

# MURRINDINDI SHIRE MUNICIPAL PUBLIC HEALTH AND WELLBEING PLAN

**2021-25**

YEAR ONE REPORT **2021-22**



**Murrindindi**  
Shire Council





grow well  
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## **Acknowledgement of Country**

**We would like to acknowledge the traditional owners of the land in which Murrindindi Shire is now located, the Taungurung and Wurundjeri Woi-Wurrung People. We pay our respects to their leaders and Elders past and present for they hold the memories, traditions, cultures and hopes of all Taungurung and Wurundjeri Woi-Wurrung people. We extend that respect to all First Nations people, including other Aboriginal or Torres Strait Islander peoples living in our Shire.**









## **Our Partners**

Thank you to the Murrindindi Shire Health and Wellbeing Consortium (The Consortium) for their contribution to this report, and ongoing commitment to improving the health and wellbeing of the Murrindindi Shire community.

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**Alexandra District Health**

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**Yea and District Memorial Hospital**

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**Nexus Primary Health**

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**Lower Hume Primary Care Partnership**

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**Menzies Support Services**

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**Family Care**

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**Alexandra HUB**

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**Yea Community House**

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**Flowerdale Community House**

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**Kinglake Ranges Neighbourhood House**

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**Toolangi Castella District Community House**

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**Primary Care Connect**

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**Valley Sport**

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**Victoria Police**

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**Central Ranges LLEN**

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**AFL – Eastern Division**

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**Victorian Government Department of Health**

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# INTRODUCTION TO THE YEAR ONE REPORT

We are pleased to present the Murrindindi Shire Municipal Public Health and Wellbeing Plan 2021-25 Year One Report. This report captures some of the key activities delivered by partners during the first 12 months of the plan, which support improving health, wellbeing and community connection.

The Municipal Public Health and Wellbeing Plan (MPHWP) provides a strategic framework to support positive health outcomes in our Shire, and aims to build healthy, resilient and connected communities. The MPHWP embodies the shared direction of Council, the Consortium and the community and our commitment to work cohesively to ensure that all people have the opportunity to achieve good health.

This document presents some of the notable achievements of reporting partners across the 2021-22 financial year. Due to the extensive number of initiatives that





have been delivered across this time, this report does not capture all of the work that has been completed that aims to improve the wellbeing of our community.

Achieving improvements to population level health and wellbeing relies on a collective partnership approach across a long period of time. To evaluate the impact of actions within the MPHWP on the health and wellbeing of our community, we have created a collection of state, federal and local sources of health and wellbeing data referred to as 'Our Profile'. This document will be reviewed and updated on a regular basis as new health and wellbeing data becomes available, allowing us to assess our impact over time. This information will be captured and shared back to the wider Murrindindi Shire community, forming the direction of actions implemented for the remaining years of the Municipal Public Health and Wellbeing Plan 2021-25 of the MPHWP.

We look forward to continuing to work alongside the community to improve the health of all of those who live, work and play in Murrindindi Shire.





**OUR  
STRATEGIC  
THEMES**







# OUR CONNECTED COMMUNITIES

**Our vision:** We will build resilient communities where people are accepted, safe and feel they are a valuable part of the place where they live. We will aim to support vulnerable people in our communities and provide opportunities for all people to connect.

Strategies	Key focus areas
<p><b>Together we will:</b></p> <ul style="list-style-type: none"> <li>1.1 Support our diverse and inclusive communities, and we will promote the respect, safety, and participation of all people</li> <li>1.2 Recognise and celebrate the cultural heritage of our First Nations People</li> <li>1.3 Seek to understand and respond to the unique needs of children, youth and older people in our Shire</li> <li>1.4 Work alongside community groups and volunteers, and support our communities to plan for their future</li> </ul>	<p>Promote inclusion of all people regardless of their age, gender identity, sexuality, disability and cultural or religious beliefs</p> <p>Understand and respond to the challenges of family violence and gender inequality</p> <p>Create strong partnerships with Indigenous and Torres Strait Islander people and organisations through joint initiatives</p>





