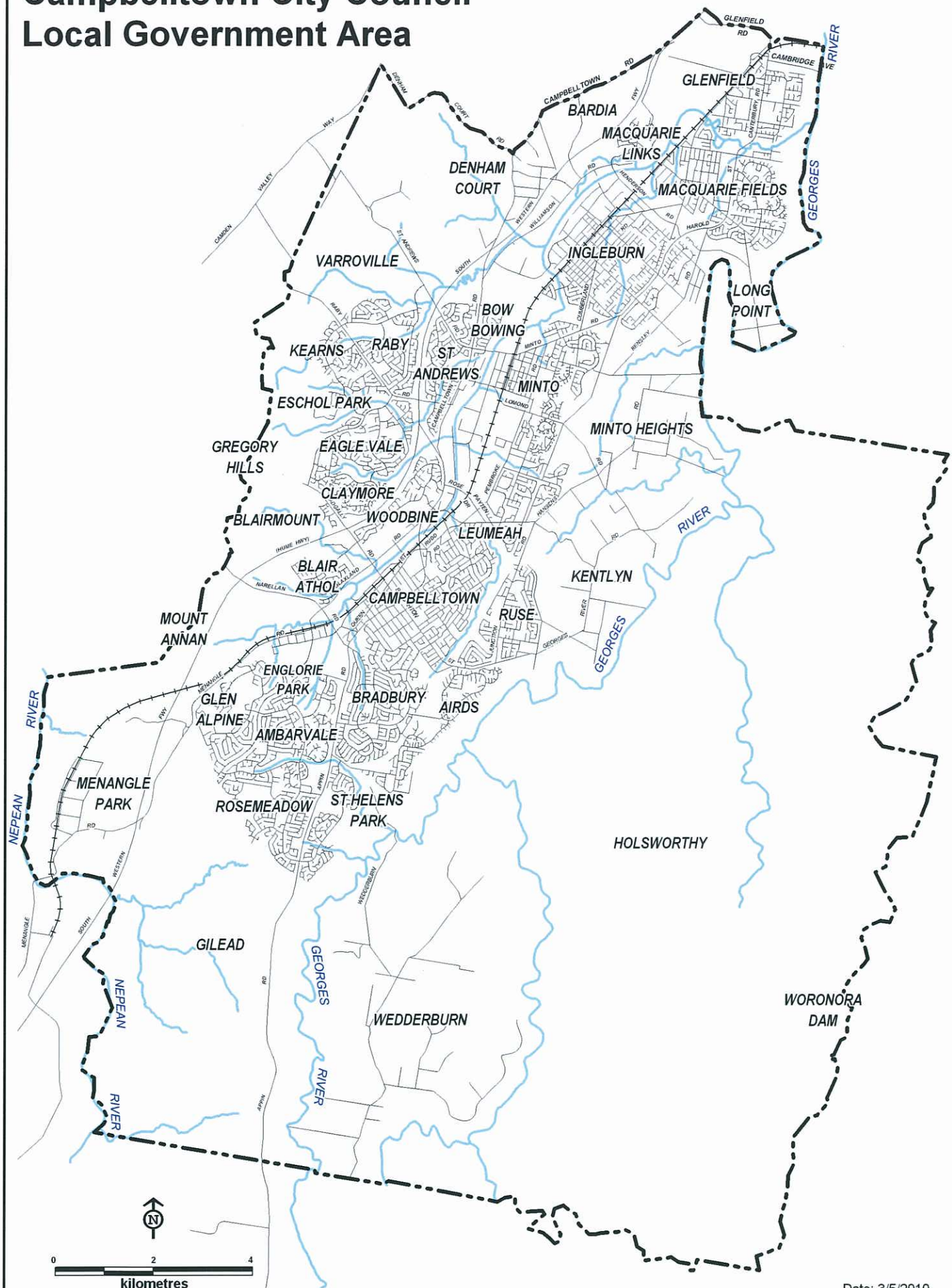


Campbelltown City Council Local Government Area



Annexure B

1. OBJECTIVES OF THE HEALTHY KIDS FOUNDATION

- 1.1 The principal objective for which the Foundation is established is to promote the prevention of childhood obesity through active living in the local Macarthur Region (**Objective**).
- 1.2 The World Health Organisation reports that obesity has reached epidemic proportions globally with an increasing incidence of childhood obesity. Obesity in children in the Macarthur Region is particularly prevalent, with close to 30 percent of children in the region, including Campbelltown, Camden and Wollondilly, being overweight or obese. This statistic is almost double the state average.
- 1.3 Obesity, apart from putting additional strain on the heart and other organs poses a major risk for the later development of chronic diseases, including type 2 diabetes, cardiovascular disease, hypertension and stroke and certain forms of cancer. The health consequences range from increased risk of premature death, respiratory difficulties, joint and skin problems and infertility.
- 1.4 To achieve the Objective, the Foundation propose to engage in and/or provide and seek funding for the following health promotion activities:
 - 1.4.1 provide education directly to children suffering from obesity and those who care for them such as parents, volunteers and other adults, including information on dietary issues and healthy lifestyle choices;
 - 1.4.2 provide information through schools and canteens to raise local community awareness of obesity in children;
 - 1.4.3 engage in programs and activities to encourage, motivate and enable obese children to lose weight by making healthier food choices and engaging in daily physical activity;
 - 1.4.4 encourage and supporting canteens that promote the availability and accessibility of a variety of low-fat, high-fibre foods as opposed to foods with high levels of sugar and saturated fats;
 - 1.4.5 promote policies in the local community that provide children with obesity with opportunities to engage in sport and other physical activities, including facilitating participation by means of payment of sports accident insurance and first aid costs for participants and subsidise costs of participation; and
 - 1.4.6 any ancillary activities as may be consistent with promoting healthy kids in the Macarthur region.
- 1.5 The Foundation recognises that funding of its objectives will be facilitated by its activities falling within the definition of a health promotion charity under item 1.1.6 of Deductible Gift Recipient table in the Tax Act and Category 1 Item 3.1.1 - Community Welfare and Social Services and Item 3.1.3 - Community Health Services of the CDSE Scheme Guidelines. The Foundation desires at all times to ensure the activities undertaken fall within these parameters.



