

Kids – 'Go for your life'

www.goforyourlife.vic.gov.au/kids



Children and Active Transport Forum

Tuesday 6 October 2009

9.40am – 4.30pm (Registration open 9.00am)

**William Angliss Institute, Melbourne
Corner La Trobe St and King St**



Forum details:

The Children and Active Transport forum is presented by Kinect Australia and Kids - 'Go for your life', as part of their respective professional development series. Kinect Australia is supported in delivering professional development by the Victorian Government's 'Go for your life' Physical Activity Information Centre. Kids - 'Go for your life' is funded by the Victorian Government and managed by Diabetes Australia - Victoria and Cancer Council Victoria.

The focus of this forum is on children and active transport. Attendees will gain an awareness of the need to better engage children and their families in walking and riding in their local community, as well as an understanding of the key actions that need to be taken, and strategies that can be used, to address the issue locally.

Registration:

Please complete the registration form provided and return by Friday 2 October via post, email or fax.

There is no cost to attend this event. Places are limited, early registration is encouraged.

Getting to the venue:

The William Angliss Institute is located at 555 La Trobe Street Melbourne, on the corner of King Street. The venue is easily accessed by public transport being a short walk from Southern Cross Station and CBD tram routes. Visit www.metlinkmelbourne.com.au to plan your journey. Limited car parking is available near the venue and throughout the area. Please allow extra time for parking and finding the venue.



The Children and Active Transport forum has been delivered in partnership with:



Agenda

9.00 - 9.40am REGISTRATION

9.40am **Welcome**
Ian Kett, Executive Director, Kinect Australia

9.45am **Open**
Minster To Be Advised

9.55am **Introduction and Overview**
Dr. Suzy Honisett, Kids - 'Go for your life'

10.05am **Plenary**

Children and Active Transport: An Overview of Recent Research
Dr. Jan Garrard, Deakin University

Children and Active Transport: An Overview of the Policy Context
Michael Hopkins, Department of Transport

Discussion Time

11.20am MORNING TEA

11.40am **Drivers for Change: How can we enable children in Australian to walk or cycle safely in the streets on their own?**

Panellist 1. Children's Independent Mobility
Dr. Carolyn Whitzman, The University of Melbourne

Panellist 2. Safety and Risk
Dr. Bruce Corben, Monash University Accident Research Centre

Panellist 3. Culture and Commerce
David Engwitch, Less Traffic

Facilitated by Kellie-Ann Jolly, Heart Foundation (Victoria)

An engaging session to identify actions that need to be taken in Victoria to uphold this important right, interpreted from Article 31 of the United Nations Convention on the Rights of the Child, to which Australia is a signatory. Three specialists in the field will present their informed yet differing response to the question posed. Through group discussion attendees will then have opportunity to present their own responses, feeding into an action statement for the state of Victoria.

1.00pm LUNCH AND ACTIVITY (Movement to Music)

Attendees to check session board during lunch to see which rooms they are in for Workshop Sessions 1 and 2.

1.40pm

Workshop Session 1

There are four workshops being offered (A, B, C and D). All four workshops are being presented twice. Attendees will choose one workshop to attend during Workshop Session 1 and one workshop to attend during Workshop Session 2.

A description of each workshop is provided here:

