

# ***GLENELG SHIRE***

## ***MUNICIPAL PUBLIC HEALTH AND WELLBEING PLAN***

**YEAR 3 ACTION PLAN  
2023/25**

GLENELG SHIRE





# **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		Salvation Army		Hands Up Casterton		Western District Food Share
	Brophy Family and Youth Services (Brophy)		Casterton Memorial Hospital (CMH)		United Way Glenelg		Belgravia Leisure and Aquatic Centre
	Dartmoor Bush Nursing Centre		Dhauwurd Wurrung Elderly and Community Health Service Inc. (DWECH)		The Sexual Assault & Family Violence Centre		Department Energy Environment Climate Action
	Department of Education and Training (DET)		Alcoa		South West Health Care (SWHC)		Men's Shed
	Gunditj Mirring Traditional Owners Aboriginal Corporation (GTMTOAC)		SEAchange Portland		Australian Breastfeeding Association		Wellways
	Headspace		Beyond the Bell		Portland Aluminium		Vic Health
	Heywood Rural Health (HRH)		Merino Community Health Centre (Merino CHC)		Wannon Water		Neighbourhood House
	Portland District Health (PDH)		Barwon South West Public Health Unit		Are-Able		Rotary Club of Portland
	Glenelg and Southern Grampians Local Learning and Employment Network (LLEN)		Winda Mara Aboriginal Corporation (WMAC)		Victoria Police		Youth Live 4 Life
	Women's Health and Wellbeing Barwon South West (WHWBSW)		South West Sport		L2P		FReeZA

## ***ACTION PLAN CONTEXT***

This is the Year Three Action Plan under the Glenelg Shire Council Municipal Public Health and Wellbeing Plan, 2021 – 2025. There are a number of partners to this Action Plan, who are contributing to the support and 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 and Human Services 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 2021-25.

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
Establish a project team and project plan to deliver the Quality Water for Wannon project to improve the aesthetic water quality in Portland, Heywood and Port Fairy.		Glenelg Shire Council, Moyne Shire Council.
Submit funding application to Australian Sports Commission for Play Well funding aimed to initiate contact for entry level participants in organised sport.	 Community Services	Local Sporting Clubs, Primary Schools.
Incentivise Glenelg Sporting clubs to deliver programs under This Girl Can in October.	 Community Services	Local Sporting Clubs.
Enable athletes with disabilities from Victoria, South Australia and New South Wales to compete in the Tri State Games. The games run for a week, with four days of sport, swimming and games.		Glenelg Shire Council, Service Clubs and Community Groups.
Rebrand and promote the name change of the Skittles LGBTIQA+ social support program to Yumcha in alignment with other South West Region groups to strengthen connection, advocacy and support for LGBTQIA+ young people, their families and allies.	 Community Services	
Develop and endorse the Glenelg Shire Council Organisation Recreational Facilities Access Plan to support increased access for community who face additional barriers to active participation in organised sport and recreation settings.	 Community Services	
Under the Vic Health funding develop and implement a healthy rewards program for Heywood Children and Youth – recognising young people who are role modelling healthy lifestyles and habits to their peers.	 Community Services	VicHealth



Initiate opportunities for local mothers to attend safe and inclusive outings such as picnics and walk & talks.		Dhauwurd-Wurrung Elderly and Community Health Services.
Ensure provision of healthy meal options at all Council lead events.	 Community Services	
Support partners to strengthen place based action to prevent harm from vaping among young people.	 	Glenelg Shire Council, Health Services, Schools, Casterton Memorial Health.
Provide support to place based community health and wellbeing initiatives.	 	SEA Change Portland, Hands Up Casterton, Live4Life Glenelg.
Work with Western District Food Share to create healthy eating resources for emergency food relief recipients.		Western District Food Share, United Way Glenelg, Southwest Healthcare, Salvation Army.
Increase resourcing to implement a Fresh Fruit Program in Portland.		Stephanie Alexander Kitchen Garden Foundation Healthy Kids Advisors, VicHealth, Portland Aluminium, Portland Secondary College.
Increase opportunities to imbed food literacy through collaborative, settings based activities across the shire.		Portland Neighbourhood House, Glenelg Shire Council.
Promote and support the Implementation of the Department of Health's Healthy Choices policy directive for Victorian Public Health Services.		Healthy Eating Advisory Service.
Develop a Vic Kids Eat Well (VicKEW) Canteen Cookbook.		Bolwarra Primary School.

Promote and support the implementation of Vic Kids Eat Well in key settings



PORTLAND  
DISTRICT HEALTH



VicHealth

Explore and support the implementation of the Cancer Council's Achievement Program at Portland District Health.



PORTLAND  
DISTRICT HEALTH

Commence construction on new Medical Clinic, and Integrated Family Services Building.



Hunda-Mara  
Aboriginal Corporation









Stephanie Alexander Kitchen Garden Foundation Healthy Kids Advisors.

