

City of Ballarat Health and Wellbeing Plan 2021 - 2031

First year review – October 2022

The [City of Ballarat Health and Wellbeing Plan 2021-2031](#) was prepared in conjunction with the Council Plan 2021-2025 and the Community Vision 2021-2031, with a large community consultation process informing all three plans.

The Health and Wellbeing Plan has six health priority areas:

- Tackling climate change and its impact on health
- Preventing all forms of violence
- Increasing healthy eating
- Increasing active living
- Improving mental wellbeing
- Reducing harm from smoking, gambling, alcohol, and other drugs

The plan also describes 9 priority groups:

- Aboriginal and Torres Strait Islanders
- Culturally diverse communities
- LGBTIQ+ communities
- People with disability
- Gender
- Early years and children
- Young people
- Older people
- Financially vulnerable

The outcomes and strategies are outlined within 9 liveability domains:

Liveability Domain	Outcome	Medium-term goals
Active transport	All residents feel safe using walking and cycling paths more often, and have good access to public transport	- Increased numbers of people using active transport for school, work or recreation - Increased connectivity of walking and cycling paths
Community participation	All residents feel connected and engaged and actively participate in the community	- Increased engagement with the community, particularly priority groups - Increased participation of community members in Council programs and events - Increased access to Council facilities
Community safety	All residents feel safe and secure in their community	- Increased awareness of and action towards gender inequity as a key driver of family violence - Increased awareness of and action towards inclusion and being culturally welcoming

Employment	Increased participation in diverse and meaningful employment	<ul style="list-style-type: none"> - Increased number of new businesses and jobs - Increased rate of people from priority groups in the workforce - Increased diversity of businesses and employment options
Food	Increased access to and consumption of safe, healthy, affordable foods through a sustainable local food system	<ul style="list-style-type: none"> - Increased proportion of healthy foods and drinks available at facilities and events - Improved sponsorship environment and influences for young people - Increased participation in community food programs - Improved access to healthy food for people who are food insecure
Health and social services	Increased access to and participation in health and social services, and greater awareness of and action towards preventative health and wellbeing	<ul style="list-style-type: none"> - Increased awareness by young people on alcohol harm prevention - Increased areas at City of Ballarat-owned facilities and spaces which are smoke free - Increased participation in health and social services by priority groups
Housing	Increased access to diverse, affordable and sustainable housing	<ul style="list-style-type: none"> - Increased diversity of housing - Increased population density in urban areas
Lifelong learning	Increased access to educational and skill-building opportunities	<ul style="list-style-type: none"> - Increased participation in early years services by children from priority groups - Increased number of people accessing skills development and digital literacy programs - Increased number of programs to support skill development in young people
Open space and recreation	Increased access to and participation in active recreation and increased access to public open spaces	<ul style="list-style-type: none"> - Increased participation in sport and active recreation - Increased tree canopy cover across the municipality

The plan also demonstrates how these three key areas intersect and align with the Council Plan, as shown in the following table. The plan includes 52 strategies divided amongst the 9 liveability domains, ensuring input from across multiple areas of council. Progress will be measured using a range of indicators; 34 medium-term and 28 long-term indicators.

The annual action plan included 138 actions with progress recorded against most actions. There will be no changes made to the MPHWP as the objectives and strategies are still appropriate and relevant.

An Evaluation Framework tool has been developed to support the collection of data from across Council departments and health partner organisations. This review document summarises the information gathered within the data collection to showcase the work underway in support of the plan's strategies.

How Liveability Domains link to the Council Plan, health priorities and priority groups

