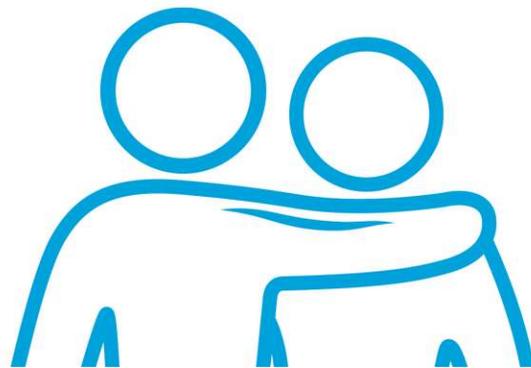


Bayside City Council



Wellbeing for All Ages and Abilities Strategy 2017-2021

Year 3 Highlights
(July 2019 – October 2020)



Goal 1: An engaged and supportive community

An engaged and supportive community allows people from all ages and abilities access to services and resources that enhance their wellbeing and enable them to live fulfilling lives. Goal 1 has objectives to: improve mental health and resilience; support opportunities that build social networks and community connections; strengthen volunteerism; and improve access to affordable, appropriate and inclusive services.

Over the last 15 months the following highlights have been completed towards achieving Goal 1 across the four action plans.

Early Years Action Plan:

- Implemented maternal and child health tele-health and video consultations to enhance the engagement of new parents in supporting the wellbeing of babies and children.
- Connected families, including those experiencing vulnerability, with other families through the provision of facilitated groups, such as first-time parent groups and playgroups. All groups continued in an online format during COVID-19 restrictions.
- Delivered 30 art and craft packages to families experiencing vulnerability during the COVID-19 pandemic in partnership between Family Services and Community Wellbeing.
- Coordinated and delivered the Flat Stanley project through a partnership between Family Services, Libraries and a local primary school resulting in an exchange of letters between 70 children and older people. This encouraged early childhood literacy including reading and writing skills of grade 1 students, whilst promoting an interest in learning about different people and places.



Youth Action Plan:

- Delivered one Youth Mental Health First Aid course to 15 participants, in response to challenges identified through the annual Youth Resilience Survey. Courses will resume when COVID-19 restrictions ease.
- Delivered positive citizenship and anti-bullying messages in partnership with five local primary schools. Short films were created by primary students and screened to 300 young people.
- Delivered an anxiety and stress program to 420 secondary school students to promote positive mental health and to equip young people with a toolkit for identifying and managing stress and anxiety.
- Facilitated the online Youth Art Exhibition due to COVID-19 and attracted 133 submissions. The event provided young people with a platform for emerging artists to display their artwork.



Healthy Ageing Action Plan:

- Increased digital connectivity, knowledge and confidence of over 100 older people through training in the use of iPads. This included group and individual education sessions as well as a program with a local secondary college where Year 8 students assisted seniors in the use of technology.
- Reduced the impact of social isolation for older people and people with a disability through the provision of in-home and telephone social support programs throughout the COVID-19 pandemic.
- Established a culturally diverse and intergenerational seniors and playgroup program to provide socialisation activities between 10 older people and five parents with young children.
- Implemented a communication campaign to raise awareness of assistance and provide practical support to people experiencing vulnerability throughout the COVID-19 pandemic, including a dedicated Council telephone relief line and establishment of a Bayside Relief and Recovery Committee to support a consistent and coordinated approach for the community.



Healthy Community Action Plan:

- Increased the reach of BaysideVolunteering.com to over 1,333 subscribed users with an average of 40 vacant volunteering opportunities listed (pre COVID-19). Continued to support council volunteers and volunteer organisations during pandemic through online support and training opportunities.
- Delivered two engagement BBQ's at Bluff Road Housing Estate (pre COVID-19) and continued to provide support throughout pandemic for residents residing on Public Housing Estates in Bayside.
- Supported nine cultural diversity and inclusion programs and events through the community grants scheme (total \$16,233).
- Doubled the number of individuals and families receiving Financial Hardship grants from 24 to 51 to provide increasing access to services and programs, in particular during the COVID-19 pandemic. In addition, more than half of the funded *Annual Community Grant* applications (23) addressed mental health or had a COVID-19 response within their proposed program.
- Coordinated practical, emotional and social support for people of all ages experiencing vulnerability during COVID-19 pandemic through establishment of the Victorian Government's new Community Activation and Social Isolation (CASI) initiative within Community Services.



