



Community Health & Wellbeing Plan Review 2019



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Introduction

The City of Kalamunda Community Health and Wellbeing Plan 2018-2022 was adopted in December 2018. The Plan is a five-year strategic document that details how the City plans to improve public health and meets the City's legislative obligations for public health planning under the *WA Public Health Act 2016*. Implementation and monitoring of The Plan is managed by the City's Health Services Department and requires the execution of actions by relevant departments.

The Plan consists of the following four focus areas, encompassing relevant strategies and actions:

- Healthy Living
- Healthy Communities
- Safe and Healthy Environments
- Health Partnerships and Healthy Communities

The following review was developed not only to meet the statutory requirement under section 45(5) of the Public Health Act but also to achieve the following:

- Ensure implementation is progressing on schedule
- Identify needs for adjustments/amendments to meet any changes in community need
- Report and celebrate achievements
- Reconsider strategic direction and priorities
- Influence resource allocation
- Identify new networks and partnerships.

The review process involved consultation with relevant internal and external stakeholder to provide an overview of actions met from December 2018 – December 2019.

Action Plan 2018/19 Review

Focus Area 1 – Healthy Living

Objective: Guide, encourage and inspire the community to live healthier lifestyles and prevent disease and injury through the provision of lifestyle and educational opportunities.

Strategies - What we can do for our community	Actions	Responsibility	Actions met	Outcomes / Comments
1.0 Provide programs, events and facilities that support and promote physical activity.	1.0.1 Deliver and support facilities and programs that encourage physical activity.	Community Development (Recreation Services)	✓	<ul style="list-style-type: none"> Hartfield Park Recreation Centre continues to offer a range of programs and services to the community. Including: group fitness, gym, personal training, active seniors' programs, children's and youth activities and social sports. High Wycombe Recreation Centre now has 24/7 gym access along with group fitness and programs for seniors (e.g. Zumba) and children e.g. soccer for children ages 7-11yrs). Walking group run 3 x week (Forrestfield, High Wycombe and Kalamunda). Outdoor Exercise Machine Workshops – 4 locations (Oct 2019).
	1.0.2 Support state and federal 'physical activity' campaigns and implement relevant initiatives locally.	Health Services (Health Promotion)	✓	<ul style="list-style-type: none"> <u>Bike Week</u> (March 15th -24th 2019) Kala Gala Staff Bike Ride Challenge implemented (10 Staff members participated). <u>Stay on your Feet</u> – "Move Your Body" session was delivered by Stay on your Feet in December 2019 as part of the "Train the Brain" program. <ul style="list-style-type: none"> Information also provided to public via libraries and recreation centre display boards. (Photos found in Appendix C) <u>Heart Week</u> (28th April – 5th May 2019) - information provided to public via libraries and recreation centre.
	1.0.3 Continue working towards 'masterplans' for the development and upgrade of recreation/sports facilities and public open spaces (i.e. parks).	Community Development (Recreation Services)	✓	<ul style="list-style-type: none"> Forrestfield/High Wycombe Industrial Area Forrestfield North Hills Rural Study Kalamunda Activity Centre Plan Maddington Kenwick strategic employment area Maida Vale Safe

	1.0.4 Continue to implement the City's <i>Clubs for Life</i> program which incorporates a range of initiatives and strategies designed to engage, support and help develop local sport and recreation clubs within the City.	Community Development (Recreation Services)	✓	<ul style="list-style-type: none"> • The following workshops were held in 2019 as part of the <i>Clubs for Life</i> Program - <ul style="list-style-type: none"> - Financial sustainability – 3 ongoing workshops (8 sport and community groups participated). - Attracting talent and time – Inclusion Solutions (21 attendee's). - Building Stronger Connected Clubs – Inclusion Solutions (15 attendee's). - Social Inclusion and Disability awareness – Inclusion Solutions (8 attendee's). • In 2019 a Business Plan was developed by Recreation Services to target the following within sports clubs: <ul style="list-style-type: none"> - Sustainability - Mental Health & Wellbeing - Healthy Foods - Alcohol
1.1 Provide healthy ways to get around the City.	1.1.1 Implement actions outlined in the <i>City of Kalamunda Bicycle Plan 2017</i> .	Infrastructure Assets	✓	<p>During 2018/2019 the City worked on the following projects from the bicycle plan:</p> <ul style="list-style-type: none"> - Consultation on options for improving cycling and pedestrian access to the Zig Zag Scenic Drive - Design and consultation on a local cycling route through High Wycombe including the public access ways from Maclarty Way to Newburn Road, and a route along Butcher Road, Palmer Crescent and Mack Place through to Maida Vale Road.
	1.1.2 Engage with the Department of Transport's <i>Your Move</i> program to promote active transport methods to schools, workplaces and the wider community.	Health Services (Health Promotion)	N/A	To commence by year 4 (2022)
	1.1.3 Provide and maintain paths, signage and streetlights across the City. 1.1.4 Explore opportunities to integrate 'healthy living by design' principles into urban design and increase awareness of principles by council staff, community members and key stakeholders.	Assets Planning Health Services (Health Promotion)	N/A	To commence by year 4 (2022)