LIVEABILITY DOMAINS >	Active transport	Community participation	Community safety	Employment	Food	Health and social services	Housing	Lifelong learning	Open space and recreation
COUNCIL PLAN GOALS									
An environmentally sustainable future	✓								✓
A healthy, connected and inclusive community		✓	✓		✓	✓	✓	✓	✓
A city that fosters sustainable growth			✓	✓			✓		✓
A strong and innovative economy and city		✓		✓					
A city that conserves and enhances our natural and built assets									✓
HEALTH PRIORITIES									
Tackling climate change and its impact on health	✓	✓	✓		✓		✓		✓
Preventing all forms of violence	✓		✓						
Increasing healthy eating			✓		✓				
Increasing active living	✓		✓						✓
Improving mental wellbeing	✓	✓	✓	✓	✓	✓	✓	✓	✓
Reducing harm from smoking, gambling, alcohol and other drugs						✓			
PRIORITY GROUPS									
Aboriginal and Torres Strait Islanders		✓	✓	✓		✓		✓	✓
Culturally diverse communities		✓	✓	✓		✓		✓	✓
LGBTIQ+ communities		✓	✓	✓		✓	✓	✓	✓
People with disability	✓	✓	✓			✓	✓	✓	✓
Gender	✓	✓	✓			✓		✓	✓
Early years and children	✓	✓	✓		✓	✓		✓	✓
Young people	✓	✓	✓	✓	✓	✓		✓	✓
Older people	✓	✓	✓	✓	✓	✓	✓	✓	✓
Financially vulnerable		✓	✓		✓	✓	✓	✓	✓

Priority 1: Tackling climate change and its impact on health

- Developed a Ballarat Net Zero Emissions Plan with focus areas on business, homes, new developments, transport, and waste
- Implemented actions from Carbon Neutrality and 100% Renewables Action Plan 2019-2025 including maximising energy resource efficiency, moving City of Ballarat operations towards 100% renewable energy, reduced emissions from waste and supporting and encouraging community carbon emissions reduction
- Advocating through CASBE (Council Alliance for the Sustainable Built Environment) for a Sustainable Subdivision Framework trial and elevating Environmentally Sustainable Design (ESD) in the Planning Scheme
- Investing in walking and cycling infrastructure, \$800K for footpaths and cycleways each year over the next 4 years, \$1M for other active transport projects, plus \$500K per year for street tree planting program. Also delivering \$691K for state government funded cycling and footpath projects.
- Supporting 4 local primary schools with Active 2 School programs and developing a webpage which shows safe routes to local schools
- 1900 trees planted including street trees and at reserves - number of trees in the asset management system increased to 78335
- Held tree planting days with 10 schools, 3 kindergartens, Joey Scouts, Scope Disability Services, Nature Stewards and SEDA College. Also assisted other schools and community groups with mulch, trees or other plants, bags, stakes, and advice
- Advocacy to improve the Ballarat bus network – considered a Tier 2 advocacy project
- Bus stop upgrade, new shelter or accessibility access at Mount Pleasant, Black Hill, Redan, Wendouree, Miners Rest, Buninyong, Sebastopol, Ballarat East, Ballarat North, Delacombe, and Alfredton
- Support local group BREAZE – Ballarat Renewable Energy and Zero Emissions – to deliver free monthly talks and forums at the library
- Offered up to 40% discount on online platform promoting composting and worm farm products, over 1500 residents have undertaken online tutorials to learn about composting and worm farming
- Promoted ShareWaste online platform and Compost Revolution through Our Ballarat articles, the annual recycling calendar and website
- Developed a reusable nappy, sanitary, and period products rebate
- Provided 14 schools with a \$300 voucher to purchase composting and worm farm products
- Held Community Wealth Building workshops with a focus on renewable energy
- Contracted Circular Economy Victoria to undertake a Waste to Wellbeing project, mapping local sustainably focussed businesses and social enterprises
- Offered ASPIRE online platform providing a matching service for businesses to purchase or exchange resources that would otherwise be discarded and end up in landfill
- Offered Ready, Set, Grow! Circular economy business development program for local businesses to build capacity to identify and activate circular economy growth opportunities
- Gained funding to support local primary students with a youth-led sustainability solutions project, to be delivered in conjunction with Resource Smart schools and local community groups