| Workshop A. Planning for Active Transport: What can be done at the Local Level? Facilitated by Fiona Tinney, VicHealth and Stacey Bloomfield, Victorian Local Governance Association | | | |
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| The role of local government | This interactive session will explore the role of local government in enabling and promoting greater participation in children's active transport. Both impediments to, and opportunities for, making the physical and social environment more amenable to children's active transport will be discussed. Specific reference to the tools available to planners to enable the design of healthy communities will be made. | Cr Rose Iser, President, VLGA | 15 mins |
| Case Study Theme 1: Active transport within the community | The VicHealth <i>Streets Ahead</i> program is currently being implemented in six local councils. Councils take a whole of neighbourhood approach to encourage children to walk and cycle in their local community, to school and other local destinations. Councils experiences of the program will be identified, including key barriers encountered and strategies used to address them. | Elyse Rider City of Brimbank VicHealth Streets Ahead Program | 10 mins |
| Case Study Theme 2: The role of the community | <i>Victoria Walks</i> is a statewide body aiming to increase the number of people, including children, who walk as a means of transport. Engaging local communities in changing local conditions and cultures is an integral component of the initiative. The presentation will explore opportunities for community participation in achieving walkable communities that enable an increase in children's active transport, such as walking action groups. | Dr. Ben Rossiter Victoria Walks Inc. | 10 mins |
| | <i>Kids on Bikes</i> is a local health promotion project initiated by the Northern Mallee Primary Care Partnership and Best Start Partnership in Mildura. The project saw unwanted bikes donated to the Mildura Primary School as a means of encouraging school attendance and physical activity, and of course giving all children the opportunity to experience the pleasure of bike riding. Workshop participants will gain an insight into the project, challenges faced, and outcomes achieved. | Rob McGlashan Northern Mallee PCP | 10 mins |
| Question time | An opportunity to ask questions of presenters, and for open floor discussion. | Workshop facilitators | 15 mins |

| Workshop B. Active Communication – Getting Your Message Heard Facilitated by Marissa Dewan, Bicycle Victoria and Serrin Cooper, VicHealth | | | |
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| Social marketing and health promotion | An exciting workshop, commencing with an overview of social marketing to provide participants with an excellent understanding of its value as a strategy for creating behaviour change. Workshop participants will then engage in an interactive activity where each will be supported in considering how social marketing can be applied in their work. | Leanne Dowling The University of Melbourne | 30 mins |
| Question and Answer | Opportunity for open discussion | Facilitators | 10 mins |
| Case Study 1 | <i>Ride2School</i> will present an overview of their social marketing strategy, incorporating Ride2School Day. The experiences of one school in using this strategy to increase awareness and uptake of active transport will be heard. | Ride2School Barb Birkett Clifton Hill Primary School | 10 mins |
| Case Study 2 | <i>Kids – 'Go for your life'</i> will present an overview of their social marketing strategy, which includes resources available for local use. Barriers often faced, and strategies to overcome them, will be identified. | Megan Edwards Kids – 'Go for your life' | 10 mins |

| Workshop C. Settings-based Programs: Working with Primary Schools and Early Childhood Services to engage then in Active Transport. Facilitated by Emma Clarkson, VicRoads and Tarli O'Connell, Kids – 'Go for your life' | | | |
|--|--|--|---------|
| How to engage a school or service in active transport. | A rare opportunity to gain insight into how to get your foot in the door with a primary school or early childhood service. Presentation will include advice from both a health professional and schoolteacher on how to make contact with a school or service, and with whom, as well as detail of how to present the issue of active transport most effectively. | Amanda Stirrat City of Greater Geelong Ben Dew Leopold Primary School | 20 mins |
| Resources and programs schools and services can use for promoting active transport. | Participants will engage in an interactive circuit exercise where they will have the opportunity to visit different stations, each providing information about a different program or resource available to schools and services in Victoria for promoting active transport. This session will be of benefit not only to schools and services that may be attending, but to those who want to work with schools and services, gaining a good understanding of programs and resources they can encourage schools and services to make use of. | Stations to include: <ul style="list-style-type: none"> ▪ Kids – 'Go for your life' ▪ Ride2School ▪ Starting Out Safely ▪ Kids On the Move ▪ VicHealth Resources ▪ Bike Ed ▪ Travel Smart | 40 mins |

| Workshop D. Triggering Cultural Change Facilitated by Theresa Whalen, Kinect Australia | | | |
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| How to trigger cultural change around active transport in your community | A creative and interactive workshop with one of the world's most innovative minds. David will give participants an understanding of the potential triggers for creating cultural change around active transport at the local, state and national level. Participants will be supported in identifying specific strategies they can use to trigger change in their community. Each participant will leave the session with a personalised action plan for triggering cultural change, after having input into his or her plan from other attendees in a 'speed-dating' style activity. | David Engwitch Less Traffic | 60 mins |

