



Bayside City Council

Healthy Community Action Plan

2017-2021



Background to this Action Plan

The *Healthy Community Action Plan 2017-2021* is one of a suite of four action plans aligned to the *Wellbeing for All Ages and Abilities Strategy 2017-2021* (WAAA). This action plan documents the actions Council, and its partners, will undertake over a four year period to achieve the goals and objectives of the WAAA which support the strategic direction of the *Council Plan 2017-2021*.

The *Healthy Community Action Plan 2017-2021* focuses on new or revised actions which have health and wellbeing benefits that reach the whole population. In addition to the actions outlined in this Action Plan, Council undertakes a number of other ongoing functions and services to protect, promote and enhance health and wellbeing including:

- Monitoring and enforcing food safety
- Library services
- Community development
- Community grants.

The *Healthy Community Action Plan 2017-2021* aims to promote and enable healthy lifestyles and social support and is based on the 'Social Model of Health' that recognises the wide range of factors which influence health and wellbeing.

Bayside's commitment to disability

Bayside City Council is working in partnership with the community to enhance the health and wellbeing of people with a disability. Bayside City Council values the unique contribution that people

make to their community and recognises the complex social and emotional challenges that can exist for people with a disability. Activities targeting people with disabilities will be integrated and reflected across each of the four action plans to address the Disability Act 2006.

Delivery of this action plan

Partnerships are a key principle of the WAAA, with a focus on building the capacity of a wide range of sectors, delivering high quality actions, and reducing duplication and fragmentation of effort. The Southern Melbourne Primary Care Partnership (SMPCP) is a key external partner within this plan. The SMPCP is required to produce a Strategic Plan for the local area. Within this plan the SMPCP has identified priority areas which align with the goals of the WAAA allowing for a catchment wide approach to meeting the health and wellbeing needs of the community. Members of the SMPCP include:

- Alfred Health
- Baker Heart and Diabetes Institute
- Bolton Clarke
- Cabrini Health
- Calvary Health care Bethlehem
- Central Bayside Community Health Services
- Connect Health and Community
- Department of Health and Human Services
- City of Glen Eira
- Inner Easter Local Learning and Employment Network
- Jewish Care
- The Jewish Taskforce Against Family Violence
- MiCare

- Monash Health
- South East Centre Against Sexual Assault
- Star Health
- Stonnington City Council
- Taskforce
- Vision Australia
- Women's Health in the South East

Measuring Success

The Healthy Community Action Plan 2017-2021 will be reviewed annually, to ensure its' relevance and to respond to the changing needs of the Bayside community. The goals and objectives of the WAAA will be monitored through the separate WAAA Evaluation Plan and will be reported to Council on an annual basis.

How to read the Action Plan

Goals and Objectives: The goals and objectives of the *Healthy Community Action Plan* align directly to the goals and objectives of the WAAA.

Actions: Actions outline the activities that Council and/or partners will undertake to achieve the actions.

Measure: Measures outline how we will assess the achievement of our actions.

Timeline: The estimated start and completion date for each action.

Lead and Partners: This area identifies who will be involved in the delivery of actions either in a lead role or supporting role. Council program areas are identified with an asterisk.

Goal 1 An engaged and supportive community

Objective 1.1 Improve mental health and resilience

Actions	MEASURE	LEAD + PARTNERS <small>*Denotes Council Program Area</small>	TIMELINE
Build capacity of established community groups and volunteers to better engage with people who are experiencing poor mental health	<ul style="list-style-type: none"> • 2 capacity building initiative delivered • 2 training sessions delivered • Attendance at sessions • Satisfaction level of participants 	<ul style="list-style-type: none"> • Community Wellbeing* (lead) • Council Volunteer Areas* • Recreation and Events* • Community Centres and Neighbourhood Houses 	2017-2021
Promote Mental Health Week and other initiatives that impact on mental health (e.g. Garage Sale Trail) in partnership with outreach services and local agencies	<ul style="list-style-type: none"> • 4 mental health awareness messages promoted • Relevant outreach services and local agencies engaged 	<ul style="list-style-type: none"> • Community Wellbeing* (lead) • Libraries* • Arts and Culture* • Communications* • Headspace • Disability Organisations 	2017-2021

