

SOUTH GIPPSLAND SHIRE COUNCIL

Municipal Public Health and Wellbeing Plan 2022-2025

Implementation Review
September 2023



Health and Wellbeing

There are many factors influencing our health and wellbeing: the conditions in which we are born and live, the food we eat, our age, social status, gender or culture; whether we are employed, have access to transport and healthcare facilities, our level of stress and whether we feel part of the community.

A healthy and well community is one where a sense of belonging and ability to cope with adversity exists. It is where economic and social opportunities exist and there is a clean environment where we can be protected from the impacts on our environment, including climate change.

The Municipal Public Health and Wellbeing Plan addresses the broader influences on health and aims to reduce social inequities including access to healthcare and to empower individuals and communities to make positive decisions about their health.

The Plan

The South Gippsland Municipal Public Health and Wellbeing Plan 2022 – 2025 (the Plan) delivers on legislative requirements of the *Victorian Public Health and Wellbeing Act 2008* and provides an overarching strategic framework for Council and public health sector organisations.

The Plan guides work towards positive health and wellbeing outcomes for the broader population, whilst identifying specific areas for improvement for those groups in the community experiencing poorer health and wellbeing.

The Plan was developed with regard to:

- *The Victorian Health and Wellbeing Plan 2019 – 2023*
- *Local Government Act 2020*
- *Gender Equality Act 2020*
- *Climate Change Act 2017*

Partners in Health and Wellbeing

Whilst the Plan is a legislated requirement of Council, it is a Plan developed and owned by a wide range of organisations who collaborate to improve the health and wellbeing of our community.

Organisations working together on this plan;

- South Gippsland Shire Council
- Bass Coast Shire Council
- Community Groups
- Community Houses (Milpara, Manna Gum, Leongatha, Venus Bay Community Centre)
- Department of Family, Fairness and Housing
- Department of Health
- Education Providers
- Emergency Services
- Gamblers Help Gippsland
- Gippsland Centre against Sexual Assault
- Gippsland Homelessness Network
- Gippsland Primary Health Network
- Gippsland Regional Public Health Unit
- Gippsland Southern Health Service
- Gippsland Women's Health
- GippSport
- Headspace Wonthaggi
- Lifeline Gippsland
- MyLi Community Library
- New Wave Advocacy
- Partnership to prevent Family Violence in South Gippsland and Bass Coast
- South Coast Prevention Team
- South Gippsland Hospital

Strategic Priorities 2022-2025

In response to the Community Vision, Council Plan, consultations with organisations working to support health and wellbeing and consideration to local health and wellbeing data, the following five Strategic Priorities were developed for the next three years.

- **Equity**
- **Improving Mental Wellbeing**
- **Increasing Healthy and Active Living**
- **Increasing Healthy Eating**
- **Tackling Climate Change**

South Gippsland Municipal Public Health & Wellbeing Plan 2022-2025 at a glance

PRIORITIES	EQUITY	IMPROVING MENTAL WELLBEING	HEALTHY LIVING	HEALTHY EATING	TACKLING CLIMATE CHANGE
GOAL	Access and inclusion and creating safe and respectful communities	Healthy and engaged communities	Places and spaces for people to connect. Making healthy choices	Local food for local people	A protected environment. A supported resilient community.
STRATEGIES	Promote prevention of family violence and create safer communities through awareness campaigns, training and community activities	Increase awareness and knowledge of how to support mental wellbeing and reduce stigma of mental illness	Deliver and support parks, open spaces and public spaces for active living for all ages and abilities.	Support health food and drink choices through policies, programs and awareness campaigns in work, education and public settings and workplaces	Build understanding and assess the risks of climate change and its impact on health
	Increase gender equity in work, education and recreation settings.	Support opportunities for community participation and decrease social isolation through volunteering, supporting community groups and participation in arts and culture.	Investigate partnerships for social prescribing with health care services	Support local food production, industries and businesses.	Increase community resilience to withstand and recover from climate-driven natural disasters
	Improve access for all people to be included in community life, work, education and recreation.	Promote mental wellbeing and access to services for people experiencing mental illness	Increase active travel through improving road safety and pedestrian and bike infrastructure.	Support collaborative local approaches to production and access to health food for the community.	Support community and business capacity to adopt sustainable practices and renewable energy.
	Promote and celebrate community diversity including race, ethnicity, gender and sexuality.		Reduce harm from gambling, alcohol and drugs through policies, programs and partnerships.		