1.2 Provide access to relevant and topical information about healthy living.	1.2.1 Maintain and monitor use of the City's website and social media pages to incorporate promotion of health and wellbeing information and messages.	Public Relations	✓	<ul style="list-style-type: none"> The City's Health Promotion Officer developed a 12mth communication plan outlining health and wellbeing content to be shared on the City's social media pages. The plan was based on ongoing state and national awareness days/weeks. Other spontaneous messages and content were also shared as they arose through the year. Examples of social media post can be found in appendix A.
1.3 Provide access to safe, sustainable and healthy food.	1.3.2 Investigate opportunities to support sporting clubs and city events to offer healthy food options.	Health Services (Health Promotion). Community Development	N/A	To commence year 2 (2020)
	1.3.3 Support and promote both community and residential edible gardens. - Explore opportunities to educate and encourage residents to grow their own food. - Distribute food plants at the City's annual "plants for residents" events. - Promote and raise awareness of the City's existing community gardens.	Health Services (Health Promotion)	✓	<ul style="list-style-type: none"> The City continues to provide the space for the Kalamunda Community Garden (KCG) and use its social media platforms to promote events and workshops. The City supported the KCG during the Outdoor October initiative. - The garden was open to the public Oct 6th 2019 offering half hour tours of the gardens. Edible plants (Strawberry, lettuce, snowpeas) distributed at the City's "plants for Residents" events. Over 4000 seedlings distributed. (Photo found in appendix C) Established a seed library (at Kalamunda Library) where resident can take and swap seeds (Photo found in appendix A)
	1.3.5 Promote safe food handling practice amongst the City's food businesses. <ul style="list-style-type: none"> Educate food businesses on food safety topics through the City's Food News newsletter. Sample food to ensure that relevant microbiological and chemical standards are met. Explore opportunities to develop a voluntary "Scores on Doors" program that incentivises food safety. 	Health Services	✓	<ul style="list-style-type: none"> In 2019 one edition of the Food Newsletter was sent to food businesses. Sufficient food sampling was completed in 2019 (full budget was used).
1.4 Provide opportunities to learn about healthy eating.	1.4.1 Deliver events, programs and initiatives that educate and encourage healthy eating (e.g. Food Sensations Nutrition and Cooking Program)	Health Services (Health Promotion)	✓	2 x Food sensations courses delivered; each course ran for 4 weeks. <ul style="list-style-type: none"> 6th – 27th Feb (Forrestfield) (11 participants) 6th -27th June (Kalamunda) (6 participants)

	1.4.2 Support state and federal 'healthy eating' campaigns and implement relevant initiatives locally.	Health Services (Health Promotion)	✓	Resources and campaign messages from the Live Lighter "healthy eating" campaign where displayed in the libraries (Kalamunda & Forrestfield) recreation centre and at the City admin office throughout 2019 (see photos in Appendix B)
1.5 Work towards reducing alcohol (and other drug) related harm in the community.	1.5.1 Work in collaboration across service areas to develop an 'Alcohol Management Policy' for the City of Kalamunda.	Community Development (Recreation Services) Health Services (Health Promotion)	✓	Alcohol management policy was adopted as a CEO instruction.
	1.5.2 Monitor alcohol advertising across the city and raise awareness of alcohol advertising rules and regulations and the pathway to submitting complaints (i.e. via Alcohol Advertising Review Board).	Health Services (Health Promotion)	✓	No ads complaints submitted in 2019
	1.5.3 Support state and federal 'alcohol awareness' campaigns and implement relevant initiatives/programs/messages locally.	Health Services (Health Promotion)	✓	Resources and campaign messages from the Live Lighter "avoid alcohol" campaign where displayed in the libraries (Kalamunda & Forrestfield) recreation centre and at the City's admin office throughout 2019 (see photos in Appendix B)
	1.5.4 Explore the opportunity of joining the Alcohol and Drug Foundation's (ADF's) Local Drug Action Team (LDAT) program with the aim of identifying, responding to and preventing alcohol and drug related harm.	Health Services (Health Promotion)	✓	<ul style="list-style-type: none"> A grant application was submitted, however unsuccessful. Foothills Information Referral Service where successful in receiving funding to form at LDAT. The City has offered support by contributing to meetings, project design and implementation.
1.6 Work towards reducing exposure to secondhand smoke in public areas.	1.6.1 Support and promote East Metropolitan Population Health Unit 'Smoke Free Shopping Centre' project.	Health Services (Health Promotion)	N/A	Due to commence year 3
	1.6.2 Maintain no smoking signage at City facilities (i.e. playgrounds)	Assets	✓	Monitored through the City's asset maintenance program.