ANNEXURE B

Certificate of Registration of a Company

This is to certify that

HEALTHY KIDS FOUNDATION LIMITED

Australian Company Number 125 069 678

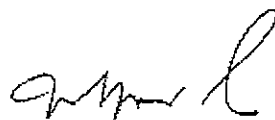
is a registered company under the Corporations Act 2001 and
is taken to be registered in New South Wales.

The company is limited by guarantee.

The company is a public company.

The day of commencement of registration is
the twenty-fourth day of April 2007.

Issued by the
Australian Securities and Investments Commission
on this twenty-fourth day of April, 2007.



Jeffrey Lucy
Chairman



CERTIFICATE

CAMPBELLTOWN Macarthur Chronicle

TUESDAY, FEBRUARY 5, 2008

YOUR LOCAL CUMBERLAND NEWSPAPER

PHONE (02) 4620 1500 80c incl. GST

Big first day

School's in

PAGES 24 & 25



WIN ITALY

New records

Little stars

PAGE 120



Battle of the bulge

VERA BERTOLA

A MACARTHUR area politician and leading paediatrician believes it will take several generations before people fully recognise the health risks of the obesity epidemic sweeping the Macarthur region.

Macquarie Fields State Labor MP Andrew McDonald made the prediction following the release of NSW Health's latest annual report finding one in every two people aged over 16 in the Macarthur region is obese or overweight.

The region's residents weighed in as the second fattest in the Sydney metropolitan area, behind Hawkesbury, with almost 56 per cent of adults tipping the top end of the scales.

After spending the past week dissecting the report, and based on his own experiences as south-western Sydney's paediatrics chief,

SYDNEY'S FATTEST AREAS

- Hawkesbury (58.2 per cent)
- Macarthur (55.9 per cent)
- Nepean (55.6 per cent)
- Liverpool (53.7 per cent)
- Bankstown (51.4 per cent)

Dr McDonald said the obesity issue could be compared with smoking.

"Obesity is now where smoking was when we were first told it caused lung cancer," he said.

"It goes beyond party politics and any change will be slow."

He said he knew for a fact the State Government was extremely worried about obesity.

"It costs big time and is a major public health issue."

■ To Page 6



How weight loss can change your life

ST Helens Park father of two Rodney King (pictured, left) lost 75kg and became a NSW finalist in the 2007 Weight Watchers' Slimmer of the Year competition.

He discusses how his weight loss changed his life for the better on Page 6. And the secret of his success? Be patient and set realistic weight loss targets.

GO AHEAD MAKE MY ROSE
Sudden Impact for Roses

1.5KG \$13.95 10KG \$45.95
15KG \$55.95

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Car culture is making us fat

■ From Page 1
Like smoking, it is the associated health conditions – such as diabetes, high blood pressure, heart conditions and pregnancy complications – that put pressure on the hospital system.

