


PROGRAM OVERVIEW

Sunday 11 April	Monday 12 April	Tuesday 13 April	Wednesday 14 April	Thursday 15 April	Friday 16 April
	PLENARY: Ballroom Key speakers and thinkers	PLENARY: Auditorium Key speakers and thinkers	7.00 Breakfast PLENARY: Ballroom Key speakers and thinkers	PLENARY: Auditorium Key speakers and thinkers	PLENARY: Ballroom
	MORNING TEA (Networking opportunities)		 10.30am - 6pm EXPERIENTIAL TOURS Showcasing <i>Healthy Parks Healthy People</i> in practice. Engage in a range of nature based activities throughout Melbourne and surrounds.	MORNING TEA (Networking opportunities)	CLOSING PLENARY Including: congress perceptions, official statement and future directions
	CONCURRENT SESSIONS (Combination of oral presentations, workshops, group discussions, training sessions across all themes)	CONCURRENT SESSIONS (Combination of oral presentations, workshops, group discussions, training sessions across all themes)		CONCURRENT SESSIONS (Combination of oral presentations, workshops, group discussions, training sessions across all themes)	
11am-3pm Indigenous Gathering An open and informal "meet and greet" session. All welcome.	LUNCH (Networking opportunities)			LUNCH (Networking opportunities)	LUNCH and CLOSE
12.00 noon REGISTRATION DESK OPENS	CONCURRENT SESSIONS (Combination of oral presentations, workshops, group discussions, training sessions across all themes)	CONCURRENT SESSIONS (Combination of oral presentations, workshops, group discussions, training sessions across all themes)		CONCURRENT SESSIONS (Combination of oral presentations, workshops, group discussions, training sessions across all themes)	
3.00pm OPENING CEREMONY	AFTERNOON TEA (Networking opportunities)			AFTERNOON TEA (Networking opportunities)	
	PLENARY: Auditorium Key speakers and thinkers	CONCURRENT SESSIONS (Combination of oral presentations, workshops, group discussions, training sessions across all themes)		PLENARY: Auditorium Key speakers and thinkers	
5.15pm WELCOME RECEPTION Melbourne Convention Centre Foyer				7.00pm CONGRESS DINNER Melbourne Convention Centre Ballroom	

Detailed Healthy Parks Healthy People Congress program

Following is the detailed International *Healthy Parks Healthy People* Congress program, current at the time of printing.

The program includes inspirational speakers, innovative techniques to involve delegates, creative workshop and discussion sessions, enjoyable networking opportunities and social activities.

The focus is on nature so a number of sessions are to be held in outdoor settings with varying modes of transport!




The Congress aims and objectives have been instrumental in the design of the program and these are to:

- Explore the many societal benefits that parks and nature provide.
- Build the relevance of parks and nature to society.
- Share knowledge, initiatives and innovations achieved by collaborating across sectors.
- Develop an international agenda that reunites nature with social health.
- Identify opportunities for better collaboration at global, international and local levels.
- Establish an information exchange network.

Key:

In order to accommodate the 250+ submissions, there are up to 15 concurrent sessions at any one time. To view each concurrent session, please open the handbook and read across the two pages.

The concurrent sessions have been colour coded according to the overall themes of the congress:


- Healthy Communities  Blue
- Healthy Parks  Green
- Healthy Participation  Yellow
- Healthy People  Orange

Presentations with cross cutting themes have been indicated on each presentation.

These themes are:

- Climate Change
- Indigenous
- Innovation
- Play
- Research
- Seniors
- Volunteering
- Youth



Where session presenters have also submitted a poster presentation, this will be indicated by a  on the program.

All plenary sessions, breaks and social functions have been individually highlighted and run across the two pages to indicate that only one session is taking place.

Please refer to the daily program on the noticeboard at the Congress for any updates or changes to the program.

Truth in Art Awards:

View the local and international entries for the Truth in Art Awards. These will be continuously displayed in the Congress cinemas located in the MCC ground floor foyer. Ensure you place your vote in the "People's Choice" Awards!

