



# A Community Development Approach to Establishing Community Based Strength Training in Isolated Rural Areas

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# GPPCP catchment

- Covers an ageing population in Western Victoria
- A population known to have significant health costs
- Strength training working as a primary health promotion initiative

# Where?



**Ararat Rural City**

**Northern Grampians Shire**

**Pyrenees Shire Council**

Source:

[http://www.grampianspyrenees.com/Files/partnering\\_for\\_better\\_connections\\_march\\_2010.pdf](http://www.grampianspyrenees.com/Files/partnering_for_better_connections_march_2010.pdf)

# Funding

- NGS, PSC and ARC were identified by DPCD Office for Senior Victorians
- 3 LGAs approached the PCP to apply for the funding
- Funds contributed to:
  - Project Officer salary
  - Equipment
  - Training
  - Media and promotion

# Funding

- Provided as time limited funding
- Aiming for a sustainable outcome
- This was achieved by planning for sustainability from the beginning



# Aim

- Give access to people living in isolated communities access to strength training classes locally
- Engage local communities to become more active
- Reduce the side effects of sedentary behaviour
- Enhance community connectedness
- Increase the use of community assets
- Build local capacity

# What did we do?

- Needs identification
  - Population
  - Community Action plans
- Areas targeted
- Expressions of interest
  - Be trained in certificate 3 & 4 in fitness
  - Participate in local strength training classes on a regular basis

# What did we do?

- Supported learning environment with a local contact/tutor
- Establishment of strength training classes
  - Equipment
  - Venue
  - Participants
  - Media and promotion
  - Trainer





Barkly

# Results

- Trainers

- Total of 10 volunteered to be trained in the cert 3 & 4 in fitness
- 3 have now completed
- 3 deferred studies

- Classes

- 2 in Moyston
- Landsborough
- Barkly
- Other health providers had an increase in their staff qualifications to run classes

# Other opportunities

- In health setting
  - Personal training
  - Personalised strength training programs
- In community
  - More classes if demand present
  - Personal training

# Results

Class location	Establishment	Range of no. of participants
Moyston ladies	8 months	8-16
Moyston men	6 months	2-5
Landsborough	6 months	2-8
Barkly	7 months	3-11





# Participant Feedback

- “Just what we needed”
- “It’s great to meet other people in the community.... I thought I would of nearly known everyone!”
- “I am feeling stronger”
- “I am doing much more exercise than I used to!”



# Positive Outcomes

- Enhancement of community connectedness
- Equitable access to all community members
- People participating in group exercises
- The further development of already established community groups
- Ownership
- Self paced learning for trainers
- Study buddies

# What would we do better?

- Work closer with education provider
- Ensure understanding of time requirements to complete the certificates
- Set target dates for completion of each unit
- Enhance partnerships with other local providers to allow trainers to have an increased practical experience



# Sustainability

- Classes designed and established in a means to allow sustainability of the classes
  - Local trainer
  - Use of community assets
  - Core group of participants
  - Ongoing support and referrals from other providers
  - Low cost
  - Commitment of participants

# Questions

**Thank You**

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