Cancer Council Victoria

Victorian State Government



## OBJECTIVE 1.2 Building mentally well communities

ACTION	LEAD ORGANISATION	PARTNER ORGANISATION
Increase presence and support within the Heywood Community.		Winda Mara Aboriginal Corporation, Heywood Mens Shed.
Engage with Live4Life Glenelg school and community partners to review and renew MOUs with Live4Life Glenelg school partners.		Portland Secondary School, Heywood District Secondary College, Bayview College, Casterton Secondary School.
Increase Youth Mental Health First Aid Training in Live4Life Glenelg school partners.		Portland Secondary School, Heywood District Secondary College, Bayview College, Casterton Secondary School.
Implement actions under year 3 of Youth Live4Life and Portland Aluminium partnership.		Portland Aluminium
Work with the Live4Life Glenelg Partnership Group to deliver community events and forums to draw awareness to and support for issues specific to young people in Glenelg and their support networks.		Casterton Memorial Health, Wellways, Portland District Health, Barwon South West Public Health Unit, GSGLLEN, YACVIC, Brophy Services, Headspace, Beyond the Bell, Youth Live4Life.
Adopt an organisation wide acknowledgment and celebration of RUOK? Day hosting activities to promote conversations amongst staff and commence planning for an RUOK? Day Workplace Champion.		
Provide 4 health and wellbeing focussed sessions for the community as part of the Libraries After Dark Program.	 Community Services	Portland District Health, Possum House.
To create new informal recreation opportunities for young people and families through the VicHealth Local Government Partnership project.	 Community Services	VicHealth, Local Community Organisations, Schools.

Explore and support the Royal Commission into Victoria's Mental Health Systems recommendation to implement Social Inclusion Action Groups (SIAGs) to support local communities to promote social connection and inclusion.

Develop and deliver ATSI Youth Mental Health First Aid to community.

Develop resources to support young Aboriginal and Torres Strait Islander Peoples to support their mental health.


















Victorian Department of Health.

Girraway Ganyi Consultancy, Live4Life Glenelg.



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

ACTION	LEAD ORGANISATION	PARTNER ORGANISATION
Increase support for walk against family violence as part of 16 days across the shire.	 Community Services	Rotary SayNo2Familyviolence.
Promote Are You Safe at Home messaging and collateral internally and on Council's website.	 Community Services	Women's Health and Wellbeing Barwon South West.
Installation of foreshore pathway lighting at the Portland Foreshore as part of the Foreshore Redevelopment Infrastructure project.	 Infrastructure Services	Department of Energy, Environment and Climate Action.
Upgrade facilities and support with fees and charges for Council owned and managed recreation reserves to meet requirements for delivery of 2024 and 2025 Tri State Games in Glenelg Shire.	 Community Services	Kyeema, Portland Little Athletics.
Planning underway for International Day of Older Persons project 'These Hands...' for October.	 Community Services	
Develop Accessible Communication Guidelines.	 Community Services	
Develop and install Playground Communication Board for Pulambeet All Abilities Playspace.	 Community Services	
Develop and implement Reconciliation Action Plan's across all six Glenelg Shire Council Children's Services Unit services.	 Community Services	

Develop a series of actions endorsed by Glenelg Shire Council to progress the work of the Colonial Impact Register to address the imbalance in naming and recognition for Traditional Owners and Women across the Glenelg Shire.	 Community Services	
Engage and deliver workforce capacity building training within staff at the Glenelg Shire Council around healthy masculinities. Seek to extend the training to external organisations and community.	 Community Services	
Target appropriate funding to develop and install the artistic elements in the Gunditjmara Traditional Owners Ceremony and Dance Space on the Portland Foreshore.	 Community Services	Gunditj Mirring Traditional Owners Aboriginal Corporation, Winda Mara Aboriginal Corporation, Dhauwurd Wurrung Elderly and Community Health Services.
Ensure First Nations mothers and their children are included in ABA Portland in a culturally appropriate way.		Dhauwurd Wurrung Elderly and Community Health Services.
Funding application to TAC for the next 2 year window has been submitted. We have applied to keep the existing 30 places across the shire. Confirmation of funding will be mid-May 2024. The expected 4-year funding round has been reduced to a 2 year one by TAC.		Transport Accident Commission
Ensure accessibility as a priority at Council lead events.	 Community Services	
Increase awareness of the barriers LGBTQIA+ experience within the community to enable staff to provide appropriate support.		



Adopt a place-based approach for the Glenelg community with a consortium of partners, to deliver health promotion campaigns around prevention of gendered based violence, gender equity and healthy masculinities across multiple settings such as schools, sports clubs and community service organisations.



Community Services

Support and implement The Australian Breastfeeding Association (ABA) *Breastfeeding Welcome Everywhere Program* promoting community support of breastfeeding in public.



Increase participation in health promotion campaigns that increase awareness of help services, referral pathways and community connection.



Strengthen commitment to Aboriginal Health service provision in Heywood through partnerships.



Submit Big Housing Build funding application to provide long-term housing for residents on the Victorian Housing Register.



Seek partnership opportunities to activate youth voice in Casterton.