PROGRAM - Sunday 11 April

3.00 to 5.15	Opening Ceremony - MCEC Auditorium MC David Mann OAM Indigenous Welcome to Country Formal Welcome by Victorian State Government Addresses by Peter Garrett , Federal Minister for the Environment, Heritage and the Arts, Sir Gustav Nossal AC , Congress Patron and William Jackson , Deputy Director General, IUCN. Young Conservationist Award and interspersed entertainment.
5.15 to 7.00	Welcome Reception - MCEC Foyer Multicultural 'Streets of Melbourne' themed catering and roving performers.

GROUP DISCUSSIONS

401

DEVELOPING A WELLNESS FOOTPRINT USING INFORMATION TECHNOLOGY FOR GEOSPATIAL MAPPING OF HUMAN PSYCHO-PHYSIOLOGY

M. M. Cohen

School of Health Sciences, RMIT University, Bundoora, VIC, Australia

Wellness is a multidimensional concept that cannot be understood outside the context of the built, natural and social environments in which it is experienced. While wellness research has been hampered by a lack of robust measures, recent advances in biometric monitors, RFID, GPS and mobile communication devices allow the possibility for existing off-the-shelf technologies to provide continuous measurement of various physiological, subjective and environmental parameters. Once acquired, data can be analysed and used to assess and monitor individual health status as well as plan interventions and predict and mitigate risks. Establishing a global data pool would provide a wealth of information for future research and have applications in park design and management, tourist information provision, community development and health tourism.

402

NATURE DAYS ~ NURTURE CHILDREN

Dr Karen Malone¹ N. J. Debenham²,

¹*Chair Child friendly Asia Pacific network, Professor Social Sciences, faculty Education Co-director, Child and Youth interdisciplinary Research Centre, University Wollongong, Australia.*

²*Director of 'Natured Kids', VIC, Australia*

Bubblewrap kids, helicopter parents and wolves at the gate – how's this impacting children's lives? How can we create caring, child friendly communities to support kids? Findings from national/international research illustrate that in our desire to protect our children and keep them safe we are exposing them to higher risks. By not allowing them to engage in the natural world they are losing something very precious.

This workshop will explore ways to 'map' your local region, encouraging families to have regular encounters of happy, healthy fun in nature together.

403

CHANGING THE ACADEMIC COURSE: MOVING FROM PARKS AS PLACE TO PARKS AS EXPERIENCE

A. Ewert, A.Voight, L.Jamieson

Department of Recreation, Park, and Tourism Studies, Indiana University, Bloomington, Indiana, United States

A growing public concern over health-related issues and accumulating research findings increasingly point to a host of benefits associated with parks such as restorative effects, the cultivation of well-being, and the therapeutic effects of park environments. This session identifies key steps to address efforts to change the focus of an academic unit with a recreation and leisure emphasis to one that provides a greater focus on the interface between humans and natural environments, such as experienced in parks and other protected lands. Three critical components provide the initial platform for this discussion and are common to many academic units: (a) changing the Department, (b) developing a teaching base, and (c) expanding the research capacity to study human/environment interface issues.

404

HEALTHY PARKS, HEALTHY YOU: IMPLEMENTING A HEALTH AND WELLNESS PROGRAM IN YOUR COMMUNITY

S. A. Goodwin, M.A., T. Gallagher

Superintendent's Office, City of Seattle Department of Parks and Recreation, Seattle, WA, United States

Learn how to initiate a healthy parks program in your community while strengthening your community's ability to self-determine health, fitness and environmental priorities. Based on the award-winning Healthy Parks program and using the "10 Steps to a Healthier Community" training model, participants will learn to implement programs that are inclusive, clear and accessible. This highly flexible approach allows for diverse applications that are highly sensitive to socio-economic, cultural, linguistic and logistic differences. We will discuss the unique challenges each participant faces and ways to address these challenges. The ultimate goal of the group discussion will be to allow participants to emerge with a concrete set of tools and an implementation strategy focused on their specific needs. Be the change!

