



Ishar Multicultural Women's Health Centre

# Healthy Active Bicultural Ambassadors Training Program

A Project Funded by Department of Health and Ageing

Presented by  
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# Aim of This Workshop

To share the good practice, community capacity building skills and leadership principles implemented in the Healthy Active Bicultural Ambassadors Training Program (HABA).

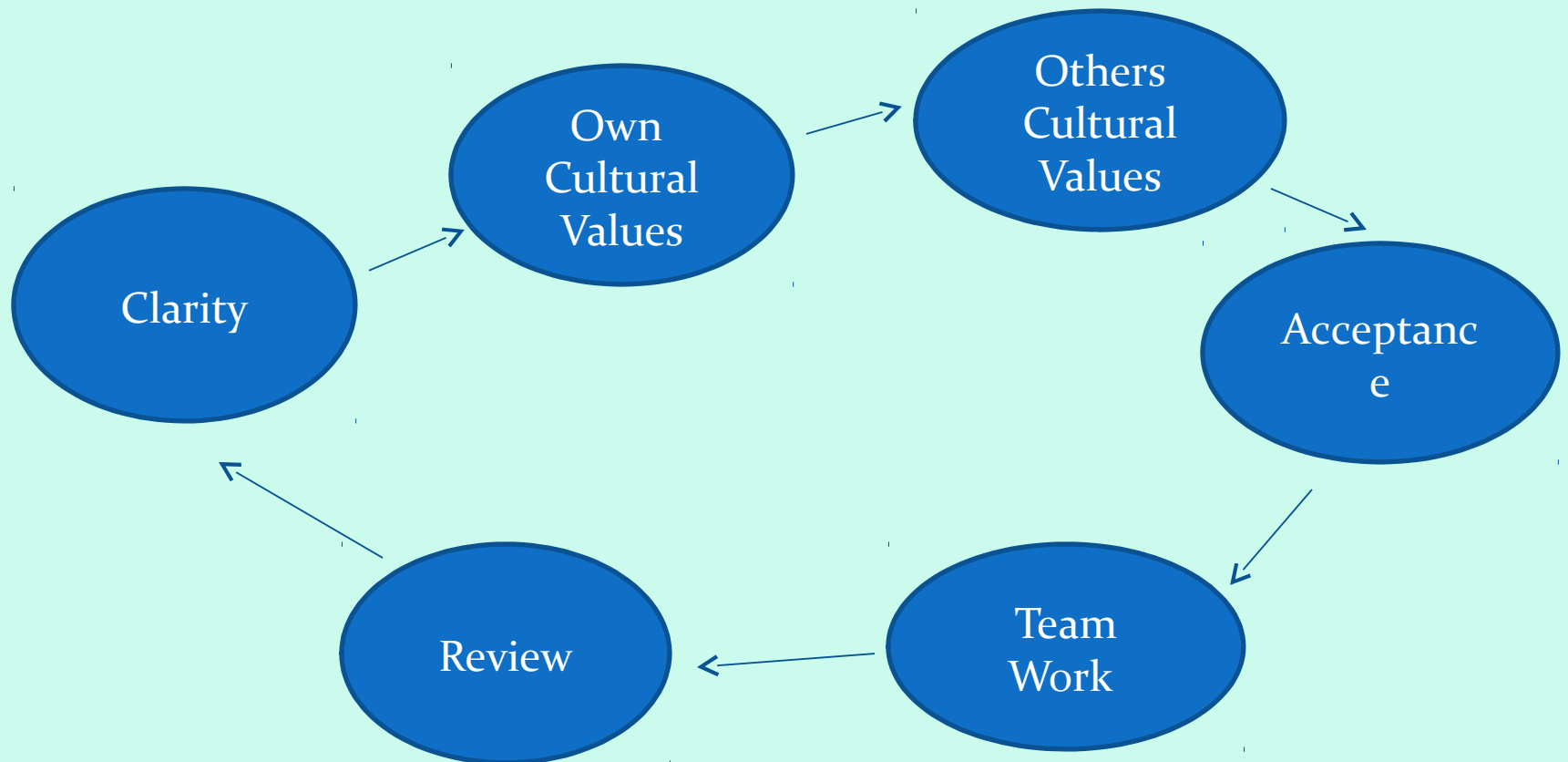
# Who Are Ishar?



