

# liveability plan

2017-2021



Health and Wellbeing across the Lifecourse



# Acknowledgements

We thank the community members and stakeholders who contributed to the creation of the Liveability Plan 2017-2021, including:

Allied Health Practice	Men's Sheds (Euroa, Nagambie and Violet Town)
Avenel Pharmacy	Mothergoose Group Violet Town
Centre for You	Murray Primary Health Network
Euroa Health	Nagambie Health
Euroa Medical	Nagambie Medical Centre
Euroa Nursing Home Tristar Medical	Nagambie Primary School
Family Care	NEXUS Primary Health
Good Start Early Learning	Primary Care Connect
Goulbourn Region Pre School Association	St. Johns Primary School
Goulbourn Valley Primary Care Partnership	St. Josephs Primary School
Honeysuckle Health	Women's Health Goulburn North East
Kids Matter Family Day Care	Youth Engagement Network
Longwood Primary School	

There is great benefit in working together to gain the best outcomes for our community. We have begun conversations with key providers in the area and we will continue to do this into the future, working in partnership to drive the best outcomes.

“We acknowledge the Traditional Owners of the land on which we are meeting. I pay my respects to their Elders, past and present”



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# welcome

*It is with great pleasure that I present the 2017-2021 Liveability Plan on behalf of Council.*

*Local councils play an integral role in promoting the health and wellbeing of their communities.*

*The Liveability Plan will guide Council in supporting our individuals and communities to live happy and healthy lives.*

*It will ensure we provide our residents with the facilities, information and support to allow them to truly flourish.*

*The plan addresses the health and wellbeing challenges faced by our Shire, as well as pinpoint opportunities to optimise health outcomes for our individuals and communities.*

*Council has examined relevant health and social data and engaged with our local community through the Liveability Survey.*

*We would like to thank all of those who have contributed with feedback which has guided the development of the plan.*

*Council's research has uncovered emerging themes that have become our key priority areas.*

*These areas are Stronger Together, Respectful Relationships, Healthy Lifestyle, Rural Lifestyle and Health Systems.*

*This comprehensive plan targets these areas in a number of ways, including building local capacity through collaboration; promoting diversity and inclusion; empowering our communities to nurture their bodies and minds; and developing and maintaining local infrastructure to promote good health and wellbeing.*

*The Liveability Plan is Council's integrated approach to improving the health outcomes of our residents throughout the course of their lifespan now and into the future.*



# executive summary

The Strathbogie Shire Council Liveability Plan 2017-2021 (the Liveability Plan) highlights the health and wellbeing priorities for all members of our community across all ages and stages of life and identifies five priority areas. The Liveability Plan addresses the legislative requirements of the Victorian Public Health and Wellbeing Act 2008 and builds on the work of the previous plans and aligns with the Strathbogie Shire Council Plan 2017- 2021.

Council recognises that all council works and activities can impact and improve social and emotional wellbeing outcomes which are vital to enhancing the liveability of our region. For the purposes of this plan we refer to the Lowe et al definition of liveability, being:

**“Safe, socially cohesive and inclusive, and environmentally sustainable; affordable and diverse housing linked via public transport, walking, and cycling infrastructure to employment, education, public open space, local shops, health and community services, and leisure and cultural opportunities”**

(Lowe et al, 2013)