## Year 1 - Completed actions

- Council celebrated 55 advocacy days on our social media platforms and ran activities for a further six projects including: International Women’s Day, Clean up Australia Day, and International Day of People with a Disability.
  - The Dindi Collective (Yea Community House, Alexandra Hub, Kinglake Ranges Neighbourhood House, Flowerdale Community House, Toolangi-Castella District Community House) offered a diverse range of programs for all members of the community including youth and older people.
  - Murrindindi Shire was declared a ‘Refugee Welcome Zone’, sponsored by the Refugee Council of Australia.
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- Council was successful in obtaining a \$270,000 grant through the Victorian Government’s Free From Violence Local Government Program with the aim to incorporate the primary prevention of family violence across Council services.
  - The Goulburn Family Violence Executive Committee met regularly to progress strategic goals including - perpetrator accountability, data, workforce, reform agenda at a local level, and children and young people.
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- Council hosted ‘Acknowledge This’ training, with over 85 attendees from Council, The Dindi Collective and from within the community during National Reconciliation Week.
  - Council has commenced work on implementing a Reconciliation Action Plan in partnership with Reconciliation Australia.
  - Nexus Primary Health promoted Closing the Gap Program through social media and relevant organisations, and continue to engage with Taungurung and Wurundjeri Woi-wurrung Elders to ensure we are meeting their community’s health and social needs.
  - The Yea Community House provided support to the Honour the Taungurung sculpture project.



continued

# OUR CONNECTED COMMUNITIES

Key focus areas	Year 1 - Completed actions
<p>Deliver and collaborate on diverse programs that benefit children and young people</p>	<ul style="list-style-type: none"><li>• Council supported 52 young artists at 11 local events, and 85 young people to attend leadership opportunities. Council was successful in obtaining grants to deliver FReeZA and Engage! programs for another 3-year period.</li><li>• Family Care, the Kinglake Ranges Children Centre and Council collaborated to deliver PeeP (Parent Early Education Partnership).</li><li>• Council hosted playgroups in Eildon and Kinglake across the year.</li><li>• The Yea and Flowerdale Community Houses supported the delivery of youth programs including playgroup, games sessions and Scouts.</li><li>• Council's Maternal Child Health program continues to delivery key age and stage visits and immunisations services.</li><li>• Central Ranges Local Learning and Employment Network (CRLLEN) partnered with Council to deliver the 'How Work Works' youth internship program.</li></ul>
<p>Support the needs of older people and seek to understand and respond the challenges of our aging population</p>	<ul style="list-style-type: none"><li>• The Flowerdale Community House and Kinglake Ranges Neighbourhood House provided a regular bus service to support community members to attend events and shopping.</li><li>• Toolangi-Castella District Community House delivered the Nifty 50s program.</li><li>• Council launched the 'Services for All Ages' campaign to promote inclusion, awareness and engagement with a wide variety of services on offer.</li></ul>



<p>Support vulnerable people and people with diverse needs to reduce social isolation and increase access to services</p>	<ul style="list-style-type: none"> <li>• Lower Hume Prevention Partnership funded agencies worked with 16 organisations across both Mitchell and Murrindindi shires to deliver 25 initiatives with representatives from Aboriginal people, LGBTQIA+, people with disabilities, CALD communities engaged.</li> <li>• Flowerdale Community House, Toolangi-Castella District Community House and Yea Community House delivered support programs and services including technology assistance, email and printing support and access to My Gov services, SalvoCare Emergency relief and applications to the Power Saving Bonus.</li> <li>• Council’s Maternal Child Health team delivers the ENHANCE program to families requiring additional support.</li> </ul>
<p>Recognise, collaborate with and provide support to our volunteers and community groups</p>	<ul style="list-style-type: none"> <li>• The Dindi Collective supported volunteering opportunities including Kinglake Ranges Neighbourhood House, Toolangi Castella District Community House and Flowerdale Community House Op-Shop Social Enterprises. The Yea Community House supported the Yea Railway monthly market.</li> <li>• Yea Community House supports local volunteer and incorporated groups with promotion and program delivery.</li> <li>• Council ran the ‘Thank You Volunteer’ campaign profiling 52 community volunteers across 34 community groups. 1000 free calico bags were distributed to celebrate volunteer contributions.</li> <li>• Seven young people participated in the 2021 Murrindindi Shire Youth Leadership Program and celebrated local volunteers through a video project.</li> </ul>
<p>Work with the community to deliver events that connect people and enhance community participation</p>	<ul style="list-style-type: none"> <li>• Lower Hume Prevention Partnership participated in ten events celebrating diversity of the community.</li> <li>• Community Planning was completed in Eildon in 2022, with 215 participants across 23 events and the community determining six priorities for the future of Eildon.</li> </ul>





