



LIVING WELL LATROBE

MUNICIPAL PUBLIC HEALTH AND WELLBEING PLAN *2017-2021*

A HEALTHY, SAFE, VIBRANT AND CONNECTED COMMUNITY





LATROBE CITY COUNCIL
**MUNICIPAL PUBLIC
HEALTH AND
WELLBEING PLAN**
2017-2021

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MESSAGE FROM THE MAYOR

... a new perspective

This Municipal Public Health and Wellbeing Plan is more than a collection and analysis of data, it is a capture of the thoughts, hopes and aspirations of our community. It is a show of community force, a determined stand to take an active and powerful role in our collective long term health and wellbeing.



Throughout the development of this document the community has been our source of knowledge, our inspiration and our test of what is and is not empowering.

We have deliberately focused on the strengths of this wonderful community – its spirit, how protective it is of its unique history, how proud it is of its great gifts and assets, its fundamental sense of connectedness and the determination to look after our own.

We also acknowledge the traditional owners of the land, the Braiakaulung people of the Gunaikurnai nation and pay respect to their elders past and present. In the development of this plan we thank our Braiakaulung advisory committee for their guidance and we appreciate the contribution of members

of our aboriginal communities who have assisted and informed the development of this plan.

This Plan is a community plan. It is our blueprint – not just for Council but for our valuable partner agencies and stakeholders, community groups and associations as well as individual community members

In the preparation of this Plan we have also had the privilege of connecting with the Latrobe Valley Health Assembly. Here we have found alignment and synergy to our work and acknowledge the importance of a shared cooperative approach moving forward. The Health Innovation Zone is Australia's first - its establishment provides Council, service providers and the wider community with a unique opportunity to

deliver creative, unconventional, progressive community based approaches to health and wellbeing improvement.

In developing our Plan we thank the State Government for supporting and embracing our community-led approach.

On behalf of Council, I would like to extend my appreciations to those hundreds of community members who participated in the development of this document. Each and every contribution has been enormously valuable in the development of this vision for our community.

By working together to deliver this Plan, by being guided by the wisdom of our community, I am confident that we can create a more healthy, vibrant, safe, connected and resilient community.

OUR COMMUNITY

... at a glance

BUILDING ON OUR STRENGTHS...