Priority 2: Preventing all forms of violence

- Gained \$700K funding to offer an Empowering Communities grant, engagement led to a focus on inclusion for priority groups to improve safety, with a grant round of \$450K
- Developed a Gender Equality Action Plan 2021-2025 and a Gender Equality, Diversity and Inclusion Policy
- Supported development of Gender Impact Assessments of plans and policies
- Promoted key events including International Women's Day and International Day of the Girl
- Promoted 16 Days of Activism in conjunction with Women's Health Grampians and Zonta, with footpath stencils around the CBD, information stickers in toilets and a walk
- Support for community requiring emergency animal housing and retrieval
- Screening of residents for older vulnerable persons in emergencies register
- Participated in Your Ground project to improve safety for women in open space, leisure, and sport environments
- Updated social policy position statements including Preventing Family Violence
- Promoted family violence support services to families with children through Parent Place and supported playgroup programs
- Provided family violence screening and counselling support through the MCH service

Priority 3: Increasing healthy eating

- Worked with 14 local schools to determine strategies to improve sustainability of school food gardens
- Introduced healthy drinks and foods to the outdoor pool kiosks, surveyed pool users and developed training for pool staff
- Worked with BCH and Selkirk Stadium to improve the healthy food and drink options at the canteen, branding co-designed with students
- Developed a Healthy Rewards scheme for netball and basketball clubs at Selkirk Stadium to encourage children to try the healthy options at the canteen
- Planning to develop a local food coalition, gaining VicHealth funding to assist
- Supported community food growing groups including Food is Free, Lucas Community Garden and Ballarat Community Garden
- Worked with eligible older residents to support a reablement approach to meal preparation
- Provided a subsidised meals program with support of volunteers for delivery
- Participated in Food Access Network meetings to remain responsive to issues of food insecurity
- Parks and Gardens unit have plans to include fruit and nut trees in various public areas
- Breastfeeding and healthy food and drinks promoted through early childhood services, staff upskilled through the INFANT program, will commence INFANT for first time parents in 2023 in conjunction with BCH
- Environmental health teams inspected 145 new businesses in 2021, supported businesses with COVID-19 impacts and temporary closures
- Updated social policy position statements including Access to safe nutritious and affordable food

- Central Highlands Water continued a partnership with the Ballarat Begonia Festival in 2022 to promote their 'Choose Tap' campaign providing hydration stations and portable drinking taps at the festival.

Priority 4: Increasing active living

- Investing \$3.2M to light the walking track around Lake Wendouree (6km)
- Co-designed with young people to develop the MR Power Park Skate Park
- Promotion of free and flexible sport offerings including ParkRun, Disc Golf and seniors exercise park
- Promote local sports and come and try opportunities through the Active Ballarat newsletter
- Supported 14 local sporting clubs to offer 25 different activities as part of This Girl Can week
- Updated social policy position statements including Promoting Active Living
- Ballarat Aquatic and Lifestyle Centre offers a diverse range of classes and programs, plus additional elements such as sensory quiet time and incentives for over 60s.
- New synthetic bowling green surfaces at Alfredton Rec Reserve and Learmonth Rec Reserve
- New netball court and flood LED lighting at City Oval
- Oval improvements at Alfredton Rec Reserve
- Two new netball courts and LED flood lighting at Mars Stadium
- New LED flood lighting of 18 courts at Ballarat Regional Tennis Centre
- New and refurbished sporting and changeroom facilities at Alfredton Rec Reserve, Learmonth Rec Reserve, Marty Busch Reserve, Pleasant Street Reserve, Royal Park Buninyong, and Trekardo Park
- Two new soccer pitches and lighting at Royal Park Buninyong
- At playgrounds there were new BBQs, shelters and a 3x3 basketball facility
- Provide support for clubs to maximise use of facilities and grounds
- Provide a regular maintenance program to ensure sports grounds and playspaces are in good condition and are accessible
- Over 100 riders rode from Lake Wendouree to the Civic Hall as part of Ballarat Heritage Festival in 2022
- Over 18,000 tickets were sold to the ice-rink over the 3-week Ballarat Winter Festival
- Delivered the Ballarat Begonia Festival in the Ballarat Botanical Gardens with 50,000 visitors returning to the festival, encouraging visitation to our gardens
- Delivery of the Obstacle Course as part of the Ballarat Begonia Festival core content
- Constructed 180 meters of path and creek crossing with handrails at Canadian Springs Linear Reserve to provide connection of Pennyweight Linear Reserve from Richards St to City
- Further repair of the trail at the Miners Rest Park walking track
- Replaced and repaired sections of post and rails and single bollards through Mount Buninyong Reserve. Bridge replacement and associated path work west end of Desoza Park at Buninyong.
- A total of 8km of walking track was re-sheeted in various locations across the city
- Planning works continue for works on the Yarrowee River corridor, some of these projects will further improve the walking trails and access
- Upgrades to several walking bridges including non-slip decking and handrails at Doug Dean Recreation Reserve and Canadian Lakes.
- Overseeing the process, during construction to handover, of the new open space assets through the growth precinct developments

