



Ararat Rural City

ARARAT RURAL CITY MUNICIPAL PUBLIC HEALTH AND WELLBEING PLAN 2021-2025

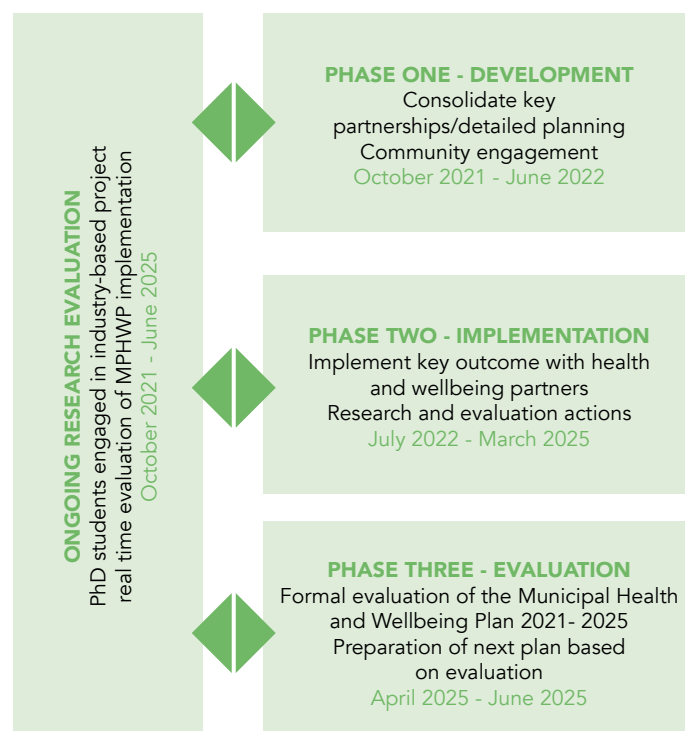
The Ararat Rural City Council Municipal Public Health and Wellbeing Plan 2021-2025 (MPHWP) is one of Council's key strategic planning documents. It lays out a strategy that will build real and effective partnerships aimed at improving the health and wellbeing outcomes for our community.

The MPHWP is focussed on achievable, sustainable outcomes that are within Council's capacity to deliver. Council has previously incorporated its MPHWP into its Council Plan. Council feels that we should have a stronger focus on the public health and wellbeing and for the 2021-2025 period the MPHWP will be a separate plan with very clear objectives.

The plan will be rolled out in three distinct stages:

- **Development:** This phase will be focussed on consolidating key partnerships, undertaking detailed planning and engaging the community in identification of key projects and actions
- **Implementation:** This phase will implement the key outcomes of the plan
- **Evaluation:** This phase will involve a formal evaluation of the success of the MPHWP and the partnerships and prepare for implementation of the next plan.

An integral element to the implementation of the MPHWP is Ongoing Research and Evaluation. A PhD student will be engaged on the project to research the process and success of the programs and actions to build an evidence base for evaluation and planning.



KEY PROJECT PARTNERS ARE:

- East Grampians Health Service
- Federation University Australia (FedUni)
- Psychology Education Resource Centre
- Committee Grampians Community Health
- Central Highlands Integrated Family Violence



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Ararat Rural City

1. BUILDING EFFECTIVE PARTNERSHIPS

We will develop effective, long-term partnerships focussed on delivering positive health and wellbeing outcomes to the communities of Ararat Rural City.

- 1.1 Continue to develop our partnership with East Grampians Health Service focussed on delivery of population health, wellbeing, and research outcomes at a community level.
- 1.2 Extend the research and practice partnership with Federation University Australia to develop effective local health, wellbeing, and research programs.
- 1.3 Commit to strong local partnerships with key providers and social enterprises in delivery of health and wellbeing initiatives.

2. DEVELOPING SOCIALLY AND EMOTIONALLY STRONG AND DIVERSE COMMUNITIES

We will develop community-based approaches that support improved mental health, encourage diversity, and build social capital.

- 2.1 Work with the key partners to develop the Psychology Education Resource Centre, a social enterprise that supports positive mental health outcomes at an individual and community level.
- 2.2 Develop a community based multicultural organisation supporting the social and cultural needs of the diverse community of Ararat Rural City.
- 2.3 Build and resource strong local networks of volunteers across our rural City.

Acknowledgment of Traditional Owners
Council acknowledges the traditional owners of the land on which we meet, and pay our respects to their elders, past, present and emerging.



3. CREATING A COMMUNITY THAT STANDS AGAINST DOMESTIC VIOLENCE

We will commit as a community to stand against family violence, supporting positive attitudes to women and children and develop strategies and collaborations that support this stand.