	1.6.3 Promote smoke free public events, festivals and venues.	Events	✓	In August 2019 the City supported the Make Smoking History Targa West Rally. Kalamunda Show was presented by Smarter than Smoking in 2019
	1.6.4 Support state and federal campaigns that address smoking cessation and deliver messages at the local level.	Health Services (Health Promotion)	N/A	Due to commence year 2
1.7 Work towards the prevention in injuries.	1.7.1 Support state and federal 'injury prevention' campaigns and implement relevant initiatives locally.	Health Services (Health Promotion)	N/A	Due to commence year 2
1.8 Be a local government that leads by example when it comes to being a 'healthy' workplace	1.8.1 Continue to coordinate the City's Staff Wellness Committee "GLOW TEAM" and provide: <ul style="list-style-type: none"> • Opportunities to be more physically active (e.g. workplace challenges). • Education sessions/seminars. • Health screening options. • Healthy food options. • Promotion of the Employee Assistance Program (EAP). 	GLOW TEAM	✓	<ul style="list-style-type: none"> • Implemented Lunch Time Fitness programs once a week (average 3-5 participants). • Health and fitness appraisals offered to staff (8 completed). • Workplace challenges like city to surf, HBF run for a reason and the push up challenge were facilitated. • Skin checks and flu vaccinations were offered to all staff.

Focus Area 2 – Healthy Community

Objective: Support and celebrate diversity and encourage community inclusion across all life stages while promoting positive mental health.

Strategies - What we can do for our community	Actions	Responsibility	Actions Met	Outcomes / comments
2.1 Encourage and promote active participation in social and cultural events that celebrate diversity.	2.1.1 Continue to provide and seek new opportunities for City led events and programs that appeal to people from a diverse range of ages, backgrounds, lifestyles and cultures.	Events Community Development	✓	In 2019 the City led various community events including: <ul style="list-style-type: none"> • Australia Day • Corymbia Multicultural Festival • Jazz in the Park • Kalamunda Markets • Kalamunda Show • Perth Hills Spring Festival • Summer Series (Outdoor Movies) • Christmas Festival • Seniors Week • Numerous Youth Focused Events (Photos found in appendix C)
	2.1.2 Support external stakeholders through sponsorship and partnership opportunities.	Events Community Development	✓	The following event partnerships/sponsorships were continued and/or developed in 2019: <ul style="list-style-type: none"> • Kalamunda Markets • Kalamunda Youth Swing Band (Jazz in the Park) • Kalamunda & Districts Agricultural Society Inc (Kalamunda Show) • Visitors Centre (Experience Perth Hills) • Targa West (Tarmac Rally 19) • Perth Airport (Summer Series) (Photos found in appendix C)
2.2 Facilitate the inclusion of the ageing population and people with a disability to have access to information,	2.2.1 Implement actions identified in the City's <i>Disability Access and Inclusion Plan 2017-2022</i> . <u>Focus areas include</u> - improving access to information, facilities and services.	Community Development	✓	The plan is currently in its 3rd year of implementation. Highlights achieved to date include: <ul style="list-style-type: none"> • City supports the local Disability and Carers Advisory Committee • All Abilities – Online Community • City website contains detailed information on services available to carers • Accessible Businesses toolkit (available on the City's website)

<p>facilitates and services.</p>	<p>2.2.2 Implement actions identified in the City's Age Friendly Strategy and Action Plan 2017-2021. Focus areas include: transportation, housing, social participation and communication/information.</p>	<p>Community Development</p>	<p>✓</p>	<p>The plan is currently in its 3rd year of implementation. Highlights achieved to date include:</p> <ul style="list-style-type: none"> • Age Friendly Community Centres (Woodlupine Family & Community Centre and Jack Healey Centre) • Community Bus • Library services (see below 2.5.1) • Age care and housing options – support found on City website
<p>2.3 Provide opportunities for young people through recreation, social and education activities to reduce risk of anti-social behaviour and build a strong base to develop our future generation.</p>	<p>2.3.1 Implement actions identified in the City's Youth Plan 2017 – 2022. Focus areas include: participation, wellbeing, communication and forming strong partnerships and involving youth in decision making.</p>	<p>Community Development</p>	<p>✓</p>	<p>The plan is currently in its 3rd year of implementation. Highlights achieved to date include:</p> <ul style="list-style-type: none"> • Youth Action Kalamunda (TAK) team • Career Expo • Skate Clinics & Ramp it Up Sk8 Series • Torchlight film festival • Youth Artist Awards • Youth Week Events • Barista Workshops • Youth Busking <p>(Photos found in Appendix C)</p>
<p>2.4 Support families, early years' service providers and early childhood practitioners.</p>	<p>2.4.1 Support the activities of the City of Kalamunda's Early Years Network, the Zig Zag Early Years Partnership.</p>	<p>Community Development</p>	<p>✓</p>	<p>The City's Youth & Community Development Officer currently provides ongoing administration support to the partnership and attends monthly meetings.</p>
<p>2.5 Provide opportunities to pursue learning.</p>	<p>2.5.1 Continue to deliver the City's Library services, programs and activities.</p>	<p>Community Development (Library Services)</p>	<p>✓</p>	<p>The City continues to deliver a range of library services: These include:</p> <ul style="list-style-type: none"> • Rhyme & Story Time • School holiday activities • Making reading a hoot • Book week activities • Adult programs (Knit n Yarn Group, Games afternoons, English classes) • Workshops and talks • Home library service

