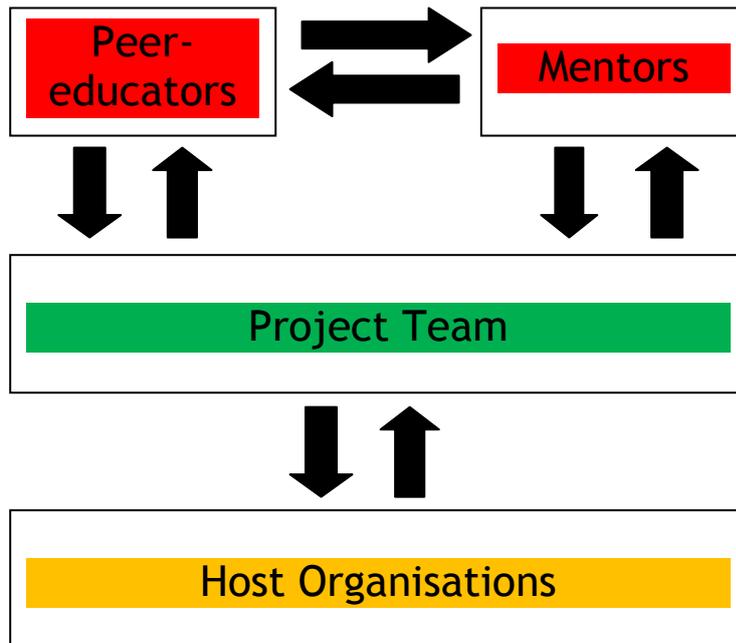
More detailed information about the *Stir it up!* project can be found in the *Stir it up!* Manual (in development 2011)

^ The Health Promotion Service is part of Illawarra Shoalhaven Local Health District



Peer-educators are the key to the *Stir it up!* project. Peer-educators are supported by a mentor and by the Project Team. In most cases, the mentor will be the first contact for a peer-educator. Mentors and peer-educators can

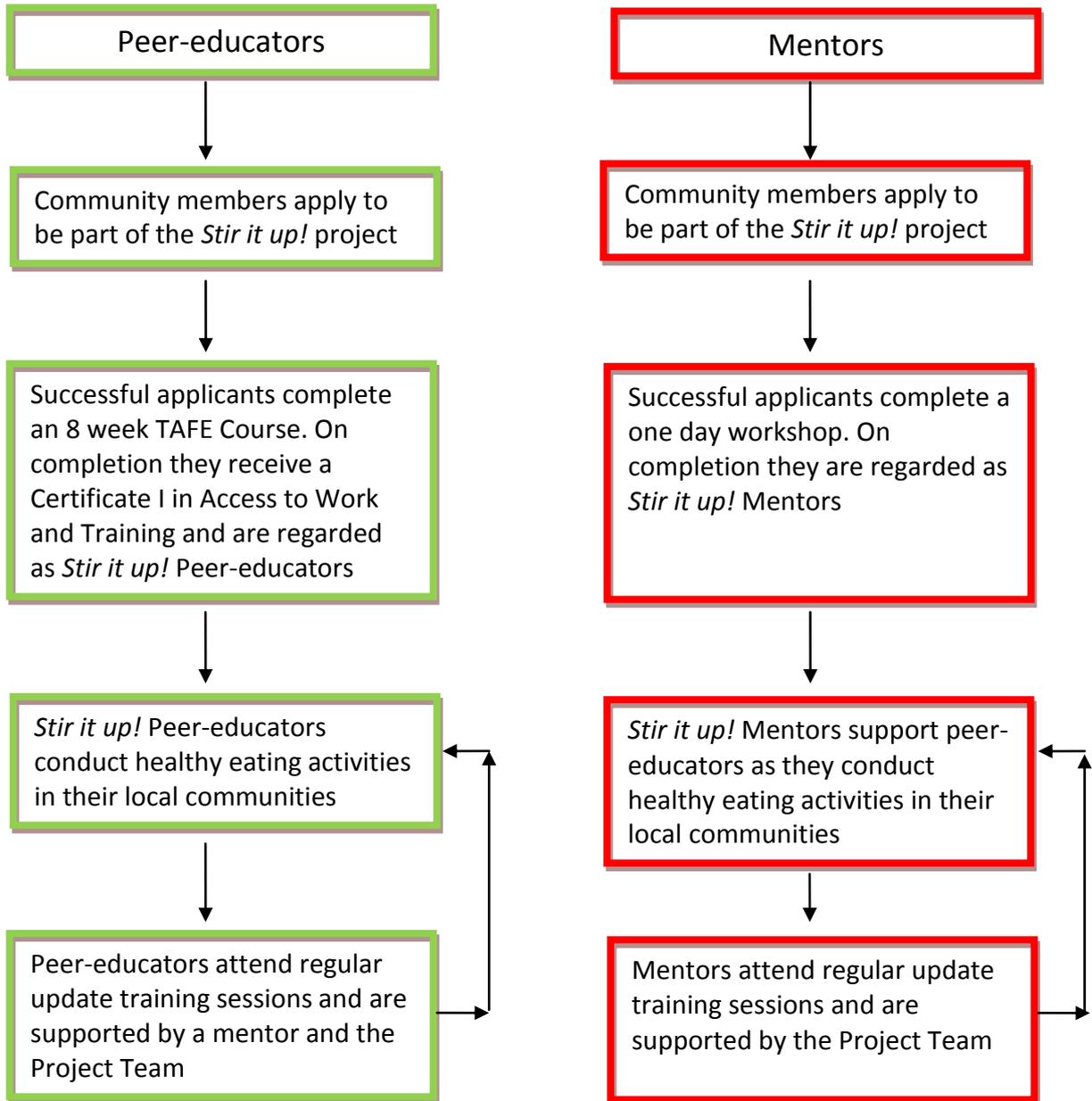
contact the Project Team for support.