OUR OPPORTUNITY

Time of change, people are listening and engaged, a new approach

OUR HOME

Natural beauty, livable, affordable, accessible, country life, close to city

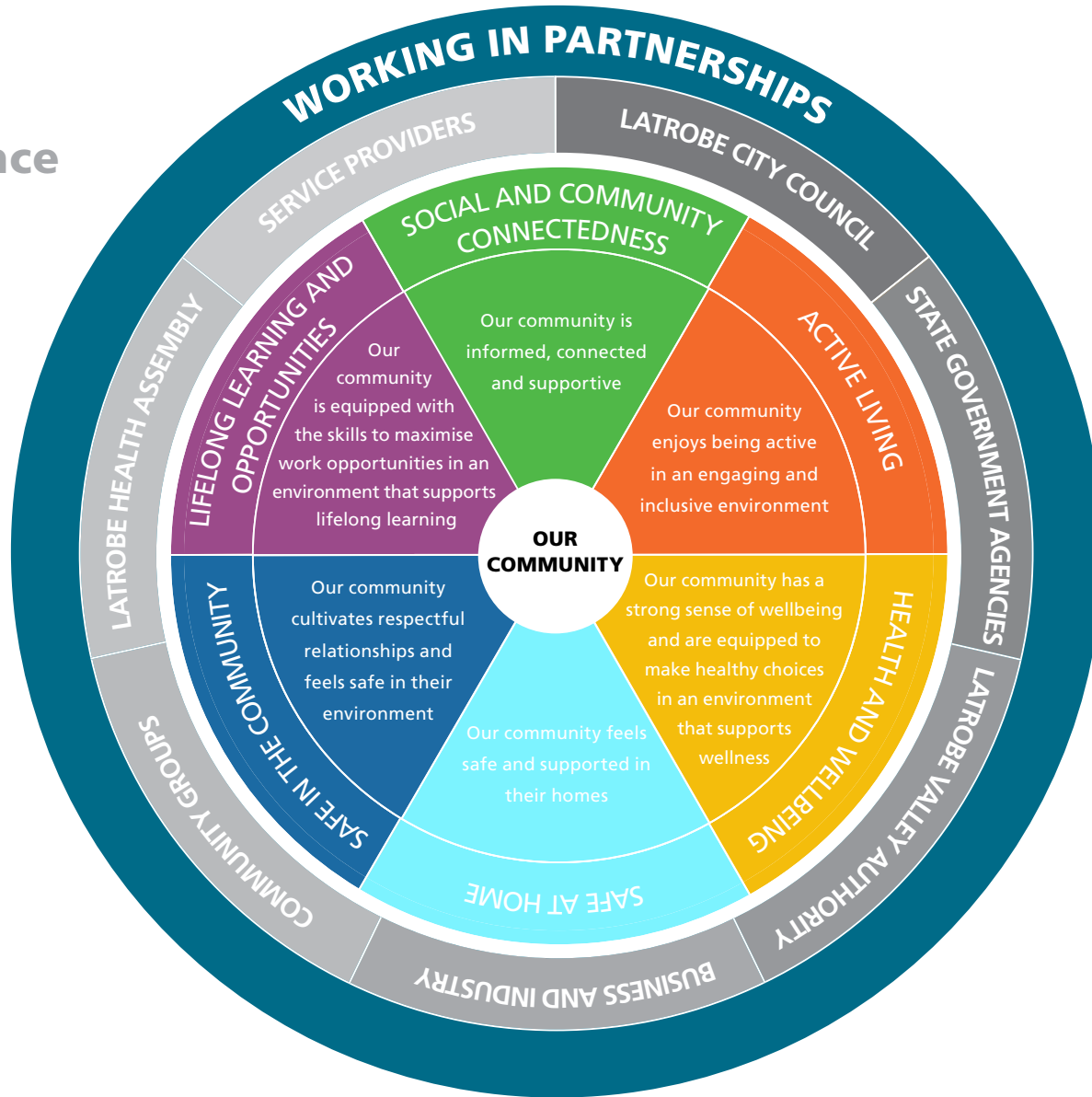
OUR PEOPLE

Welcoming, resilient, supportive, caring, invested, want change



OUR FOCUS

... at a glance





What the community said

welcome packs Aboriginal community
conversation groups social and economic
outdoor spaces eyewatch latrobe
 festivals and fairs
community boards look out for each other
encouragement of art mental health
 dog walking self esteem
community events **flexible volunteering**
senior citizens networking focus on wellness
safety **access to information** young people
education shared paths
partnerships neighbourhood houses disability
puzzle and escape rooms community hubs
share positive stories LGBTIQ
 social clubs
healthy relationships multiculturalism
community transport


SOCIAL AND COMMUNITY CONNECTEDNESS


Our community is informed, connected and supportive

WHAT THE STATISTICS SAY

64% Have attended a community event

 Almost two-thirds are able to get help from neighbours

 1 in 3 People volunteer in their community

 6/10 rated their community good for support groups



OUR FOCUS

- Greater promotion of events, activities, gatherings and opportunities to connect
- Encourage neighbourhoods to host events and activities. Work with neighbours and communities to reduce event barriers and red-tape
- Support initiatives that reduce feelings of isolation and loneliness - connect neighbours and communities
- Promote volunteering opportunities across Latrobe City
- Develop a diverse and flexible range of volunteering opportunities so people can make a difference to their community
- Be a welcoming and inclusive community for all members including LGBTI, Aboriginal and Torres Strait Islander community, multicultural, youth, people with a disability



What the community said


bike paths walking groups
purpose for activity low cost inclusive
dances open spaces 'come and try' days
amenities off leash dog parks
schools park runs volunteering
Community gardens water fountains
rest spots natural beauty
connect our towns incidental activity
build on what's working well work together
create walking destinations flexible options
social connection active neighbourhoods
accessibility midnight basketball
workplaces


ACTIVE LIVING


An environment and community that cultivate and enjoy active living

WHAT THE STATISTICS SAY

58% Not meeting daily activity guidelines

 More than two-thirds would like to increase their physical activity

 1 in 3 People are a member of a sporting group

 Latrobe residents reported that barriers to engaging in physical activity include time, affordability, ill health, suitable facilities and caring for young children



