

GLENELG SHIRE

MUNICIPAL PUBLIC HEALTH AND WELLBEING PLAN

**YEAR 1 ACTION PLAN
2021/22**



ACKNOWLEDGEMENT TO COUNTRY

TRADITIONAL OWNERS

Glenelg Shire Council respectfully acknowledges the traditional lands and waters of the Gunditjmara people, Bunganditj people, Jardwadjali people and their respective cultural heritages.

Aboriginal and Torres Strait Islander People provide an important contribution to Australia's cultural heritage and identity.

We respectfully acknowledge the Aboriginal and Torres Strait community living throughout the Glenelg Shire and the contribution they make to the Glenelg Shire's prosperity and wellbeing.

PARTNER AND LOCAL HEALTH ORGANISATION LOGOS

	Kyeema Support Services		Portland Leisure and Aquatic Centre (PLACE)		Hands Up Casterton		Gen U Training
	Brophy Family and Youth Services (Brophy)		Casterton Memorial Hospital (CMH)		OZ Child		Glenelg Aboriginal Partnership
	Dartmoor Bush Nursing Centre		Dhauwurd Wurrung Elderly and Community Health Service Inc. (DWECH)		Australian Breastfeeding Association		NDIS
	Department of Education and Training (DET)		Alcoa		South West Health Care (SWHC)		Department of Environment Land Water and Planning (DELWP)
	Gunditj Mirring Traditional Owners Aboriginal Corporation (GMOAC)		SEAchange Portland		mpower		Active Health Portland
	headspace		Beyond the Bell		Western District Employment Agency (WDEA)		Live 4 Life
	Heywood Rural Health (HRH)		Merino Community Health Centre (Merino CHC)		Wannon Water		FREEZA
	Portland District Health (PDH)		United Way Glenelg		L2P		Women's Health and Wellbeing Barwon South West (WHWBSW)
	Glenelg and Southern Grampians Local Learning and Employment Network (LLEN)		Winda Mara Aboriginal Corporation (WMAC)		Rotary Club Portland		South West Sport

ACTION PLAN CONTEXT

This is the Year One Action Plan under the Glenelg Shire Council Municipal Public Health and Wellbeing Plan, 2021 – 2025. Year One covers the period of November 2021 – October 2022.

There are a number of partners to this Action Plan, who are contributing to the increased health and wellbeing of our Shire. The following Action Plan demonstrates clear lines of responsibility to actions in the recognition of both the lead and supporting partners.

Annual action plans are reported on every year in October to the Department of Health as required by Section 26 of the Public Health and Wellbeing Act 2008. The annual report is also made available to the public via the Glenelg Shire Council website.



OUR COMMITMENT TO WORKING TOGETHER

Glenelg Shire communities can reach full potential when we work in collaboration, share resources, and build our capacity to deliver change. By embracing risk, learning, and building upon previous experience and supporting new and innovative practices, together we can foster thriving communities now and into the future.

We aim to work together to implement the Glenelg Shire Municipal Public Health and Wellbeing Plan in new and innovative ways. We will report on the work we do and the growth we make in this area.



COMMITMENT 1:

Fostering leadership and building collaboration

Together we will:

- advocate to create systemic change
- take a cross-sector and intersectional approach to address complex issues
- foster community leadership and utilise lived experience
- collaborate, share resources and strengthen partnerships
- implement the Glenelg Shire Municipal Public Health and Wellbeing Plan.



COMMITMENT 2:

Building a culture of innovation and learning

Together we will:

- develop skills, capacity and mentoring opportunities
- develop shared measurement, evaluation and learning plans
- support opportunities for idea generation and shared problem solving
- implement new and responsive community-led solutions
- track and learn from our collective experiences.

GUIDING PRINCIPLES

Four principles guide the work that we do towards the goals and objectives:

Although the Guiding Principles are all equally important, they may not be relevant to all initiatives within this Municipal Public Health and Wellbeing Plan. As part of the planning process, the Guiding Principles will be considered and underpin initiatives, where Integrate Glenelg is a new initiative that will oversee, facilitate, evaluate, and report on the implementation of the Commitments outlined in this Plan.