# OUR ACTIVE ENVIRONMENTS

**Our vision:** Our physical and social environments are vibrant, inclusive and accessible. We want to celebrate the natural environment we live in, and create spaces where people feel motivated and comfortable to participate.

## Strategies

### Together we will:

- 2.1 Promote and provide opportunities for participation in recreation, sport and active living
- 2.2 Encourage community exploration and care of our beautiful natural environment and rural lifestyle
- 2.3 Recognise the relationship between climate change and our health and aim to achieve resilient and safe communities in light of future challenges
- 2.4 Support culture and the arts by exploring new creative opportunities to develop and showcase local initiatives
- 2.5 Remove barriers to participation and support flexible and accessible opportunities for community members to engage with initiatives, programs and services

## Key focus areas

Promote, improve and provide access to information about our local tracks, trails and paths

Seek to provide and promote appropriate, accessible and high-quality recreation and sporting facilities





## Year 1 - Completed actions

- Murrindindi Shire has been promoted as an active tourism destination through the distribution of 11,000 official visitor guides, 23,000 maps and via the Discover Dindi audience of over 43,000 people on social media.
- Council engaged with Parks Victoria and the Department of Environment, Land Water and Planning (DELWP) to understand opportunities for new trail development.
- Flowerdale Community House facilitated weekly Facilitated Walking Group from different local locations in Flowerdale and surrounds.
- Council officially opened the Yea Recreation Reserve Oval Lighting upgrade project with State Government and the Yea Tiger Football Club, and awarded the Leckie Park cricket nets renewal, Blue Gums trail construction and the Alexandra Rotary Park and Visitor Activity Precinct construction.
- Council have provided free pool entry for the second season, leading to a record 27,011 patrons accessing aquatic facilities.
- The Grow Well Dindi social pages shared 10 healthy eating and active living posts between May and June and reached 2325 people. Prevention partners posted 63 social media posts on healthy eating and active living topics with a total known reach of 60,090.



continued

**OUR**

# ACTIVE ENVIRONMENTS

Key focus areas	Year 1 - Completed actions
<p>Collaborate in the future development of our local sporting and recreation clubs</p>	<ul style="list-style-type: none"><li>• Valley Sport provided club support to 8 local sport and recreation clubs to assist them with their development, this covered a range of topics such as COVID recovery, grants, governance and participation.</li><li>• The Flowerdale Community House provided free advertising opportunities for the Flowerdale Sports Club.</li><li>• Council continues to provide support, advice and future planning services to all sporting clubs within our shire.</li></ul>
<p>Recognise, promote and collaborate on initiatives that encourage people to connect with our natural environment for physical activity, leisure and caring for country</p>	<ul style="list-style-type: none"><li>• Council's Children's Services promote outdoor play and active participation in programs through Bush Kinder and Playgroup in Eildon and Kinglake.</li><li>• Lower Hume Prevention Collaborative developed active living resources and distributed within the community.</li></ul>
<p>Promote active living initiatives and explore opportunities for active transport programs</p>	<ul style="list-style-type: none"><li>• Lower Hume Prevention Partnership have continued to promote the Grow Well Dindi Program supporting active living and healthy eating across the Shire, in collaboration with Alexandra District Health, Yea District Health and Council.</li></ul>



