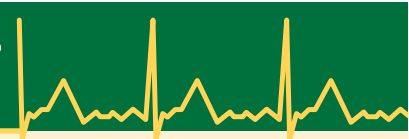


HEALTHY VINCENT



'Together, residents, businesses, licensed premises and patrons, WA Police and the Town of Vincent will work co-operatively to provide the community with an enjoyable and safe place to live, work and socialise.'



Vincent Accord Trial Group – Safer Bars WA

Health Services is pleased to announce that members of the Vincent Accord have been invited to participate in the trial of the Safer Bars WA training project.

The Safer Bars programme was developed and successfully implemented in Canada in the 1990s resulting in a 30% reduction in violent incidences in bars where it was trialled. The Safer Bars WA project has been tailored to meet Western Australia's needs by the Injury Control Council of WA (ICCWA).

The programme is focussed on reducing risk factors and enhancing staff members' skills to reduce potential aggression, violence and injury in and around licensed premises, and goes beyond mandatory 'responsible service of alcohol' training.

The Vincent Accord members were recommended to ICCWA as an ideal trial group by the Drug and Alcohol Office as a result of the success of the recently launched Vincent Accord.

Licensed premises within, and feeding into, the Leederville Entertainment Precinct have been the initial focus due to the diversity of premises in the one relatively small area. Participants include Double Lucky, Leederville Hotel, Fibber McGee's, Paddington Alehouse, Hip-e-Club and The Manor.

"I am delighted that Vincent Accord members have signed on to the Safer Bars WA trial project and are committed to actively promoting the initiatives of the Vincent Accord, which proactively promotes the 'Socialise with Safety' message," said Mayor Nick Catania.

The Vincent Accord was established in June 2005 and draws together licensed premises with the support of WA Police, Department of Racing, Gaming and Liquor and the Town who are collectively addressing issues such as responsible service of alcohol, public health, transport, local amenity and safety.

For further information on the Vincent Accord initiatives, log onto www.vincent.wa.gov.au or contact Health Services on 9273 6533 or health.enquiry@vincent.wa.gov.au.



VINCENT ACCORD
Socialise with Safety

Be a Good Neighbour – burn bright, burn right!

If you own a wood heater, please be a good neighbour this Winter! Smoke from wood-fired heaters is a significant contributor to air pollution (haze) during the cooler months. Not only is a smoking fire wasting your money, but smoke emitted from chimneys is a nuisance to neighbours and may have potentially adverse effects on persons with respiratory conditions. That is why we need to operate wood heaters correctly to be a good neighbour and to look after our air quality!

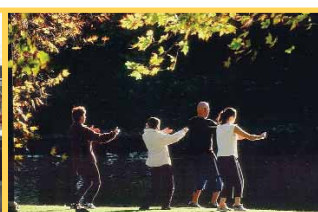
There are several secrets of successful burning which may help you save some money, emit less pollution and use fuel more efficiently. Here are some simple rules to get the most efficient results from your heater and be a good neighbour:

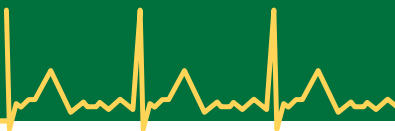
- ✓ use dry fuel and seasoned timber which maximises heat release during combustion
 - ✓ adjust the air damper to allow enough air flow to provide oxygen for combustion
 - ✓ make sure the fire is burning brightly so that there is enough heat for complete combustion
 - ✓ balance the mix of air and hot combustion gases to promote complete burning
 - ✓ allow enough time for complete burning of all the fuel
- And finally
- ✓ place a SmartBurn Block™ in the base of the fire-box.



SmartBurn Block™ Subsidy Programme

The SmartBurn Blocks™ Subsidy Programme was first introduced in 2008 by Health Services and provides residents with environmental multi-award winning SmartBurn Blocks™ at the subsidised price of \$16 each! The blocks have a RRP of \$46 which has been calculated to be the savings cost in firewood over the life of the product (approx 3 months).





Benefits of the product include hotter burning, reduced smoke emissions, cleaner chimney flues and reduced firewood usage and, most of all, cleaner air to breathe for all residents. Further information about the product, including efficiency and environmental benefits, can be obtained from www.smartburn.com.au.

After receiving positive feedback from programme participants, we are pleased to offer subsidised SmartBurn Block™ to 100 residents. Interested residents can log onto www.vincent.wa.gov.au to download an application form or contact Health Services on 9273 6533 or health.enquiry@vincent.wa.gov.au.

Draw the Line on Gaining Weight

Vincent residents are being asked to 'draw the line' on further weight gain as part of a new campaign. The Heart Foundation, Cancer Council WA and Diabetes WA, with funding from the WA Department of Health, have joined forces to urge all WA adults to prevent unhealthy weight gain.

Health Services strongly support the 'Draw the Line' campaign and will be launching a local healthy eating programme called **healthy +** in the second half of 2009 with support from the abovementioned organisations as well as Nutrition Australia and the Catering Institute of WA. The **healthy +** programme, supported by Healthway, is designed to assist the local food industry to provide and identify healthier eating options.

Did you know that one in two West Australian adults are now overweight or obese? Being overweight is a key risk factor for a range of chronic diseases including heart disease, cancer and type-2 diabetes.

The 'Draw the Line' campaign encourages people to make healthier choices with a focus on three simple messages: eat less sugar and fat, eat smaller portions and be more active.

When eating out, you can draw the line by choosing:

- Smaller size meals
- Grilled foods instead of deep fried foods
- Dishes that contain a large proportion of salad or vegetables
- Menu items that are low in fat and sugar.

DID YOU KNOW?

The meal on the left (fried chicken, chips and soft drink) contains 11 teaspoons of sugar and 16 teaspoons of fat, whereas the grilled chicken, salad and water option contains almost no sugar and a quarter of the fat. Making small changes to your daily choices can make a big difference to your health! For more information on 'Draw the Line', please visit www.drawthelinewa.com.au.