<p>2.6 Provide opportunities to feel connected and supported within my community and promote positive mental wellbeing.</p>	<p>2.6.1 Continue to encourage and support volunteering within City's programs and activities.</p>	<p>Community Development</p>	<p>✓</p>	<p>The City continues to provide volunteer opportunities to the community. These include:</p> <ul style="list-style-type: none"> • Jack Healy Centre • Woodlupine Seniors Coffee Lounge • Perth Hills Visitors Centre • Kalamunda Library • Community bus drivers • History village • Environmental opportunities (friends group, adopt-a-spot) • Youth Action Kalamunda
	<p>2.6.2 Continue as site partner of Mentally Healthy WA 'Act-Belong-Commit' campaign and work towards recruiting and supporting local community groups/service providers as community partners. <u>Campaign aims to:</u> raise awareness of activities that promote good mental health, reduce stigma associated with mental illness and strengthen individual resilience.</p>	<p>Health Services (Health Promotion)</p>	<p>✓</p>	<ul style="list-style-type: none"> • Two groups were recruited as ABC partners <ul style="list-style-type: none"> - Lesmurdie Legends Swimming Club - Rotorcross • Act Belong Commit message were showcased at the following City events: <ul style="list-style-type: none"> - Connecting Communities - Corymbia Festival - Easter morning tea - Kanyana fundraiser - Plants for Residents - R U OK day – Darling Range Sports College - Walliston Primary School – Microbat project
	<p>2.6.3 Support relevant 'mental wellbeing' initiatives and messages locally. (E.g. Mental Health Week, and R U OK Day).</p>	<p>Health Services (Health Promotion) Community Development</p>	<p>✓</p>	<ul style="list-style-type: none"> • City of Kalamunda Youth team facilitated an RUOk community event in September 2019. (photos found in Appendix C) • Resources and campaign messages from R U Ok campaign were displayed in the libraries (Kalamunda & Forrestfield) recreation centre and at the City admin office throughout 2019 and shared on the City social media platforms.
	<p>2.6.4 Explore opportunities to establish connection with NGO's concerned with people whom suffer from mental illness and provide opportunities for the community to attend seminars and workshops.</p>	<p>Health Services (Health Promotion) Community Development</p>	<p>✓</p>	<ul style="list-style-type: none"> • The following connections were made in 2019: • Helping Minds – Youth services partnered and ran a "Lifelong Resilience Workshop" with high school students in September 2019. • Lifeline • Headspace • Black dog institute • WA Primary Health Alliance – Alliance Against Depression program

	<p>2.6.5 Explore opportunities to implement programs and initiatives which encourage social inclusion, positive mindset and general health and well-being. These programs will aim to cater for a variety of interests including arts, sports and hobby activities.</p>	<p>Health Services (Health Promotion) Community Development</p>	<p>✓</p>	<ul style="list-style-type: none"> The events/initiatives identified above in actions 2.1.1, 2.3.3, 2.5.1 and 2.6.1 encourage social inclusion, positive mindset and general health and wellbeing. Events worth highlighting include: <ul style="list-style-type: none"> - Connecting communities - Corymbia multicultural festival - Kanyana education event - Plants for residents <p>A noteworthy initiative is the use of the City's Smoothie bike at these events.</p> <ul style="list-style-type: none"> In August 2019 an MOU was signed between the City and Inclusion Solutions with the aim of developing the <i>Inclusive Clubs Kalamunda Project</i>
	<p>2.6.6 Provide Arts and Cultural Programs that support and promote arts activities and contribute to a sense of place, identity and well being</p>	<p>Health Services (Health Promotion) Events</p>	<p>✓</p>	<p>The following programs were run in 2019</p> <ul style="list-style-type: none"> Perth Hills Spring Festival <ul style="list-style-type: none"> - Family Fun Day - Movie Nights - Musical Events - Indigenous craft activities & nature walks Seniors Week Innovative Housing Expo Christmas Festival Summer Series Movie Nights <ul style="list-style-type: none"> - Multiple dates January – April Corymbia Multicultural Festival Ramp It Up Skate Comp Make Smoking History Targa West Rally <p>(Photos found in appendix C)</p>
	<p>2.6.7 Provide opportunity for staff, volunteers and leaders within the community to be trained in mental health first aid.</p>	<p>Health Services (Health Promotion) Community Development</p>	<p>✓</p>	<ul style="list-style-type: none"> One health services staff member completed a mental health first aid training course in December 2019 with Mental Health First Aid Australia. In December 2019 four staff members completed a health and wellbeing coordinator workshops with Healthier Workplaces WA. This course covered a component of mental health.

	2.6.8 Explore opportunity to implement "Park Run" at parks in the city of Kalamunda, to provide opportunity for social inclusion, health and physical activity and community connectiveness.	Health Services (Health Promotion) Community Development	✓	<ul style="list-style-type: none"> In November 2019 the City supported the Mundy Regional Parkrun in Kalamunda. A 5km course starting in Maida Vale.
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Focus Area 3 – Healthy and Safe Environment

Objective: Provide a safe and welcoming environment and quality environmental health protection