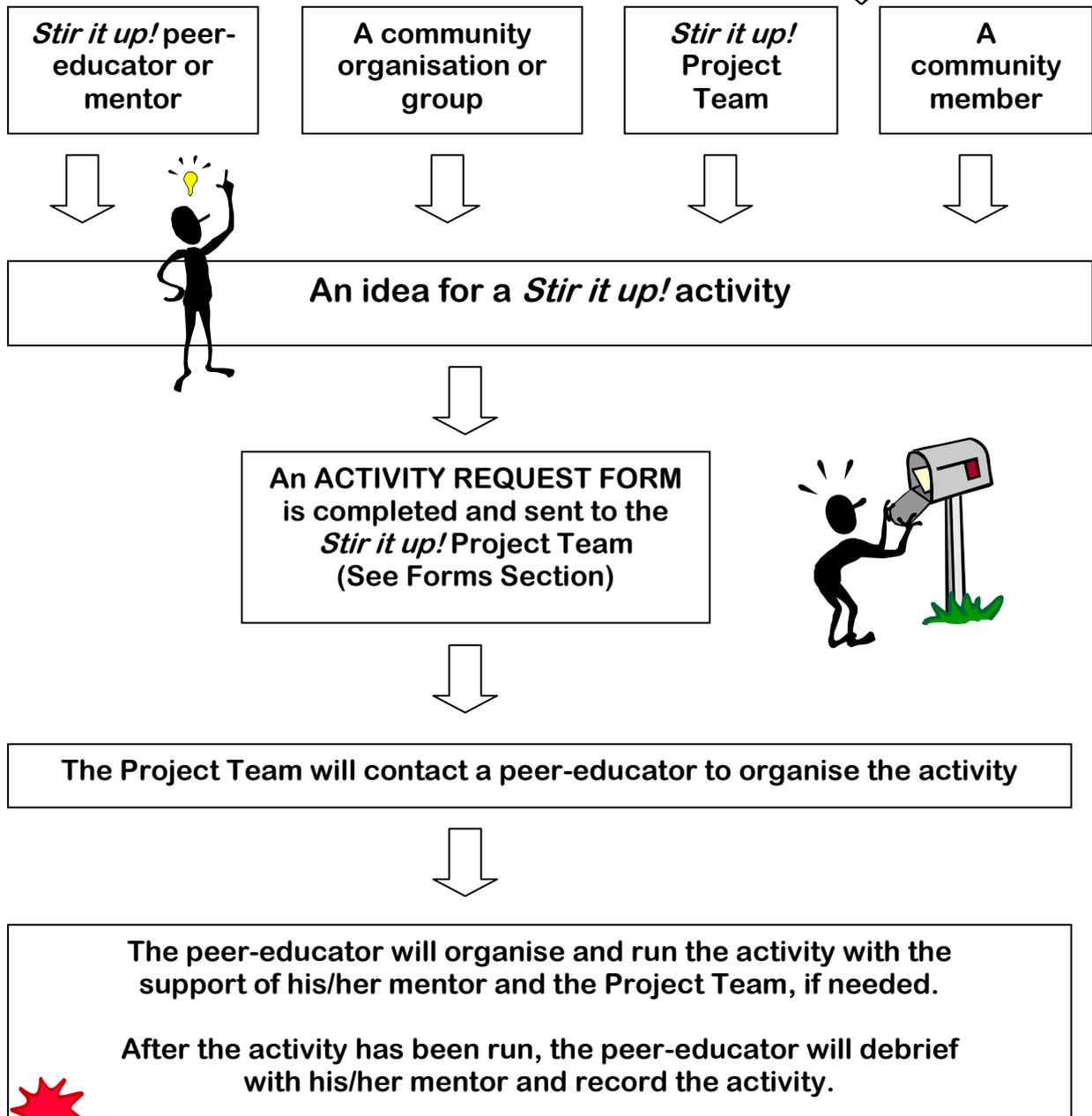
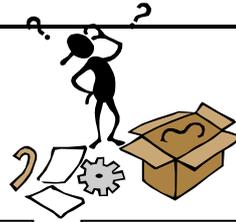
**Host Organisations** are organisations and services who request a *Stir it up!* activity. They may include welfare organisations, community groups, schools, play groups or local councils.

