

Health & Wellbeing Plan 2013-2017 – Summary of Achievements

Introduction

Council is required to develop a health and wellbeing plan every four years under the Public Health and Wellbeing Act 2008.

Council plays a key role in planning for the health and wellbeing of our residents. Surf Coast Shire's Health and Wellbeing Plan provided a framework for action to improve the health and wellbeing outcomes of communities and individuals. It supports a social model of health which acknowledges that a range of factors beyond the health sector impact on quality of life, including: land-use planning, transport, economic development, employment opportunities, cultural activities and social connections.

The Surf Coast Shire Health and Wellbeing Plan 2013-2017 was developed through collaboration between the G21 Councils and other key stakeholders.

Broad consultation and review of the evidence about the health and wellbeing risk factors and issues evident in the community have enabled the development of three priority areas for action:

- Healthy engaged communities
- Local opportunities
- Service accessibility.

Theme 1: Healthy Engaged Communities

The aim of this priority was to increase physical activity, improve mental health and wellbeing, harm minimisation and sustainability. A number of outcomes were achieved under health and engaged communities, including:

- Mental Health:
 - Headspace promoted as a specific service for young people, responding to the findings of the youth survey. Headspace are interested in being involved with the Youth Pod as it moves around Surf Coast communities
 - Mental Health Week activities incorporating a range of awareness activities for Surf Coast Shire staff and also the community.
 - Council had 128 staff participate in mental health first aid training programs including 2 day Mental Health First Aid, Mental Health Awareness, Perinatal Mental Health and Managing your own Mental Wellbeing courses.
 - community grants awarded for mental health initiatives including "Painting with Parkinson's", "Groovers and Movers Program", and "The Wave Project"
 - public performances relating to mental health including one at the Seniors Centre in Torquay to highlight mental health issues for older people.
 - Reel Health Film Festival – with screenings for communities (Lorne, Winchelsea, and Torquay) with total attendance in 2016 of 95 people. Internal screenings were also organised for Surf Coast Shire staff.

- Enhance food security and reduce food miles:
 - Hook and Vine Festival
 - Good Fish program
 - Eat Local Month
 - provision of funding to enable community orchards and vegetable gardens (e.g. Torquay North Secondary College and the Quay Reserve), and funding to All Aboard to fund a vegetable growing program for all abilities.
 - heritage orchards
 - insect houses
 - continuing support for community gardens (Anglesea, Aireys Inlet, Lorne, Torquay & Winchelsea).

- A number of youth activities supported the health and engaged theme:
 - Successful Schoolies Program (Good Times Great Breaks).
 - Completion of Youth Survey with over 650 participants in 2016 and 735 participants in 2017.
 - Youth Pod-Funding secured.
 - Advocating for a youth space in KMCC.

To support sustainability and connected and active communities a number of infrastructure projects have also been completed:

- partnering with the Federal Government to identify suitable community solar projects for Surf Coast Community Solar grant – with 2 successful applications achieved.
- installation of solar panels on the Torquay Children's Hub and the Modewarre Recreation reserve
- the completion of Spring Creek footpath and bike path.
- installation of bike racks in four sporting reserves aimed at encouraging active transport.

Theme 2: Local Opportunities

The aim of this priority was to increase the community and organisation's capacity to achieve better outcomes for our community, as well as to understand our changing demographics.

The following projects have been undertaken to support this priority:

- Anglesea health and wellbeing profile has been completed in 2016 with activities including the men's health night and Anglesea Fair Food Project being delivered in response to findings.
- Winchelsea health and wellbeing project implemented and activities in conjunction with Community groups/organisations such as: Winchelsea Steering Group, Barwon Medicare Local, Winchelsea Neighbourhood House and Hesse Rural Health. Together a number of activities took place: Service Provider Network, Health and Wellbeing Expo and a Young People's Movie Afternoon.
- traineeships program has been implemented in the Aged and Family Department providing local opportunities for youth employment and training.
- the continuation of funding of the Cafe Style Program Service Accessibility project.
- Developed and implemented new Early Years & Youth and Positive Ageing Strategies

A broad range of youth programs have been successfully implemented including teen mental health first aid, Drum Beat, Girls Engaging Together (GET), Project Alpha and the Voice of Youth. These programs have resulted in a number of positive outcomes for young people, such as: increasing their skills and knowledge, improving their community networks and connections, and celebrating and promoting their achievements. These 'Engage' programs have reported total participation (from 2013 to 2016) of 3,990 young people. In addition to the Engage outcomes, the FreeZa program also held a skate coaching program in Torquay and the Music Regional finals.

Theme 3: Service Accessibility

The aim of this priority was to ensure equity of access to service for all of our communities, including those who are most disadvantaged.

