

# STIR IT UP AND KEEP MOVING!



“ I will eat healthy food and exercise more! ”



## Provider Name

Kiama Community College

## Contact

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## Program

*Keep Moving* - Part qualification in Certificate II in Outdoor Recreation, Certificate III in Fitness + FSK unit. (Can build over 18 months to full qualification)

*Stir it Up* - Part qualification (9 units from Certificate II in Hospitality) Part qualification in Certificate II – Outdoor Recreation Certificate III Fitness + FSK unit. (Can build over 18 months to full qualification)

## Target Group

People with Mental Health disabilities

## Details

Both programs run one day per week with a focus on practical application

## Key points of difference

Strong links with mental health providers

***“I will eat healthy food and exercise more!”. It’s a common goal but we all know it can be hard to achieve. For those experiencing challenging mental health conditions the barriers are even greater.***

That is why Kiama Community College (KCC) has teamed up with a number of mental and community health service providers to provide inclusive training in fitness and hospitality.

***“Keep Moving”*** is a program that offers a selection of units from Certificate II in Outdoor Recreation and Certificate III in Fitness and allows participants to develop confidence and skills to enjoy a range of outdoor recreation and fitness activities including rock climbing, bushwalking and gym activities.

The program offers rolling start dates so students can get started as soon as their motivated is sparked. Participants range in age from 20 to 60 years old with a 50/50 gender mix. They can choose to do a small skill set or continue on to a full qualification over 18 months.

***“Stir it up!”*** helps people to develop knowledge, skills and confidence to become advocates for healthy eating within their communities. In 2016, 7 out of 11 starters completed the course: a fantastic result for any program and especially for those facing the additional barriers and life complications often experience by people with mental health and disability conditions.

The proud graduates are now eligible to become volunteers in the NSW Health – Stir it Up Program and provide support in schools, pre-schools, and other community education settings offering cooking classes, talks, demonstrations and workshops.

The success of the program can be attributed to a number of factors including:

- Strong relationships with mental health services who can provide full support services to clients including recruitment of suitable students
- Support for KCC trainers provided by Flourish Australia staff attending excursions and engaging in regular debriefing and reflection sessions to develop professional practice working with clients with mental health conditions
- Formal training in Mental Health First Aid and TAELLN501B for KCC trainers
- Flexibility to achieve a small number of units or progress to a full qualification depending on the individual client’s interest and goals
- Rolling enrolments
- Strong emphasis on having a go and acknowledging personal achievements such as building confidence and self esteem
- Acknowledgement that mental health conditions are constantly changing and flexibility is required
- Learning and assessment materials contextualized to meet learner needs and a strong focus on practical application and assessment.

*This training is subsidised by the NSW Government.*