Host Organisations are expected to purchase any food items a peer-educator may need for a *Stir it up!* activity. Peer-educators and mentors are not expected to pay for any activity costs.

## The *Stir it up!* Process



## How *Stir it up!* works



# Appendix 2

**Table 1a: *Stir it up!* Activities by Venue – SUMMARY**

LGA	Total Number of Activities		Percentage in each LGA	
	At 25 Sept 2011	At 25 Sept 2012	At 25 Sept 2011	At 25 Sept 2012
Wollongong	43	79	65	62
Shellharbour	18	48	27	38
Kiama	5	0	8	0
<b>TOTAL</b>	<b>66</b>	<b>127</b>	<b>100</b>	<b>100</b>

**Table 1b: *Stir it up!* Activities by Venue – DETAILS Sept 2011 – Sept 2012**

Activity Register Number	Suburb of Venue	LGA of Venue	Number of activities	Cum Total Wollongong LGA	Cum Total Shellharbour LGA
54	Flinders	Shellharbour	2	0	2
60	Wollongong	Wollongong	4	4	2
62	Warilla	Shellharbour	6	4	8
64	Warilla North	Shellharbour	2	4	10
65	Warrawong	Wollongong	1	5	10
66	Warrawong	Wollongong	1	6	10
67	Warrawong	Wollongong	1	7	10
68	Wollongong	Wollongong	1	8	10
69	Dapto	Wollongong	1	9	10
70	Primbee	Wollongong	1	10	10
72	Warilla	Shellharbour	1	10	11
73	Wollongong	Wollongong	1	11	11
74	Bellambi	Wollongong	1	12	11
75	Warrawong	Wollongong	1	13	11
76	Wollongong	Wollongong	4	17	11
77	Cringila	Wollongong	1	18	11
78	Bellambi	Wollongong	1	19	11
79	Wollongong	Wollongong	4	23	11
81	Cringila	Wollongong	1	24	11
82	Wollongong	Wollongong	2	26	11
83	Thirroul	Wollongong	1	27	11
84	Warilla	Shellharbour	4	27	15
85	Kemblawarra	Wollongong	6	33	15
86	Figtree	Wollongong	1	34	15
87	Cringila	Wollongong	4	38	15
88	Warilla North	Shellharbour	4	38	19
89	Albion Park Rail	Shellharbour	1	38	20
90	Flinders	Shellharbour	1	38	21
91	Warilla	Shellharbour	1	38	22
92	Warilla	Shellharbour	1	38	23
94	Warilla	Shellharbour	1	38	24
95	Dapto	Wollongong	1	39	24

Table 1b: <i>Stir it up!</i> Activities by Venue – DETAILS			Sept 2011 – Sept 2012		
Activity Register Number	Suburb of Venue	LGA of Venue	Number of activities	Cum Total Wollongong LGA	Cum Total Shellharbour LGA
96	Albion Park	Shellharbour	1	39	25
97	Cringila	Wollongong	5	44	25
98	Warilla North	Shellharbour	5	44	30
99	Berkeley	Wollongong	1	45	30
101	Berkeley	Wollongong	1	46	30
102	Warrawong	Wollongong	1	47	30
103	Wollongong	Wollongong	2	49	30
104	Bellambi	Wollongong	1	50	30
105	Figtree	Wollongong	1	51	30
106	Warilla	Shellharbour	1	51	31
108	Cringila	Wollongong	10	61	31
109	Warilla North	Shellharbour	9	61	40
112	Wollongong	Wollongong	4	65	40
115	Towradgi	Wollongong	1	66	40
116	Warrawong	Wollongong	1	67	40
118	Cringila	Wollongong	1	68	40
119	Wollongong	Wollongong	1	69	40
122	Cringila	Wollongong	7	76	40
123	Warilla North	Shellharbour	8	76	48
124	Fairy Meadow	Wollongong	1	77	48
133	Dapto	Wollongong	1	78	48
134	Wollongong	Wollongong	1	79	48
<b>TOTAL</b>			<b>127</b>	<b>79</b>	<b>48</b>

