



MUNICIPAL PUBLIC HEALTH AND WELLBEING ACTION PLAN 2021-2025

ACKNOWLEDGEMENT OF COUNTRY

Golden Plains Shire spans the traditional lands of the Wadawurrung and Eastern Maar people. We acknowledge them as the Traditional Owners and Custodians.

Council pays its respects to Wadawurrung Elders past, present and emerging. Council also respects Eastern Maar Elders past, present and emerging.

Council extends that respect to all Aboriginal and Torres Strait Islander People who are part of the Golden Plains Shire.

*Image: Sunset over Bunjil's Lookout in Maude.
Artwork: 'Wabdallah' by Shu Brown*



GOLDEN PLAINS SHIRE MUNICIPAL PUBLIC HEALTH AND WELLBEING ACTION PLAN 2021-2025

Golden Plains Shire Council have partnered with a number of service providers, regional alliances and community groups/organisations across the Shire to develop a Municipal Public Health and Wellbeing Plan Action Plan 2021-2025 (Action Plan).

The Action Plan embeds an integrated responsibility across all areas of Council and community to reflect the view that 'health and wellbeing is everyone's responsibility'.

The Action Plan was developed with regard to the Victorian Public Health and Wellbeing Plan 2019-2023 which provides a framework for coordinated action and details activities that Council and partners will deliver to ensure that all residents can achieve optimal health and wellbeing and participate fully in the community. The activities address the five health and wellbeing priorities of the Golden Plains Shire Municipal Public Health and Wellbeing Plan.



The five health and wellbeing priorities are:



IMPROVING MENTAL WELLBEING



INCREASING ACTIVE LIVING



PREVENTING FAMILY VIOLENCE AND ADVANCING GENDER EQUITY



INCREASING HEALTHY EATING



TACKLING CLIMATE CHANGE AND ITS IMPACT ON HEALTH

The activities within the Action Plan were informed through extensive consultation with key stakeholders including an action planning forum which involved collaborative planning in each of the five priority areas. Twenty-six partners from community health organisations, regional networks, preventative health service providers, regional sporting associations, family violence support services and the education and disability sector, as well as internal Council departments contributed to the Action Plan.

In addition, activities were aligned with the priorities and actions of two primary regional alliances including the G21 regional alliance (Healthy Eating Active Living) and the Central Highlands Primary Care Partnership (Healthier Eating Active Living).

The core principles that underly the activities within the Action Plan include:

- Placed based and local solutions: Recognising how the places where people live, learn, work and play have an important role in shaping health and wellbeing. Developing and delivering local solutions to local problems.
- Sustainable progress: Embedding capacity building and empowerment into all health and wellbeing activities to ensure long-term benefits can be sustained.
- Increasing access: Facilitating increased and equitable access to local health and community services to meet the current and future needs of the Shire community.

Ongoing governance and monitoring will be conducted, with an annual review to modify and evaluate effectiveness and measure the success and impact of Council work. This will ensure that Council takes a holistic approach to health and wellbeing matters and are proactive in addressing emerging community health needs with place-based and people-centred activities.



PRIORITY 1: IMPROVING MENTAL HEALTH

OUTCOMES

- Improved awareness and understanding of mental wellbeing and mental illness
- Improved access to mental health support services
- Increased opportunities for social connection and meaningful participation in the community

STRATEGIES

What we are going to do

ACTIONS

How we will go about it

1.1 Educate the community about mental wellbeing and mental illness

- Support capacity building at local schools, sporting clubs and community groups
- Increase knowledge and skills in community around mental wellbeing
- Deliver activities and programs that engage youth
- Promote and raise awareness of mental health initiatives e.g. R U OK? Day

1.2 Lobby, advocate, collaborate and develop strategic relationships with community and partners to improve access to mental health support services

- Explore opportunities to build new partnerships with service providers
- Advocate for more mental health support services including outreach
- Advocate for more public and community transport
- Seek funding opportunities for mental health projects, initiatives and services

1.3 Provide local opportunities for community to build social connections

- Support local sporting and community groups to provide participation and engagement opportunities
- Provide programs, activities and spaces for people of all ages and abilities to build social connections
- Support local community events e.g. Farmer's markets, festivals, community gardens
- Explore avenues to enhance existing and establish new partnerships with organisations to increase opportunities to engage, participate and connect

