

15 November 2018

Better health is the aim of Change4Campbelltown

Campbelltown is heading towards a healthier future thanks to ideas from more than 100 community members at the Change4Campbelltown workshop.

The workshop, part of the Campbelltown - Changing our Future project, is a joint initiative between the South Western Sydney Local Health District, Campbelltown City Council and Deakin University and is the first of its kind in NSW.

The project is generating change by bringing together a broad range of people and organisations including businesses, sporting clubs, schools, non-profit organisations and community members.

Campbelltown - Changing our Future Project Manager Sheree Whittaker said she was impressed by the turn out, enthusiasm and commitment to action from the community at the workshop at Wests Leagues Club.

“We want to make the healthy choice the easy choice for children and families in Campbelltown,” Ms Whittaker said. “To create sustainable, long-term changes we need to give the community the tools to take action.

“It was fantastic to see community members and local organisations work together and come forward with so many great ideas.

“As we move ahead, we expect to see even more community champions become a part of the project and work together to create lasting changes.”

The project is linked to Growing Healthy Kids in South West Sydney, a greater strategy of improving health in children and families in south western Sydney.

The NSW Government is investing \$745,900 in the strategy under a NSW Translation Research Grant Scheme over two years from July 2017 to June 2019.

More than 25 working groups formed at the workshop, committing to action on ideas including:

- Offering healthy food choices at community facilities and events,
- Active community events and fundraisers,
- Cooking programs for families,
- Creating a directory of local health, education and exercise programs, and
- Creating community gardens.