- 2.40pm** **SHORT BREAK AND WORKSHOP CHANGE**
- 2.50pm** **Workshop Session 2**
A repeat of Workshop Session 1
- 4.00pm** **Summary and Close**
Dr. Paul Tranter, The University of New South Wales
- 4.30pm** **END**

Biography of Presenters:



Dr. Jan Garrard is a part-time Senior Lecturer in the School of Health and Social Development at Deakin University, and a Research and Evaluation Consultant. Her research interests centre on understanding and promoting active travel for children and adults. Recently completed projects include: evaluation of the Ride2School program in Victoria; a review for the Safe Speed Interest Group of the impact of vehicle speed on the prevalence and safety of walking and cycling for transport; an options paper for the National Preventative Health TaskForce on building active connected communities; and research summaries of active transport for young people and adults, developed for VicHealth. Current projects include a comparative analysis of cycling in Sydney and Melbourne, and analysis of trends in active travel to school in Victoria and New South Wales. Jan tries to combine research with practice by conducting lots of field work (i.e. riding her bike!)



Michael Hopkins was appointed Executive Director of the Policy and Communications Division at the Department of Transport in June 2008, having joined the Department of Infrastructure in 2000. Michael worked as Director of Market Development in the Public Transport Division in 2004. From late 2007 to June 2008 Michael was Director of the Department of Infrastructure's Corporate Public Affairs, responsible for the department's communications and media management. Prior to 2000, he held a number of positions in the Australian Public Service and the ACT Government, including senior roles in strategic and environmental policy and several years as Chief of Staff to the ACT Minister for Urban Services. His career has focussed on strategic land-use planning; transport, infrastructure and environment policy; and more recently, communications. Michael has a Bachelor of Arts in philosophy and a Masters Degree in Public Administration.



Dr. Carolyn Whitzman is Senior Lecturer in Urban Planning at the University of Melbourne. She is the author of *Suburb, Slum, Urban Village: Transformations in a Toronto Neighbourhood 1875-2002* (University of British Columbia Press, 2009), *The Handbook of Community Safety, Gender, and Violence Prevention: practical planning tools* (Earthscan, 2008), and the co-author of *Safe Cities: guidelines for planning, design, and management* (Van Nostrand Reinhold, 1995). Previously, she worked for the City of Toronto on healthy city initiatives. Dr. Whitzman has an international reputation for her work on the prevention of violence. Current research interests include the development and evaluation of integrated violence prevention initiatives at the local government level, increasing independent mobility for children, and the policy implications of planning for healthy and equitable cities in a national and international context. She is a Board Member of Women in Cities International (www.womenincities.org), a member of the Commonwealth Association of Planners Women in Planning Network, a member of the Planning Institute of Australia's National Education Committee, and a jury member for the Planning Institute of Australia (Victorian Division) Social and Community Planning Award.



Dr. Bruce Corben joined the Monash University Accident Research Centre (MUARC) in 1993 following a twenty-year career in the fields of traffic management, and road and traffic engineering safety. The principal focus of Bruce's research activities lies in developing approaches to road infrastructure design and system operation that meet the aspirations of Australasia's Safe System. His main areas of expertise are in the safety of pedestrians, roadsides, intersections and motorcyclists, as well as matching travel speeds to the inherent quality of roads and roadsides. These areas of expertise have been integrated to develop evidence-based road safety strategies for Australian jurisdictions.



David Engwicht is inventor of the Walking School Bus and other social innovations. He is the author of four books on transport and urban design. David has worked with cities all over the world for the past 20 years and is considered one of the world's most innovative thinkers on transport, cultural change, place making, and community engagement. David is a sculptor, street philosopher and creativity coach.