In the United States obesity is associated with about 300,000 deaths a year.

Dr McDonald said education wasn't the answer.

"As a group, kids are quite well-educated about healthy eating. It's more a matter of societal change than education."

He pinpointed society's car dependence as one of the greatest contributors to our every-increasing stomachs.

"The motor car is not our friend," he said. "They have made it more difficult for our children to walk or cycle, both parents work, they are time-poor so they drive and the traffic is bad so they are more time-poor."

Campbelltown Hospital's head of medicine Prof Annemarie Hennessy said she wasn't surprised by the NSW Health figures.

"Certainly I see an over-representation of overweight patients," she said. "The numbers are increasing; they put a lot of burden on their own hearts and health and the chances of getting better. Forgive the pun, it's a huge problem."

Macarthur Clinical School's inaugural dean Prof Brad Frankum

SILENT KILLER

■ WHAT: Obesity
■ WHY: Lack of exercise, larger meal portions, high-fat food, urban design
■ THE BOTTOM LINE: This generation will be the first to die younger than their parents

agreed the issue of obesity was complex and there was still divided opinion whether it was caused by diet or lack of exercise or a combination of both.

"The Government needs to take more leadership in this regard... the figures don't surprise me – I see them every day as people access the hospital and health system," he said.

Macarthur Division of General Practice dietitian Christine Wirtz said the NSW Health report focused on weight and obesity rather than healthy lifestyle and good nutrition.

"People overweight can be fit and healthy," she said.

She pointed out that as the Macarthur region was recognised as a lower socio-economic area, overweight people needed continuing support and regular services from health professionals.

"Information about services, the costs and transport all impact on people's opportunities to access support and improve their health," she said.

Rod moves a mountain... from himself

VERA BERTOLA



Rodney King doesn't miss his old lifestyle and the baggage that went with it.

ST Helens Park dad Rodney King defied the statistics when he beat the bulge last year.

The father of two shed 75kg and became a role model for all weight watchers with his never-ending positive attitude.

Six months on, and still a trim 86kg, Mr King is loving life and all the possibilities that have been thrown his way.

"The whole Weight Watchers thing, I completely changed my lifestyle and had to get used to different habits – but they were healthy and better ones," he said.

Mr King admitted it was difficult to motivate himself to do something about his weight, but once he took the first step – and got past the first week – he was on a roll.

"I lost 5kg in the first week. I knew straight away it was working and that drove me further and further to keep working," he said.

"I never thought I would make the end of it when I first joined... it was a progression. I just concentrated on the next 10kg and the next."

Mr King said he was "absolutely" certain his weight loss had been good for his life.

"I'm fighting fit and loving it," he said.

John Therry Catholic High School

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Enrolments for Year 7/2009

An Information Evening for prospective students and their parents
Will be held on Tuesday 26th February, 2008 at 7.30pm
In The William E. Murray Hall

Application forms will be available on the evening and also at the local Catholic Primary Schools from 27th February 2008
A limited number of scholarships will be available.
Any further enquiries please contact the School Office.
Applications close Thursday 4th April 2008

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CC621055AL WWS1

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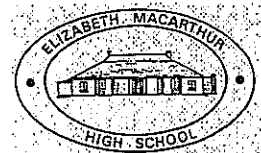
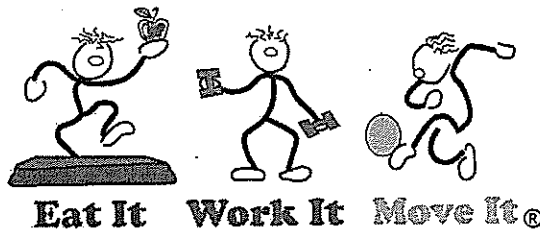
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MINTO DC NSW 2566

STREET ADDRESS:
LEVEL 3, MACARTHUR PLACE
1 BOLGER STREET
CAMPBELLTOWN NSW 2560

PRESS RELEASE- FOR IMMEDIATE RELEASE

NATIONAL RECOGNITION FOR HEALTHY EATING AND EXERCISE PLAN

Eat it Work it Move it, a unique exercise and healthy eating education program has been named the Australian General Practice Network's 2009 winner for Excellence in Program Delivery Award.

Announced at the peak body's National Conference in Sydney this morning, the award recognises the significant results achieved by the Macarthur Division of General Practice Ltd.

