



Bayside City Council

Healthy Community Action Plan

2017-2021

In Progress

Updated February 2019



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 *Denotes Council Program Area	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 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 	2019-2020
Promote Mental Health Week and other initiatives that impact on mental health (e.g. RUOK) 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* • Disability Organisations 	2019-2020

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"> • 1 educational activities delivered • Relevant sporting clubs, recreation groups and volunteer organisations engaged • No. of grants provided for inclusion activities 	<ul style="list-style-type: none"> • Community Wellbeing* (lead) • Recreation and Events* • Sporting Organisations • Disability Organisations* 	2019-2020
Review Council processes to ensure events are inclusive	<ul style="list-style-type: none"> • Process reviewed • Improvements identified and implemented 	<ul style="list-style-type: none"> • Community Wellbeing* (lead) • Events* 	2019-2020
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 	2019-2020

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 or supported • Promote grant opportunities for community events that celebrate cultural diversity 	<ul style="list-style-type: none"> • Community Wellbeing* • Communications* • Governance* (lead) • Southern Metropolitan Regional Diversity 	2019-2020
Increase promotion of Bayside's Community Centres and Neighbourhood Houses	<ul style="list-style-type: none"> • 2 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 	2019-2020
Review the Community Grants Policy to ensure appropriate community support is provided by Council	<ul style="list-style-type: none"> • Policy reviewed 	<ul style="list-style-type: none"> • Community Wellbeing 	2019-2020
Develop project to confront stigmas and stereotypes of people with lived experience of homelessness	<ul style="list-style-type: none"> • No. participants • No. collaborators • Social media reach 	<ul style="list-style-type: none"> • Community Wellbeing* (lead) • City of Port Phillip • City of Kingston • Launch Housing • Council of Homeless People 	2019-2020

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 	2019-2020
Develop a consistent reward and recognition program for Council volunteers, including opportunities for professional development	<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* 	2019-2020
Support community organisation to develop volunteer programs and practices	<ul style="list-style-type: none"> • 1 community recognition event delivered • Attendance at sessions • Increased in knowledge of inclusive practices 	<ul style="list-style-type: none"> • Community Wellbeing* (lead) • Community Organisations • Disability Organisations 	2019-2020

Objective 1.4 Improve access to affordable, appropriate and inclusive services

Advocate for increased services and programming for public housing residents	<ul style="list-style-type: none"> • 2 advocacy initiatives undertaken • 4 new programs and events delivered 	<ul style="list-style-type: none"> • Community Wellbeing* (lead) • Community Development Working Group 	2019-2020
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) 	2019-2020
Partner with the Brotherhood of St. Laurence to develop inclusive community capacity building programs relating to employment and social opportunities	<ul style="list-style-type: none"> • No. of programs developed 	<ul style="list-style-type: none"> • Community Wellbeing* • Brotherhood of St. Laurence 	2019-2020
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* 	2019-2021
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* 	2019-2021

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 	2019-2020
Advocate for improved access to leisure and recreation opportunities for people with disabilities	<ul style="list-style-type: none"> • Undertaken accessible beaches/ foreshore audit • Review accessible beach matting program • Implement recommendations • No. of Thomas Street All Abilities Playground Community Reference Group participants with lived experience of disability • Develop regional scale fully accessible playground 	<ul style="list-style-type: none"> • Community Wellbeing* (lead) • Disability Organisations • Open Space* • Life Saving Clubs 	2019-2020

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* 	2019-2020
Partner with the Southern Melbourne Primary Care to deliver the Healthy Eating Nudge Trials with sporting clubs	<ul style="list-style-type: none"> • 2 Bayside clubs involved • 2 "nudge" changes implemented 	<ul style="list-style-type: none"> • Southern Melbourne Primary Care Partnership (lead) • Community Wellbeing* 	2019-2020

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

- 3 promotional activities undertaken

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

2019-2020

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, 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 • White Ribbon Working Group 	2019-2020
Increase awareness of the issues relating to gender inequality.	<ul style="list-style-type: none"> • # of promotional activities undertaken • Reach of promotional activities (e.g., International Women's Day, StoryPod) 	<ul style="list-style-type: none"> • Community Wellbeing* (lead) • HR* • Governance* • WHISE* • SMPCP* 	2019-2020

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* 	2019-2020
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Objective 3.3 Improve community safety

Provide online safety education programs (e.g. eSmart Library)	<ul style="list-style-type: none"> • 1 education activity 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 	2019-2020
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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 	2019-2021
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Objective 3.5 Improve community resilience to extreme weather events

Deliver Climate Ready Program	<ul style="list-style-type: none"> • Website developed • Increased number of participants engaged in program 	<ul style="list-style-type: none"> • Environmental Sustainability* (lead) • Community Services* 	2019-2021
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* 	2019-2020