Goal 2: A healthy and active community

Eating well and being physically active is important to maintain and protect the longevity of good health and wellbeing. Goal 2 has objectives to: increase physical activity opportunities; increase healthy eating; and increase participation in health assessments and self-care.

Over the last 15 months the following highlights have been completed towards achieving Goal 2 across the four action plans.

Early Years Action Plan:

- Delivered online education and information sessions for new parents such as *Introduction of Solids for Babies*, which has received over 600 views.
- Increased participation rates of Indigenous and Torres Strait Islander families in the Maternal and Child Health Service increased by 1% to 90.4%.



Healthy Ageing Action Plan:

- Established a Mens Shed in Brighton in response to growing demand for active recreational programs and health and wellbeing education for older men. Membership grew to over 50 in six months.
- Increased frequency of the Healthy Ageing newsletter to promote information and activities to encourage connections and recreation opportunities for older people during the COVID-19 pandemic.



Healthy Community Action Plan:

- Improved online booking system for beach wheelchair hire at Hampton Life Saving Club and Half Moon Bay to increase usage and awareness during summer months. Beach wheelchair hire was also promoted at a Council funded all abilities beach day at Hampton Life Saving Club in January 2020.
- Facilitated a weekly healthy meal delivery service for residents on Bluff Road Housing Estate during COVID-19 restrictions in partnership with Highett Neighbourhood Community House and the Victorian Golf Club.
- Provided funding to Blind Sports and Recreation to deliver a series of walks for people with vision loss (and specially trained local volunteers), that will familiarise them with the Bayside community, nature and the environment.
- Partnered with Southern Melbourne Primary Care Partnership to address healthy eating in sporting clubs.



Goal 3: Safe and sustainable environments

A safe environment where people can live, work and play has a direct impact on the community's physical, social and emotional wellbeing. Goal 3 has objectives to: reduce family violence; reduce consumption of alcohol and other drugs; improve community safety; improve environmental sustainability; and improve community resilience to extreme weather events.

Over the last 15 months the following highlights have been completed towards achieving Goal 3 across the four action plans.

Early Years Action Plan:

- Increased awareness of family violence through completion of 1,994 screening assessments by the maternal and child health service.
- Collected over 2000 donated nappies and distributed them to families experiencing vulnerability.



Youth Action Plan:

- Delivered an outdoor alcohol and drug free cinema film screening attended by 200 Bayside residents. Resulted in skill development for Bayside's FReeZA youth committee members.
- Increased awareness of the youth perspective on climate change through facilitation of the Bayside Schools Climate Action Summit. 73 students and teachers from 11 primary and secondary schools participated in the summit.



Healthy Ageing Action Plan:

- Increased assistance for older people, people with a disability and their carers during COVID-19 pandemic, through the provision of additional in-home services, telephone support and assistance with shopping.
- Provided a range of information online and through newsletters during the summer period to educate the community about extreme temperatures and the importance of caring for at risk neighbours and community members.



Healthy Community Action Plan:

- Delivered an external International Women's Day event for 125 Bayside residents which focused on women in leadership and challenging gender stereotypes.
- Hosted a Community of Practice forum in February 2020 focused on healthier masculinities. 80 community health and local government professionals attended.
- Delivered the "*Changing Faces: Reframing Women in Local Democracy*" campaign funded by VicHealth. The project challenged gender equity in Bayside's democratic representation and involved 171 local female leaders.
- Partnered with Highett Neighbourhood House to pilot sustainability training and the roll out of removing single-use plastic in Council leased facilities.