<p>Identify and promote the co- benefits between health and wellbeing and climate change initiatives</p>	<ul style="list-style-type: none"> <li>• A Heat Health information session facilitated by Enliven provided practical tips on how to support community with future impacts of climate change and saw 20 attendees.</li> <li>• Council has initiated development of a Climate Change Adaptation Plan.</li> <li>• The Lower Hume Prevention Partnership hosted 18 health information sessions across Mitchell and Murrindindi Shires.</li> </ul>
<p>Collaborate with the community to deliver arts and cultural events across the Shire</p>	<ul style="list-style-type: none"> <li>• Council’s events team supported delivery of major events including the Alexandra Pro Rodeo, APRA finals Rodeo and the Alexandra Truck, Ute and Rod show. Advice and support were also provided to 35 smaller events across the shire.</li> <li>• 45 grants and fee waivers were provided through Council’s Grants and Contributions program to a total value of \$128,000.</li> <li>• The Yea Community House has commenced delivery of the ‘Book Shelf’ artwork project.</li> <li>• Council hosted open air pop-up cinemas in Eildon and Kinglake free of charge to the community.</li> </ul>
<p>Promote an accessible and inclusive approach to service delivery, respond to the needs of the community and investigate opportunities for improvement</p>	<ul style="list-style-type: none"> <li>• In partnership with and Friends of the Great Victorian Rail Trail and Goulburn Valley Water Council installed a permanent water station Railway Reserve Yea.</li> <li>• Council completed Access Audits across Council facilities in key townships to support appropriate disability access.</li> </ul>





# OUR HEALTHY PEOPLE

**Our vision:** We aim to increase access to healthier options for people that live, work and play in Murrindindi Shire to support improved physical and mental health outcomes. We will aim to empower our communities and promote co-ownership of health and wellbeing initiatives.

## Strategies

### Together we will:

- 3.1 Respond to emerging issues and challenges to health and wellbeing for all members of our community, including the Covid-19 pandemic
- 3.2 Recognise opportunities to achieve healthier outcomes, and introduce new initiatives that are accessible, affordable and appropriate for our communities
- 3.3 Work with our partners to increase access to healthier food and drinks and support our communities to make healthier choices
- 3.4 Promote community involvement and joint ownership of health initiatives, and support community-led partnerships and programs

## Key focus areas

Recognise the ongoing impact of Covid-19 on our Shire and continue to lead and collaborate on initiatives to support our communities

Investigate and plan for future challenges in emergency management

Recognise the importance of food security and local food networks, collaborate on initiatives that respond to local issues and broader regional priorities



## Year 1 - Completed actions

- Jabba and Maxine the vaccination buses visited Murrindindi Shire to increase access to Covid-19 vaccination, supported by Alexandra District Health, Yea District Health, Goulburn Valley Health and Council.
- The Murrindindi Shire Pandemic Committee met regularly to continue to deliver a flexible community- based response to the Covid-19 pandemic.
- Council obtained \$452,000 through the LEAPing into Resilience grant to support emergency preparedness, in collaboration with Mansfield and Strathbogie Shires.
- The Dindi Collective obtained Community Action and Social Initiative (CASI) funding to support food security and food delivery throughout the Covid-19 Pandemic.
- The Flowerdale Community House commended construction of a new Community Garden with the assistance of volunteers from across the shire.
- Flowerdale Community House have delivered a food bank for community members to access.
- Yea Community House and Kinglake Ranges Neighbourhood House continue to support community with the delivery of community gardens, food share and community bee- hives.

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# OUR HEALTHY PEOPLE

Key focus areas	Year 1 - Completed actions
<p>Increase access to healthy food and drink in Council facilities and within our communities. Understand challenges in this space</p>	<ul style="list-style-type: none"><li>• Council has worked closely with the Lower Hume Prevention Partnership through the Grow Well Dindi initiative to increase access to healthy fresh food at Council events, including pool parties.</li></ul>
<p>Ensure health and wellbeing information is accessible to all and promote increased health literacy</p>	<ul style="list-style-type: none"><li>• 1300 Food for Thought booklets providing information on healthy and low-cost food options were distributed across Murrindindi and Mitchell Shires.</li><li>• Lower Hume Prevention Partnership developed 31 easy to follow and budget friendly recipes in collaboration with Murrindindi neighbourhood houses based on harvest surplus from their community garden or donations. Four of the recipe cards were printed and 50 of each copy were provided to six neighbourhood houses to hand out to the Murrindindi Shire Community.</li></ul>
<p>Collaborate on mental health and wellbeing initiatives and promote access to information and services</p>	<ul style="list-style-type: none"><li>• Lower Hume Prevention Partnership developed and shared six workshops with neighbourhood houses and libraries on healthy eating, active living and mental health.</li><li>• The Goulburn Mental Health and Wellbeing Collaborative hosted a Mental Health and Education forum with over 70 attendees identifying community priorities for mental health support.</li><li>• Kinglake Ranges Neighbourhood House continues to deliver the Be Well in the Ranges program.</li><li>• The Lower Hume Population Mental Health Plan was completed.</li></ul>



