



# Tip Sheet for

# #HeatwaveHealth participants

## Background

This tip sheet is for people participating in a #CroakeyGO on #HeatwaveHealth at Sunshine in western Melbourne on Wednesday, 11 December – whether you are joining us there in person, or participating via Twitter or other social media channels.

A **#CroakeyGO** is a collaborative act of walking journalism. Journalists attend to take photographs, and to conduct and broadcast interviews. If participants do not wish to be photographed or interviewed, please let one of the Croakey team know.

This walk is sponsored by **IPC Health** in partnership with Brimbank City Council, with funding from the **Lord Mayor's Charitable Foundation**.

## Acknowledging Country

An important part of a #CroakeyGO is acknowledging Country and the long history of Aboriginal and Torres Strait Islander people in caring for Country. Participants are asked to pay respects to the Traditional Custodians of the land on which we walk, the Aboriginal people of the Kulin Nation and recognise their Elders past and present. Brimbank and surrounds were occupied by the Kurung-Jang-Balluk and Marin-Balluk clans of the Wurundjeri/Woiwurung; The neighbouring Yalukit-Willam clan (situated around Port Philip Bay and surrounding rivers) and Marpeang-Bulluk (situated around Blackwood to Myrniong, to Bacchus Marsh) formed the larger Kulin Nation. Participants acknowledge Aboriginal and/or Torres Strait Islander people who are participating as well.

## General Twitter tips

Participants are encouraged to share news from the #CroakeyGO via Twitter, Facebook, Instagram and other social media channels using the hashtags: #HeatwaveHealth and #CroakeyGO.

This helps ensure people who cannot attend on the day can still access the news and information shared. It will also help inform reporting on the event at Croakey.org

Please consider:

- Begin tweeting with an introduction about you/your organisation and why you are attending the walk; what you hope to learn
- Attaching photographs to the tweets is recommended where possible. Please note if any participants have asked not to be photographed.

- You may also wish to add other hashtags to your tweets, if you wish to bring them into other Twitter streams; for example, you could add #publichealth; #SDOH (for social determinants of health); #AusPol (for national politics); or #SpringStreet (for Victorian politics).
- Consider tagging individuals and organisations in your tweets, to bring the tweets to their attention. For example, you could add: @NACCHOAustralia for the National Aboriginal Community Controlled Health Organisation; @healthy\_climate (Climate and Health Alliance); @\_PHAA\_ (Public Health Association); @DocsEnvAus (for Doctors for the Environment Australia); @Lowitjalnstitut (Lowitja Institute).
- We suggest preparing some tweets in advance so you can cut and paste them into tweets.
- You might like to tweet key points, themes from the walk and to consider if you have any messages you would like to convey, and calls to action – what would you like to see happen, and who are your messages aimed at?
- Feel free to use photos, images and gifs and link to useful resources. They can really make a difference. It can help to speak personally, why does this issue matter to you?
- Please encourage your networks and organisations to follow our hashtags, and to retweet as much as possible.
- If there are trolls or offensive remarks being made at the hashtags, please do not engage with them or RT. If appropriate, report them to Twitter.
- Please maintain a respectful tone and engagement.

We are grateful that you are giving your time to participate in the #CroakeyGO on #HeatwaveHealth, and to join these important public health discussions.

Please be sun-safe - wear hats, comfortable walking shoes and sunscreen, and bring water bottles.

**In an emergency, please contact  
Meagan Chiuchiarelli: 0408 565 424**

## Queries? Please contact:

Croakey News: **@CroakeyNews**  
Dr Melissa Sweet: **@MelissaSweetDr**  
Mitchell Ward: **@rocklilydesign**  
Amy Coopes: **@coopesdetat**  
Marie McInerney: **@mariemcinerney**  
Dr Ruth Armstrong: **@DrRuthAtLarge**  
Dr Tess Ryan: **@TessRyan1**

*We pay our respects to the Traditional Custodians of the land on which we will walk, the Aboriginal people of the Kulin Nation and recognise their Elders past, present and emerging.*