405

SOME NEW TOOLS IN THE GARDEN SHED- ELECTRONIC METHODS FOR CONSULTING WITH THE COMMUNITY

A. Hill

Design and Urban Environment, City of Melbourne, MELBOURNE, VIC, Australia

Postings, wikis, discussion threads and on-line surveys are the new way of conducting the business of community engagement and consultation. How useful are these new tools, and do they replace or complement other accepted methods of engaging the community such as public meetings, letter box drops and one to one discussions?

This group discussion will look at these issues with reference to a recent community consultation process undertaken for proposed new works in Fitzroy Gardens, Melbourne. The presentation will serve as a starting point for discussion in the group.

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OLD BUSH WALKERS DON'T DIE - THEY JUST SEE MORE ON A HORSE.

A. S. Inglis

Australian Trail Horse Riding Association, Hoddles Creek, VIC, Australia

In 1995 I suffered chemically induced physical and intellectual chronic fatigue. Prior to being poisoned I had taken up endurance horse riding due to a physical injury that ended my athletics career.

Five years post poisoning I was still not well enough to enjoy any decent bushwalking.

Trail horse riding was the logical choice!

This gave me:

- Enhanced mobility
- Gentle exercise, regaining muscle strength
- Emotional strength:
 1. Doing something physical!
 2. Enjoying the Australian bush in greater detail and having a different, somehow closer perspective astride an animal of nature.
 3. A sense of being a part of something again: a social activity, bonding with nature and my riding partners.

Do healthy, accessible parks promote the health of people – **ABSOLUTELY!**

407

JOINTLY MANAGING PARKS: CAN IT BE ACHIEVED WITHOUT THINKING AND ACTING BEYOND ITS GEOGRAPHIC BOUNDARIES?

A. Izurieta¹, P. Donohoe², P. Donohoe³, D. Smyth⁴, P. Rist⁵

¹*School for Environmental Research, Charles Darwin University, Charles Darwin University, NT, Australia*

²*Northern Land Council, Darwin, NT, Australia*

³*Central Land Council, Alice Springs, NT, Australia*

⁴*Smyth and Bahrdt Consultants, QLD, Australia*

⁵*Girringun Aboriginal Corporation, QLD, Australia*

Under various legislative arrangements across States and Territories in Australia, joint management exist between government and Aboriginal Traditional Owners. These arrangements recognise legitimate access of Traditional Owners to their traditional lands, and to carry out cultural practices while improving and enhancing the Park system through joint management arrangements. It is well recognised that Parks and Reserves play a key role in biodiversity conservation but also in providing improved social and cultural wellbeing of Indigenous owners, inhabitants and other user groups. It is also recognised that Indigenous ownership and responsibility for their country as well as social and cultural elements extend beyond the western park limits.

To date, planning and management of Parks and Reserves in a so-called 'joint management' has not considered beyond park boundaries, such as a 'whole of country' approach, thereby linking conservation and management objectives with the surrounding social, cultural and natural environment. Why? Identification and examination of some of the constraints and opportunities is the focus of the proposed Group Discussion.

408

THE EVOLVING JOURNEY OF NARRATIVE PRACTICE: NARRATIVE THERAPY, BUSH ADVENTURE THERAPY AND THE TYPO STATION EXPERIENCE

P. N. Stolz

Evolve at Typo Station, Collingwood, VIC, Australia

This workshop will explore the healing capacity of the unique Australian landscape utilized by Evolve at Typo station in the delivery of their programs for behaviourally challenged and disadvantaged young people. Through the adaptation of Narrative Therapy in a bush context we will explore the potential for healing in its many facets, while being introduced to the unique programming models that are utilized by Evolve.

The philosophy of Narrative practice and bush adventure therapy will be presented in relation to individual clients and their reengagement with their community to establish permanent change, vocational opportunities and reconnection with community. The workshop will be conducted through an interactive and experiential process