Eat it Work it Move it, is reaping benefits for approximately 8000 students and 700 school staff in 8 schools in South Western Sydney. The results included an almost 20 percent increase in physical activity in some high school pupils and a large rise in water consumption, according to study results.

The Eat it, Work it, Move it program, devised and run by Macarthur Division of General Practice, combines exercise programs, healthy eating education and general health knowledge to promote good eating and improve health outcomes for school aged children in the region.

CEO, Rene Pennock said the award recognises the capacity of the health and education sectors to work collaboratively to deliver a first class public health initiative. He said the program has continued to show improvements in healthy eating and exercise choices by young people. "Eat it, Work it, Move it, was developed based on principles of physical activity and healthy eating. Our program also brings General Practitioners (GPs) and the education sector together since 2007 to tackle childhood obesity issues."

The most recent survey results in 2009 show:

- 11.8 percent and 17 percent increase in physical activity in two of the high schools involved.
- 40 percent increase in water consumptions in one high school
- Almost 100 percent increase in water purchasing at one high school
- 74 percent increase in skim milk consumption
- 59 percent decrease in flavoured milk purchased

"These results indicate not only the success of the program, but the buy in from parents and pupils into healthy living choices – and the expected health benefits from that," said Mr Pennock.

Mr Pennock said the theme of the AGPN Forum, attended by Federal Health Minister re-emphasised the need to invest in integrated regional primary health organisations that address key health issues such as the obesity epidemic.

"Programs like these could save millions of dollars down the track if these teenagers grow into healthy adults. This little bit of investment now, in education on healthy eating will mean fewer obese children growing into chronically ill adults," he said. Mr Pennock said the program had proved so successful Macarthur Division was keen to see it rolled out to the rest of the country.

Other statistics from the survey

VEGETABLES

- 32% Increase in kids eating 3 serves per day
- 50% Increase in kids eating the recommended 5 serves of vegetables per day.

HEALTH KNOWLEDGE

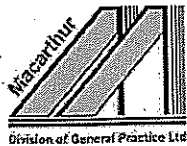
- 61% Increase in student's knowledge of having to be active for at least 60 Mins per day
- 62% Increase in students knowledge of a maximum of two hours in front of a TV/DVD/Computer/Games Console per day.

Ends

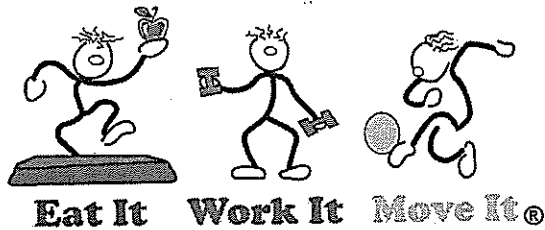


Accredited by the Australian Council on Health
Care Standards until 3rd January 2010

Annexure D



ABN: 95 114 968 848



ACN: 114 968 848

POSTAL ADDRESS:
PO BOX 5919
MINTO DC NSW 2568

STREET ADDRESS:
LEVEL 3, MACARTHUR PLACE
1 BOLGER STREET
CAMPBELLTOWN NSW 2560

For further details please contact
Rene Pennock- CEO Macarthur Division of General Practice Ltd
(M) 0405 323 660
Renepennock@macdivgp.com.au



Accredited by the Australian Council on Health
Care Standards until 3rd January 2010

Telephone: 1300 933 397

Facsimile: (02) 46 259 466

Website: www.macdivgp.com.au

Annexured

Excellence in Program Delivery Award



Macarthur Division of General Practice

A handwritten signature in dark ink, appearing to read 'Dr. Emil Djakic', is positioned above the signature line for the first official.

Dr Emil Djakic
Chair
Australian General Practice Network

5.11.2009

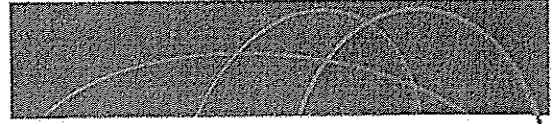
Date

A handwritten signature in dark ink, appearing to read 'Mr. David Bolt', is positioned above the signature line for the second official.