Table 1c: <i>Stir it up!</i> Activities by Venue – NOT COMPLETED			(Sept 2011 – Sept 2012)	
Activity Register Number	Suburb of Venue	LGA of Venue	Reason activity not completed	No. of activities
61	Warrawong	Wollongong	Volunteer Family Commitments	2
63	Wollongong	Wollongong	Event did not proceed	1
71	Gwynneville	Wollongong	Volunteer moved to Sydney	1
80	Wollongong	Wollongong	Program did not proceed	1
93	Dapto	Wollongong	Late notice given – no volunteers available	1
100	Nowra	Shoalhaven	Outside geographical scope of project	1
107	Albion Park	Shellharbour	Late notice given – no volunteers available	1
110	Albion Park	Shellharbour	No volunteers available	4
113	Corrimal	Wollongong	No volunteers available	1
114	Dapto	Wollongong	No volunteers available	1
125	Koonawarra	Wollongong	Late notice given – no volunteers available	1
<b>TOTAL</b>				<b>15</b>

<b>Table 2: <i>Stir it up!</i> Activities by Setting</b>						
<b>Setting</b>	<b>Total Number of Activities</b>		<b>Percentage in each setting</b>		<b>Audience</b>	
	<b>At Sept 2011</b>	<b>At Sept 2012</b>	<b>At Sept 2011</b>	<b>At Sept 2012</b>	<b>At Sept 2011</b>	<b>At Sept 2012</b>
Pre-schools	0	1	0	0.5	<b>~1240</b>	<b>~2461</b>
Playgroups	16	16	24	12.5		
Primary schools	24	53	37	42		
University	0	4	0	3		
Community Groups and Centres	4	22	6	17.5		
Community Gardens	2	0	3	0		
Church Groups	2	0	3	0		
Health and Professional Groups	2	16	3	12.5		
<i>Stir it up!</i> training	5	2	7.5	1.5		
Government Organisations	0	2	0	1.5		
Non-Government Organisations	7	11	10.5	9		
Unknown	2	0	3	0		
Other	2	0	3	0		
<b>TOTAL</b>	<b>66</b>	<b>127</b>	<b>100</b>	<b>100</b>		
<b>GRAND TOTAL</b>	<b>193</b>					

**Table 3a: *Stir it up!* Peer-educators**

Group	Date of Training	Number enrolled	Number completed training	Number resignations since Sept 2010	Number at Sept 2011	Number at Sept 2012	Cumulative Total
A	August – Sept 2010	12	10	4	9	6	6
B	May – June 2011	12	12	0	12	12	18
C	August – Sept 2011	11	10	1	10	9	27
D	May – June 2012	13	9	1		8	35
<b>TOTAL</b>		<b>48</b>	<b>41</b>	<b>6</b>	<b>31</b>	<b>35</b>	

**Table 3b: *Stir it up!* Mentors**

Group	Date of Training	Number enrolled	Number completed training	Number resignations to Sept 2011	Number at Sept 2011	Number resignations (since Sept 2011)	Number at Sept 2012
A	August – Sept 2010	12	12	3	9	3	6
B	May – June 2011	5	3	0	5 (2 still to complete training)	1	3 (1 did not complete training)
C	August – Sept 2011	11	9	0	11 (2 still to complete training)	3 (+ 1 did not complete training)	7
D	June and August 2012	11	11			0	11
<b>TOTALS</b>		<b>39</b>	<b>35</b>	<b>3</b>	<b>25</b>	<b>7</b>	<b>27</b>

**Table 4: *Stir it up!* Peer-educators by LGA of Residence**

Local Government Area	Number		Percentage	
	Sept 2011	Sept 2012	Sept 2011	Sept 2012
Shellharbour	7	6	22.5	17
Wollongong	22	27	71	77
Kiama	2	2	6.5	6
<b>TOTAL</b>	<b>31</b>	<b>35</b>	<b>100</b>	<b>100</b>