Strategies - What we can do for our community	Actions	Responsibility	Actions Met	Outcomes / comments
3.1 Provide a healthy environment to live, work and play.	3.1.1 Implement and adhere to legislative requirements as defined in the Food Act 2008, Environment Protection Act 1986, Waste Avoidance & Resource Management Act 2007 and Emergency Management Act 2005.	Health Services Community Safety Services Assets	✓	Completed
	3.1.2 Carry out routine water sampling to ensure non-scheme drinking water provided to the public and recreational water bodies are safe for their intended use.	Health Services	✓	31 samples taken in 2019
	3.1.3 Ensure on-site disposal of effluent and liquid waste is managed to minimise risk to public health and the environment.	Health Services	✓	76 approvals issued in 2019
	3.1.4 Inspect health premises in accordance with risk priority rating to ensure safety of City owned facilities in accordance with relevant laws.	Health Services	✓	Completed 596 assessments in 2019

	3.1.5 Management of contaminated sites to reduce the risks to public health and the environment.	Health Services	✓	Contaminated sites that were investigated or remediated in 2019 include: Brand Road, Dawson Avenue, Ledger Road and Alan Anderson Park.
	3.1.6 Keep the City's mosquito population to acceptable levels through education and project delivery. - Implement the City's Mosquito Management Program. - Provide educational information to City residents via press release, website and social media channels.	Health Services Public Relations	✓	Annual Mosquito Management program was implemented 561 briquettes used. Micro bat program trialled in the following locations 3 locations: <ul style="list-style-type: none"> • Woodlupine Brook (west) • Woodlupine Brook (East) • Forrestfield Men's Shed
	3.1.7 Increase awareness of Asbestos <ul style="list-style-type: none"> • Participate in the annual Asbestos Awareness Month. • Educate and advise residents on Asbestos issues through resolution of complaints and assessment of developments. 	Health Services	✓	<ul style="list-style-type: none"> • Blue lamington fundraiser held for City staff. \$73.40 raised • Resources (20-point asbestos check report) made available to public at the following locations: <ol style="list-style-type: none"> 1. Hardware store 2. Libraries 3. Administration building
	3.1.8 Provide information and advice to the community on topics such as: <ul style="list-style-type: none"> • Vector and pest control • Domestic and commercial noise • Dust and pollution 	Health Services	✓	196 complaints received and responded to in 2019
	3.1.9 Explore opportunities to locally promote immunisations within the City.	Health Services (health promotion)	N/A	Not due to be completed in 2019
3.2 Provide a safe and secure community.	3.2.1 Continue to provide and monitor CCTV with the City.	Community Safety Services	✓	The City maintains and administers a network of CCTV within its jurisdiction comprising of 8 different sites and 32 Cameras.
	3.2.2 Evaluate and review the City's <i>Community Safety and Crime Prevention Plan 2013-2018</i> to identify successes, challenges and new opportunities.	Community Safety Services	✓	A Draft of the City's Community Safety and Crime Prevention Plan 2020-2025 was completed in 2019

	3.2.3 Provide a well-resourced and responsive ranger service to the community. Rangers to respond to community complaints and concerns relating to dogs, straying stock and animals, parking complaints and assist with the prevention and outbreak of bushfires.	Rangers	✓	Ranger continued to patrol known hot spots and respond to reported occurrences as requested. Rangers and Community safety Officers began Fire Hazard Inspections on private November 1 2019 (will continue till March 2020)
	3.2.4 Continue to promote and participate in eWatch.	Community Safety Services	✓	The City has ceased promoting the eWatch program.
	3.2.5 Continue to implement existing programs such as Eyes on the Street, Urban/Community Art programs and Constable Care.	Community Safety Services	✓	Eyes on the Street participation has continued with field staff working closely with local police.
	3.2.6 Explore the opportunity of coordinating a City led a Crime and Safety Advisory Committee and engage relevant stakeholders.	Community Safety Services	✓	- The Community Safety & Crime Prevention Advisory Committee formed in 2018 and reformed in 2019 following the council election. - The committee consists of the IOC at the Forrestfield, a Councillor from each ward and community members. Assistance to the committee is provided by City staff.
	3.2.7 Maintain and monitor the implementation of the Graffiti Management Plan for the City.	Community Safety Services	✓	- The City continues to implement its Graffiti Removal and Prevention Policy, which endeavours to remove graffiti from Council property and private residential properties (such as fences and walls on parks, reserves and pedestrian access way) • In 2019 there were 866 incidents reported and 865 where removals completed.
3.3 Help the community prepare and manage risks associated with emergency events.	3.3.1 Coordinate and support the ongoing functions of the Local Emergency Management Committee and the Local Emergency Management Arrangements.	Community Safety Services	✓	• All required Committee meeting have been met. • The draft LEMA is in the final stages and is ready to be presented to the Committee in the February 2020 LEMC
	3.3.2 Provide adequate resources to ensure the City is well prepared for a disaster or danger.	Community Safety Services	✓	Completed

	3.3.3 Continue to deliver a range of fire management services to the community in partnership with State and volunteer services.	Community Safety Services	✓	Completed
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Focus Area 4 – Healthy partnerships and economy

Objective 1: To engage with business, partners and stakeholders to work collaborating for the benefit of the community

Strategies - What we can do for our community	Actions	Responsibility	Actions Met	Outcomes / Comments
4.1 A sustainable local economy	4.1.1 Implement the City's <i>Economic Development Strategy</i> .	Economic Development	✓	Completed
4.2 Collaborative partnerships	4.2.1 Support local networks of service providers to encourage collaboration and partnership and sharing of information.	All	N/A	To commence year 3
	4.2.2 Develop and maintain effective partnerships with state and national health promotion bodies for assistance with funding, resources and project development.	Health Services (health promotion)	✓	<ul style="list-style-type: none"> Funding application submitted to Australian Drug Foundation (ADF) Partnership developed with WA Primary Health Alliance to implement Alliance Against Depression project Partnership maintained with Mentally Healthy WA and will continue to receive support funding for resources for the Act Belong Commit Campaign. Partnership maintained with Cancer Council WA to assist in delivering sun safety strategies along with livelighter resources and support.

