

Bayside City Council

Wellbeing for All Ages and Abilities Strategy 2017-2021

Year 1 Highlights

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 12 months the following highlights have been completed towards achieving goal 1.

Implemented weekly *Smalltalk* playgroup and in-home support at Dunkley Fox Housing Estate.



Delivered two Youth Mental Health First Aid courses to 34 participants.



Implemented fortnightly Maternal and Child Health drop in at Bluff Rd Public Housing Estate.



Delivered two mental health training sessions to a total 60 Council volunteers.



Supported 30% of clients in receipt of services for people with a disability to transition to the National Disability Insurance Scheme.



Delivered the "*Bayside Says No to Bullying*" event. With 100 year 5 students in attendance.



Delivered *Worried Minds* program at two local primary and secondary schools.



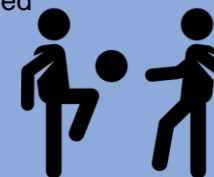
Delivered intergenerational iPad program with Firbank Grammar Year 9 students. A total of 102 older adults participated.



Delivered a National Volunteers Week event. A total of 125 Council volunteers attended.



Facilitated 4 social engagement events at Bluff Rd Public Housing Estate. A total of 40 residents per event attended



Goal 2: A healthy and active community

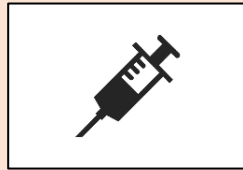
Eating well and being physically active is important to maintain and protect the longevity of good health and wellbeing. Goal 2 has objectives to: increase physical activity opportunities; increase healthy eating; and increase participation in health assessments and self-care.

Over the last 12 months the following highlights have been completed towards achieving goal 2.

Funded \$45,000 across 12 community organisations to improve inclusion and access for people with disabilities.



Immunised 87 vulnerable residents through outreach services.



Delivered positive body image perceptions and self-esteem program through martial arts to eight young people.



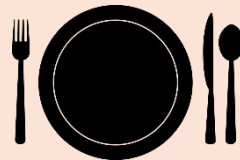
Piloted a community bus route to support Bayside residents to access hydrotherapy.



Developed the Active Living Guide for older people living in Bayside to promote physical and social activities. Over 500 copies have been distributed.



Partnered with Southern Melbourne Primary Care Partnership to undertake research on best practice health promotion initiatives to address healthy eating.



Promoted the This Girl Can female sporting participation campaign through social media and Councils sports club breakfast.



Partnered with the South Eastern Melbourne Primary Health Network to improve childhood immunisation rates.



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 12 months the following highlights have been completed towards achieving goal 3.

Participated in the Nappy Collective and donated over 700 nappies to support families in crisis or need.



Completed 2,448 family violence assessments which resulted in 34 counselling sessions, 52 referrals and 29 safety plans being completed.



Received \$21,540 from the Department of Justice and Regulation to facilitate a Street Art Crew program working with 17 young people.



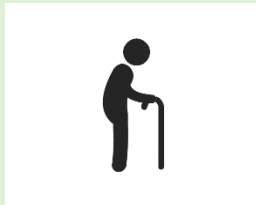
Delivered the social media campaign 16 Days of Activism Against Gender-Based Violence.



Delivered an Alcohol and Drug education workshop to 300 Year 8 students.



Delivered elder abuse forum to 60 older people.



Delivered online scam education session to 27 residents.



Incorporated a gender equity checklist for the development of Council policies and strategies.