1.4 Support people of all ages and abilities to maximise their potential for meaningful participation in community life

- Provide opportunities for capacity building and leadership in community groups
- Connect community groups with funding opportunities e.g. Community Strengthening Grants
- Encourage and support volunteering

PARTNERS

External

- Ballarat Community Health
- Bannockburn Surgery
- Barwon Child Youth & Family
- Barwon Health
- CatholicCare

- Central Highlands Primary Care Partnership
- Hesse Rural Health
- integratedliving
- Leisure Networks
- Western Vic phn

Internal Council

- Active Ageing and Inclusion
- Child and Family Services
- Economic Development
- Health and Wellbeing
- Human Resources
- Maternal and Child Health
- Occupational Health & Safety
- Recreation
- Strategic Planning
- Youth



COUNCIL PLAN INTEGRATION LINK

Theme: COMMUNITY

Objective 1.1 Safe, resilient, and proud communities	1.1.1 Education, programs, services and infrastructure to enable people to feel safe in their local communities including preventing family violence and improving mental wellbeing
Objective 1.2 Celebrating and Connecting Communities	1.2.3 Supporting events and activities across the Shire to bring communities together and promote participation
Objective 1.3 Community participation, engagement and ownership	1.3.1 Empower and build the capacity of residents and groups to get involved and contribute to communities 1.3.2 Provide and activate spaces and develop opportunities for communities to connect and participate
Objective 1.4 Valuing community diversity and inclusion	1.4.1 Value and provide inclusive opportunities for residents of all ages and abilities to meaningfully participate in community life

Theme: LIVEABILITY

Objective 2.1 Connected and accessible roads, crossings, paths and transport	2.1.3 Continue to advocate and explore transport options across the Shire
Objective 2.2 Supporting healthy and active living	2.2.1 Provide, maintain and advocate for sustainable and accessible facilities that promote and enable healthy recreation, physical activity and social connection 2.2.2 Programs, initiatives and services to promote optimal health and wellbeing, including physical activity, healthy eating, mental health and social connection

Theme: PROSPERITY

Objective 4.1 Education, learning and skill development	4.1.1 Support the development of young children and their families. 4.1.2 Enable access to education, learning and skill development through all stages of life
Objective 4.4 Local employment and training	4.4.2 Deliver initiatives that local residents support local training and job opportunities in Golden Plains Shire

Theme: LEADERSHIP

Objective 5.3 Responsive service delivery supported by systems, resources and an engaged workforce	5.3.1 Council service delivery is efficient and responsive to the needs of the community
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PRIORITY 2: INCREASING ACTIVE LIVING

OUTCOMES

- Increased opportunities to be physically active
- Accessible places and spaces that support physical activity for all

STRATEGIES

What we are going to do

ACTIONS

How we will go about it

2.1 Provide and support programs, activities and initiatives that facilitate increased participation in physical activity

- Deliver physical activity programs across the Shire
- Seek opportunities to apply for funding to deliver innovative physical activity initiatives
- Participate in regional networks and alliances to collaborate on joint initiatives e.g. TGC
- Apply a gender lens to planning physical activity initiatives that support women and girls to be active
- Support community led physical activity initiatives through Council grants

2.2 Provide and maintain quality indoor and outdoor spaces for physical activity, organised sport and active recreation

- Ensure Council facilities are welcoming and inclusive for all
- Maintain parks, ovals, trails, paths and open spaces to provide quality places to be active
- Support and promote active travel in the Shire

2.3 Maintain and strengthen relationships with local sporting clubs, associations and regional sports assemblies to support collaboration

- Maintain existing, and build new relationships with sporting clubs across the Shire
- Support and actively participate in regional/state recreation and sporting partnerships
- Support local clubs to apply for funding to improve and expand participation
- Engage and support local clubs to develop inclusive policies and practices

2.4 Support an inclusive environment that enables people to be active every day

- Promote, encourage and provide opportunities for women and girls to participate in physical activity
- Support people of all ages to be active
- Raise awareness of socio-cultural practices in active living
- Provide opportunities for people of all abilities to participate in physical activity
- Support inclusive environments for LGBTQIA+ communities to be active