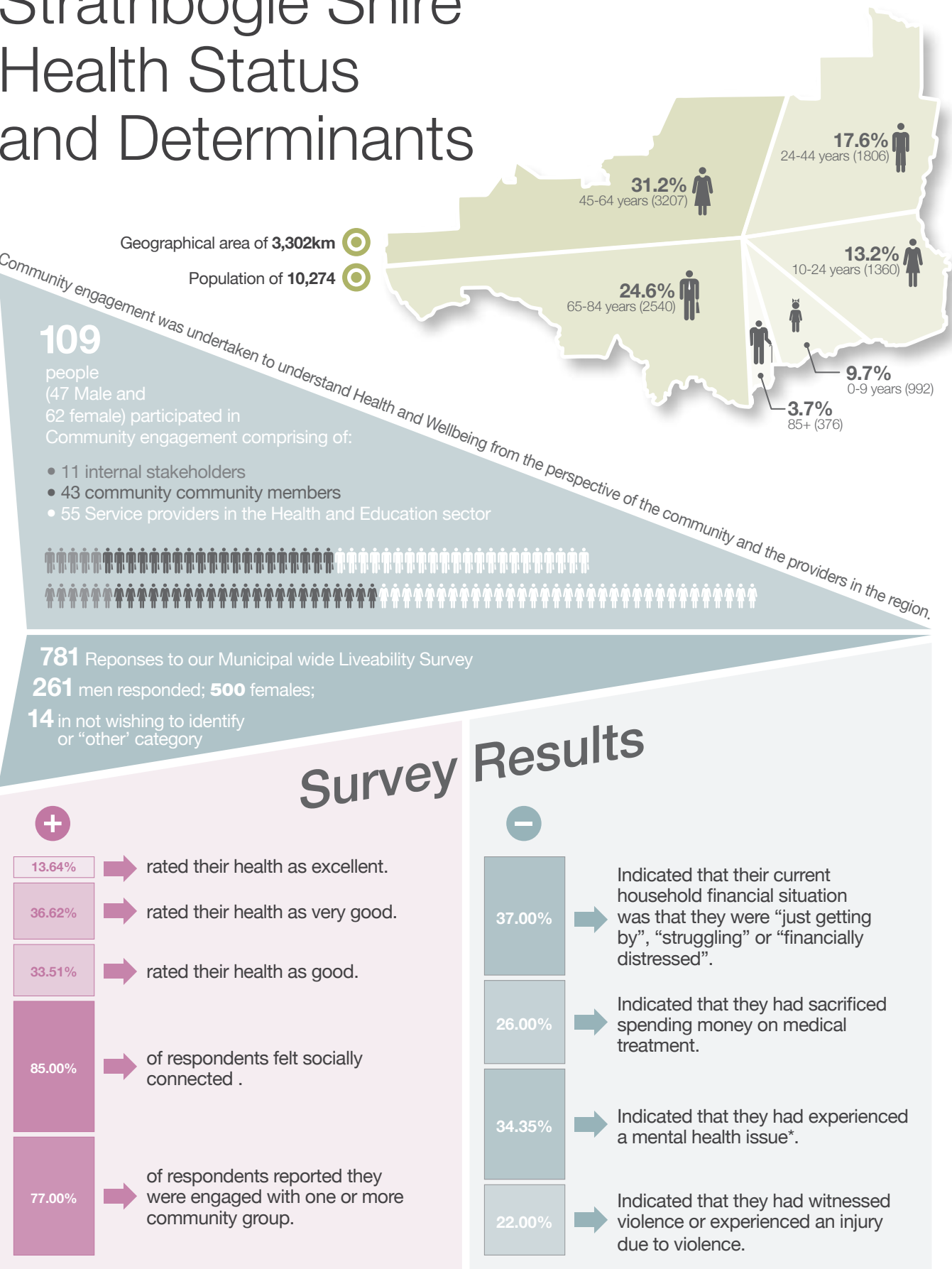
The Liveability Plan has been written with a life course approach to health and wellbeing, incorporating the ages and stages of life and considering the unique needs of people of all ages living in the Shire.

The Liveability Plan is a key instrument in promoting public health and working towards the best health outcomes for people in the region. It is intended that the Liveability Plan is a strategic document which will direct our work and ensure that together with our health partners in the region we share consistent goals and approach to health and wellbeing.





# Strathbogie Shire Health Status and Determinants



\*The majority of respondents who indicated they had experienced mental health issues or violence, indicated that they had coped independently.

# Health and Wellbeing Challenges and Opportunities

Challenges	Opportunities
<p>The following challenges have been identified by the community, Council and other stakeholders:</p> <p>Access and knowledge about services and supports available, along with the cost and time constraints when trying to access education and health supports</p> <p>Limited access to educational and social opportunities for young people</p> <p>Ageing population</p> <p>Delivering the best outcomes whilst meeting all the legislative and statutory requirements and deadlines, with limited resources</p> <p>Mental health, social isolation, violence and alcohol and substance abuse were recognised as having an impact on people in the community throughout the lifecycle</p> <p>Living in main towns or isolated clusters means that distance from other places is a challenge and</p> <ul style="list-style-type: none"><li>• reliance on private vehicles and the help of friends and family to get around is significant</li><li>• train and bus services timetables are limited and transport reliability has been raised as an issue.</li><li>• limited transport reduces peoples social connection, independence and access to health, education and employment.</li></ul>	<p>Through our engagement the following opportunities were identified:</p> <p>Sharing and accessing information that keep professionals up to date with services and supports available to Strathbogie residents. Sharing information and opportunities to promote available programs and initiatives</p> <p>Creating mentoring and skill development opportunities for young people valuing and utilising our volunteers.</p> <p>Welcoming diversity and difference</p> <p>Ensuring a continuum of care to improve short term and long term outcomes</p> <p>When organisations were asked to identify their priorities there were many similarities with other organisations</p> <p>Working better together towards health and wellbeing outcomes. These included</p> <ul style="list-style-type: none"><li>• consulting more with the community,</li><li>• strengthening relationships and building partnerships to improve the health and wellbeing outcomes for the region.</li><li>• raising the profile of Health and Wellbeing with the community and those working with the community,</li></ul>