The Glenelg Shire area has many great collaborative initiatives that are focussed on tackling single components and issues that impact on the community's health and wellbeing. Integrate Glenelg aims to facilitate stronger integration across multiple and inter-related issues and initiatives to achieve even better community outcomes. Integrate Glenelg aims to 'work smarter not harder' by addressing these common challenges together in a more strategic and integrated way.

Workshops and discussions between local collaborative initiative partners, including Live4Life (youth mental health), Beyond the Bell (education attainment), Hands Up Casterton (young people reaching their full potential) and SEA Change Portland (healthy and well community), have identified many common challenges and a desire to work together to address these. Many of these challenges have informed the Commitments in the Glenelg Shire Municipal Public Health and Wellbeing Plan 2021-2025.

Integrate Glenelg aims to be accessible for all stakeholders to contribute to and benefit from the outcomes.



BY COMMUNITY FOR COMMUNITY:

We will work with our communities wherever possible to ensure they are empowered to solve and act on issues affecting them.



EVIDENCE INFORMED:

We will collect, share and use local and regional data, trends and learnings to inform our practice.



SUPPORTING INNOVATION:

We will embrace new thinking and approaches, take calculated risks and challenge the status quo.



SYSTEMS APPROACH:

We will work together with community members to identify all conditions that contribute to health and wellbeing problems. We aim to address these explicit, semi-explicit and implicit conditions in a holistic manner.

GOALS AND OBJECTIVES

GOAL 1:

BUILDING HEALTHY AND WELL COMMUNITIES

A healthy and well community is one where people have a range of opportunities to participate in daily life, be physically active and mentally well.

To support physical and mental wellbeing, individuals require safe environments, access to and knowledge about healthy food and lifestyle options. Research suggests that diversity, inclusion and culture all support the social and economic health of a community. Through acknowledging and embracing our differences, we can instil even more pride and belonging in our Glenelg Shire communities.

★ OBJECTIVE 1.1:

Initiating opportunities for healthy and active living

★ OBJECTIVE 1.2:











Building mentally well communities

★ OBJECTIVE 1.3:

Creating respectful, inclusive, culturally aware & safe communities



OBJECTIVE 1.1 Initiating opportunities for healthy and active living.

ACTION	LEAD ORGANISATION	PARTNER ORGANISATION
Engage and work with larger organisations to support them to become breastfeeding friendly workplaces.		Maternal Child Health – Portland District Health.
Collect and increase collection of breastfeeding data across Glenelg.		Portland District Health, Casterton Memorial Hospital, Heywood Rural Health, and Glenelg Shire Council.
Deliver at least 4 sessions at Libraries After Dark on healthy eating.		Portland District Health.
Engage young people into planning physical activity and active living opportunities.		
Increase health literacy across the community to support nutritional food choices.		SeaChange.
Advocate for upgrades to existing sport and recreation reserves and facilities across the Shire.		
Inclusion of education material and references in event planning guidelines, to assist community in understanding the importance of healthy catering options at events and where to access information.		
Deliver gym programs aimed at increasing physical activity across a range of programmed activities.		Snap Fitness.
Deliver ‘free’ or ‘low-cost’ sport and active recreation options, for women and girls throughout the Glenelg Shire during ‘This Girl Can Week’ in March.		PLACE, SeaChange and Hands Up Casterton.
Provide workshops and training opportunities for local Clubs and user groups to offer modified and social sport and recreation activities.		SeaChange.

Deliver VicHealth Walk to School initiative through a month-long riding and biking to school in sync with 'Walk-tober'.



Promote walking and bike-riding locations and routes throughout the Glenelg Shire, to encourage active transport.



Create healthy recipes and instructional videos promoting healthy eating through *Little FREE Pantries*.



Promote the benefits of a healthier and more active lifestyle to older residents in the Glenelg Shire, through information sessions, workshops, and programs.



Support cancer patients, families, and caregivers to maintain social and active lives.



Support health promotion campaigns through increased and targeted programming.



Reengage young people in the swimming program and continue to grow the school based swimming program following the Drowning Report released July 2021.



Support the transition to self-managed rehabilitation 8 weeks after surgery through community gym membership and participation.



Advocate for funding and implementation of the Great Tasting Water initiative, to reduce saltiness and improve water taste to increase positive public health outcomes, like obesity reduction, improved dental health, and reduced financial impacts.



SeaChange.

SeaChange.

SeaChange.

