



## June Campaign Update

### New Swap It, Don't Stop It WA website

The Heart Foundation has recently established the [Swap It, Don't Stop It WA](#) website. This website is primarily aimed at professionals and contains:

- details about the three funded programs operating in WA to support the Swap It, Don't Stop It campaign
- information about the Swap It, Don't Stop It campaign and previous Measure Up campaign
- details on available campaign resources and information on ordering resources
- details about the Healthy Eating and Physical Activity Community Grants Scheme
- links to other healthy eating and physical activity websites.

More information will be added to the website in the coming months.

For specific information about the campaign, visit the national [Swap It, Don't Stop It](#) website.

### Community Healthy Eating and Physical Activity Grants – NOW OPEN!

The aim of the Community Healthy Eating and Physical Activity Grants Scheme is to provide incentive and support for community groups/organisations to implement local or culturally appropriate activities aimed at increasing physical activity levels, encouraging healthy eating and/or promoting healthy weight in adults.

Eligible organisations can apply for **up to \$5000** (excluding GST) for projects to be held **between 1 September and 30 December 2011**. Some higher value grants will be considered for projects which have a greater community reach and/or special need/s.

Grant information sessions (face-to-face and videoconference) will be held in late June/early July. The main aim of the sessions is to review grant requirements and provide you with assistance in completing a successful application.

For a copy of the Guidelines for Applicants and Application Form please visit the [Swap It, Don't Stop It WA](#) website. Further questions can be directed to one of the contacts listed below.

**Applications close Thursday 21 July, 2011.**



## Non-English Speaking Background (NESB) Program Update

Information sessions about the 'Swap It, Don't Stop It' campaign are currently being delivered to CALD communities in the metropolitan area. Community members are being encouraged to modify traditional recipes to include healthier ingredients and to keep themselves physically active.

Information sessions are also being conducted with health service providers to discuss opportunities for partnering with key community leaders to deliver healthy lifestyle messages to NESB communities. Similar information sessions will be held in Bunbury on 28th June for both community groups and service providers. Included in these sessions will be a briefing on the Community Health Eating and Physical Activity Grant Scheme.

Cultural competency training is available to service providers who are interested in working with the targeted communities but believe they lack skills and experience in doing so. This training will provide you with a 'set of tools' to use in your work with NESB communities.

If you or your agency would like to participate in information sessions and/or the cultural competency training please contact Wendy Rose on 9375 2224 or via email on [wendy@mscwa.com.au](mailto:wendy@mscwa.com.au)

## More Information

### General Information

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### Non-English Speaking Background Information

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### Aboriginal Information

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