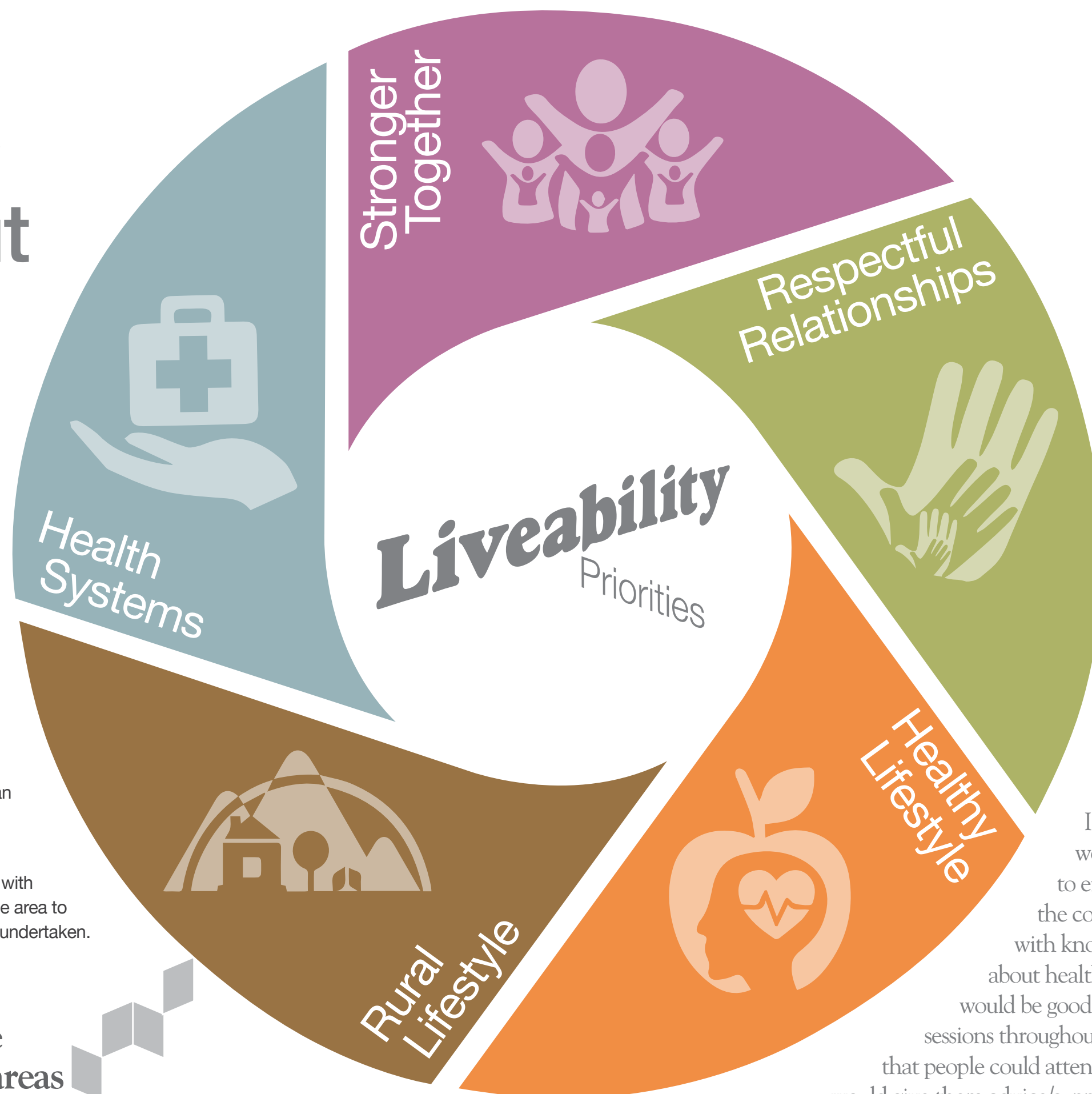
# What is a Liveability Plan about anyway?

The Strathbogie Shire Council Liveability Plan 2017-2021 has been created to address health and wellbeing challenges and pursue opportunities to improve future outcomes for individuals and the community across the life course.

In developing the Liveability Plan we have:

- examined data about the municipal areas health status and social determinants
- developed goals and strategies that are based on available knowledge, to maximise people's health
- engaged the local community in the development and evaluation of the health plan
- collated the emerging themes into five key priorities
- outlined how council will work in partnership with government and other key stakeholders in the area to implement the strategies and review actions undertaken.

From this data we have identified five priority areas



“ I think we need to empower the community with knowledge about health, it would be good to hold sessions throughout the year that people could attend that would give them advice/support ”



Priority One



# Stronger Together

## STRATEGIC OBJECTIVES

- Establish strong partnerships and increase collaboration.
- Promote a community development approach to build capacity.
- Adopt contemporary and best practice solutions to optimise health and wellbeing outcomes.