<p><b>Review tobacco control initiatives and environmental tobacco management policies</b></p>	<ul style="list-style-type: none"> <li>• Plans to complete tobacco and e-cigarette control initiatives are underway for the 2022/23 year.</li> </ul>
<p><b>Support new health initiatives and explore opportunities to collaborate with community groups, non-government organisations and other government agencies</b></p>	<ul style="list-style-type: none"> <li>• Partners of the Lower Hume Prevention Collaborative attended Systems Thinking training facilitated by Deakin University to improve program design and delivery.</li> <li>• Council distributed 752 low-cost condoms through our vending machines in 4 public toilets across the Shire.</li> <li>• The Goulburn Mental Health and Wellbeing Collaborative held bi-monthly steering committee meetings, and monthly practitioner meeting, and continued to advocate for service improvements to State and Federal members.</li> <li>• Kinglake Ranges Neighbourhood House secured Department of Health Funding for Be Well in the Ranges delivery in Kinglake, Kinglake West, Flowerdale and Toolangi.</li> <li>• Kinglake Ranges Neighbourhood House attended the Primary Health Care Network Day.</li> </ul>



# OUR STRONG PARTNERSHIPS

**Our vision:** We recognise that improving health and wellbeing is the responsibility of all. We will work cohesively as partners and within our communities to achieve our common goals and objectives, sharing our successes and challenges.

Strategies
<p><b>Together we will:</b></p> <p>4.1 <b>Collectively advocate for improved services and facilities within Murrindindi Shire</b></p> <p>4.2 <b>Promote the availability of services within our Shire and connect community members to health and wellbeing opportunities</b></p> <p>4.3 <b>Maintain our strong community partnerships and continually seek opportunities to collaborate on the delivery of health and wellbeing programs</b></p> <p>4.4 <b>Promote community ownership of health and wellbeing initiatives to ensure that our programs are reflective of the needs of the people they serve</b></p>

Key focus areas
<p><b>Work alongside our partner organisations to attract skilled health professionals to Murrindindi Shire</b></p>
<p><b>Advocate for the continued improvement of health and wellbeing services available to residents of Murrindindi Shire</b></p>
<p><b>Seek State and Federal funding to allow us to achieve connected, safe and healthy communities</b></p>





## Year 1 - Completed actions

- The Aged and Disability Network supported the Workforce Training Initiative with 27 people attending training opportunities in the sector.
- Council has engaged with the Eastern Primary Health Network in improving the Mental Health response in the Kinglake Ranges and surrounds.
- Community Accessibility and Council continue to deliver the Moving Murrindindi transport program, supported by 12 volunteer drivers who delivered 273 individual trips to medical and social appointments and transport hubs.
- Community Planning activities have highlighted the specific health needs of our communities, including a localised GP service and community gym in Eildon.
- Council has advocated to the State and Federal Government on new approaches to affordable housing and support mental health in our communities, alongside improvements to open space infrastructure, recreation trails, parks and streetscapes.