This implementation update has focused largely on Council's contribution to the strategies outlined in the Municipal Public Health & Wellbeing Plan. Information from Partner organisations on their approach to the strategies has been requested and will be provided in a mid-year report in 2024.

1. EQUITY

Access and inclusion and creating safe and respectful communities

STRATEGY	UPDATE
Promote prevention of family violence and create safer communities through awareness campaigns, training and community activities	<p>Gippsland Women's Health (GWH) is the primary organisation carrying out these activities.</p> <ul style="list-style-type: none"> • With GWH, Bass Coast and South Gippsland Shire Councils have formed the South Gippsland and Bass Coast Partnership to Prevent Family Violence. • This group will host an event in Leongatha and Wonthaggi as part of the 16 days of Activism in November. The theme of this event will be "What is Respect?" • This group will continue to provide awareness campaigns, training and community activities. • People and Culture is currently applying for grants of up to \$270,000 to deliver long-term family violence prevention initiatives.
Increase gender equity in work, education and recreation settings	<p>South Gippsland Shire Council is currently working to secure funding for organisational training. Council's Diversity and Inclusion Working group promotes awareness to improve gender equity within the organisation and communicates this to our regional partners and health agencies.</p> <p>This includes:</p> <ul style="list-style-type: none"> • Wear it Purple Day to promote awareness of gender identity. • Mental Health First Aid Training • Active Bystander Train the Trainer Training
Improve access for all people to be included in community life, work, education and recreation	<p>Work has commenced on re-establishing the Access and Inclusion Advisory Committee which will co-design an Access and Inclusion Action Plan for the South Gippsland Shire Council</p>
Promote and celebrate community diversity, including race, ethnicity, gender and sexuality	<p>South Gippsland Shire Council is working to secure funding for internal training programs. The Diversity and Inclusion Working group actively promotes gender equity through:</p> <ul style="list-style-type: none"> • Wear Purple Day to promote awareness of gender identity. • Mental Health First Aid Training internally. • Active Bystander Train the Trainer Training

2. IMPROVING MENTAL WELLBEING

Healthy and engaged communities

STRATEGY	UPDATE
Increase awareness of and knowledge of how to support mental wellbeing and reduce stigma of mental illness	<p>Actions completed includes:</p> <ul style="list-style-type: none"> • Delivery and promotion of Mental Health First Aid Training. • Active Bystander Train the Trainer Training • Promotion of R U OK Day and associated campaign • Delivery of Live4Life Program –providing Teen and Youth Mental Health First Aid training to community across Bass Coast and South Gippsland. • Supported Victoria Police 'Coffee with a Cop' initiative to address community trauma associated with local events • Advocacy to establish a Mental Health Hub in South Gippsland. State Government 2023/24 Budget announcement was made for Leongatha to receive funding towards the Hub.
Support opportunities for community participation and decrease social isolation through volunteering, supporting community groups and participation in arts and culture	<ul style="list-style-type: none"> • South Gippsland Shire Council Community Leadership Program encouraging leaders to participate within community organisations. • South Gippsland Youth Council established, providing opportunity for youth involvement in community. • Delivery of Community Engagement Conference aimed at supporting volunteers • Art Cubes programming, Events Management support, Events Acquisition Fund to support community led events. • Youth FReeZA Committee – providing activities for young people including volunteering opportunities
Promote mental wellbeing and access to services for people experiencing mental illness	<ul style="list-style-type: none"> • This action will fall under the Access and Inclusion Action Plan that the Access and Inclusion Advisory Committee will develop. • Delivery of the South Gippsland and Bass Coast Community Supports Booklet, version 3 (Partnership program) • Implementation of Council's Social and Affordable Housing Strategy including advocacy to support local resident's access to social housing