“I enjoy being in a small, largely friendly rural community but I’ve had to get out and find people and activities that I enjoy and keep me connected and happy”

Strathbogie Shire is a community that will work together, making the most of the local skills and resources to build community capacity and enhance liveability for people of all ages.

By identifying our strengths in the community, thinking differently about how we can improve together and working collaboratively, we can build local capacity. Working together we will provide opportunities to develop local skills, build meaningful partnerships with external providers and deliver more sustainable outcomes for our community.

We will work collaboratively and be stronger together by:

- Identifying service and resource duplication, exploring opportunities to work together on more sustainable solutions.
- Valuing and nurturing our volunteers, including creating a variety of opportunities for young people to develop their skills.
- Developing and fostering partnerships which focus on improving access and continuum of care.
- Hosting quarterly network meetings for health providers to facilitate peer support and professional connection.
- Creating opportunities for health and education professionals to meet and work together to address challenges.





Priority Two



# Respectful Relationships

## STRATEGIC OBJECTIVES

- Enable supportive environments that promote non-violent norms
- Celebrate the vibrancy that diversity brings to our neighbourhoods
- Promote equal respectful relationships to build resilience

“Just because a person looks well and is smiling doesn’t mean they aren’t living a challenging life behind the scenes”

Strathbogie Shire will support the community to build and nurture respectful relationships through our policies and our actions.

Respectful relationships from early childhood through to older age are vital to ensure that an individual reaches their full health potential. We have an ongoing commitment to promote equity and contribute to building an empowered community that values our diversity, is inclusive, and where everyone is supported to engage and participate fully in all aspects of community life.

We will continue to promote respectful relationships by:

- Implementing strategies to enable a welcoming and inclusive Shire.
- Advocating for programs to increase awareness of the community on issues such as mental health, family violence and elder abuse.
- Develop prevention of violence initiatives to increase understanding of the underlying drivers of violence against women, and how to address them.
- Conduct sessions to update all organisations, including schools, sporting clubs etc in the Child Safe Standards and what must be done to comply with new requirements.
- Facilitate the Access and Disability Advisory Committee and promote their actions.





Priority Three



# Healthy Lifestyle

“If you are able to be involved in exercise you are better off”

Strathbogie Shire encourages people to actively participate in healthy lifestyle habits to improve their physical and mental wellbeing.

The individual benefits of being physically and mentally active are well researched. Participating in a range of activities such as employment, lifelong learning, active and social opportunities are important to one's health and wellbeing. Nurturing our body and our mind supports a healthy lifestyle.

We will encourage a healthy lifestyle by:

- Providing access for children to quality early years health and education programs
- Providing information on healthy lifestyle initiatives.
- Educating the community across the life course through community events, groups and health services to adopt healthy eating and to increase their physical activity.
- Adopting health promotion strategies that reduces risky health behaviours and provides ideas for positive health behaviours for families.

## STRATEGIC OBJECTIVES

- Increase community awareness and understanding of mental health
- Promote active living and healthy eating strategies
- Encourage our community to engage in healthy lifestyle habits across the lifecycle





Priority Four



# Rural Lifestyle

## STRATEGIC OBJECTIVES

- Ensure infrastructure and transport supports connection and active living
- Maximise the use of public spaces by ensuring their accessibility and safety.
- Encourage sustainable practices through awareness, education and promotion

“Improving the health of our environment helps in our health and wellbeing”

Strathbogie Shire promotes the building of infrastructure that minimises barriers and encourages an active lifestyle whilst promoting sustainable actions.

Strathbogie Shire is a unique and beautiful rural environment. Both the natural and built environment influences our social and emotional wellbeing. Good, evidence based, design and maintenance of public assets influences how we interact and connects us to our community while encouraging us to be physically active and healthy.

We will respect our rural lifestyle by:

- Gaining evidence based understanding of usage of our public areas, including design elements that support and promote active participation.
- Promoting energy efficient and sustainable initiatives which assist people to keep them comfortable and healthy at home.
- Developing sports, leisure and community facilities and creating safe public environments that attract all age groups.
- Encourage and support businesses to improve accessibility for people of all abilities.
- Advocate for improvements to infrastructure and transport services.





## Priority Five

# Health Systems

### STRATEGIC OBJECTIVES

- Improve access and reduce barriers to health services.
- Increase communication which promotes good health and wellbeing.
- Encourage community to seek help by changing community attitudes about seeking help and “coping on your own”

“The importance of funding to organisations dealing with mental/physical wellbeing in the community”

Health systems are designed to deliver quality services to all people, when and where they need them. Ability and confidence to navigate health systems can directly impact health outcomes of consumers. A key role of health systems is to provide prevention and promotion strategies that increase knowledge, awareness of how to maintain good health.