Enable localised access to specialist services and referral pathways for rural and regional patients.



Increase local access to family violence support in Casterton.



Australian Breastfeeding Association.

Glenelg Shire Council, Youth Live4Life, HeadSpace Portland, Brophy, Bayview College, Portland Secondary College, Winda Mara Aboriginal Corporation, Salvation Army.

Heywood Rural Health.

Hands Up Casterton.

# 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

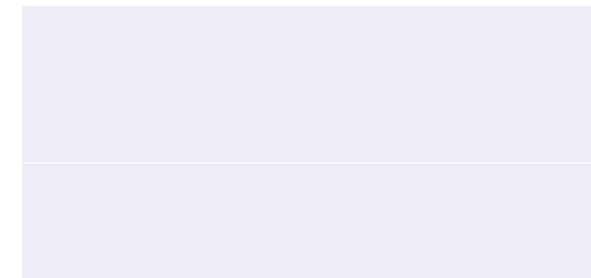
ACTION	LEAD ORGANISATION	PARTNER ORGANISATION
Connecting paths to infrastructure upgrades progressing in the All Abilities Playspace, at the Fawthrop Lagoon BBQ Rotunda and Casterton Caravan Park Camp Kitchen.	 Community Services	
Support social connection opportunities within the Heywood Community Garden under the VicHealth funding.	 Community Services	Heywood District Secondary College, VicHealth.
Commence the second round of community consultation on the Portland CBD Amenities, with a focus on accessibility, inclusion, and safety as key elements to the concept design.	 Community Services	
Design and install a communication board in the Pulambeet Playspace to allow for users with complex communication needs to engage with their carers in how they interact and use the space.	 Community Services	
Increase awareness of ABA Portland Group Connect and Share Sessions.	 Australian Breastfeeding Association	Glenelg Libraries.
Facilitate events workshops to support event management across the Shire.	 Community Services	Victorian State Government.
Offer an outreach site in Heywood to assist people with no transport get to appointments. This is ongoing with participants having access to are able employment consultants in Heywood on a fortnightly basis.	 are-able Education and Training	









Incorporate recommendations from consultation with the Australian Disability Network for Access and Inclusion Action Plan to improve are-able's accessibility & inclusion.












Provide are-able foundation community grants to promote inclusiveness and access for people with a disability.



## OBJECTIVE 2.2 Building resilient and socially connected communities

ACTION	LEAD ORGANISATION	PARTNER ORGANISATION
Provide opportunities for social connection through community meal sharing.		Portland Community Mealshare.
Provide social media workshops to support local businesses and organisation with identified community connection.	 Community Services	United Way Glenelg.
Add a performing arts component to the Dreams and Aspirations exhibition showcasing and celebrating local artists and performers from the disability community.	 Community Services	Kyeema, Portland Bay School, Portland Neighbourhood House, Local Artists/NDIS support staff.
Increase youth participation in Arts and Culture activities.	 Community Services	Casterton Memorial Health.
Identify, promote, and support new iteration of SEA Change Portland and develop SEA Change Portland Communication Plan.		
Provide low cost social connection opportunities for older residents in Casterton.		

## OBJECTIVE 2.3 Support Participation in education, lifelong learning and employment

ACTION	LEAD ORGANISATION	PARTNER ORGANISATION
Develop a comprehensive Early Years Workforce Plan.	 Community Services	
Build relationships with Indigenous early-years services to encourage families to enrol their children in Dolly Parton's Imagination Library from birth.		Winda Mara Aboriginal Corporation, Dhauwurd Wurrung Elderly and Community Health Services.
Include partners and support persons in Breastfeeding Education Classes.		Portland District Health.
L2P are continuing to engage with employment and other agencies to foster partnerships with staff who work with clients to gain skills enabling learners (clients) on the wait list to be mentored during business hours.		
Delivery of school leavers employment program in a face to face setting, one on one or in group session's to build confidence, grow skills and independent living capabilities.		
Work with local Partners such as GSGLLEN to assist in the delivery of passport to employment and Future Leaders of Industry Programs.		
Build workforce capability including provision of Introduction to Prevention and Population Health training.		
Support partners to access population health data to support their planning processes.		
Deliver a program of Seniors Festival activities across the Shire including arts, information, health and wellbeing activities.	 Community Services	



## 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"> <li>Survey</li> <li>State Gov Data (e.g. VicHealth Indicators).</li> </ul>	Biennial
Objectives	Impact Evaluation	<ul style="list-style-type: none"> <li>Survey</li> <li>State Gov Data (e.g. VicHealth Indicators).</li> </ul>	Biennial
Actions and Commitments	Progress Evaluation	<ul style="list-style-type: none"> <li>Narrative</li> <li>Case Studies</li> <li>No. of Participants</li> <li>Program evaluation (e.g participant knowledge or behaviour change)</li> </ul>	Annually



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 **CASTERTON CUSTOMER SERVICE CENTRE**  
67 Henty Street, Casterton

 **HEYWOOD CUSTOMER SERVICE CENTRE**  
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