continued

# OUR STRONG PARTNERSHIPS

Key focus areas	Year 1 - Completed actions
<p>Continually review service delivery in line with community input and feedback to ensure accessibility for all</p>	<ul style="list-style-type: none"><li>• The Alexandra Community Hub has initiated an L2P reference group to promote the program in the Shire.</li><li>• Council launched the online Community Calendar service to support community groups to easily promote community-led events and initiatives.</li></ul>
<p>Empower our communities to increase control over their health and wellbeing outcomes, ensuring that harder to reach voices are elevated</p>	<ul style="list-style-type: none"><li>• Council’s online participation platform “The Loop” welcomed 11,350 visits from community across 36 published projects. Combined with 28 face-to-face engagement exercises delivered across the shire we received 1,500 contributions from community to support project development and delivery.</li><li>• Kinglake Ranges and Flowerdale Talks conversations identified the need for improved and ongoing mental health, medical and wellbeing services and support for the community.</li><li>• Council sponsored the inaugural Suicide Prevention Walk in Yea coordinated by the Goulburn Valley Suicide Awareness Group.</li></ul>
<p>Recognise opportunities for co-ownership of health and wellbeing initiatives across organisations and our community</p>	<ul style="list-style-type: none"><li>• Council has supported the Triangle Gym group in their efforts to reinstate gym services in the Marysville community, as an initiative of Community Planning in 2021.</li><li>• Council continues to work on improving the design, delivery and governance of the Municipal Public Health and Wellbeing plan, in collaboration with our partners, to improve health outcomes for the community.</li></ul>



<p><b>Retain, strengthen and grow community and organisational partnerships to best serve the needs of our communities</b></p>	<ul style="list-style-type: none"> <li>• The Kinglake Ranges Neighbourhood House and Flowerdale Community House supported the delivery of the Kinglake Conversations project to support future planning for the Kinglake Ranges Community.</li> <li>• Council has commenced plans to deliver community planning to the Glenburn and Thornton communities in the second half of 2022.</li> </ul>
<p><b>Maintain and update Our Profile with the latest health and wellbeing data for our Shire to guarantee our programs have a robust evidence base</b></p>	<ul style="list-style-type: none"> <li>• Update of Our Profile was put on hold awaiting the release of new data from the 2021 Census.</li> </ul>



# YEAR ONE CASE STUDY- GROW WELL DINDI

**The Grow Well Dindi initiative is led by the Lower Hume Prevention Partnership, incorporating Nexus Primary Health, Alexandra District Health, Yea & District Memorial Hospital, Seymour Health and the Goulburn Valley Public Health Unit. Grow Well Dindi receives further support from Council, The Dindi Collective and Deakin University.**

Grow Well Dindi aims to support settings like schools, kinders, neighbourhood houses and other community facing organisations to increase community-led initiatives that increase healthy eating and active living.

Grow Well Dindi is a part of the RESPOND Project, which is a National Health and Medical Research Council funded initiative co-led by local communities and Deakin University. RESPOND is all about a shared community response to support healthy children. The aims of Grow Well Dindi are to

- empower community-led actions to improve the health of children
- evaluate the impact of community-led actions

The key benefits of the program are to improve the health and wellbeing of children in Murrindindi Shire, with the co-benefit of improving health for the entire community. The program aims to embed best practice for children's health and wellbeing into existing





community systems across regional Victoria, supporting food literacy and existing food systems to provide access to healthy affordable and seasonal produce.

The Grow Well Dindi program was initially launched in 2019 with a community workshop identifying 72 community-led actions that would aim to improve the health and wellbeing of children. Progress on these actions was unfortunately interrupted by the Covid-19 pandemic, however highlights achieved by the program since this workshop include:

- 500 Food for Thought booklets were provided to Murrindindi Shire residents. Hundreds of healthy eating and active living resources were shared with neighbourhood houses.
- Kinglake West Primary School ran a Grow Well Dindi colour run at their school with a fruit stand with 161 students participating. One Grow Well Dindi fruit stand held at the Yea Pool Party.

- Six workshops developed and shared with neighbourhood houses on healthy eating, active living and mental health.
- Prevention partners posted 63 social media posts on healthy eating and active living topics with a total known reach of 60,090.
- 31 easy to follow and budget friendly recipes were developed in collaboration with Murrindindi neighbourhood houses based on harvest surplus from their community garden or donations.

Future goals of the Grow Well Dindi program include repeating community workshops in 2023 to again gain community support for the program, increasing its momentum across Murrindindi Shire. The program aims to improve the overall health profile of the community, driving long term, sustainable initiatives that support children to grow up active, healthy and happy in Murrindindi Shire.



[murrindindi.vic.gov.au](http://murrindindi.vic.gov.au)

