



Expression of Interest - Go4Fun®

Southern NSW Local Health District is seeking Expressions of Interest from established services, including non-government organisations or private providers in the towns of Queanbeyan and Goulburn, to manage and implement a NSW Health program, Go4Fun®, in both of these towns in Term 3, 2021.

About the Program

Go4Fun® is an evidence based child obesity treatment program that has been translated as a community-based program for the Australian context and is an important component of the NSW Government's response to the prevention and treatment of childhood obesity. Go4Fun® has been running successfully in Southern NSW Local Health District since 2009.

The 10 week program is family-focused and has been designed specifically for children aged 7-13 years who are above a healthy weight. Each session is delivered over two hours and covers nutrition and health behaviour change theory and fun, game-based physical activity for children.

Sessions run one afternoon a week on weekdays or weekends during the school term, and children attend with their parent/s or caregiver/s. Each session includes a one hour interactive workshop for children and parents, and one hour of physical activity for the children whilst the parents have a discussion about healthy lifestyles. Children's measurements are taken in the first and last weeks of the program. Training and resources for Go4Fun® are provided by the Better Health Company (BHC).

The program consist of ten sessions on the following topics:

1. Welcome to the Program!
2. Fitter, Healthier, Happier / Goals and Rewards
3. Goals and Rewards / Be a Moving and Grooving Family
4. Processed versus Unprocessed / External Triggers
5. Fats and Sugars / Internal Triggers
6. How to be a Label Reading Detective / Supermarket Tour
7. Ready, Steady, Eat / Bullying
8. A Guide to Tricky Situations / Family Routines
9. Who Wants to be a Healthionaire? / Problem Solving
10. Graduation and Farewell / Group Reward

Program Aim and Objectives

Childhood obesity is one of the most important public health issues facing Australia, with approximately one quarter of children and adolescents being overweight or obese. Childhood obesity has immediate and ongoing detrimental impacts with overweight and obese children more likely to remain overweight or obese into adulthood and more likely to develop non-communicable diseases at a younger age and have a higher chance of premature death.

The NSW Health Treatment Service - Go4Fun® aims to address childhood overweight and obesity by assisting parents and children to develop a long lasting and healthy approach to living. This will be achieved through the following strategies:

- Modify family lifestyles and improve parenting skills around healthy eating, physical activity and sedentary small screen behaviours;

- Promote healthy weight and weight management through sustainable behaviour change;
- Encourage, inform and improve children's food choices and eating behaviours;
- Encourage, inform and improve children's physical activity skills and behaviours; and
- Increase children's sense of well-being, confidence and self-esteem.

The primary target group for the program are children and parents living in Southern NSW Local Health District, specifically:

- Children aged 7-13 who are above the healthy weight range
- Parents of children from 7-13 years of age who are above the healthy weight range

Further information on Go4Fun® can be found at www.go4fun.com.au

About the Proposal

Southern NSW Local Health District is seeking to run two programs in Term 3 2021 – one in Queanbeyan, and one in Goulburn. You may nominate to offer programs in both locations, or in one location only.

Successful applicants will be offered a Service Agreement with two progress payments for the duration of the ten week program. Training in all aspects of the program will be provided. The evidence based structured program comes with all the necessary resources to implement weekly sessions and applicants will be required to deliver the weekly program sessions. Additionally, providers will be involved in a small range of activities to help establish and promote the program locally. Some reporting to the Southern NSW Local Health District Go4Fun® Project Officer will be required.

Along with program coordination, the program requires two staff (an Exercise Leader or a Mind and Nutrition Leader) to deliver the two hour program each week. To assist with understanding the program, job specifications are described below. The program manager may also be involved with the program as an Exercise Leader or a Mind and Nutrition Leader.

Applicants must be willing to commit to service delivery for ten weeks in Term 3 2021 and work cooperatively with the Southern NSW Local Health District Go4Fun® Project Officer who will arrange program recruitment, evaluation strategies and other aspects of program delivery. Leaders must complete the comprehensive program training and child protection training. Wages to attend training are included in the overall funding budget. A full program kit is supplied which includes training manuals, resources and physical activity equipment needed to successfully deliver the program, to be returned to Southern NSW Local Health District at the conclusion of the program. Southern NSW Local Health District will work with the applicant to develop a COVID-safe plan prior to program commencement.