Conclusions

Overall, this review indicates some exciting initiatives that have been implemented within the City and the broader community throughout 2019. Notable achievements include:

- Successful maintenance of existing partnerships and the development of new ones particularly targeting mental health and social inclusion (e.g. Mentally Healthy WA, WA Primary Health Alliance, Helping Minds and Inclusion solutions).
- Increase in the support of state & federal health promotion campaigns and sharing of messages within the community through events, displays and social media platforms. (e.g. Live Lighter, Act-Belong-Commit and Stay on Your Feet).
- Continued success of City lead and/or supported events (e.g. Plants for Residents, Corymbia Multicultural Festival, Youth Week and Seniors Week).
- Recreation Services developing a Business Plan which incorporated focus areas such as: sustainability, healthy eating, mental health and wellbeing and alcohol.
- Completion of the draft *Community Safety and Crime Prevention Plan 2020-2025* and formation of the Community Safety & Crime Prevention Advisory Committee.
- Continued success of programs and events run through the City's recreation centres and libraries that focus on improving community health and wellbeing.
- Continued efforts of the City's Environmental Health Officers, Rangers and Emergency Management staff working to keep residents safe.

It is evident from this review that actions in the Plan are diverse and indicate a broad range of health determinants and the importance of each service area within the City to contributing to ensuring the health needs of the community are met.

This review helps guide planning for 2020 and beyond by highlighting actions not yet addressed such as:

- Investigating opportunities to support sporting clubs and city events to offer healthy food options.
- Focusing on supporting potential federal and state injury prevention and smoking campaigns.
- Work to implement health promotion strategies identified in the City's Bicycle Plan
- Supporting local networks of service providers to encourage collaboration and partnership and sharing of information.
- Engage with the Department of Transport's *Your Move* program to promote active transport methods to schools, workplaces and the wider community.

Key actions to focus on in 2020 include:

- The City's social media platforms along with the updated website continues to be the leading way to showcase health and wellbeing messages. In 2020 more focus should be

dedicated to this area. For example the development of a health and wellbeing section on the City's website dedicated to health messages.

- Increase the promotion of the City's smoothie bike for hire by schools, community groups etc.
- Continue to focus on developing and maintaining partnerships with external stakeholders in the area of mental health & wellbeing.
- Continue to focus on internal partnerships and project collaborations to streamline messages, avoid duplication and share resources.

Other suggestions for 2020:

- In 2019 the WA State Public Health Plan was released. It would be beneficial to complete a separate review to ensure actions meet those identified in the state plan.
- As indicated in The Plan it would be beneficial to establish an internal public health and wellbeing stakeholder group to assist in the review of the plan in 2020 and encourage a more collaborate approach to the implementation and review process.

Appendices

Appendix A - Social Media Posts

City of Kalamunda
18 October 2019 · 🌐

💡 We want to keep the 🏆 spotlight on 🧠 mental health! Following on from Mental Health Week (6 to 12 Oct) we want to know what you're doing to take care of yourself? Whether it's 🏃 exercise, 🍷 catching up with friends or 🌳 spending time alone – leave your tips below for staying mentally healthy! Want to know more? Head to: <https://mhw.waamh.org.au/> and subscribe to their 📺 enews.



WAAMH
Western Australian Association
for Mental Health

👍 1

City of Kalamunda
21 October 2019 · 🌐

👍 We love Outdoors October and hope you're spending the month soaking up as much fresh air as possible 🌳! Need some inspo? Head to the Perth Hills and enjoy one of our many 🚶 walk or 🚲 bike trails. More info: <https://www.outdoorsoctober.com.au/>




👍 8

👍 Like 💬 Comment ➦ Share

City of Kalamunda
13 November 2019 · 🌐

🏃 Tomorrow is world Diabetes Day and we want to play our part in making our community healthier! Diabetes is a leading cause of blindness, amputation, heart disease and kidney failure. Simple action can reduce the risk so check out the fantastic programs and services we offer to promote staying active and start your healthier lifestyle now!
<https://www.kalamunda.wa.gov.au/recreation.../sports-recreation>
<https://www.kalamunda.wa.gov.au/recreation-tourism/outdoors>



👍 7 4 comments 1 share

City of Kalamunda
8 November 2019 · 🌐

💡 🍳 Are you up-to-speed with the latest food safety hygiene procedures? Next week is Australian Food Safety Week and this year's theme is "Excellent eggs – handle them safely". Don't crack up – get the latest tips now: <https://foodsafety.asn.au/.../09/Excellent-eggs-fact-sheet.pdf>



