

Healthy Places: Empowering People

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HEALTHY PLACES: EMPOWERING PEOPLE

Launched in 2011, Healthy Places is a social enterprise based in Outback NSW, that is positively impacting on people's lives by providing practical skills that address the health issues associated with poor diet and lack of connectedness.

During 2011/2012 more than 200 people benefited from a series of workshops. With growing demand, CEO and Founder Rebel Black realised there was a need for a new model of delivery, one that empowered local people, rather than health trainers 'fly in-fly out'. In early 2012 Rebel began training Traditional Wisdom Mentors (TWM) in different communities, so they could deliver the programs to their own clients/community members. TWMs were trained in the Orana region and, as a result of funding provided by Medibank Community Fund, 20 TWM were trained in Tasmania. In 2013, 40 more TWM will be trained in other states in Australia again, with thanks to Medibank.



Newly arrived migrants in Hobart and Tasmania, have benefited from their community leader Than Myint being trained as a Traditional Wisdom Mentor in both *Cook Well Be Well* and *How to be an Urban Hippy* as he has been able to share this new knowledge and run workshops to help families better integrate into a western lifestyle. Than Myint was trained as a Traditional Wisdom Mentor in September 2012 after being offered a scholarship through Healthy Places and Community Information Support Services, which was made possible by funding provided by the Medibank Community Fund.



A partnership with Murdi Paaki Regional Enterprise Corporation saw CDEP participants from Collarenebri, Lightning Ridge, Goodooga, Mungindi, Coonamble and Walgett participate in the *You! and You 2! Programs* in 2011 and 2012, providing practical skills and resources in vegetable gardening, cooking, personal development, governance, leadership and healthy homes.

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Sustaining Rural Communities

CONFERENCE 2013