Objective 1.2 Support opportunities that build social networks and community connections

Build capacity of sporting clubs, recreation groups and volunteer organisations to better engage people with disabilities	<ul style="list-style-type: none"> • 4 educational activities delivered • Relevant sporting clubs, recreation groups and volunteer organisations engaged • Information flyer/pack developed on creating 	<ul style="list-style-type: none"> • Community Wellbeing* (lead) • Recreation and Events* • Sporting Organisations • Disability Organisations* 	2017-2021
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	accessible and inclusive events		
Encourage and support inclusive events in Bayside. E.g. International day of people with a disability	<ul style="list-style-type: none"> • 4 inclusive events promoted (e.g. Carer's Week) 	<ul style="list-style-type: none"> • Community Wellbeing* (lead) • Recreation and Events* 	2017-2021
Develop an action plan to recognise and promote the indigenous culture of Bayside	<ul style="list-style-type: none"> • Action Plan developed by Council 	<ul style="list-style-type: none"> • Community Wellbeing* (lead) • Communications* • Local Aboriginal Network 	2019-2021
Celebrate and promote significant cultural diversity events in Bayside e.g. National Reconciliation Week	<ul style="list-style-type: none"> • 4 cultural diversity events promoted 	<ul style="list-style-type: none"> • Community Wellbeing* • Communications* • Governance* (lead) • Southern Metropolitan Regional Diversity 	2017-2021
Increase promotion of Bayside's Community Centres and Neighbourhood Houses	<ul style="list-style-type: none"> • 4 promotional activities undertaken for the Community Centres and Neighbourhood Houses 	<ul style="list-style-type: none"> • Community Wellbeing* (lead) • Communications* • Community Centres and Neighbourhood Houses 	2017-2021
Objective 1.3 Strengthen volunteerism			
Increase successful volunteer placements through the promotion of Bayside Volunteering and positive volunteering stories	<ul style="list-style-type: none"> • 8 promotional activities undertaken • Increased volunteer opportunities listed • Increased volunteers registered • Feedback from users 	<ul style="list-style-type: none"> • Community Wellbeing* (lead) • Communications* • Disability Organisations • Community Organisations 	2017-2021

Improve efficiency and consistency of Council volunteer recruitment processes and share learnings with community organisations	<ul style="list-style-type: none"> • 2 process improvements implemented • Feedback from Council staff 	<ul style="list-style-type: none"> • Community Wellbeing* (lead) • Council Volunteer Areas* • Community Organisations 	2018-2019
Develop a consistent reward and recognition program for Council volunteers	<ul style="list-style-type: none"> • Program developed • 4 reward/recognition activities implemented 	<ul style="list-style-type: none"> • Community Wellbeing* (lead) • Communications* • Council Volunteer Areas* 	2017-2021
Support community organisation to develop inclusive volunteer programs and practices	<ul style="list-style-type: none"> • 3 information sessions delivered • Attendance at sessions • Increased in knowledge of inclusive practices 	<ul style="list-style-type: none"> • Community Wellbeing* (lead) • Community Organisations • Disability Organisations 	2018-2019
Build and maintain networks with disability schools and services to strengthen work placement opportunities	<ul style="list-style-type: none"> • Increased in number of work placement opportunities 	<ul style="list-style-type: none"> • Community Wellbeing* (lead) • Disability Organisations • Bayley House • Berendale School • Human Resources* 	2017-2021