Strathbogie Shire is a unique and beautiful rural environment. Both the natural and built environment influences our social and emotional wellbeing.

Good, evidence based, design and maintenance of public assets influences how we interact and connects us to our community while encouraging us to be physically active and healthy.

We will improve our health systems by:

- Encouraging age friendly and access friendly services and activities.
- Improving service navigation by reviewing information on health services and supports available in the region.
- Increasing practitioner knowledge of bulk billing services to support service navigation.
- Improving and increasing mobile health partnerships for the region.
- Reducing “Rural Stoicism” by campaigning that it is OK to seek help and support.





# Health and Wellbeing across the Life Course

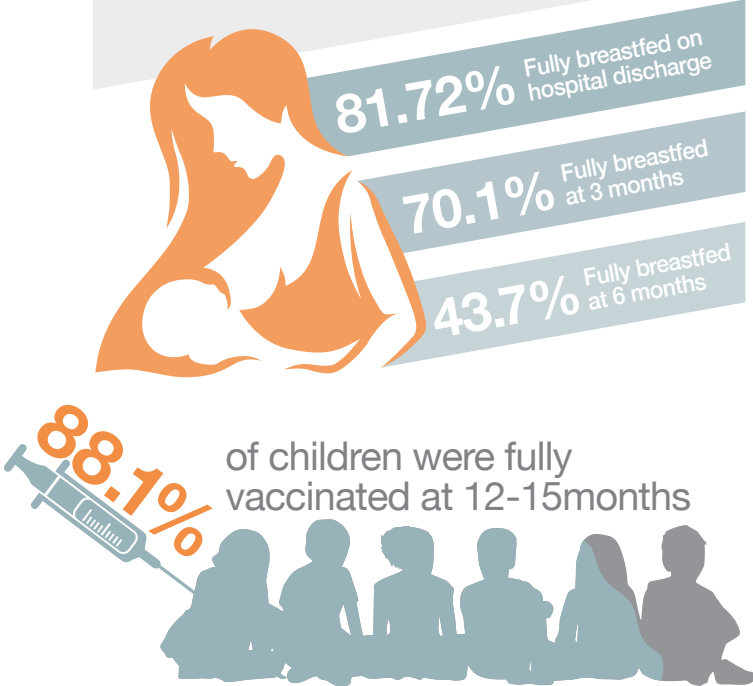
Looking at a person's health and wellbeing across the life course allows for a more integrated approach to addressing issues that the community faces, reducing the possibility of a disjointed health and wellbeing journey. A life course approach recognises that all people have the right to access quality education, appropriate care and the right to feel safe at any age and stage.

## Children

**Key issues in the early years include:**

- Access to immunisation to provide protection from avoidable disease,
- Dental care to reduce the oral health issues
- Education opportunities to commence a lifelong learning journey

Research in Australia and overseas indicates that healthy living and education in early years lead to better health and wellbeing outcomes throughout the life course. We now know that many chronic diseases and injuries are preventable, and health behaviours adapted early in life often improve the health journey of individuals throughout their lives.

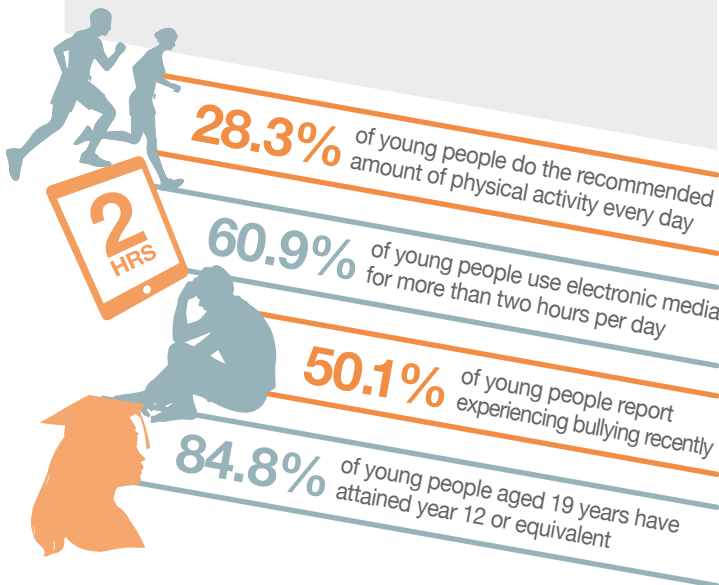


## Young People

**Key issues for young people include:**

- Technology is playing a significant role in the lives of young people including internet connection, online behaviour, privacy and cyber bullying
- Training and employment opportunities
- Advantages and perils of becoming more independent

With less than 2% of respondents to a recent survey being under 25 we are in the early stages of our journey learning about how young people in Strathbogie Shire view their health and wellbeing. We will need to seek new ways to engage and understand the issues of this younger demographic. What we have learnt from talking to people in this age group and those who work with them is that transport connection to school and activities is an ongoing challenge.