OUR FOCUS

- Promote ways to be more active in the home, at work, school and play
- Build environments that create opportunities to move and build physical health
- Invest in infrastructure that provides low cost physical activity that can be used by all members of the community
- Create affordable sporting and physical activity options with Clubs and sporting organisations
- Get the community moving—grow existing active living initiatives, foster new ones and work with the community to create new and exciting physical activity opportunities
- Grow participation in physical activity —women, Aboriginal and Torres Strait Islander community, LGBTI, multicultural community, people with a disability, seniors
- Improve low cost physical activity facilities to promote walking, cycling and use of public transport with an aim to reduce our community's carbon footprint



What the community said

mental health
inclusive services
affordable options
business
council facilities
healthier fast food options
free water
drug and alcohol
sporting clubs
support with dignity
service professional retention
LGBTIQ support
community leadership
community based support
food swaps
workplaces
sexual health
education
food literacy
edible landscapes
healthy kids menus
community groups
focus on wellness
crisis support
healthy relationships
gender equity
system navigation
empower
reduce the stigma
social inclusion
vulnerable groups
information packs
neighbourhood outreach
farmer's markets
drug rehabilitation
schools

HEALTH AND WELLBEING

Our community has a strong sense of wellbeing and are equipped to make healthy choices in an environment that supports wellness

WHAT THE STATISTICS SAY



58% of people at increased risk of alcohol related harm on a single occasion



2/10 report being obese



5 in 10 people do not meet dietary guidelines for fruit or vegetable consumption



15% Reported fair or poor health status



17% are in high psychological distress



OUR FOCUS

- Increase access, availability, promotion and consumption of healthy food and drink options
- Support local food initiatives such as community gardens and food swaps
- Reduce the harms associated with drugs, smoking and excessive alcohol consumption
- Support families to access information about drug and alcohol rehabilitation services. Advocate for improved alcohol and drug rehabilitation services in local communities
- Work with the community to prevent family violence. Promote respectful and equitable relationships
- Promote safe sexual relationships across the community
- Develop and support partnerships to address the causes of food insecurity with focus on access to healthy food, education around healthy eating and support for local producers
- Support Victorian State Government initiatives to improve health outcomes for Aboriginal and Torres Strait Islander community members
- Promote mental wellbeing, talk about ways to support and enhance mental health. Work with our partners to promote services, networks and agencies working in this space
- Reduce harm from problem gambling







What the community said

safe in the family unit long-term planning
culturally diverse support
online and telephone fraud workplaces
education children and young people
community hubs
support for victim survivors same sex relationships
elder abuse police
prevention accessibility
gender equity address causes
perpetrators online bullying
short term contracts affect relationships
healthy relationships accessibility
mental health first aid

SAFE AT HOME

Our people feel safe in their homes

WHAT THE STATISTICS SAY

-  Family violence incidents per 1000
**compared to state rate of 12*
-  More than half of people are able to get help from neighbours
-  4/10 people aged over 75 years live alone
-  75% of those affected by family violence across Victoria were female



OUR FOCUS

- Be vocal supporters and active participants in the eradication of family violence
- Promote a more gender equitable community by developing our workforce, educating the community and building an understanding of the underlying causes of family violence
- Work with key partners including state government on implementing “Ending Family Violence—Victoria’s Plan for Change” (10 year plan)
- Work with partners to enable responsive, flexible and culturally appropriate support for those who have been affected by family violence
- Work with community groups to promote online safety



What the community said

protective services
community gatherings safe open spaces
respect for women education
homelessness **police resources**
diversity outreach programs
permits for parties **safe transport**
mental health aid additional paths
prevention **relationship building**
rehabilitation centres **shared goals**
anti-violence nightlife transport availability
hoon reduction **school crossings**
fall risks Kurnai Young Parents Program
community gardens
youth justice street lights

SAFE IN THE COMMUNITY

Our community cultivates respectful relationships and feels safe in their environment

WHAT THE STATISTICS SAY

12

Drug usage and possession offences per 1000



Just over half of people feel safe on the streets alone

94%

Rated their community as a pleasant environment



OUR FOCUS

- Support stronger relationships and partnerships between the Police and the community
- Encourage clubs, community groups and services to provide safe, welcoming and inclusive environments for all
- Consider innovative ways to reinvigorate empty shop fronts to add brightness and vibrancy to our street scapes
- Work with the Police and agencies to respond to public perceptions of safety
- Work with neighbourhood centres, houses and hubs to build local connections and support school and neighbourhood renewal projects
- Work creatively to develop initiatives to prevent those in our community from entering or re-entering the criminal justice system and look at ways to support re-entry into the community
- Address pedestrian and transport safety needs—consider pedestrian crossings, bike and walking paths, hoon behaviour, lighting and community prevention activities