Mr David Bolt
Chief Executive Officer
Australian General Practice Network

5.11.2009

Date



Eat it Work it Move it – Success in a secondary school through general practice

Christine Wirtz¹, Jennifer Green², Mark Long³

¹Metabolic Management Program Project Officer (APD/AEP), Macarthur Division of General Practice Ltd, PO Box 5919 MINTO DC NSW Australia 2566, Ph: (02) 4625 9522, christine@macdivgp.com.au
²Metabolic Management Program Coordinator (APD/AEP), Macarthur Division of General Practice Ltd, PO Box 5919 MINTO DC NSW Australia 2566, Ph: (02) 4625 9522, jgreen@macdivgp.com.au
³Head Teacher PDHPE, Elizabeth Macarthur High School, Waterworth Drive, NARELLAN NSW Australia 2567, Ph: (02) 4646 1899, mark.long1@education.nsw.gov.au

Introduction

NSW data indicates that 25% of boys and 23.3% of girls are overweight or obese.⁽¹⁾ Prevention of overweight and obesity involves targeting behaviours which focus on physical activity and healthy eating habits.⁽²⁾ The Eat it Work it Move it (EWM) program, developed and run by Elizabeth Macarthur High School (EMHS) and the Macarthur Division of General Practice Ltd, utilises the Health Promoting Schools framework, incorporating the whole school in a multifactorial intervention. The goals of the program are to increase the school's awareness about the importance of healthy eating and regular physical activity, to improve the availability of healthy food and to teach, encourage and support a healthy lifestyle for students and staff.

Project Design

A pilot program was implemented in EMHS in August 2006, with baseline survey data being collected from 144 Year 7 students. Ninety-seven Year 8 students were re-surveyed 12 months after baseline. An unvalidated survey was used, with key questions relating to activity habits and eating behaviours. Microsoft Office Excel 2002 was used for data entry and analysis. There were multiple strategies implemented including Jump Rope for Heart, healthy BBQs, before school and lunch time sports, newsletters, curriculum links and removal of vending machines.

Results

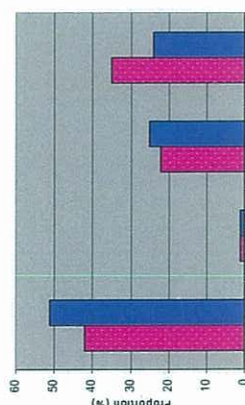


Figure 1: Student's mode of transport to and from school. A 9% increase in students using active transport was seen.

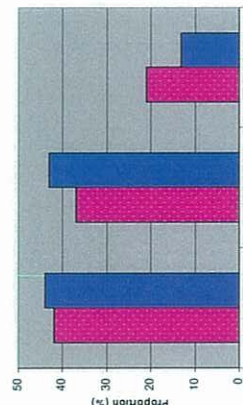


Figure 3: Time spent by students watching television each day. Students watching 4 or more hours of television each day reduced by 8%.

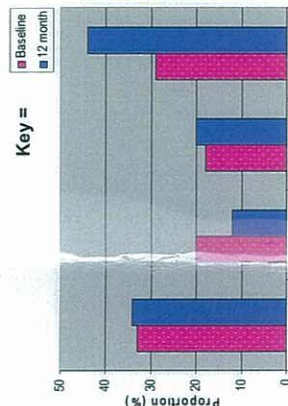


Figure 2: Student's weekly participation in organised sports or games. An increase of 15% was seen in students taking part 3 or more times per week.

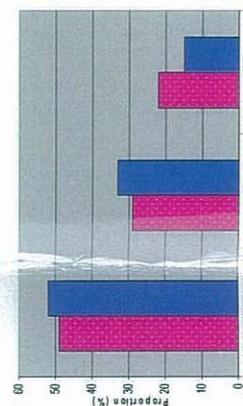


Figure 4: Cans of softdrink consumed by students on the day before the survey. Students drinking 2 or more cans of softdrink reduced by 7%.

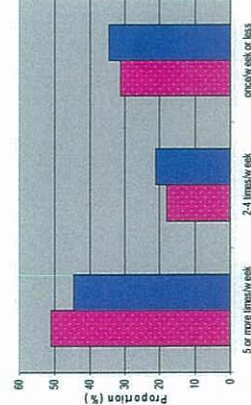


Figure 5: Frequency of student's consumption of potato chips or packaged snack foods. The data shows a 6.5% decrease in the proportion of students consuming potato chips or packaged snack foods on most, if not all, days of the week.