Glenelg Shire Primary Schools.

Support and coordinate Heywood Deadlies - Tyeenangnyoong project aimed at improving health and well-being through walking or running.



OBJECTIVE 1.2 Building mentally well communities.

ACTION	LEAD ORGANISATION	PARTNER ORGANISATION
<p>Increase Live4Life messaging to the wider community, to assist with reducing the stigma around mental health and increase help seeking across the Glenelg Shire.</p>		<p>Live 4 Life.</p>
<p>Increase opportunities for L2P mentors to access local training, that will assist with them in understanding young people and their needs (e.g. Youth Mental Health First Aid).</p>		<p>Live 4 Life, Glenelg and Southern Grampians Local Learning and Employment Network.</p>
<p>Continue to deliver a client service model that advocates for client needs. Providing appropriate holistic support and education in a respectful and inclusive way.</p>		
<p>Coordinate and deliver the BubblesRound project through the stakeholder group Glenelg Shire Children’s Care (GSCC), which recognises the importance of carers within the Shire and actively works to connect people with services and support.</p>		<p>Narrawong Primary School.</p>
<p>Increase staff mental health training.</p>		
<p>Coordinate and publish <i>More Than a Label</i> mental health campaign aimed at removing stigma from mental conditions.</p>		
<p>Strengthening partnership with Alcoa to support youth mental health and wellbeing under Live 4 Life Glenelg banner (Portland).</p>		<p>Alcoa, Youth Live 4 Life, Youth Live 4 Life Glenelg, and Glenelg Shire Council.</p>

Appointment of Live 4 Life crew members across the Shire.



Deliver Youth Live 4 Life camp.



Deliver Teen Mental Health training within Secondary Schools.



Youth Live 4 Life Glenelg and Glenelg Shire Council.

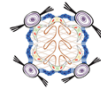
Youth Live 4 Life Glenelg and Glenelg Shire Council.

Youth Live 4 Life Glenelg, Glenelg Shire Council and Secondary Schools.

OBJECTIVE 1.3 Creating respectful, inclusive, culturally aware & safe communities.

ACTION	LEAD ORGANISATION	PARTNER ORGANISATION
Establish an internal Council Gender Equality working group to apply a gender and inclusivity lens over new and revised Council projects, services, and policies.		
Advocate for accessible infrastructure in the Glenelg Shire to provide more opportunities for active living.		Glenelg Shire Council.
Support clubs across the Glenelg Shire to develop inclusive participation opportunities, including All Abilities, Women and Girls, LGBTIQ+ and First Nations.		Glenelg Shire Council.
Increase community awareness of the 16 Days of Activism campaign and apply a gender lens across all service areas.		Glenelg Shire Council, Portland District Health and Heywood Rural Health.
Create a Culturally Safe Space Policy for Portland District Hospital and the connected health services.		
Connect with local health organisations to support arts initiatives in their community service spaces, i.e., waiting rooms and clinics.		
Deliver on the Year 1 actions in the Gender Equality Action Plan to further strengthen Council’s commitment to gender equality and inclusion with a focus on leadership and advocacy to improve diversity.		
Include guidance material for <i>One and All Inclusive Events</i> on Council website to promote inclusive events across the Shire.		
Increase visibility of Aboriginal culture in civic spaces.		Glenelg Aboriginal Partnership.

Establish an Aboriginal partnership working group, to improve opportunities for collaboration and cross promotion between the four partnering Organisations.



Glenelg Aboriginal Partnership

Dhauwurd Wurrung Elderly and Community Health Service Inc., Winda Mara Aboriginal Corporation, Gunditj Mirring Traditional Owners Aboriginal Corporation and Glenelg Shire Council.

Provide cultural awareness training to Glenelg Shire Council staff.



Support local LGBTQIA+ young people and their allies to hold a community event to educate others about IDAHOBIT day.



Support opportunities for cultural expression and storytelling.



Delivery of Ngootyoong (safe place) – Yarning Circle Group Program targeting young Aboriginal men and boys.



Dhauwurd Wurrung Elderly and Community Health Service Inc. and Winda Mara Aboriginal Corporation.

Raise employers' capacity to create safe and respectful work environments for students through education and support.



Raise aspirations of marginalised young people to secure respectful, culturally aware, and inclusive career opportunities



Passport 2 Employment and Western District Employment Agency.