A number of initiatives have been implemented to support service accessibility, including:

- the successful delivery of a variety of health and wellbeing forums including a very successful Men’s Health Forum in Anglesea.
- Council’s early years services maintained compliance, and the Vacation Care program has received “Exceeding” ratings for Assessment and Rating.
- the implementation of our rural RAS (Regional Assessment Service) in 2016/17. This supports accessible referral to the right service for individuals aged over 65. Our HACC PYP continues to provide support and guidance for access for those aged under 65, including support in applying for NDIS.
- Place based township health and wellbeing profiles have enabled Council to bring a variety of service providers together to plan services and initiatives e.g. Winchelsea Health and Wellbeing project
- Strengthened relationships with township community groups have informed Council’s understanding of local health and wellbeing issues e.g. childcare in Winchelsea
- Audit of Council facilities identified underutilised spaces and positioned Council to facilitate greater use
- Transition of management arrangements for Fig Tree Community House in Lorne to Lorne Community Hospital
- Community spaces and facilities consistently identified in Structure Plans

Summary

It can be seen from Graph 1: Theme Achievements 2013-2017 that a significant number of the strategies where achieved, have been absorbed into business as usual or will be completed in 2017/18. A few strategies have been placed on hold for further review, to consider their relevance under the new Plan.

Graph 1: Theme Achievements 2013-2017

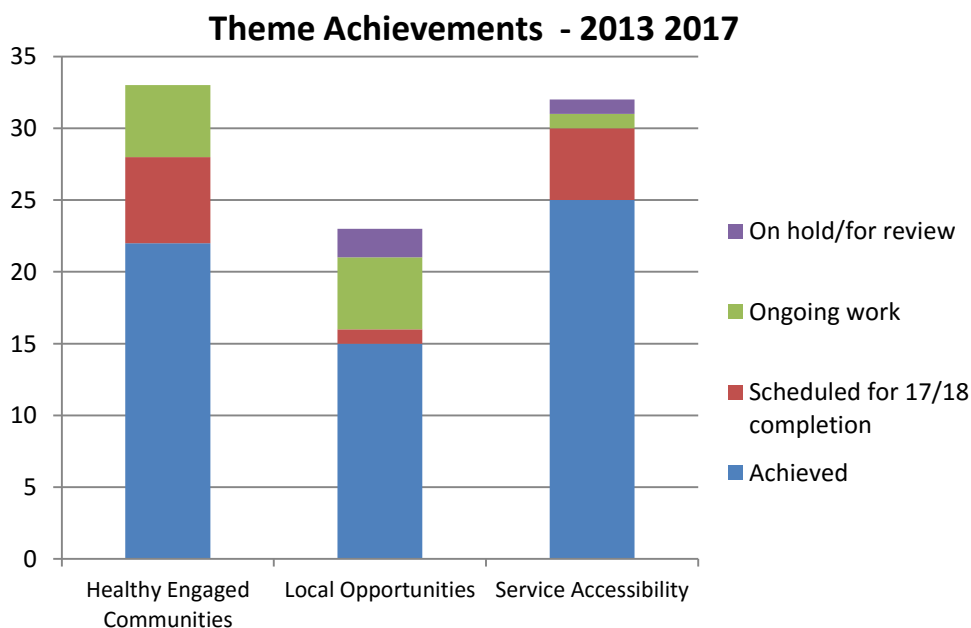
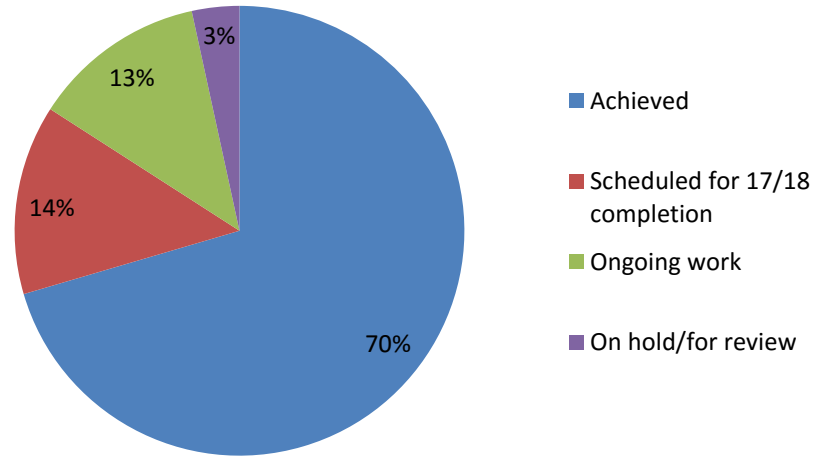


Table 2: Overall Achievement of Strategies 2013-2017, indicates that across all of the strategies 83% of strategies were completed or are now ongoing, with 14% scheduled for action in 2017/18.

Table 2: Overall Achievement of Strategies 2013-2017

Overall Achievement of Strategies 2013-2017



With the successful completion of the 2013-2017 Health and Wellbeing Plan, the focus will now shift to the implementation of a new Plan, which has been incorporated into the 2017-2021 Council Plan. New priorities and strategies have been developed that will continue the focus of positive health and wellbeing outcomes for all Surf Coast communities and individuals.