Remuneration of \$20,000 will be provided for programs in both locations (two programs), or \$10,000 for one program (Queanbeyan or Goulburn) only. This payment is expected to cover wages for the Exercise Leader and Mind and Nutrition Leader; venue hire (if required); program management; and training expenses.

To apply

To express your interest in delivering this program, please complete the attached Expression of Interest form and email to SNSWLHD-HealthPromotion@health.nsw.gov.au by COB Friday 19 March 2021.

For further information, please contact

Emma Woolley
 Health Promotion Coordinator
 Southern NSW Local Health District
 Ph 02 6150 7545
emma.woolley@health.nsw.gov.au



Position Description

Go4Fun® Exercise Leader

Responsibilities

The Go4Fun® Exercise Leader reports to the Program Manager and will:

- Support recruitment activities as requested by the Program Manager.
- Lead the exercise sessions of the Go4Fun® Program.
- Collect and record children’s data at the measurement sessions.
- Provide feedback to the Southern NSW Local Health District Go4Fun® Project Officer as requested.
- Supervise junior staff as appropriate.
- Maintain the confidentiality of participants as required.
- Always act in the best interest of the children attending the Go4Fun® Program and be sensitive to the issues faced by children above a healthy weight.
- Have an understanding of the business health & safety policy and be aware of responsibilities.
- Undertake any other duty as requested by the Program Manager.

The role will require approximately 51 hours per Go4Fun® Program, broken down as follows:

Go4Fun® Program Leader Training	12 hours
NSW Health Child Protection Training	9 hours
9 x 1 hour exercise sessions (Weeks 2-10)	9 hours
2 x child measurement sessions (Weeks 1 & 10)	4 hours
10 x ½ hour set-up and pack-up (Weeks 1-10)	5 hours
Group Reward activity at the end of program	2 hours
Weekly session preparation	10 hours
Total	51 hours

Training

The Exercise Leader must attend the leader training which involves online based training with a qualified facilitator. The online based sessions will be three half-day sessions.

The Exercise Leader must complete the following modules of the NSW Health Child Protection Training (approximately 9 hours): Child Wellbeing & Child Protection Parts 1-3 (Online); One Day Child Protection Targeted Training (Face-to-Face)

Program Delivery

The Exercise Leader is responsible for running 9 x 1 hour Go4Fun® exercise sessions plus pre-program set up and post-program tidy up and storage of Go4Fun® exercise equipment.

The Exercise Leader will attend the measurement sessions in Weeks 1 and 10 of the program to conduct the children’s fitness assessments tests (procedure covered in the Go4Fun® program training).

The Exercise Leader will also, in conjunction with the Mind and Nutrition Leader, attend a Group Reward activity at the conclusion of the program.

Qualifications

It is important that the Exercise Leader has previous experience working with groups of children and has ability to relate to children and to motivate them to participate in the games-based activities as well as being able to control a group.

- Must have a current Working with Children Check
- Must have a current First Aid Certificate
- Must have a Criminal Record Check clearance
- Ideally will have current and relevant physical activity qualification – eg Certificate Level III in Fitness or Sport



Position Description

Go4Fun® Mind and Nutrition Leader

Responsibilities

The Go4Fun® Mind and Nutrition Leader reports to the Program Manager and will:

- Support recruitment activities as requested by the Program Manager.
- Lead the Nutrition and Mind / Behaviour Change sessions of the Go4Fun® Program.
- Collect and record children’s data at the measurement sessions.
- Provide feedback to the Southern NSW Local Health District Go4Fun® Project Officer as requested.
- Supervise junior staff as appropriate.
- Maintain the confidentiality of participants as required.
- Always act in the best interest of the children attending the Go4Fun® Program and be sensitive to the issues faced by children above a healthy weight.
- Have an understanding of the business health & safety policy and be aware of responsibilities.
- Undertake any other duty as requested by the Program Manager.

