



# Waratah Wynyard Healthy Community projects 2010 - 2019

by Richard Muir Wilson  
Community Development Officer

# Diversity in Abundance

- The Waratah Wynyard Council describes its area as “Diversity in Abundance”. The same could be said for the Community Development Officers role in Local Government.
- No year has ever been the same since I became a CDO 25 years ago. A “new” Local Government Act (1993) and boundaries through amalgamations saw many changes underway.
- Added to these changes are: Information Technology improvements, mobile phones, wireless connectivity, management restructures, resource sharing, risk management mitigation and work on a “new” Local Government Act. I’ve done a complete circle during my career.
- Recovery and Evacuation Centres are established following natural disasters, the last being the Mawbanna Fires. Before that, floods in Wynyard.
- Waratah Community Board, supporting a remote town move forward.
- Grant writing, auspicing and project management. Mainly environmental, arts and health.
- Community consultations to gauge need e.g. Community Gardens, Men’s Sheds, tourism projects, arts projects & youth projects.
- Participation in themed weeks: Seniors Week, Rural Health Week, Volunteers Week, Bike Week, Youth Week & Homelessness Week.
- Organising town Christmas decorations and banners.
- Events: Australia Day, Walking Wynyard, Wynyard Skate Comp, ANZAC Day & Local Long Table Lunch.

Snap shots from the past 9 years. Place based programmes using local resources.

With financial and in kind support from:

- Commonwealth Government via the Cradle Coast Authority
- Live Well Tasmania Inc.
- Safer Roads for Cyclists
- KAW Training
- Tasmanian Government
- Volunteers from the community
- Local businesses for sponsorship
- Wynyard RSL Sub Branch
- Open spaces, National Parks and Nature/Coastal Reserves
- Seniors Week
- Rural Health Week

## Working in a small Tasmanian Council

- ❑ Benefits and Challenges of having a plan. This might equal or exceed your budget for existing health related programs. You might have a plan but no resources to implement it.
  - Consultants
  - Community engagement and consultation
  - Staff time
  - \$\$\$\$\$\$
- ❑ Running programs first lets you discover resources within your own community. External grants can help.
- ❑ Leveraging your projects /activities off other larger events such as World No Tobacco Day or Bike Week.
- ❑ Partnerships are important and can be beneficial when it comes to sharing scarce resources, developing ideas
- ❑ At Waratah Wynyard we collaborated with Circular Head Council (who we already resource share with ) to produce a Community Health & Wellbeing Plan. E.J. Shu from the Social Yield was engaged to oversee the plans development.
- ❑ CDO's need to strike a balance in how much they invest in their community. It can come at a personal cost. I'm pretty much embedded in the Wynyard community having lived here for 24 years. My interests and lifestyle compliment my work. Art, sport, recreation, education, health, food security, environment and culture all interest me. Workshops, open gardens, exhibitions, activities all provide opportunities for people to extend and improve their knowledge, health literacy and physical /mental health. The following photographs illustrate the diversity of offerings available across several Waratah-Wynyard communities.
- ❑ As Council employees we are in a position to influence projects with a public health benefit. E.G. multi use pathways at Wynyard & Somerset , outdoor fitness equipment, community gardens, Coastal Pathway, playgrounds, walking tracks and civic spaces.













# TAS BIKE WEEK

3-11 MARCH 2018



## BIKE REPAIR CAFE

- Bring your Bikes
- Learn to fix and maintain your Bikes
- Snacks supplied



**FREE!** SATURDAY 30TH MARCH  
9 AM TILL 12 NOON  
@ LIVE WELL TASMANIA  
OPPOSITE WYNYARD COUNCIL

CONTACT KELLY MCKINNS ON  
0429186532











# Rocky Cape to Sisters Beach DAY WALK



**Date: Thursday 26<sup>th</sup> April 2018**

9.30am Depart from the Wynyard Community Centre carpark

5pm Return to Wynyard Community Centre



**BOOKINGS ESSENTIAL**

FREE registration

BUS provided

SUITABLE FOR ALL fitness levels

BYO lunch, drinks, coat, reliable footwear

Rocky Cape NP provides spectacular coastal walking all year round. This great introductory day walk includes coastal and inland views, Anniversary Bay and large stands of Banksia Serratta. The walk is approx. 14km and will take around 5 hours (including lunchbreak on Anniversary Bay Beach). The pace is relaxed and the walk can be enjoyed by all ages.

**To register:** call Richard on 6443 8363 or email: [rmuirwilson@warwyn.tas.gov.au](mailto:rmuirwilson@warwyn.tas.gov.au)











# TAI CHI FOR BEGINNERS



Starting Friday 2<sup>nd</sup> March



At

Myalla Recreation Ground Hall

10am-11am

Enquiries/Bookings

Phone Catherine Fernon 64 451 484

Gold Coin Donation towards upkeep of Myalla Hall



Part of the Waratah Wynyard Council's Healthy Community's Project.







# FREE FAMILY EVENT A FUN WAY TO GET ACTIVE

**SAT 30<sup>TH</sup> JUNE**



**Morning tea provided – Hot Soup, Hot Choc's,  
Dips, cake, slices, more!**



**Come and  
have some  
fun!**



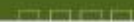
**Frisbee Golf**



**Dodge Ball**



**Hand Ball**



LIVE WELL TASMANIA &  
WARATAH-WYNYARD COUNCIL  
SUPPORTED BY HEALTHY  
TASMANIA

**Where: Wynyard  
High School Oval**

**When: Sat 30<sup>th</sup> June**

**Time: 10.30-12.30**

**RSVP- 0429186532 or  
Kelly.23@live.com.au**



## The Why and How of Quitting Smoking and other Addictive Habits

Do you want to feel better?  
Have healthier habits?

Do you want to understand gaming habits and addictions?

Do you want to feel more motivated to -

- Give up smoking
- To exercise
- To eat healthier

Do you often feel:

- Stressed
- Anxious
- A bit down?

Then this FREE workshop is for you! Join us for a *yummy afternoon tea* and participate as much or as little as you like.

This informative workshop is on understanding addiction and how and why we form habits that are not good for us and why they are so hard to break. This workshop will give you some ideas for a healthier life.

**When:** Thursday, 31<sup>st</sup> May 2018, 2pm to 4.30pm

**Where:** Live Well Tasmania Centre  
28 Saunders St, Wynyard

**RSVP:** to [Kelly.23@live.com.au](mailto:Kelly.23@live.com.au), text 0429 186 532 by 29<sup>th</sup> May



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## Harvest Time

# Local Long Table Lunch 3 Course Buffet

**\*Using ALL locally organically grown produce**

**\*Amazing music by Wynyard High Students**

**\*Lucky door Prizes**

**Bringing local organic produce to the people of Wynyard**

**\*VOLUNTEERS\* wanted, prior to and on the day 😊**

**Where:** Civic Square 'Cow Park' next to Wynyard Post Office

**When:** Wednesday 28<sup>th</sup> March, 2018

**Time:** 12noon – 1.30pm

**Tickets:** \$6 each or whatever you can afford Available from the Council Office.

Contact Kelly for further information – [Kelly.23@live.com.au](mailto:Kelly.23@live.com.au) or  
0429186532













Creating a temporary art installation in Wynyard



3500 600mm recycled bottles later "Clatter" an ephemeral art installation is completed for Ten Days on the Island in Wynyard.











