

HEALTHY & CONNECTED COMMUNITIES™

CREATING LASTING COMMUNITY CHANGE

WHY?

Do you understand the financial, social & emotional impact that poor health has on our communities? Do you get frustrated & feel powerless to make change? Do you get lost in the volume and magnitude of evidence?

Sometimes the job just feels too big with too many barriers; from short-term funding cycles, to building & maintaining partnerships, creating buy-in, understanding the evidence, meeting local needs, all while fulfilling organisational obligations & grant requirements.

Motivating people to look after their health is a huge challenge & the systems that govern our health & community sectors are complex, politicised & often disconnected.



HOW?

At Healthy Tasmania we know these challenges well & we have turned our successful evidence-based & practice informed 6-step framework into a suite of tailor-made online workshops for community champions.

We will teach you how to successfully identify the local needs, create successful partnerships, find & maintain funding, apply the evidence & share the success to enable communities to become more connected & healthier for the long-term.

**BE GUIDED THROUGH THE PROCESS BY EXPERTS TO GET IT RIGHT THE FIRST TIME.
HALVE YOUR BUDGET, YET DOUBLE YOUR IMPACT.
PRACTICAL, POIGNANT, PURPOSEFUL.**

SNAPSHOT

- Online training program
- 6 x 2 hr modules delivered live weekly and recorded so can be watched back at a time that suits
- Average weekly time commitment 2-2.5 hours
- Fun, interactive content using lots of real world stories
- Learn the 6-step framework that is based on the evidence and informed by practise
- Practical and useful strategies to get you started on a project right away
- Become part of a group of passionate community champions
- Guidebook and additional resources
- Ongoing free group mentoring

"Council engaged the services of Lucy, Penny and their team at Healthy Tasmania for project management, training and mentoring. With their support, we have developed a successful evidence-based, holistic, community-wide health and well-being program for our community"

Rhonda O'Sign, Community Development Officer, George Town Council

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FOR ANYONE WHO WANTS TO MAKE A BIGGER IMPACT IN THEIR COMMUNITY

This unique training package comes with all the bells and whistles that you will need to become a community champion and implement a service or project in your own community.

Each training module unpacks the evidence, provides practical processes and uses **real-world stories**. After completing this program, you will not only be able to 'talk the talk' you will be able to 'walk the walk'.

WHAT WILL I LEARN?

1. Find a need	Understand how to find a need in your community by answering three easy questions: What do we need? What have we got? What is missing?
2. Find a partner	Learn about the value of, and barriers and risks to partnerships and, how to find and keep a good partner.
3. Find funding	Explore where to find and how to secure funding for your projects along with understanding what the 's' word (sustainability) really means.
4. Develop and deliver	Learn how to develop a program based on the evidence but adapted to the local needs.
5. Evaluate	Understand the basics of evaluation and reporting and the value it can have for your work if done well.
6. Share the story	Learn about the power of storytelling and how to apply it to your project to impact change, and create buy-in from funders, policy makers and the community.

WHO IS LUCY?

Lucy is all about making positive connections to improve the individual, social and economic health of our communities. She had almost 20 years as a public servant with local government, state government and the university in various leadership roles focusing on community development, health promotion and systems improvement, but is now the Managing Director and powerhouse of a project management company based in Tasmania. Lucy established the award winning company Healthy Tasmania with her sister and storytelling expert, Penny Terry to solve common problems that prevent communities and organisations from thriving. Lucy and Penny do things differently to get things done. Challenging traditional thinking and focusing on evidenced-based yet locally responsive co-designed outcomes is key to their approach. Lucy has been published in peer-reviewed literature, presented her research at international conferences and secured over \$6 million dollars' worth of funding for her projects. Based on her experience and passion for change, she has developed this purpose-built program to help others build the knowledge, skills, and confidence they need to create healthy and connected communities.

CONTACT

Lucy Byrne | Managing Director

0409 937 421

lucy.byrne@healthytasmania.com.au

"I appreciate how focused and practical this training is. I can apply it in my workplace immediately. A great blend of interactivity and information. An easy recommendation for anybody working in this industry"

Kel Moore, Team Leader, City Mission

www.healthytasmania.com.au