👍 4 2 comments 1 share

👍 Like 💬 Comment ➦ Share

Most relevant ▾

 **City of Kalamunda** shared a post.
19 December 2019 · 🌐

Well done to the amazing team at the Kalamunda Community Garden! We encourage residents to drop off some books and seeds #swap #reuse #share #community 🌱🌱🌱🌱



 **City of Kalamunda**
21 October 2019 · 🌐

🌱 We love Outdoors October and hope you're spending the month soaking up as much fresh air as possible 🌿! Need some inspo? Head to the Perth Hills and enjoy one of our many 🚶 walk or 🚲 bike trails. More info: <https://www.outdoorsoctober.com.au/>



👍 8

👍 Like 💬 Comment ➦ Share

 **City of Kalamunda** shared a post.
7 October 2019 · 🌐



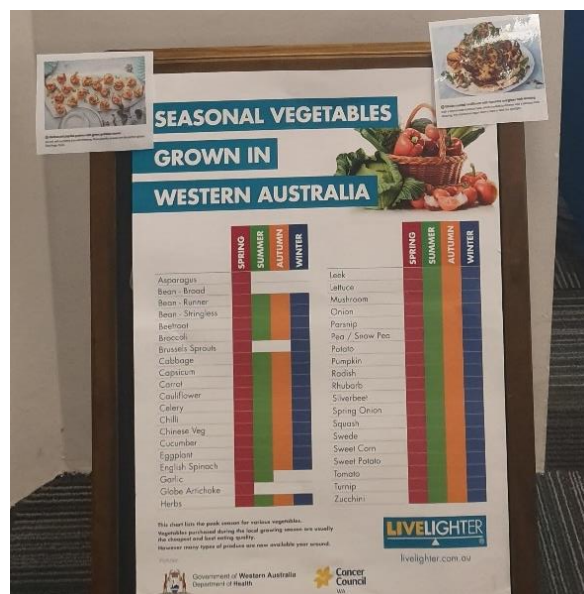
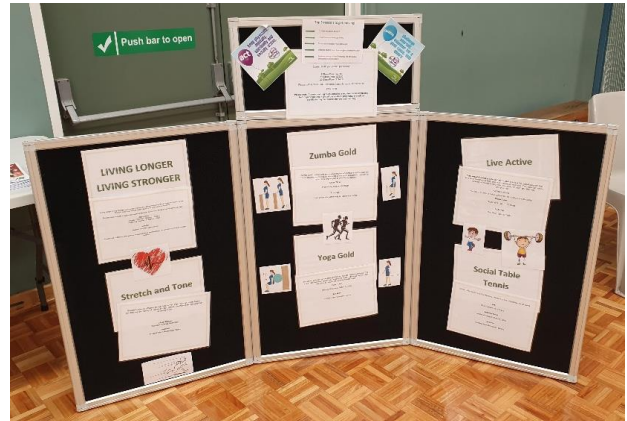
Western Australian Mental Health Commission
5 October 2019 · 🌐