- 3.1 Commit fully to partnership with the Central Highlands Integrated Family Violence Committee (CHIFCV) to improve understandings, develop an evidence base and improve service delivery in our communities.
- 3.2 Ararat Rural City Council organisationally will develop a culture of supporting positive attitudes to women and children through ongoing commitment to CORE, 16 Days of Action and engagement with the principles and work of the Gender Equity Commission.
- 3.3 Collaborate with local service providers, community organisations and social enterprises to improve local service provision to victims of domestic violence.

4. DEVELOPING KEY HEALTH AND WELLNESS INFRASTRUCTURE

We will develop key infrastructure to support health and wellness outcomes across our communities.

- 4.1 Partner with Grampians Community Health to develop a feasibility plan and funding model to redevelop the McDonald Centre as a key community, social and health hub.
- 4.2 Develop plans and seek funding to refurbish the Ararat Leisure Centre and outdoor pools in Ararat, Willaura, and Lake Bolac as key physical activity and recreational hubs.
- 4.3 Upgrade and develop key recreational and community facilities to ensure that community health and wellbeing needs are met into the future.

5. DEVELOP ENVIRONMENTALLY POSITIVE HEALTH AND WELLBEING INITIATIVES

We will work with key partners to develop environmentally positive initiatives that improve our streetscapes, encourage consumption of food grown in community gardens and development of nature based physical recreational opportunities.

- 5.1 Partner with key environmental groups and community organisations to develop street tree programs that create cool and inviting streetscapes, while promoting unique identities for our towns and villages.
- 5.2 Encourage development and growth of community gardens to encourage physical activity, development of positive eating habits and provide access to fresh food.
- 5.3 Upgrade and develop nature based recreational opportunities such as walking paths and bike tracks across the municipality.

6. SUPPORT ACTIVE LIVING AND PREVENTATIVE HEALTH

Leverage existing and developing partnerships to encourage active living and support preventative health programs.

- 6.1 Working with East Grampians Health Service and Federation University Australia to develop, implement and evaluate innovative, community focussed preventative health programs.
- 6.2 Collaborate with community sporting clubs, health organisations and schools to engage young people in physical activity and preventative health programs.
- 6.3 Continue to provide support to sporting and recreational organisations, particularly assisting the development of women's sport such as AFLW at the redeveloped Gordon Street Recreation Reserve.

MEASURES OF SUCCESS



The performance measures provided below are a starting point for measuring the success of the MPHWP. More detailed measures will be developed as the ongoing research and evaluation model is developed. These measures will form part of the annual work plan for the MPHWP.

BUILDING EFFECTIVE PARTNERSHIPS

- Developing and implementing two key projects with each of East Grampians Health Service and FedUni by 30 June 2025
- Engaging a PhD student through FedUni to research and evaluate MPHWP outcomes by 31 December 2021
- Successful start-up of the Psychology Education Resource Centre as a social enterprise by 30 June 2022

DEVELOPING SOCIALLY AND EMOTIONALLY STRONG AND DIVERSE COMMUNITIES

- Psychology Education Resource Centre established as a key provider of psychology and mental health services by 30 June 2024
- Development of a multicultural organisation in ARCC by 30 June 2022
- Increases in volunteering in ARCC in line with the Council Plan 2021-2025 targets

CREATING A COMMUNITY THAT STANDS AGAINST DOMESTIC VIOLENCE

- Evidence of strong partnership and engagement with the Central Highlands Integrated Family Violence Committee
- Improvement against key family violence metrics
- ARCC actively engages in organisation-wide programs aimed at developing positive attitudes towards women and children
- Development of a strong local community and service provider network focussed on tackling issues of family violence by June 2022

DEVELOPING KEY HEALTH AND WELLNESS INFRASTRUCTURE

- Develop a joint feasibility plan and funding model, with Grampians Community Health for the McDonald Centre by 30 June 2022
- Models for refurbishment of the Ararat Leisure Centre and outdoor pools are developed and implemented by 30 June 2024
- Plans for planning and funding maintenance and development of community sporting and recreation in place by December 2022

DEVELOP ENVIRONMENTALLY POSITIVE HEALTH AND WELLBEING INITIATIVES

- Street tree program developed by 30 June 2022
- Community Garden Strategy developed by 31 December 2022
- Walking and Cycling Masterplan developed by 31 December 2023

SUPPORT ACTIVE LIVING AND PREVENTATIVE HEALTH

- Implement one preventative health project jointly with East Grampians Health Service, Fed Uni and ARCC by 31 December 2022
- Number of people involved in physical activity and preventative health programs increased by 20% per annum
- Women's participation in sport increased by 10 % per annum