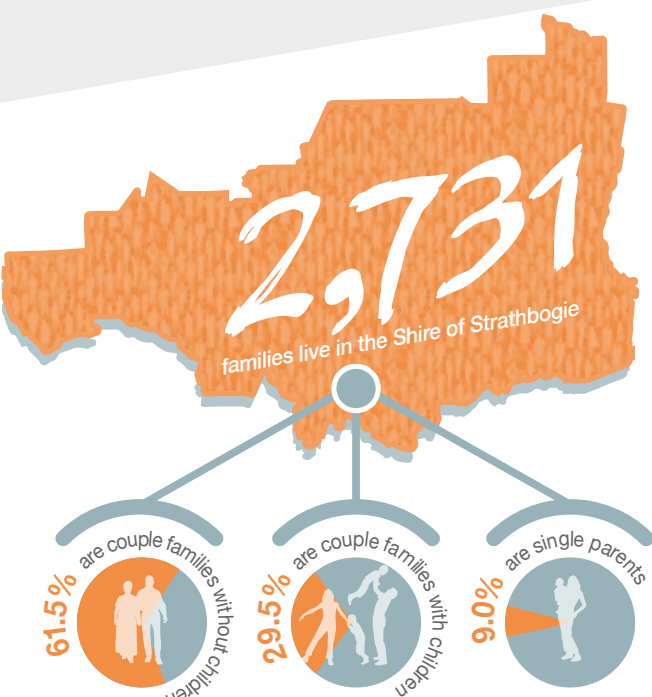


## Families

**Key issues for families include:**

- Access to affordable and appropriate childcare is an issue for families who rely on this to enable them to support their families
- Accessing supports and services for the health and wellbeing
- Maintaining active participation and connection to community

Families play a vital role for people of all ages by providing care, support and a sense of belonging to people in their developmental years, in adulthood and as people age. Although the size and structure of the family unit is changing, the fundamental function of family remains vital to providing stability and support.

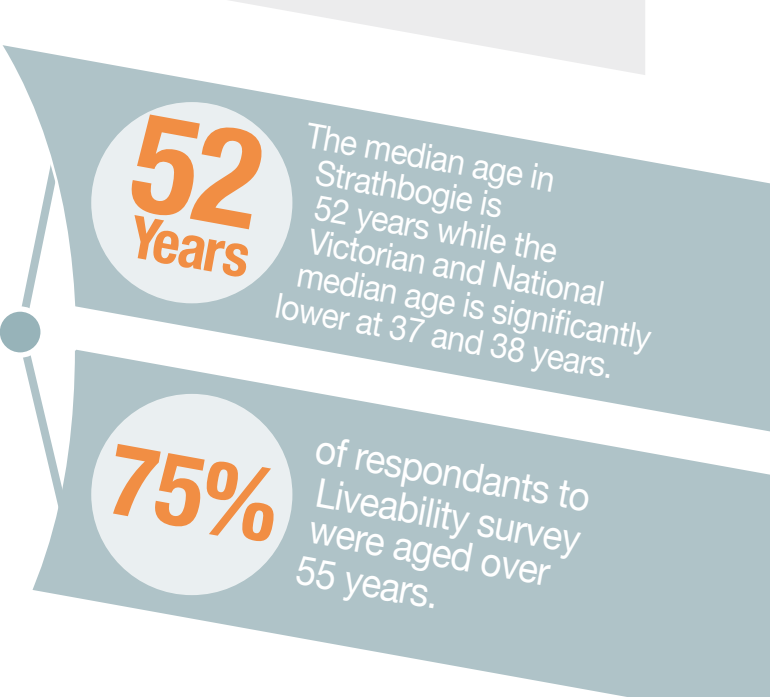


## Older People

**Key issues for older people include:**

- Financial viability in retirement
- People over 60 years are the fastest growing age group in the population
- Increased demand on health and wellbeing services

Due to advances in medical technology and improved knowledge about health and wellbeing, people are living longer. There are more people living to an older age and the population is ageing at a greater rate than we have experienced before. Older people in the Shire comprise people who have lived and worked in the area but also people who have decided to retire to the area.







# Health and Wellbeing across the our Community

## PEOPLE WITH A DISABILITY

This plan recognises the range of disabilities in the community, the complexity, the temporary and permanent nature of disabilities and the acknowledgement that disability can be both visible and non-visible. Disability can

affect a person’s mobility, learning and ability to communicate, which can often impact on a person’s participation in education, employment, social activities and general community life. Individuals who need

speciality assistance to support them can find it challenging to access within the local area with barriers to getting the right support at the optimal time.