Empower young people to lead diversity and inclusion advocacy in the job market.



Secondary Schools.

Enhance participation of people with disabilities in sporting clubs.



South West Sport.

Implement a Reconciliation Action Plan and engage staff to undertake Cultural Awareness training as part of their induction to ensure First Nations people feel culturally safe accessing services.



Launch a Financial Inclusion Action Plan which includes a commitment to increase the value of spend with social enterprises, disability enterprises and Aboriginal businesses.

Provide an Orange Door Family Violence access point for wholistic support in Portland and Heywood.

Support development of policies under the Fair Play Code across clubs in the Glenelg Shire to drive gender equity as well as equal and fair access to sporting facilities.



Brophy and Emma House.

Glenelg Shire Council.

GOALS AND OBJECTIVES

GOAL 2:

BUILDING STRONG COMMUNITIES

A strong community is one where people can live, work and play in a safe environment and be resilient when faced with challenging situations.

Addressing such needs as secure housing, financial stability, community connectedness, access to education and employment, as well as addressing the impacts of climate change, all contribute to the foundations of a strong and resilient community. Whilst Glenelg Shire has a vibrant community spirit, safe neighbourhoods and high rates of volunteerism, we can still do more to support community resilience and active participation in community life.

OBJECTIVE 2.1:

Enhancing accessible neighbourhoods, services and activities

OBJECTIVE 2.2:

Building resilient and socially connected communities

OBJECTIVE 2.3:

Support participation in education, lifelong learning and employment



OBJECTIVE 2.1 Enhancing accessible neighbourhoods, services, and activities.

ACTION	LEAD ORGANISATION	PARTNER ORGANISATION
Develop a Youth Arts program that is based on an identified gap for young people to engage in free or low cost creative arts programming.		
Support better access to public transport for all abilities, including advocating for more appropriate bus service timetabling.		
Promote access to telehealth options to rural and remote communities to increase accessibility to services despite transport barriers.		
Identify areas within Glenelg that walkability could be improved to support increased use of active transport.		
Identify opportunities for more affordable housing across Glenelg.		Glenelg Shire Council.
Undertake community engagement work to understand the impacts of COVID on Aboriginal Women's mental health, from a determinants lens and amplify their voices to decision makers at Local and State levels.		
Embed Telehealth to enable community to connect with health services outside of the Great South Coast region (i.e., Metro).		
Support sporting and recreation clubs to develop social and modified participation opportunities to enhance engagement opportunities for people with disabilities.		Glenelg Shire Council and Kyeema.
Expand L2P program promotion to more agencies that support young people, especially those who are disadvantaged or from diverse backgrounds to enhance service visibility and increase accessibility to a wide range of young people.		L2P.

Develop an efficient online system of reuniting lost animals with their owners.



Hold a disability information session to inform people with a disability and their families, carers and supports, of their legal rights and obligations, when a child turns 18 years old.



Develop and plan for a 2022-2023 Summer "Accessible Beaches" event, to showcase the mobility equipment to offer everybody easy access to the ocean or to walk along the beach.



Investigate the implementation of companion cards across Glenelg Shire premises.



Increase the accessibility of Council buildings, to ensure Disability Discrimination Act compliance.



Create a survey around way finding to the Portland Council Offices, Portland Visitor Information Centre, and Portland Library, to collect data that will be used to enhance accessible signage.



Promote independent living through Accessible Community Transport options for older residents across the Shire.



Advocate for access and inclusion in the external working group for Glenelg Shire Council Alexandra Park Inclusive Environments Project.



Enhance service delivery of School Leavers Employment Supports program by implementing a hybrid service model.



Support workplace volunteering and increase flexible working arrangements for employees to achieve greater participation in family and community life.

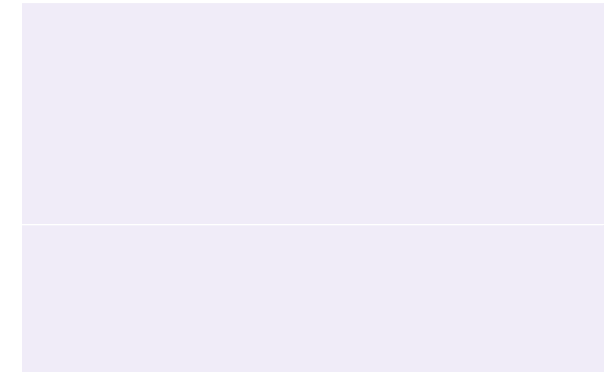


Glenelg Shire Council.