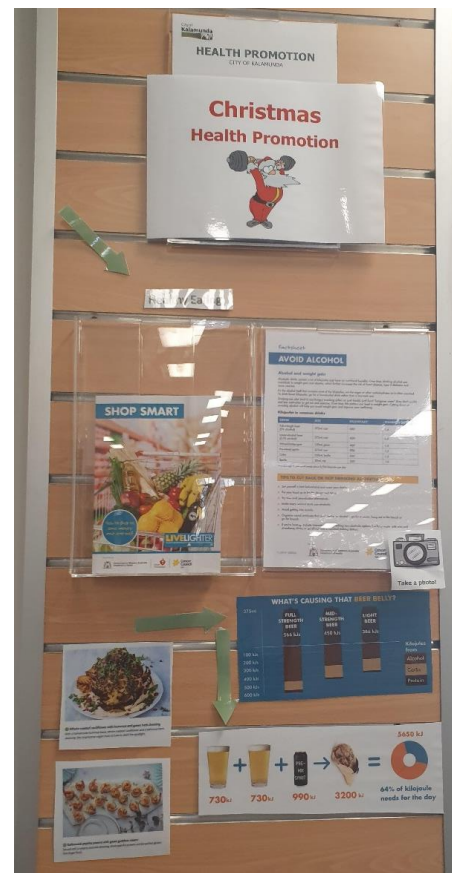
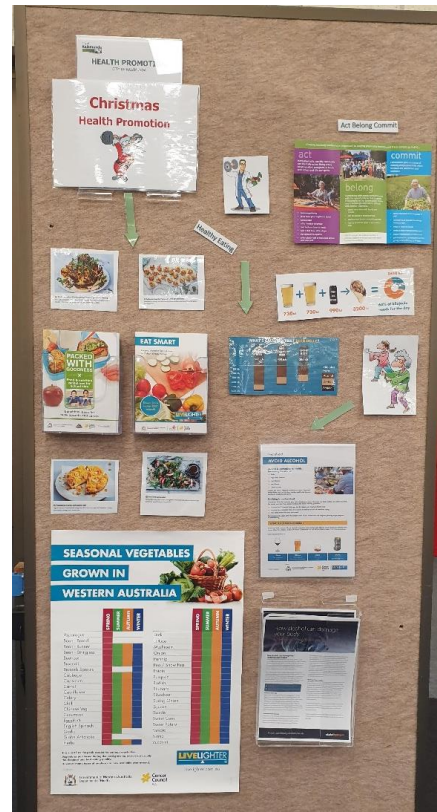
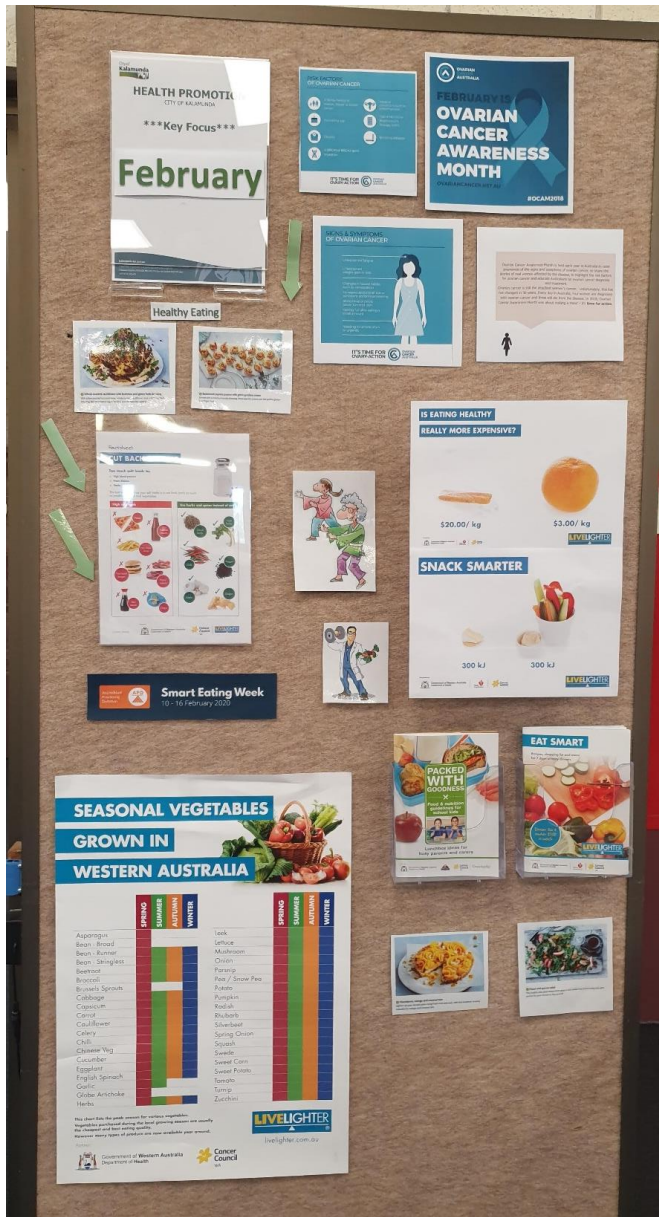
Mental Health Week WA 2019 is officially here!
This year, we are looking at the various settings we go to every day where we can support our own, and the wellbeing...
See more

👍 5

2 shares

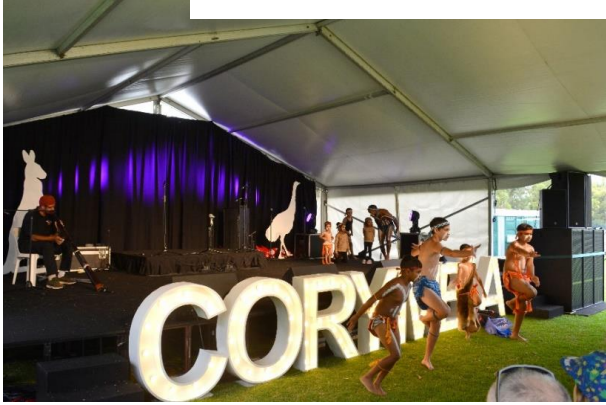
Appendix B - Health & Wellbeing Displays





Appendix C – Events

Corymbia Multi Cultural Festival 2019



Perth Summer Series 2019



Smarter then Smoking Targa West 2019



Perth Spring Festival 2019



R U Ok Day – Youth Services



Youth Week – Youth Services



Career Expo – Youth Services



Plants for Residents 2019



Kala Bike Week 2019

City's Smoothie Bike in use at Youth Week



Train the Brain Event – Stay on Your Feet 2019



Ramp it up Skate Comp 2019





Seniors Week 2019

PARK RUN
MUNDRY REGIONAL PARK

115
Participants

17 Different Clubs
were involved

10
10 plus staff helped
out on the event day

Asbestos Awareness

Cupcake Fundraiser

Asbestos is a naturally-occurring fibrous silicate mineral. It was considered a versatile product, because it is able to withstand heat, erosion and decay and has fire and water resistant properties.

LIBRARIES

Forrestfield
High Wycombe
Lesmurdie

MONEY RAISED

\$79.00

CUPCAKES SOLD

100+



