



GOLDEN PLAINS SHIRE

ATTACHMENTS

**Under Separate Cover
Ordinary Council Meeting**

6.00pm Tuesday 28 April 2020

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Municipal Health and Wellbeing Plan

6 Month Update

Achievements and Outcomes



GP Network

“Collective passion for supporting our community. Proactive networking and sharing information”

- The GP network was developed in 2014 and continues to be a key mechanism for engaging with the partners delivering health and wellbeing outcomes in the south end of the Shire
- The network runs for 1 hour * 4 times a year
- On average 15 attendees
- Internal partners include council staff from Health and Wellbeing, Children & Family Services , Maternal & Child Health, Youth Services and Active Ageing and Disability
- External Partners include Bannockburn Surgery, Teesdale Surgery , Golden Plains Medical Centre, Barwon Health , Hesse Rural Health and Western PHN
- Outcomes of the network in 2019 were increased referrals to allied health services , support of Bannockburn P-12 Breakfast Club, partnership under development for implementation of ‘Docs in Schools program’ , comprehensive list of allied health services developed.



16 Days of Activism Respect Women Call it Out Campaign

A social media campaign that featured 16 community leaders/influencers talking to camera/still shot reinforcing 16 Days of Activism messaging. A video or still shot was displayed on FB or Twitter on the 16 consecutive days finishing with the compilation of all community members.

Key activities and reach of project:

- **GPS Facebook page** - 18 posts (13 videos, 5 still images)
Reach: 20,737, **Video Views:** 4,111 **Engagements:** 6,317
- **GPS Twitter** - 18 Posts (13 Videos, 5 Still images)
Impressions: 4,143, **Video Views:** 324 **Engagements:** 99
- **GPS Linked In:** 1 Video post,
Impressions: 218 **Video Views:** 60
- Council had 'on hold' message recorded and played for 16 days of Activism
- 16 Days of Activism Email signature on all Council employee emails for 16 days
- Stencil used on entrances to 4 Council buildings that have interface daily with residents. Stencils were placed in Bannock burn, Linton, Smythesdale.



'Super Veggie Four' – Making Veggies Super

The development of the children's book 'The Super Veggie Four' was a collaborative piece, with significant input from Child and Family Services Staff, early years children, primary school children.

Key activities and reach of project:

- Designed to portray vegetables as fun, exciting, and super, the storybook was shaped by families and children from across Golden Plains Shire. It tells the story of three local children from Rokewood, Smythesdale and Cape Clear, who are visited by 'super hero vegetables' and helped in their journey to change traditional family meals from 'ordinary to rainbow,' discovering delicious and healthy vegetables.
- Book launched at 11 kinders across the shire both Council operated and privately owned.
- Book reading and engagement activity held at Council's Children's Week in October 2019
- Reach across two launches :
 - Over 600 children aged 3-5 years
 - Approximately 300 families across Golden Plains
- This project forms part of a larger project to increase vegetable consumption across the Shire, other reinforcing activities that have occurred include : Winter Harvest Festival in Dereel and Rokewood, 'Taste the Rainbow' campaign that has been picked up by G21 partners and delivered regionally.
- The ' Super Veggie Four' can be downloaded on Councils website:
<https://www.goldenplains.vic.gov.au/residents/my-family/health-and-wellbeing>



'Super Veggie Four' – Making Veggies Super



Vichealth Walk to School 2019

Annual Vichealth funded program to encourage children and families to be active and walk, ride, scoot to school

Key activities and reach of project :

- 15 Schools signed up to program (100% of schools in the Shire)
- Campaign focused on 'Walk on Wednesday' concept to encourage and support families who may not walk at all to at least walk once a week
- 'Walk on Wednesday' Launch held in Bannockburn in partnership with St Mary McKillop Primary School, Bannockburn P-12 College , GPSC Early Years , Bright Minds Early Learning Centre
- Launch encouraged families to walk one of two main routes to schools where street performers were positioned for entertainment. Large numbers of students and families walked on this day.
- Many of our schools are unable to encourage 'Walk to School' due to rurality , schools in this position were encouraged to hold weekly walks within there school communities , many of our schools to this approach
- All schools who signed up to the program received two deliveries of fruit in the month of October support their walking activities and reinforce health messaging.
- H&WB Team working in partnership with the G21 Active Travel group to develop a communications plan so that imagery and messaging across the G21 region was consistent, this included community signage, FB posts, press releases and media articles.





Vichealth Walk to School 2019



WALK TO SCHOOL WEDNESDAY – A COMMUNITY WALK

The annual walk to school challenge is once again occurring during October. This year at Ross Creek, we are holding a 'Wednesday Community Walk'. Every Wednesday in October, parents, students and carers are invited to meet on the basketball court at 8.30am sharp for a community walk through the Ross Creek Reserve. The 'Wednesday Community Walk' will be taking place on the following dates in October:

- Wednesday 9th October (8.30am)
- Wednesday 16th October (8.30am)
- Wednesday 23rd October (8.30am)
- Wednesday 30th October (8.30am)

Fingers crossed for some beautiful spring walking weather!

GRANDPARENTS DAY



Let's Get Active Together!

Let's get active together
Walk to School

Golden Plains Shire will join VicHealth in encouraging kids to walk, ride or scoot to school as part of the annual Walk to School program.

Every October, Walk to School encourages families to get active on the trip to and from school to help kids build healthy habits for life.

Golden Plains Shire will work with local primary schools to deliver a range of activities to support more families to walk, ride or scoot to school this October thanks to \$15,000 funding from VicHealth.

Council will launch 'Walk or Wheel Wednesdays', providing the new initiative at schools across Golden Plains.

For more information, visit the Walk to School website at www.walktoschool.vic.gov.au or call Council's Health and Wellbeing team at 5208 7188.

Walk or Wheel Wednesdays Launch 8am to 4pm, Wednesday 9 October.

Join the Vic Health 'Walk to School' program. Scoot and walk or wheel to school. Having fun, learning, perusing, perusing and playing along High St, Wilson St and Moorabie Cr in Bennockburn.

For more information, call Rebecca Hickley at 5208 7188.

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