Launch Recreation Opportunities Strategy demonstrating a commitment to support health and wellbeing, sport, and recreation opportunities by increasing public access to Wannon Water facilities across the Shire.



Investigate community engagement opportunities under the Recreation Opportunities Strategy to increase public art through access to Wannon Water facilities across the Shire.



OBJECTIVE 2.2 Building resilient and socially connected communities

ACTION	LEAD ORGANISATION	PARTNER ORGANISATION
<p>Seek funding to connect women from diverse professional, cultural and socioeconomic backgrounds through a collaborative and reciprocal mentoring program, encompassing a series of leadership workshops and the facilitation of networking opportunities. The project will aim to develop deeper connections, resilience and adaptability within communities affected by crisis.</p>	 <p>WOMEN'S HEALTH AND WELLBEING Herren South West Inc.</p>	
<p>Support public art projects to grow the visibility of art and increase the number of beautified spaces and places across the Shire.</p>		
<p>Engage local artists into Aged and Disability programs to support creative expression.</p>		
<p>Increase the knowledge of Home and Community Care workers on All Ability Access including new and emerging social supports that are available across the Shire and to Shire residents.</p>		
<p>Explore digital literacy programs for seniors in partnership with Glenelg Libraries.</p>		
<p>Create an expressions of interest opportunity for the Twilight Cinemas to enable community groups to facilitate the events and fundraise with assistance from Council in a range of locations across the shire.</p>		
<p>Deliver a volunteer recognition program, that celebrates volunteers in the sporting and recreation space within the Glenelg Shire.</p>		
<p>Implement the ARTSGLENELG Arts and Culture Strategy 2022 - 2026 to support the development of creative facilities to promote inclusive programming.</p>		

Coordinate the delivery of volunteer support services for older residents.



Support community lead projects and events across the Shire to increase social connections between neighbourhoods for people over the age of 55.



Provide opportunities for social connections and community participation through new programs for people over the age of 55, that meet the evolving needs of the community.



Work with parents and other care givers before and after separation to improve relationships, reach agreements and see and maintain contact with children in a safe way.



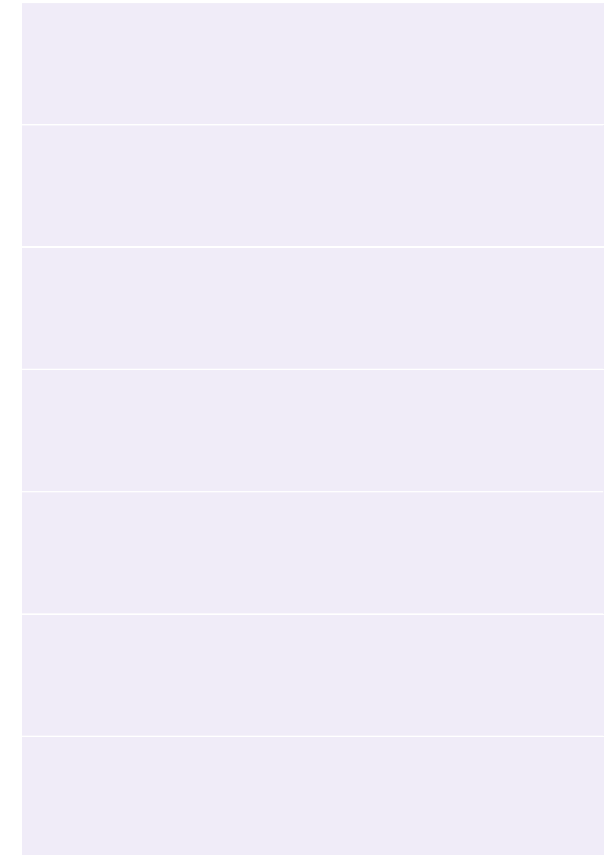
Provide Winter Care Packages to prevent older residents from disconnecting from the community, making them feel valued as community members.



Recommence advocacy group for the Find Your Voice Choir post Covid-19.