## DISADVANTAGE

People at all ages of their lives can experience disadvantage and vulnerability including isolation, homelessness, drug and alcohol addiction, and poverty. The disadvantage can lead to poorer health outcomes. We will continue to work to better understand what leads to disadvantage and how the community can reduce the likelihood and impact of disadvantage.

Socio-economic disadvantage is a reality in the Strathbogie Shire. In 2011 the Strathbogie Shire scored 970.2 on the SEIFA Index of Disadvantage meaning that the Shire has relatively more disadvantage than the Regional Victoria average and lower than the state average. The average income per household, the level of educational attainment and employment status influence

disadvantage in Strathbogie Shire.

The recent Liveability Survey indicated that almost half of respondents indicated that food and groceries, heating and cooling were forgone at times, with just over a 25% of respondents indicated that medical treatment was sacrificed.

## INCIDENCES OF VIOLENCE

No person, younger, older, male or female, should be subjected to any form of abuse, mistreatment or neglect. All people have the right to feel safe and to live in the community with dignity, respect and choice.

Family Violence includes physical, social, financial, psychological or sexual abuse by a family member or intimate partner. The long term impact on victims and their

families is significant. Children exposed to family violence can suffer short term or life long effects. Family Safety Victoria is a relatively new initiative that demonstrates the states commitment to providing appropriate responses and supports to those experiencing family violence.

Elder Abuse is defined as the mistreatment of an older person by someone with whom

they have a relationship of trust. It violates an older persons right to feel safe and can be subtle to extreme. Elder abuse includes physical, social, financial, psychological or sexual abuse and includes mistreatment and neglect. Financial abuse and psychological/emotional abuse are the most common forms of abuse reported by older Victorians.

## CULTURALLY AND LINGUISTICALLY DIVERSE COMMUNITIES

Cultural diversity in Strathbogie Shire currently is minimal, however this may change in the future. We need to consider the needs of a changing and culturally diverse community,

including the arrival of new families and new cultures moving to the area. Strathbogie Shire Council is working to become a refugee “welcome” zone by June 2018. This is a key

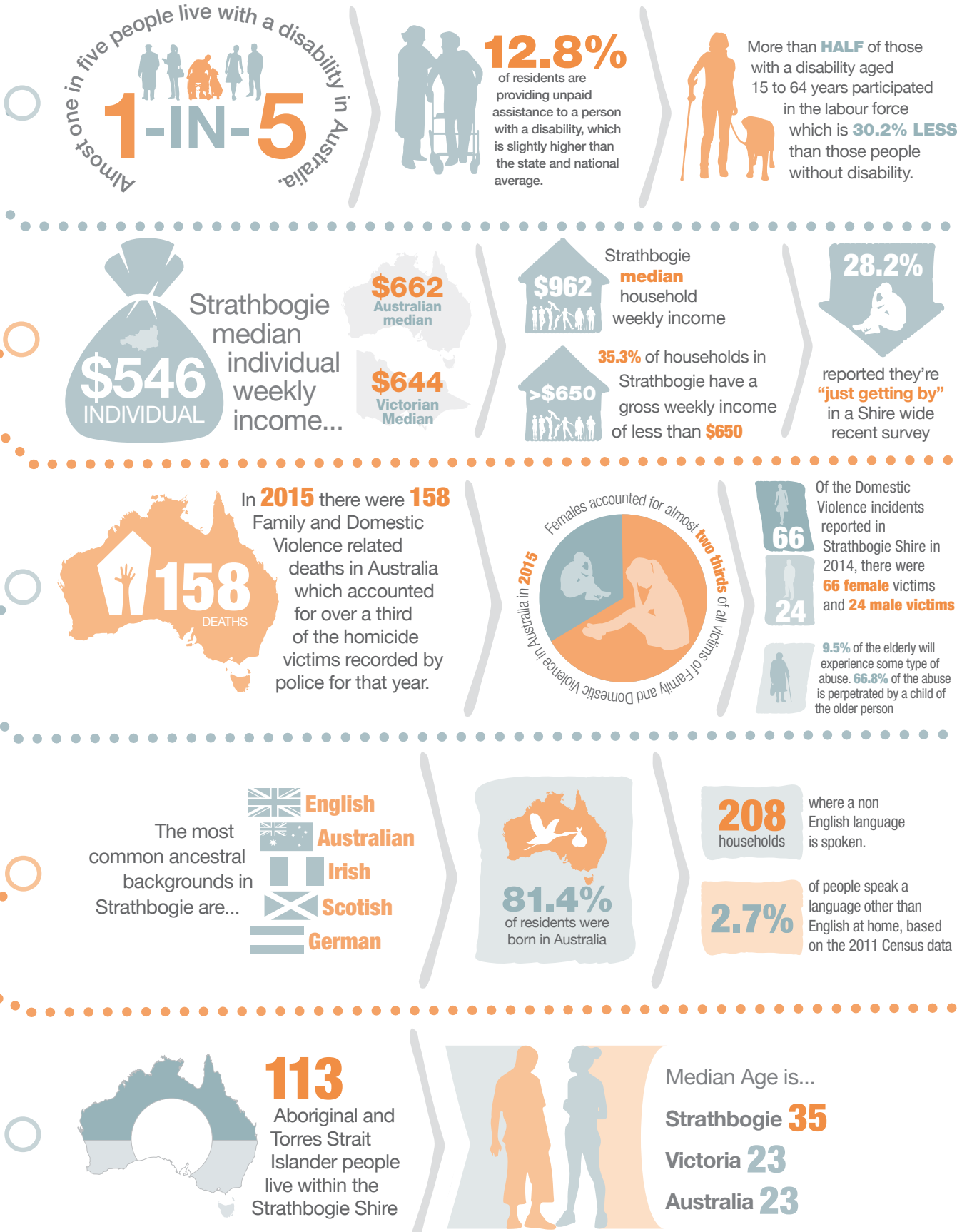
strategy outlined in the Strathbogie Shire Council Plan 2017 – 2021.