Objective 1.4 Improve access to affordable, appropriate and inclusive services

Advocate for increased services and programming for public housing residents (e.g. expand library outreach services)	<ul style="list-style-type: none"> • 3 advocacy initiatives undertaken • 8 new services/programs delivered 	<ul style="list-style-type: none"> • Community Wellbeing* (lead) • Community Development Working Group 	2017-2021
Increase support for people experiencing financial hardship through promotion of Hardship Contingency Grants	<ul style="list-style-type: none"> • 30 hardship grant applications • 4 promotional activities • New partnerships established 	<ul style="list-style-type: none"> • Community Development Working Group * (lead) • Community Wellbeing* 	2017-2021

Partner with the Southern Melbourne Primary Care Partnership to deliver health literacy initiatives in Bayside	<ul style="list-style-type: none"> • Healthy literacy working group developed • 1 healthy literacy initiative developed 	<ul style="list-style-type: none"> • Southern Melbourne Primary Care Partnership (lead) • Community Wellbeing* 	2018-2020
Review Council's commitment to disability and provide recommendations following the National Disability Insurance Scheme rollout and defunding of the MetroAccess position	<ul style="list-style-type: none"> • Review completed • Recommendations developed • Report presented to Council 	<ul style="list-style-type: none"> • Community Wellbeing* (lead) 	2017-2018
Conduct an audit on disability parking within Bayside and advocate for compliance with Australian Standards	<ul style="list-style-type: none"> • Mapping of disability parking completed 	<ul style="list-style-type: none"> • Community Wellbeing* (lead) • Urban Design* • Information Services* • Transport Planning & Traffic Management* 	2018-2020
Provide accessible community education regarding the roll out of the National Disability Insurance Scheme	<ul style="list-style-type: none"> • 6 education sessions conducted • Attendance at sessions • 3 promotional activities undertaken 	<ul style="list-style-type: none"> • Community Wellbeing* (lead) • Disability Organisations • Brotherhood of St. Laurence • Community Services* 	2017-2019
Review the Housing Strategy with a particular focus on housing affordability and social housing	<ul style="list-style-type: none"> • Review completed • Recommendations developed 	<ul style="list-style-type: none"> • Urban Strategy* (lead) • Community Wellbeing* • Aged and Disability Services* 	2018-2020
Review the Neighbourhood Character Study	<ul style="list-style-type: none"> • Review completed • Recommendations developed 	<ul style="list-style-type: none"> • Urban Strategy* (lead) • Community Wellbeing* • Community Services* 	2018-2020

Goal 2 A healthy and active community

Objective 2.1 Increase physical activity opportunities

Actions	MEASURE	LEAD + PARTNERS <small>*Denotes Council Program Area</small>	TIMELINE
Develop a social media campaign to raise awareness on physical activity opportunities in Bayside	<ul style="list-style-type: none"> • 2 promotional items or program developed • Reach of social media posts 	<ul style="list-style-type: none"> • Community Wellbeing* (lead) • Communications* • Neighbourhood and Community Houses 	2019-2021
Advocate for improved access to leisure and recreation opportunities for people with disabilities and those experiencing financial hardship	<ul style="list-style-type: none"> • 2 advocacy initiatives • 100% of facilities accept companion cards and/or offer concession card discounts 	<ul style="list-style-type: none"> • Community Wellbeing* (lead) • Recreation and Events* • Disability Organisation • Community Development Working Group • Team Sports for All 	2018-2021

Objective 2.2 Increase healthy eating

Identify opportunities to promote healthy eating messages at Bayside's major events	<ul style="list-style-type: none"> • 2 promotional activities at Council's major events 	<ul style="list-style-type: none"> • Community Wellbeing* (lead) • Recreation and Events* • Communications* 	2017-2021
Partner with the Southern Melbourne Primary Care to deliver healthy eating initiatives in Bayside	<ul style="list-style-type: none"> • Healthy eating working group developed • 1 initiative implemented 	<ul style="list-style-type: none"> • Southern Melbourne Primary Care Partnership (lead) • Community Wellbeing* 	2018-2020

Objective 2.3 Increase participation in health assessments and self-care

Promote relevant state and national health awareness campaigns to Council staff and community members