PARTNERS

External

- Ballarat Community Health
- Barwon Health
- CatholicCare
- Central Highlands Primary Care Partnership
- G21

- Hesse Rural Health
- integratedliving
- Leisure Networks
- Sports Central
- Women's Health Grampians

Internal Council

- Active Ageing and Inclusion
- Child and Family Services
- Community Facilities
- Health and Wellbeing
- Maternal and Child Health
- Recreation
- Strategic Planning



COUNCIL PLAN INTEGRATION LINK

Theme: COMMUNITY

Objective 1.3 Community participation, engagement and ownership

- 1.3.1 Empower and build the capacity of residents and groups to get involved and contribute to communities
- 1.3.2 Provide and activate spaces and develop opportunities for communities to connect and participate

Objective 1.4 Valuing community diversity and inclusion

- 1.4.1 Value and provide inclusive opportunities for residents of all ages and abilities to meaningfully participate in community life

Theme: LIVEABILITY

Objective 2.1 Connected and accessible roads, crossings, paths and transport

- 2.1.2 Advocate and plan for safe pedestrian, cycling and recreation paths and trails that reduce reliance on vehicles

Objective 2.2 Supporting healthy and active living

- 2.2.1 Provide, maintain and advocate for sustainable and accessible facilities that promote and enable healthy recreation, physical activity and social connection
- 2.2.2 Programs, initiatives and services to promote optimal health and wellbeing, including physical activity, healthy eating, mental health and social connection

Objective 2.4 Attractive and well-maintained infrastructure and public spaces

- 2.4.1 Provide high quality public spaces and infrastructure
- 2.4.2 Maintain the amenity and cleanliness of townships, roadsides and public spaces

Theme: PROSPERITY

Objective 4.1 Education, learning and skill development

- 4.1.1 Support the development of young children and their families
- 4.1.2 Enable access to education, learning and skill development through all stages of life

Theme: LEADERSHIP

Objective 5.3 Responsive service delivery supported by systems, resources and an engaged workforce

- 5.3.1 Council service delivery is efficient and responsive to the needs of the community



PRIORITY 3: PREVENTING FAMILY VIOLENCE AND ADVANCING GENDER EQUITY

OUTCOMES

- Increased education and awareness around gender equity and respectful relationships
- Increased initiatives addressing gender equity
- Improved access to an integrated response system to support those experiencing family violence

STRATEGIES What we are going to do	ACTIONS How we will go about it
3.1 Provide and support programs, activities, and spaces that promote gender equity and respectful relationships	<ul style="list-style-type: none"> • Participate in regional networks and alliances to collaborate on regional initiatives • Partner with specialist organisations and service providers to develop resources, educate community and deliver programs • Advocate and support the delivery of gender equity training to schools, sporting clubs and community groups • Support schools to participate in Respectful Relationship training as part of curriculum
3.2 Demonstrate leadership on gender equity, social inclusion and respect for wellbeing for all groups in the community	<ul style="list-style-type: none"> • Support Council to adopt and implement recommendations of Gender Equality Act • Lobby and advocate for funding to support gender equity and social inclusion programs • Lead events and activities that support gender equity and social inclusion e.g. 16 Days of Activism, International Women's Day
3.3 Maintain and enhance community safety to enable people to feel safe in their local communities, with a focus on preventing family violence	<ul style="list-style-type: none"> • Support community led safety initiatives • Provide safe and accessible community spaces • Work collaboratively with internal and external partners to apply a prevention lens to safety plans
3.4 Improve access to an integrated response to support those experiencing family violence	<ul style="list-style-type: none"> • Build partnerships with family violence prevention services to enhance integration • Advocate and provide more services including outreach • Promote family violence support services and raise awareness of services they offer • Support community to access support services and streamline referral pathways