Coordinate community events and engagement for Cultural Heritage to support community cohesion and self-determination.



OBJECTIVE 2.3 Support participation in education, lifelong learning, and employment.

ACTION	LEAD ORGANISATION	PARTNER ORGANISATION
Implementation of the ReEngage! program to support the development of event management skills and increase the participation of young people in civic engagement and community lead activities and events.		
Investigate further opportunities for Apprenticeships and Traineeships within Council.		
Provide opportunities for tertiary study placements at the Animal Welfare Centre.		
Support volunteer placements at the Animal Welfare Centre.		
Support pathways to high demand industries by providing <i>Certificate 4 in Disability</i> and <i>Certificate 3 in Individual Support</i> and increasing access to this training for individuals with barriers.		
Strengthen identification, referral and support processes for vulnerable children and their families, so they can more easily participate in early childhood care and education and receive additional support.		
Deliver <i>Stepping Stones to School</i> early childhood transition project and build capacity across sectors through support and training for health and education.		Beyond the Bell and Glenelg and Southern Grampians Local Learning and Employment Network.
Broker career pathway opportunities between Secondary School students and employers across the Shire, through the Enhanced Work Experience Project.		Secondary Schools, Western District Employment Agency, and Rotary.

Provide adult education opportunities to support career pathways.

Host industry tours, incursions and career based activities for local secondary students.

Develop and deliver in house education program and support employment pathways.

Implementation of phase 2 of the Youth Conversations initiative - responding to youth voices on education, community, and pandemic to establish priority areas to build career pathways and education opportunities.

Launch the Tae Rak Aquaculture Centre providing education, employment, social cohesion, cultural strengthening, self-sufficiency, and wellbeing benefits.

Support pathways to high demand industries by providing Certificate 4 in Disability and Certificate 3 in Individual Support and increasing access to training for individuals with barriers.

Offer First Aid training to support all organisation across the shire who require first aid compliance.

Provide Workforce Australia program Transition to Work and Employability Skills Training program, enhancing work readiness for participants.

Neighbourhood House Casterton



Western District Employment Agency.

Live 4 Life and Glenelg Local Action Group.

MEASURING OUR PROGRESS

Glenelg Shire Council will work with its health and wellbeing partners to develop an annual integrated action plan. This plan will outline what initiatives will be undertaken within a 12 month period to achieve the goals and objectives of the Health and Wellbeing Plan. This will ensure a collaborative approach is undertaken to identify and deliver opportunities to improve health and wellbeing across population groups and service delivery areas.

Each annual action plan will identify progress evaluation measures to ensure actions can be tracked and reported to Council and key stakeholders. Action plans will be reviewed and updated annually.

In order to meaningfully evaluate the impact of the Health and Wellbeing Plan, a biennial survey will be developed by Council in collaboration with Integrate Glenelg and its partners. This will facilitate impact and outcome evaluation, allowing for the tracking of goals and objectives and assisting in the identification of emerging health and wellbeing issues.

Alongside the quantitative data evaluating the Health and Wellbeing Plan (e.g. survey results, state government reported data and pre-post program evaluations), case studies, narratives and storytelling will be utilised. These detailed and innovative reporting techniques allow for an in-depth exploration of how health and wellbeing programs impact on individuals and communities. This can often be lost when looking at data collated across programs, objectives, or goals. Case studies, stories and narratives facilitate a rich understanding of the community's experience and the far-reaching impact of the Glenelg Shire Health and Wellbeing Plan. This method will also be used to measure the impact of Commitment 1 and 2 on the health and wellbeing partners.

LEVEL	EVALUATION TYPE	EXAMPLES OF EVALUATION METHODS	REPORTING FREQUENCY
Goals	Outcome Evaluation	<ul style="list-style-type: none"> Survey State Gov Data (e.g., VicHealth Indicators). 	Biennial
Objectives	Impact Evaluation	<ul style="list-style-type: none"> Survey State Gov Data (e.g. VicHealth Indicators). 	Biennial
Actions and Commitments	Progress Evaluation	<ul style="list-style-type: none"> Narrative Case Studies No. of Participants Program evaluation (e.g participant knowledge or behaviour change) 	Annually



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 **CASTERTON CUSTOMER SERVICE CENTRE**

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