What the community said

harness strengths of the community
build confident adults culture matters
cost of education / skills development ecological model
encourage hope digital literacy
food security life skills early years
gender equity recognition of experience
Home and Community Care
managing finances impact of trauma
multiple pressures fair pay for young people
parents learn through their children mental health
men's sheds grandparents as carers
match education to employment options
value volunteering childhood impacts on later life
casualisation of the workforce pathways
mentoring learn locals skills for hobbies and interests
flexible accessible learning

LIFELONG LEARNING AND OPPORTUNITIES

Our community is equipped with the skills to maximise opportunities in an environment that supports lifelong learning

WHAT THE STATISTICS SAY

7.8%

Unemployment rate



Almost one-third of children developmentally vulnerable in more than 1 area

\$400

45% of people have income less than \$400 per week

85%

Year 9 students attained national minimum literacy standards
**6% below state rate*



OUR FOCUS

- Support and promote flexible learner centred initiatives and learning as an opportunity for every member of our community.
- Build positive and supportive pathways into learning.
- Embrace a family centred approach to early years learning which harnesses the talents and interests of children to support school readiness
- Grow, support and promote services and programs which build financial and digital literacy
- Create opportunities to harness hobbies and interests as pathways into learning
- Recognise that employment is an important foundation for health and wellbeing. Support our community to build skills and be job ready
- Create and promote clear local pathways from education and skills training to employment opportunities
- Coaching and training to assist with resume writing, interview skills and career advice for appropriate employment opportunities for all ages throughout all stages of life

OUR PROMISE

... next steps



ACTION PLAN
PROGRESS MONITORING
ANNUAL REVIEW
COMMUNITY INVOLVEMENT
PROMOTE & SHARE

WITH ENVIRONMENTS THAT...



WE WILL...



OUR COMMUNITY WILL SAY...



HOW WE KNOW WE ARE MAKING A DIFFERENCE?

- ✓ Health data improves
- ✓ Community are connected, active, happy and healthy
- ✓ Service providers and partners commit to and deliver meaningful services to the community
- ✓ Community will feel listened to and catered for and report positively on changes resulting from the plan

APPENDIX 1

Following the Council election in 2016, Latrobe City have implemented the development of a community focused Municipal Public Health and Wellbeing Plan for years 2017-2021.

With this in mind, an extensive community engagement was undertaken to collect the community's thoughts and ideas on how to improve the health and wellbeing of the people and understand the best ways to engage with them to ensure this plan is useful; and responds to the way in which they live.

Latrobe City's primary objective was to listen to the community and capture their thoughts on their life, their community and their wellbeing.

Latrobe City Council embarked upon neighbourhood door knock surveys in four townships in Latrobe City. Conversation Cafes were held with the neighbourhoods which were visited to share these results and discuss the themes drawn from this to understand the ideas they have on improving their health and wellbeing. As well as these neighbourhoods, online responses have been received from Tyers, Yallourn North, Yinnar, Boolarra, Newborough, Toongabbie, Glengarry and Traralgon South through online surveys. In addition, a short postcard survey was distributed.

This process generated a wealth of valuable insight into our community which drove the next steps. From these surveys Latrobe City identified a number of key themes, which set the direction for further in-depth discussions.

From the data collated four main workshop themes were identified; social and community connection; feeling safe; active and healthy living and; work and educational opportunities and financial security. These formed the basis for discussions with the MPHWP Reference Group and the Municipal Themed Workshops where community members and representatives from local service providers examined the themes in more depth and explored ideas for how our community can improve their health and wellbeing in these key areas.

In addition people were asked how they would like to be engaged, what a thriving community would look like to them if the plan was successful and what they would like the plan to look like. This input drove out key priorities for development of a community focused Municipal Health and Wellbeing Draft Plan.



APPENDIX 2

In context

This section of the plan details how our focus areas align with the Latrobe City Council Plan 2017-2021, the Municipal Strategic Statement, the Victorian Public Health and Wellbeing Plan 2015-19 and the Latrobe Health Assembly priorities to work together towards a happy and healthy Latrobe.