PARTNERS

External		Internal Council	
<ul style="list-style-type: none"> • Ballarat Community Health • Barwon Child Youth and Family • Barwon Health • CatholicCare • Department of Education and Training 	<ul style="list-style-type: none"> • Hesse Rural Health • integratedliving • Leisure Networks • Sports Central • Women's Health Grampians 	<ul style="list-style-type: none"> • Active Ageing and Inclusion • Child and Family Services • Community Safety • Gender Equity Group • Health and Wellbeing • Human Resources 	<ul style="list-style-type: none"> • Maternal and Child Health • Occupational Health and Safety • Recreation • Strategic Planning • Youth



COUNCIL PLAN INTEGRATION LINK

Theme: COMMUNITY

Objective 1.1 Safe, resilient, and proud communities	1.1.1 Education, programs, services and infrastructure to enable people to feel safe in their local communities including preventing family violence and improving mental wellbeing
Objective 1.3 Community participation, engagement and ownership	1.3.1 Empower and build the capacity of residents and groups to get involved and contribute to communities
Objective 1.4 Valuing community diversity and inclusion	1.4.1 Value and provide inclusive opportunities for residents of all ages and abilities to meaningfully participate in community life

Theme: LIVEABILITY

Objective 2.2 Supporting healthy and active living	<p>2.2.1 Provide, maintain and advocate for sustainable and accessible facilities that promote and enable healthy recreation, physical activity and social connection</p> <p>2.2.2 Programs, initiatives and services to promote optimal health and wellbeing, including physical activity, healthy eating, mental health and social connection</p>
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Theme: PROSPERITY

Objective 4.1 Education, learning and skill development	<p>4.1.1 Support the development of young children and their families</p> <p>4.1.2 Enable access to education, learning and skill development through all stages of life</p>
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Theme: LEADERSHIP

Objective 5.3 Responsive service delivery supported by systems, resources and an engaged workforce	5.3.1 Council service delivery is efficient and responsive to the needs of the community
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PRIORITY 4: INCREASING HEALTHY EATING

OUTCOMES

- Increased understanding of healthy eating and associated health implications
- Improved access to safe, affordable and nutritious food

STRATEGIES

What we are going to do

ACTIONS

How we will go about it

4.1 Provide and support programs, activities, and initiatives that encourage healthy eating and decrease consumption of discretionary foods

- Deliver innovative healthy eating initiatives across the community
- Provide education and promotion to schools, community groups, sporting clubs and workplaces on healthy eating and discretionary foods
- Participate in regional networks and alliances to collaborate on healthy eating initiatives
- Support community led healthy eating initiatives e.g. healthy eating grants funded through Council's Strengthening Community Grants program

4.2 Support socio-cultural approaches to healthier eating and drinking

- Promote healthy eating/drinking regional campaigns
- Seek opportunities to deliver innovative healthy eating initiatives that take a socio-cultural approach
- Explore socio-cultural norms around healthy eating, drinking and breastfeeding

4.3 Support programs, activities and spaces that increase food security across the community

- Support community projects that increase food security e.g. community gardens
- Educate the community about food sustainability and home grown produce
- Explore opportunities to establish local food security initiatives

4.4 Lobby, advocate, collaborate and develop strategic relationships with community and partners to improve healthy eating and access to safe, affordable and nutritious food

- Support the development and implementation of policy and initiatives in workplaces that encourage healthy choices
- Advocate for food security initiatives and outreach e.g. food relief services
- Build relationships with local food producers to support access to local produce

PARTNERS

External

- Ballarat Community Health
- Barwon Child Youth & Family
- Barwon Health
- CatholicCare
- Central Highlands Primary Care Partnership

- G21
- Hesse Rural Health
- integratedliving
- Leisure Networks

Internal Council

- Active Ageing and Inclusion
- Child and Family Services
- Health and Wellbeing
- Maternal and Child Health
- Youth



COUNCIL PLAN INTEGRATION LINK

Theme: LIVEABILITY

Objective 2.2 Supporting healthy and active living

2.2.2 Programs, initiatives and services to promote optimal health and wellbeing, including physical activity, healthy eating, mental health and social connection

Theme: SUSTAINABILITY

Objective 3.2 Effective and responsive waste services and education

3.2.1 Provide sustainable and efficient waste management services
3.2.3 Education and promotion of responsible behaviours to reduce waste to landfill