# Ishar – Past, Present and Future

- **History**
- **Social Model of Health**
- **Client Demographics**
- **Vision**
- **Leadership Principles**

# Leadership Principles



# Background to the HABA Project

- **The physical activity program**
- **Time for expansion**

# Aim of the HABA Project

To promote the importance of physical activity and good nutrition and to reduce cultural and linguistic barriers to accessing health care services for migrant and refugee women.

# Project Outline

- Publication of a Healthy Active resource manual for mainstream service providers.
- Implementation of a Healthy Active Bicultural Ambassadors (HABA) training program for bicultural women.
- A mentorship program for trained Ambassadors.
- The introduction of physical activity programs for community women by trained Ambassadors under Ishar's umbrella.





# Overview of the HABA Training Program

# Aim of HABA Training Program

To train a group of culturally and linguistically diverse (CaLD) community women to co-facilitate physical activity classes and nutrition sessions within their community under the supervision of Ishar staff.

# Training Methodology

- participatory learning and action
- experiential learning



# Requirements of HABA Training Facilitators

- Cultural competency
- Respect for diversity
- Non-judgmental attitude
- Teamwork
- Flexibility



# Characteristics of HABA Training Participants

- Cultural background
- Language
- Age
- Education
- Life experiences
- Access to information and skills around healthy lifestyle

# Program Outline

WEEK	MAIN TOPIC	THEORETICAL SESSIONS	PRACTICAL SESSION
1	Learning about our bodies	Welcome and Introduction Basic Anatomy and Physiology Preparation for exercise	Let's Be Active
2	Exercise Readiness	Basic Exercise Physiology Posture and Back Care	Let's Be Active
3	Taking care of ourselves	Injury prevention/Basic First Aid	Let's Be Active
4	Getting Fit	General fitness/Aerobic fitness	Let's Be Active
5	Growing Stronger	Basic Resistance Training	Let's Be Active
6	Nutrition and Exercise	Good Nutrition and Healthy Eating	Let's Be Active
7	Organising a cross cultural community physical activity program	Promoting and Establishing program Group Facilitation Development and Evaluation	Let's Be Active
8	Individual Presentations and Evaluations	Let's Be Active presentations	Course evaluation and Closure

# Role of the Ambassadors

- Consult with the community members
- Outreach, promotion and recruitment
- Plan the structure of the classes
- Co-facilitate the classes and act as an interpreter if required
- Ongoing communication with facilitator
- Actively engage in evaluation, receiving community feedback and self assessment



# Program Challenges and Success Factors

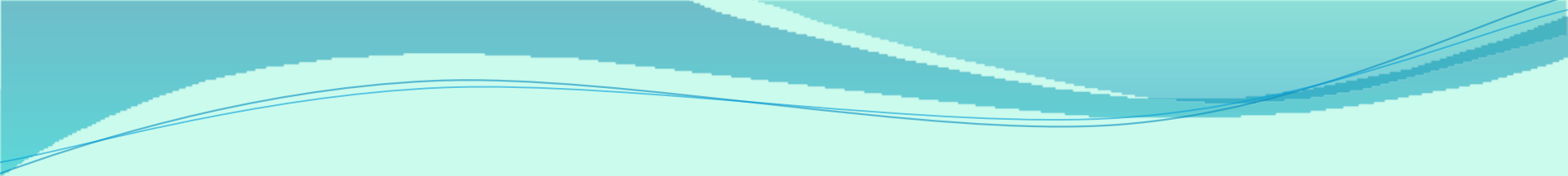


# Challenges for Facilitators and Training Participants

- Providing a workable training program
- Cultural adaptability
- Mentoring

# Success Factors

- Increased knowledge
- Increased confidence and satisfaction
- Team work
- Paid employment
- Community capacity building
- Relationship with TAFE
- Learning opportunity for both participants and training team



# Group Activity - Body Mapping



Questions or Comments?



# THANK YOU!

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