		LATROBE CITY COUNCIL PLAN 2017 - 2021 OBJECTIVES ⁶						MUNICIPAL STRATEGY STATEMENT ⁷					
		SUPPORT JOB CREATION AND INDUSTRY DIVERSIFICATION TO ENABLE ECONOMIC GROWTH	ENCOURAGE IMPROVED EDUCATION & TRAINING OUTCOMES	IMPROVE THE LIVEABILITY AND CONNECTEDNESS OF LATROBE CITY	IMPROVE THE AMENITY AND ACCESSIBILITY OF COUNCIL SERVICES	PROVIDE CONNECTED, ENGAGED & SAFE COMMUNITY ENVIRONMENT, WHICH IS IMPROVING THE WELLBEING OF ALL CITIZENS	ENSURE COUNCIL OPERATES OPENLY, TRANSPARENTLY AND RESPONSIBLY	GROW THE CIVIC PRIDE OF OUR MUNICIPALITY & SOLIDIFY LATROBE CITY'S IMAGE AS A KEY REGIONAL CITY	NATURAL ENVIRONMENT	BUILT ENVIRONMENT SUSTAINABILITY	MAIN TOWNS	ECONOMIC SUSTAINABILITY	LIVEABILITY
SOCIAL AND COMMUNITY CONNECTEDNESS	Our neighborhoods are informed, connected and supportive			•	•	•		•				•	
ACTIVE LIVING	An environment and community that cultivate and enjoy active living			•	•	•		•	•	•		•	
HEALTHY LIVING	Our people have the knowledge and opportunities to make healthy choices and access appropriate, responsive supports and services			•	•	•	•	•	•			•	
SAFE AT HOME	Our people feel safe in their homes and can access appropriate support and services when needed		•	•	•	•							
SAFE IN OUR COMMUNITY	Our schools, workplaces, environment and community help everyone to feel safe and connected			•	•	•		•	•			•	
LIFELONG LEARNING AND OPPORTUNITIES	Our community have the skills, and opportunities to be financially secure	•	•	•	•	•		•			•		

APPENDIX 2

In context

(continued)

		VICTORIAN PUBLIC HEALTH AND WELLBEING PLAN 2015-19 PRIORITY AREAS ⁷							
		HEALTHIER EATING AND ACTIVE LIVING	TOBACCO FREE LIVING	REDUCING HARMFUL ALCOHOL & DRUG USE	IMPROVING MENTAL HEALTH	PREVENTING VIOLENCE & INJURY	IMPROVING SEXUAL & REPRODUCTIVE HEALTH	MAINTAINING HEALTHY ENVIRONMENTS	RESPONDING TO THE IMPACTS OF CLIMATE CHANGE
SOCIAL AND COMMUNITY CONNECTEDNESS	Our neighborhoods are informed, connected and supportive				•	•			•
ACTIVE LIVING	An environment and community that cultivate and enjoy active living	•						•	
HEALTHY LIVING	Our people have the knowledge and opportunities to make healthy choices and access appropriate, responsive supports and services	•	•	•	•	•	•		
SAFE AT HOME	Our people feel safe in their homes and can access appropriate support and services when needed				•	•			
SAFE IN OUR COMMUNITY	Our schools, workplaces, environment and community help everyone to feel safe and connected	•		•	•	•		•	
LIFELONG LEARNING AND OPPORTUNITIES	Our community have the skills, and opportunities to be financially secure	•			•				•

APPENDIX 2

The establishment of the Latrobe Health Assembly (the Assembly) was a key recommendation from the re-opened Hazelwood Mine Fire Inquiry. It is independent of government and consists of over 40 members of the Latrobe Valley reflecting the diversity of our community.

The Assembly is an important partner in the development and implementation of this plan, and has initially established three working groups

LATROBE HEALTH ASSEMBLY WORKING GROUPS	SOCIAL AND COMMUNITY CONNECTEDNESS	ACTIVE LIVING	HEALTHY LIVING	SAFE AT HOME	SAFE IN OUR COMMUNITY	LIFELONG LEARNING AND OPPORTUNITIES
	Our neighborhoods are informed, connected & supportive	An environment & community that cultivate and enjoy active living	Our people have the knowledge & opportunities to make healthy choices & access appropriate, responsive supports & services	Our people feel safe in their homes & can access appropriate support & services when needed	Our schools, workplaces, environment & community help everyone to feel safe & connected	Our community have the skills, and opportunities to be financially secure
Make the move		•	•			
Education employment and pride of place	•					•
Early childhood, young people and families	•			•		•

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4. Turning Point, Alcohol and other drug statistics, (2015-16 figures) <http://aodstats.org.au/VicLGA/>
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