The role will require approximately 70 hours per Go4Fun® Program, broken down as follows:

Go4Fun® Program Leader Training	12 hours
NSW Health Child Protection Training	9 hours
9 x 1 hour Nutrition sessions (Weeks 2-10)	9 hours
9 x 1 hour Mind sessions (Weeks 2-10)	9 hours
2 x child measurement sessions (Weeks 1 & 10)	4 hours
10 x ½ hour set-up and pack-up (Weeks 1-10)	5 hours
Group Reward activity at the end of program	2 hours
Weekly session preparation	20 hours
Total	70 hours

Training

The Mind and Nutrition Leader must attend the leader training which involves online based training with a qualified facilitator. The online based sessions will be three half-day sessions.

The Mind and Nutrition Leader must complete the following modules of the NSW Health Child Protection Training (approximately 9 hours): Child Wellbeing & Child Protection Parts 1-3 (Online); One Day Child Protection Targeted Training (Face-to-Face)

Program Delivery

The Mind and Nutrition Leader is responsible for running 9 x 1 hour Nutrition sessions, followed by 9 x 1 hour Mind sessions; plus pre-program set up and post-program tidy up and storage of Go4Fun® exercise equipment.

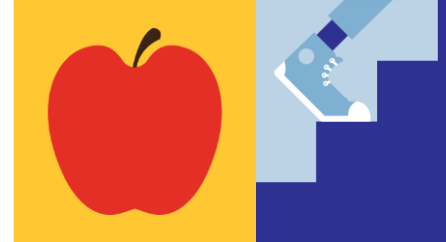
The Mind and Nutrition Leader will attend the measurement sessions in Weeks 1 and 10 of the program to conduct the children's fitness assessments tests (procedure covered in the Go4Fun® program training).

The Mind and Nutrition Leader will also, in conjunction with the Exercise Leader, attend a Group Reward activity at the conclusion of the program.

Qualifications

It is important that the Exercise Leader has previous experience working with groups of children and has ability to relate to children and to motivate them to participate in the games-based activities as well as being able to control a group.

- Must have a current Working with Children Check
- Must have a current First Aid Certificate
- Must have a Criminal Record Check clearance
- The Go4Fun® Mind and Nutrition Leaders will, ideally, have a background and/or experience in dietetics, nutrition, children's health, behaviour change and/or exercise. Their most important attribute is their ability to work with, motivate and inspire groups of children and families.
- Southern NSW Local Health District does not mandate any particular qualifications for this position although does express strong preference for candidates with excellent communication skills, and appropriate and relevant professional experience.



Expression of Interest Implement 2021 Term 3 Go4Fun® Program

Contact Details

Name

Organisation

Address

Contact Phone Number

Email Address

Location/s of program

- Queanbeyan
 Goulburn
 Both

Mandatory Criteria

1. ABN

- Please tick here if you do not have an ABN, but will obtain one prior to commencement of agreement.

2. I have \$10,000,000 in public liability insurance for all risks arising out of this agreement.

- Yes No I will obtain relevant insurance prior to program commencement

I have appropriate professional indemnity insurance for all risks arising out of this agreement.

- Yes No I will obtain relevant insurance prior to program commencement

I have appropriate workers compensation insurance for all risks arising out of this agreement.

- Yes No I will obtain relevant insurance prior to program commencement

3. All proposed staff hold a current NSW Working with Children Check (WWCC)

- Yes No All staff will obtain a WWCC prior to program commencement

4. All proposed staff hold a current first aid certificate
 Yes No All staff will obtain a current first aid certificate prior to program commencement
5. All proposed staff have undergone a Criminal Record Check (CRC)
 Yes No All staff will undergo a CRC prior to program commencement
6. All proposed staff are able and willing to complete online training prior to the program commencement.
 Yes No
7. Please provide a brief outline of your experience with program delivery, program management and experience of working with children and/or adults and/or families, and group facilitation.

**Please email your completed Expression of Interest to
SNSWLHD-HealthPromotion@health.nsw.gov.au
by COB on Friday 19 March 2021**

For further information, please contact

Emma Woolley
Health Promotion Coordinator
Southern NSW Local Health District
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