3. HEALTHY LIVING

Places and spaces for people to connect. Making healthy choices

STRATEGY	UPDATE
Deliver and support parks, open spaces and public spaces for active living for all ages and abilities	<ul style="list-style-type: none"> The Gippsland Region Public Health Unit has completed its first draft of its catchment plan that applies to South Gippsland Shire. https://lrh.com.au/wp-content/uploads/2023/08/Gippsland-Region-Population-Health-Catchment-Plan-2023.pdf. This plan contains actions on Tobacco, Vaping and Nicotine use Prevention, Active Living, and Healthy Eating. Investigation of parks and open space signage in relation to Tobacco, Vaping and Nicotine use prevention. Council will continue to support the management of open spaces for residents and visitors The South Gippsland Water Partnership continues to run the 'Choose Tap' campaign that creates awareness of staying hydrated and drinking enough water.
Investigate partnerships for social prescribing with health care services	Investigation to commence in 2024
Increase active travel by improving road safety and pedestrian and bike infrastructure	<ul style="list-style-type: none"> Establishment and extension of Great Southern Rail Trail continues to provide infrastructure to support community and visitor health and wellbeing Bike Education program funding provided by TAC to local schools. Investigation of VR program to educate young people on distractions and their impact on driving Submission to Parliament on Road Safety issues
Reduce harm from gambling, alcohol and drugs through policies, programs and partnerships	<ul style="list-style-type: none"> An amendment to the Reviewed Planning Scheme will allow Council to reduce the impact of gambling machines on the population. South Gippsland Shire Council continues to work with law enforcement and local alcohol establishments to implement the Liquor Accords. Submission to Parliament on Harm of Gambling and Alcohol The Gippsland Region Public Health Unit has completed its first draft of its catchment plan that applies to South Gippsland Shire. https://lrh.com.au/wp-content/uploads/2023/08/Gippsland-Region-Population-Health-Catchment-Plan-2023.pdf

4. HEALTHY EATING

Local food for local people

STRATEGY	UPDATE
Support healthy food and beverage choices through policies, programs and awareness campaigns in work, education, and public settings	<ul style="list-style-type: none"> The Gippsland Region Public Health Unit has completed its first draft of its catchment plan that applies to South Gippsland Shire. https://lrh.com.au/wp-content/uploads/2023/08/Gippsland-Region-Population-Health-Catchment-Plan-2023.pdf. This plan has a focus on Tobacco, Vaping and Nicotine use Prevention, Active Living, and Healthy Eating; which aligns with the MPHWP.
Support local food production industries and businesses	<ul style="list-style-type: none"> Implementation of Council's Economic Development Strategy and ongoing support provided through Council's Business Support functions. This has included Better Approvals support, industry training and workshops facilitated through Small Business Victoria, Shop/Eat Local Campaign and implementation of new South Gippsland brand to raise awareness of local food production. Supported initiatives and promotion of biosecurity threats, for example Foot and Mouth Disease and Lumpy Skin Disease. Participation in Gippsland Dairy industry Leadership Group Supported Food and Fibre Gippsland on a range of activities including forum on Deer Control and Venison production
Support collaborative local community approaches to production and access to healthy food	<ul style="list-style-type: none"> Through Council's COVID Community Support Program, grants were provided to Prom Coast Food Collective and Grow Lightly to strengthen the economic sustainability of local food network enterprises/associated supply chains. Support provided to South Gippsland Farmer's Markets and local events, for example Dairy Expo, Meeniyan Garlic Festival, to promote local and regional produce.

5. TACKLING CLIMATE CHANGE

A protected environment. A supported resilient community

STRATEGY	UPDATE
Build understanding of the risks of climate change and its impact on health	<ul style="list-style-type: none"> • Implementation of Municipal Emergency Management Plan • Development of Draft Coastal Strategy • Parks Victoria programming training on the impacts of climate change on areas such as Wilsons Promontory.
Increase community and business resilience to withstand and recover from climate driven natural disasters	<ul style="list-style-type: none"> • Emergency Management team building a 72 Hour Emergency Resilience program with the aim of incorporating elements into community plans. RediCommunities funding received for Foster and Mirboo North
Support community and business capacity to adopt sustainable practices and renewable energy	<ul style="list-style-type: none"> • Installation of EV chargers in South Gippsland has commenced • Energy Resilience Programs in Venus Bay and Sandy Point