

Aboriginal Art Builds Relationships

Young Aboriginal women and elder Aboriginal women recently celebrated their achievements by staging art exhibitions at Hazelhurst Regional Gallery, Gymea; the Kirinari Aboriginal Hostel, Sylvania and Sydney Children's Hospital.

The exhibitions were the result of Aboriginal Women's Art Mentoring Workshops initiated by the Health Promotion and Aboriginal Health Services along with Hazelhurst Regional Gallery and Arts Centre, Gymea; Kurranulla Aboriginal Corporation and Kirinari Aboriginal Hostel.

Art Mentoring Workshops were held over two days to bring together young and elder Aboriginal women from the Sutherland Shire community to share stories and learn new skills. Young Aboriginal women from Kirinari Hostel along with elder Aboriginal women from Kurranulla Aboriginal Corporation attended the workshops.

A series of paintings and screen prints were produced which were viewed by more than 1000 people during the exhibitions.

"The workshop was a great opportunity for the girls and elders to meet and share their experiences," Gail Daylight, Area Manager, Aboriginal Health for South East Health said.

"One of the best outcomes of the workshops is that the young women have developed a greater sense of confidence about themselves as well as learning new creative expression skills."

"We know that reducing isolation, improving social connectedness, building self esteem and promoting cultural identity are factors that play an important role in improving the health and well-being of young Aboriginal people," Kim Simon, Aboriginal Health Promotion Officer for South East Health said.

Further workshops are planned throughout the year. *



Aboriginal women sharing stories through art.



The Australian Health Promotion Association will be hosting their 15th Annual Conference in Canberra on 13 - 16 March 2005 with the theme 20 | 20 VISION - 20 years since Ottawa, 20 years from now. The Ottawa Charter set the vision for international health promotion action in 1986. Twenty years on, it's an appropriate time for Australian health promoters to stop and reflect on the past in creating a vision for the future.

The conference will focus on the action areas of the Ottawa Charter: developing personal skills, creating supportive environments, building healthy public policy, reorienting health services and strengthening community action.

If you are interested in attending the conference email ahpa@confco.com.au. If you would like to discuss a health promotion project or idea you may have please call me on 9382 8147. *

Jo Mitchell
Director of Health Promotion

Peakhurst High is Peak Fit

Students at Georges River High, Peakhurst Campus are aiming for peak condition by taking the lead in a new project that encourages physical activity and drinking more water at school.

The project, 'Fit to Learn', is a partnership between Georges River College, Peakhurst Campus and the Health Promotion Service and was recently launched at the school by Tony Grimaldi of the Canterbury Bulldogs Rugby League team.

"Drinking water is one of the simplest ways to help you reach peak performance both in the classroom and on the sports field," Tony Grimaldi said.

Studies have shown that adequate fluid intake in the short term leads to optimal performance in terms of co-ordination, concentration and attention span. Adequate physical activity is also known to be a preventative factor for heart disease, stroke and mental health issues. Overall, young people are not sufficiently active and the level of activity declines from the onset of puberty.

One of the first initiatives at the school is allowing students to have water bottles in the classroom and to drink during class time.

Over the three years the whole school community including students, parents and teachers will work with Health Promotion to consider and implement strategies that work towards increasing physical activity opportunities and drinking more water at school.

Kingsgrove High School is also participating in the Fit to Learn project and are currently working on a plan to increase students' physical activity opportunities and drinking more water within their school. *

AIM for Fitness targets Botany Blokes

Botany blokes are taking up the challenge to 'age actively' by showing their strength at the AIM for Fitness 'Men at Work' exercise group. AIM for Fitness is a service of Prince of Wales Community Health and offers gentle exercise groups for both men and women over 55 years.

Botany Bay City Council and South East Health support the 'Men at Work' exercise class for men aged 55 years and over.

"The Men at Work class is a wonderful opportunity for people our age to get together and exercise in a friendly environment. The class itself is not too difficult and they're a great bunch of blokes to be with," according to Harry Stanley, a Men at Work participant and Botany resident.

Classes focus on developing strength, balance and co-ordination



Harry Stanley & friends relaxing after being 'Men at Work'.

through the use of hand weights, resistance bands and floor work on mats. Regular physical activity on most, if not all days of the week for at least 30 minutes a day has recognised physical and mental benefits including increased bone strength, flexibility, balance and concentration.

A three free class coupon is available for new enrollers at all AIM for Fitness classes for men and women in Randwick, Eastlakes and Malabar in October and November.

Staff working with clients and patients over 55 years of age are encouraged to refer them to AIM for Fitness for their exercise needs by calling 9382 8131. *

Happenings

► Pharmacy seminar: working with the Pharmaceutical Society of Australia, Health Promotion is organizing an event to ensure pharmacists and pharmacy assistants are up to date with the latest in products to manage nicotine dependence. The date is Wednesday December 1 and the location is at St George Hospital. PH: Susy Leate on 9350 2273 for details.

► Diversity in Health 2005: this conference will be held in October 2005 in Victoria. To find out more contact 03 9457 7130.

► 6th Annual Allied Health Conference: will be held at Sydney Children's Hospital on November 16th.

To register email AHConference@sesahs.nsw.gov.au *

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SOUTH EASTERN SYDNEY AREA HEALTH SERVICE

For more information about the Health Promotion Service see our intranet site <http://sesinfo/healthpro> or contact us on either 9382 8147 or 9350 2273