Conclusions

Curriculum links, education, removal of vending machines, policy development, healthy fundraising and opportunities for additional physical activity all became a part of the school's cultural change. Targeting the whole school through EWM with support from dietitians, exercise physiologists, general practitioners, teachers and the community, is effective in changing the school environment and behaviours associated with healthy eating and physical activity. It needs to be acknowledged that this program was designed as a health promotion intervention, rather than a research project, hence there are limitations in the project's design. Unvalidated surveys were used limiting generalisability, the selected sample was not representative of the entire secondary school population, the degree of statistical analysis was limited and there was also a lack of research funding and expertise. However, the positive results achieved have gained support for the program to be implemented into another 6 schools.

References

- Booth M, Oakley AD, et al. NSW Schools Physical Activity and Nutrition Survey (SPANS) 2004: Summary Report. Sydney: NSW Department of Health.
- NSW Department of Health. Childhood Obesity. NSW: Childhood Obesity website www.health.nsw.gov.au/obesity/adult/what_to_do.html

Sources of funding for the program include the Western Suburbs League Club (Campbelltown) Ltd, Wests Tigers Rugby League Football, the National Rugby League and the Australian Government under the Divisions of General Practice Program.

5 May 2010

Mr Trevor Summers
Manager
Mission Australia - South West Sydney
PO Box 586
CAMPBELLTOWN NSW 2560

Dear Mr Summers,

I write to you as part of our legal obligation regarding an application lodged on 5 May 2010 seeking a Class 1 Local Impact Assessment (LIA).

As part of this application and via guidelines provided by the Casino Liquor & Gaming Control Authority we are obliged to notify you. The application can be viewed on the OLGR's website - www.olgr.com.au and you are entitled to make an application within thirty days.

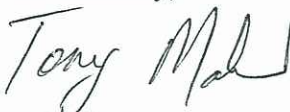
In brief our application involves purchasing thirty poker machines, of which ten are forfeited indefinitely to a State pool while the remaining twenty if approved, shall be placed on the floor at the Leagues Club.

The three bands are set out as:

Low range – an increase from 1 to 20 gaming machine entitlements
Mid range – 21 to 40
High rang – over 40.

So as can be seen, our application is for a low range increase.

Yours sincerely,



Tony Mathew
General Manager

5 May 2010

Mr Mike Wallace
CEO
Sydney South West Area Health Service
Locked Bag 7017
LIVERPOOL BC NSW 1871

Dear Mr Wallace,

I write to you as part of our legal obligation regarding an application lodged on 5 May 2010 seeking a Class 1 Local Impact Assessment (LIA).

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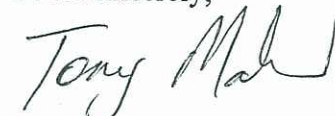
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Yours sincerely,



Tony Mathew
General Manager

5 May 2010

University of Sydney
Nepean Hall, Building CO5
University of Sydney
Camden Campus
CAMDEN NSW 2570

To Whom It May Concern,

I write to you as part of our legal obligation regarding an application lodged on 5 May 2010 seeking a Class 1 Local Impact Assessment (LIA).

As part of this application and via guidelines provided by the Casino Liquor & Gaming Control Authority we are obliged to notify you. The application can be viewed on the OLGR's website - www.olgr.com.au and you are entitled to make an application within thirty days.

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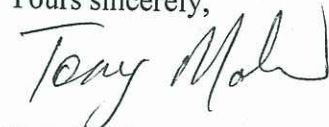
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High rang – over 40.

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Yours sincerely,



Tony Mathew
General Manager

5 May 2010

Council of Social Services
66 Albion Street
SURRY HILLS NSW 2010

To Whom It May Concern,

I write to you as part of our legal obligation regarding an application lodged on 5 May 2010 seeking a Class 1 Local Impact Assessment (LIA).

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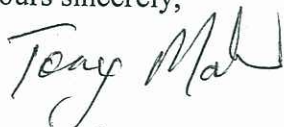
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So as can be seen, our application is for a low range increase.

Yours sincerely,



Tony Mathew
General Manager

5 May 2010

Mr Paul Tosi
General Manager
Campbelltown City Council
PO Box 57
CAMPBELLTOWN NSW 2560

Dear Paul,

I write to you as part of our legal obligation regarding an application lodged on 5 May 2010 seeking a Class 1 Local Impact Assessment (LIA).

As part of this application and via guidelines provided by the Casino Liquor & Gaming Control Authority we are obliged to provide you with a copy of the application. The application can also be viewed on the OLGR's website - www.olgr.com.au and you are entitled to make an application within thirty days.

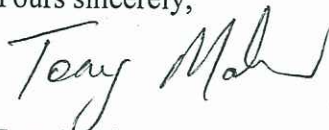
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Tony Mathew
General Manager