## ABORIGINAL AND TORRES STRAIT ISLANDERS COMMUNITIES

Strathbogie Shire Council acknowledges the Taungurung people of the Kulin Nation and the Yorta Yorta people as the traditional owners of the land of the municipality.

Although the number of individuals is small, there are larger populations of Aboriginal and Torres Strait Islanders in neighbouring shires. Evidence indicates there is a higher likelihood

of lower income, higher unemployment and increased disability in Aboriginal and Torres Strait Islander communities.



# How Health and Wellbeing are interconnected across life course and community

## Liveability Priorities

Stronger Together



Respectful Relationships



Healthy Lifestyle



Rural Lifestyle



Health Systems



## Health and Wellbeing across the Life Course



Children



Young People



Families



Older People





# Background to Plan Development



## Victorian Public Health and Wellbeing Plan 2015-2019

The Victorian Government identifies that there are many aspects contributing to an individual's wellbeing, recognising quality education, stable employment and good working conditions, secure housing, freedom from violence, safe and sustainable natural built environments, food affordability, respectful relationships, supportive social networks and services and opportunities to participate in Community life (Victorian Government, 2015).

The Strathbogie Shire Council Liveability Survey asked respondents to rate the Victorian Public Health and Wellbeing priorities in order of concern.

1. Healthier eating and active living
2. Improving mental health
3. Reducing harmful alcohol and drug use
4. Preventing violence and injury
5. Tobacco-free living
6. Improving sexual and reproductive health



## Strathbogie Shire Council Plan 2017-2021

**Vision** Together we are building a flourishing community

**Mission** To support our community to grow through effective partnerships, engagement and equitable and efficient delivery of services

**Values** To be a respectful, innovative, open and transparent, inclusive, fair and ethical Council

The Strathbogie Shire Council Plan 2017-2021 highlights the importance of Liveability in our community with the inclusion of **Goal 1: To Enhance Community Health and Wellbeing.**

There are a number of key strategies in the Council Plan which align with the key priorities of the Liveability Plan including:

- 1.1 Plan for improved community health wellbeing and liveability
- 1.2 Engage and participate with the community in Council / Community initiatives
- 1.3 Enhance community resilience including supporting and increasing the participation of volunteers
- 2.1 Promote and support sustainable environmental initiatives
- 2.4 Protect and enhance our built environment
- 3.2 Provide passive and active recreational facilities
- 5.1 To proactively develop and deliver quality services that achieve high customer satisfaction
- 5.5 To communicate and engage effectively with our community and key stakeholders







## Review and Evaluation

To ensure we are meeting the strategic objectives of the Strathbogie Shire Council Liveability Plan 2017-2021 an Annual Action Plan will be developed each year.

The development of Annual Action Plans will include a combination of deliverables which will be implemented by Council and other key organisations who are committed to enhancing the health and wellbeing of our residents. During the life of the Strathbogie Shire Council Liveability Plan 2017-2021, Strathbogie Shire undertakes to regularly review, observe impact and recognise opportunities to refine and improve the collective efforts being undertaken in the Shire. We will continue to build capacity and apply continuous quality improvement strategies within the organisation to ensure that optimal conditions are created to successfully achieve health and wellbeing for the municipality.





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Victoria Public Health and Wellbeing Plan 2015-2019  
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Strathbogie Shire Council Documents

Health and Communities Plan 2013-2017

Healthy Children and Families Plan 2012-2014

Strathbogie Youth Strategy 2013-2015

Inclusive Communities Plan 2015-2018



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