Priority 5: Improving mental wellbeing

- Engagement, development and endorsement of the Inclusion Framework 2022-2026 and the various associated plans:
 - Intercultural Plan 2022-2026
 - LGBTIQA+ Inclusion Plan 2022-2026
 - Reconciliation Action Plan 2022-2024
 - Disability Access and Inclusion Plan 2022-2026
 - Youth Strategy 2022-2026
 - Ageing Well Strategy 2022-2026
- Engagement, development and endorsement of the Ballarat Libraries and Learning Strategy 2022-2027
- Continue to manage development of the city library and advocate for a new library in Wendouree
- Developed a Community Infrastructure Plan 2022-2037
- Community facilities for hire promoted on community directory and through Arts Atlas
- Ballarat Aquatic and Lifestyle Centre developed a community engagement plan to promote inclusion among priority groups
- Advocacy for the Ballarat Station accessibility upgrade – now included in the Commonwealth games funding package
- Art Gallery gained \$100K funding to provide children’s creative programs
- Gained VicHealth funding to support a year long trial of Parent Place outreach
- Gained VicHealth funding to support a youth-led creative program to develop skills in exhibition design and implementation
- Established an online community directory
- Improved processes for community engagement including an annual community engagement program, training, and capacity building for staff
- Picnic in the Park was delivered in its inaugural year on January 26
- Craft Lab was held attracting artisans and visitors to the Mining Exchange
- \$300K available to community groups via the Community Impact Grants program
- Volunteering opportunities with Council advertised on the Career’s webpage and within the Volunteer webpage, young person’s opportunities include SONIKA, T.E.A.M. and youth volunteers
- Civics and citizenship training to school students through Eureka Centre staff
- Intercultural Ambassadors and Intercultural Employment Pathway programs evaluated by Federation University
- Social connections program for seniors: bus trips, lunches, events, and social exercise programs, also supports Seniors Festival
- Literacy and digital inclusion programs offered at the libraries
- Working with Carers Victoria to determine appropriate location for Mental Health Carers and Family space
- Supported playgroup programs and Parent Place available for parental support
- 8901 children supported through the MCH program, 300 hours provided through the First Parent group activity, immunisation services delivered, Best Start program offered to vulnerable families, Kindergarten programs offered at Girrabanya and Wendouree
- Worked with PCP to deliver a social inclusion forum

- Updated social policy position statements including Affordable housing
- Western Bulldogs Sons and Daughters of the West programs undertaken successfully and evaluated to show the impact on participants, including increased knowledge about local services
- Supported elderly residents to access appropriate services through My Aged Care, and delivered the Regional Assessment Service
- Home library services provided for older residents
- Continued development of the Housing Strategy
- Participate in discussions related to the state government Big Housing Build
- Homelessness protocol developed to ensure improved internal responsiveness to enquiries. Working closely with Uniting Street 2 home team to address issues as they arise.

Priority 6: Reducing harm from smoking, gambling, alcohol and other drugs

- Updated councils gambling harm minimisation policy
- Through the Libraries After Dark program offered a free, welcoming, and safe space each Thursday night with programmed activities as an alternative to local gambling venues
- Worked with partners on the All-in Gambling harm project
- Updated social policy position statements including Alcohol and other Drugs and Minimising Gambling Harm
- Provided community wellbeing perspectives on gambling application from Robin Hood hotel – application refused on grounds of not properly paying community benefits
- Provided community wellbeing perspectives on liquor licence applications
- Environmental health team supporting businesses to upgrade signage to include no vaping
- Attended values-based messaging training to improve messaging on smoking and vaping, and reducing harms from alcohol and gambling