- 6 promotional activities undertaken

- Community Wellbeing* (lead)
- Communications*
- Libraries*

2017-2021

Goal 3 Safe and sustainable environments

Objective 3.1 Reduce family violence

Actions	MEASURE	LEAD + PARTNERS <small>*Denotes Council Program Area</small>	TIMELINE
Increase awareness of family violence, gender equity and relevant support services	<ul style="list-style-type: none"> • 4 of promotional activities undertaken • Development of webpage • Reach of promotional activities 	<ul style="list-style-type: none"> • Southern Melbourne Primary Care Partnership* (lead) • Community Wellbeing* • Communications* • Disability Organisations 	2017-2021
Achieve accreditation through the White Ribbon Workplace Accreditation Program	<ul style="list-style-type: none"> • Accreditation achieved 	<ul style="list-style-type: none"> • White Ribbon Working Group* 	2017-2019

Objective 3.2 Reduce consumption of alcohol and other drugs

Increase promotion of alcohol and drug related harm	<ul style="list-style-type: none"> • 4 of promotional activities undertaken • Reach of promotional activities 	<ul style="list-style-type: none"> • Community Wellbeing* (lead) • Recreation and Events* • Communications* 	2017-2021
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Objective 3.3 Improve community safety

Partner with Bayside Police Station to deliver crime prevention community initiatives	<ul style="list-style-type: none"> • 1 crime prevention partner initiative completed 	<ul style="list-style-type: none"> • Bayside Police Station (lead) • Community Wellbeing* • Rotary Club • Disability Organisations 	2018-2021
Advocate to the Department of Health and Human Services to provide safe syringe facilities at public housing estates	<ul style="list-style-type: none"> • 1 advocacy initiative undertaken 	<ul style="list-style-type: none"> • Community Development Working Group (lead) • Community Wellbeing* 	2017-2018

Provide online safety education programs (e.g. eSmart Library)	<ul style="list-style-type: none"> • 2. education activities undertaken • Attendance at sessions • Percentage of attendees who feel the library is a safe and welcoming space 	<ul style="list-style-type: none"> • Libraries* (lead) • Disability Organisations • Community Centres and Neighbourhood Houses 	2017-2021
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Objective 3.4 Improve environmental sustainability

Deliver training to Neighbourhood Houses, Community Centres and Sporting Clubs on sustainable practices e.g. how to minimise energy use	<ul style="list-style-type: none"> • 1 training session delivered • Increased number of facilities that have sustainable practices 	<ul style="list-style-type: none"> • Environmental Sustainability* (lead) • Community Wellbeing* • Neighbourhood and Community Houses • Recreation and Events* • Sporting Clubs 	2018-2021
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Objective 3.5 Improve community resilience to extreme weather events

Deliver Climate Ready Program to Bayside Community	<ul style="list-style-type: none"> • Website developed • Reach of the website 	<ul style="list-style-type: none"> • Environmental Sustainability * (lead) • Community Services* 	2017-2021
Investigate need for increased drinking fountains along strip shopping areas in Bayside	<ul style="list-style-type: none"> • Need identification report developed 	<ul style="list-style-type: none"> • Urban Design* • Community Wellbeing* (lead) 	2018-2019
Provide accessible information about promoting safe places (e.g. libraries,) to access during extreme weather events	<ul style="list-style-type: none"> • Promotions occur during extreme weather events • Usage of 'safe places' 	<ul style="list-style-type: none"> • Community Wellbeing* (lead) • Environmental Sustainability* • Libraries* • Communications* • Community Services* 	2017-2021

Promote thunderstorm asthma health alerts	<ul style="list-style-type: none"> • Promotions occur during thunderstorm asthma episode 	<ul style="list-style-type: none"> • Environmental Health* (lead) • Communications* 	2017-2021
Review the Bayside Municipal Emergency Management Plan	<ul style="list-style-type: none"> • Municipal Emergency Management Plan updated 	<ul style="list-style-type: none"> • Municipal Emergency Resource Officer* (lead) • Municipal Recovery Manager • Heatwave Coordinators 	2018-2019