



Presented by Brett Lavale

TAFISA Leadership Course – Syndicate Task

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Syndicate Project Overview

AIM OF THE SYNDICATE ACTIVITY:

Throughout the TAFISA Certified Leadership Course each presenter has imparted information and knowledge that will help each of you build a framework upon which to identify, assess and build a Healthy Active Community. To help achieve a shared learning outcome course participants will come together in small syndicate style groups to explore and document what constitutes a Healthy Active Community.



Task 1. Choosing a Healthy Active Community?

The first task to be completed is to select a community that one or more of your group members are familiar with and identify the following:

- Some key health or physical activity issues or problems that impact on this community:
- What the community looks like (profile/demographics?):
- Any other relevant contextual information or challenges you think are important in selecting this as a possible community for development of Healthy and Active strategies?



Task 2. Workshopping the Development of a Healthy Active Community

Brainstorm the following topics with your syndicate group:

1. What are the apparent needs of the chosen community? What key ingredients that make up a Healthy Active Community are present and/or lacking?
2. What are the key things that you would look at to most effectively address the main issues affecting this Healthy Active Community? (develop an action plan - who?, what?, when?, why?).
3. Why are these strategies likely to be more effective than other approaches?
4. To really get your Community Healthy and Active what resources would be required for the implementation of these strategies? (Money, People, Buildings, Land, etc)



Task 2. Workshopping the Development of a Healthy Active Community (continued)

5. What are the key relationships within the community that would need to be developed in order to optimise the Healthy Active Community Action plan?
6. What are the key benefits that you think would result from the implementation of the Healthy Active Community action plan? How can this action plan help create positive health and social norms? (e.g. relate back to wellbeing index)
7. What will the legacy of putting the action plan in place now be? How will the action plan help the community be more self sufficient in the future?
8. What further research do you think is required to help this community?



Syndicate Presentation Guidelines

Each syndicate needs to make a 20-30 minute presentation back to the group on their development of a Healthy Active Community. This can be presented in Microsoft power point or with butchers paper. Some general principles include:

- All members of the group should be involved in the presentation.
- As a guideline use one slide/piece of paper or for each point 1-8 above plus an introduction and summary slide if required (maximum 10 slides)
- Communicate points succinctly by using bullet points – stay to a maximum of 5-7 bullet points per slide.
- Imagine that you are presenting to a local government director or government funding panel to obtain support for your proposed strategies.
- Allow 5 minutes for question time at the end of your presentation.



Remember these key principles of community development:

- **Inclusiveness:** Provide the community with opportunities to meaningfully participate at their preferred level. Individuals should be able to join committees and participate in planning, direction setting and decision-making. Communities drive this process.
- **Collaboration:** Establish and foster partnerships to achieve positive outcomes. This includes developing networks between people, encouraging different communities to work together and building relationships with and between the different communities.
- **Capacity Building:** Support and strengthen individuals, families and communities to identify needs and develop solutions at a local level. This can involve advocacy, empowerment, education, awareness raising and distribution of resources to individuals and communities.
- **Equity:** Ensure that opportunities and resources available to the community are distributed in a just and equitable manner according to community needs. In addition, all communities should have the right to access all Local Government services and resources without discrimination
- **Responsiveness:** Ensure the evolving nature and consistency of change within the facility and programs. Community needs are responded to efficiently and effectively in line with community development methodologies and practices. This will enable the demands of the community to be met in a relevant and timely manner.