Objective 3.4 Mitigating climate change and promoting clean / green technology

3.4.1 Implement local approaches to address and mitigate climate change and its impact on health

Theme: PROSPERITY

Objective 4.1 Education, learning and skill development

4.1.1 Support the development of young children and their families
4.1.2 Enable access to education, learning and skill development through all stages of life

Objective 4.2 Supporting local producers, agriculture and business

4.2.1 Provide support to local businesses including farms and small business

Objective 4.3 Improved options for shopping, hospitality, tourism and event

4.3.1 Support initiatives for local shopping, hospitality and a variety of local businesses
4.3.2 Identify and promote activities that attract visitation and tourism

Theme: LEADERSHIP

Objective 5.3 Responsive service delivery supported by systems, resources and an engaged workforce

5.3.1 Council service delivery is efficient and responsive to the needs of the community



PRIORITY 5: TACKLING CLIMATE CHANGE AND ITS IMPACT ON HEALTH

OUTCOMES

- Increased sustainable food production initiatives
- Improved understanding of how to address the impact of climate change on health

STRATEGIES

What we are going to do

ACTIONS

How we will go about it

5.1 Increase community understanding of actions they can take to stay healthy in a changing climate

- Support programs that increase awareness of, and participation in, health-promoting and emissions-reducing activities e.g. active transport, healthy eating
- Build collaborative partnerships to support whole-of-community action to mitigate emissions and adapt to climate change
- Engage with the community to raise awareness about climate change and its impacts on health and build capacity to take action to stay healthy in a changing climate

5.2 Support and encourage community to prevent, prepare, respond and recover from health impacts associated with emergencies and natural disasters

- Raise awareness of link between climate change and mental health e.g. climate anxiety and event related depression e.g. drought
- Educate community about the link between climate emergencies and family violence
- Partner with community and emergency management agencies to improve community preparedness and resilience to natural disasters e.g. bushfires
- Support integrated and streamlined planning for climate emergencies

5.3 Provide and support mitigation and adaptation-focused activities that enable health co-benefits to be realised

- Promote active transport e.g. walking, cycling, skating and scooting
- Advocate for more public transport
- Support the consumption of locally produced fruit and vegetables

5.4 Promote and support healthy and sustainable food systems

- Support community led sustainable food system initiatives e.g. community gardens
- Provide education and promotion on growing produce at home
- Deliver programs around food sustainability and reducing food wastage
- Deliver waste management/recycling practices and education programs

PARTNERS

External

- Ballarat Community Health
- Barwon Health
- CatholicCare
- Central Highlands Primary Care Partnership
- integratedliving
- Women's Health Grampians

Internal Council

- Active Ageing and Inclusion
- Child and Family Services
- Community Safety
- Environment and Sustainability
- Health and Wellbeing
- Recreation
- Recycling and Waste



COUNCIL PLAN INTEGRATION LINK

Theme: COMMUNITY

Objective 1.1 Safe, resilient, and proud communities

1.1.2 Leadership and advocacy to build strong, safe and resilient communities

Theme: LIVEABILITY

Objective 2.1 Connected and accessible roads, crossings, paths and transport

2.1.2 Advocate and plan for safe pedestrian, cycling and recreation paths and trails that reduce reliance on vehicles

Theme: SUSTAINABILITY

Objective 3.2 Effective and responsive waste services and education

3.2.1 Provide sustainable and efficient waste management services.
3.2.3 Education and promotion of responsible behaviours to reduce waste to landfill

Objective 3.3 Responsibly maintaining and managing natural landscapes and resources

3.3.2 Support and partner with the community on environmental initiatives

Objective 3.4 Mitigating climate change and promoting clean / green technology

3.4.1 Implement local approaches to address and mitigate climate change and its impact on health

Theme: PROSPERITY

Objective 4.1 Education, learning and skill development

4.1.1 Support the development of young children and their families
4.1.2 Enable access to education, learning and skill development through all stages of life

Objective 4.2 Supporting local producers, agriculture and business

4.2.1 Provide support to local businesses including farms and small business



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CUSTOMER SERVICE HOURS

Bannockburn Customer Service Centre
8.30am to 5pm, Monday to Friday

The Well, Smythesdale
8.30am to 5pm, Monday to Friday

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