Table 5a: <i>Stir it up!</i> Peer-educators by CALD Background							
CALD Background		Number		Sub-Total		Percentage of total	
		Sept 2011	Sept 2012	Sept 2011	Sept 2012	Sept 2011	Sept 2012
Australian		18	19	18	19	58	54
Asian	Malaysian	1	1	5	5	16	14
	Japanese	1	1				
	Chinese	1	1				
	Thai	1	1				
	Cambodian	1	1				
Sub-Asia	Sri Lankan	1	0	2	1	6.5	3
	Indian	1	1				
European	Italian	1	3	5	8	16	23
	Dutch	1	2				
	German	1	1				
	Polish	1	1				
	English	1	1				
Middle East	Lebanese	1	2	1	2	3.5	6
<b>TOTAL</b>				<b>31</b>	<b>35</b>	<b>100</b>	<b>100</b>

Table 5b: <i>Stir it up!</i> Peer-educators by Age				
Age Group	Number		Percentage	
	Sept 2011	Sept 2012	Sept 2011	Sept 2012
17 – 25 years	3	1	9.5	3
26 – 40 years	9	12	31	34
41 – 55 years	12	14	37.5	40
56 + years	7	8	22	23
<b>TOTAL</b>	<b>31</b>	<b>35</b>	<b>100</b>	<b>100</b>

# Appendix 3

**CRITERIA FOR ASSESSING A REQUEST FOR VOLUNTEER PEER-EDUCATORS**

The following criteria are used in the *Stir it up!* Project to assess if a request for a healthy eating activity complies with the philosophy of the project.

Criteria	Rationale	Yes	No
1. Has the Host Organisation read and understood the Host Organisation Brochure?	The Host Organisation brochure outlines the roles and responsibilities of the Host Organisation		
2. Is the Host Organisation aware of their roles and responsibilities?	Has the Host Organisation been involved in the project previously? The Project Coordinators may need to contact them to ensure that they understand the philosophy of the project.		
	A representative from the Host Organisation must be present		
	The Host Organisation is responsible for all expenses relating to the activity		
	All WHS procedures must be followed		
	The Host Organisation must have Public Liability Insurance		
	The venue must have Public Liability Insurance		
	The Host Organisation must complete a Risk Assessment Form for the activity venue		
3. Is the Host Organisation a not-for-profit or community organisation?	Commercial organisations may be able to hire speakers from Nutrition Australia or other organisations. No individual or company should gain financially from their association with <i>Stir it up!</i>		
4. Does the requested activity have an educational component?	The <i>Stir it up!</i> Project promotes healthy eating messages to the community.		
5. Will the activity promote healthy eating messages – particularly the four key messages from the <i>Stir it up!</i> project?	The four key messages are: <ul style="list-style-type: none"> <li>• Eat more fruits and vegetables</li> <li>• Eat more freshly prepared foods</li> <li>• Eat a healthy breakfast everyday</li> <li>• Drink more water</li> </ul>		
6. Is the topic within the scope of the volunteers' knowledge and skills?	Volunteer peer-educators are not health professionals and are not expected to conduct in-depth clinical talks or provide individual health or nutrition advice		

Criteria		Rationale	Yes	No
7. Is the volunteer's workload reasonable? Is there adequate time to prepare?		Volunteers should not be asked to conduct tasks that require more than 15 hours a week. Volunteers should be given at least a week to prepare presentations. This will vary between volunteers depending on the type of presentation and previous experience		
8. Are the volunteers expected to provide catering for an event?		The <i>Stir it up!</i> Project is <u>not</u> a catering service. See criteria 4 & 5 above		
9. Is the activity within the geographical limits of the project (if any)?		Consideration needs to be given to the travel requirements of the volunteers. For activities run at more remote locations, petrol vouchers for the volunteers can be negotiated with the Host Organisation		
10. Has adequate time been allowed for the project coordinators to organise volunteers to do the activity?		A minimum of 4 weeks is preferred. Shorter time frames may be accepted depending on the capacity of the project coordinator and the type of presentation		
<b>Decision</b>	✓	ID number:		
Proceed		Request from:		
Do not proceed		Beyond scope of volunteers		
		Beyond scope of project guidelines		
		No volunteers available		
Notes				

## More information can be obtained from:

- *Stir it up!* Annual Report 2011
- *Stir it up!* Information Booklet
- *Stir it up!* Strategic Plan 2012 – 2014
- *Stir it up!* Strategic Plan 2012 – 2014 – Progress Report December 2012

## The Project Team

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