



# A Healthy and Resilient Monash: Integrated Plan

2017 – 2021



Action Plan  
Year One  
2017 - 2018

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A Healthy and Resilient Monash: Integrated Plan 2017-2021 is a strategic policy document

**A Healthy and Resilient Monash: Integrated Plan 2017-2021** is a strategic policy document that captures and draws together priorities from Council plans, activities and services that contribute to the health, happiness and wellbeing of the Monash community. The Action Plan will have ownership by the Community Development and Services Directorate of Council and will be delivered in partnership with all areas of Council, local and regional community organisations and Monash community representatives.

Each year the Plan will release an annual action plan to identify emerging priorities for action. These priorities will be informed by community, Council and key partner agencies as requiring specialised attention. They will be further developed utilising sources of community evidence contained in the companion document **Our Community: A Snapshot**.

The **Action Plan** will be evaluated on an annual basis and reported to Council. In progressively reviewing the Plan, we will:

- work in close association and provide quarterly progress reports to all advisory committees that contribute to **A Healthy and Resilient Monash: Integrated Plan 2017-2021**;
- review our achievements against the evidence; and
- develop a detailed evaluation in consultation with our stakeholder groups at the conclusion of this plan in 2021.

In addition to the actions identified in the annual action plan, Council will continue to deliver its full suite of services, activities and programs.

A city dedicated to optimal health and wellbeing for its community

HEALTHY LIFESTYLES	What we will do
<p><b>Physically Active</b></p> <p><b>Regular physical activity throughout life is one of the most significant factors in the promotion of good health and the prevention of chronic disease.</b></p>	<ul style="list-style-type: none"> <li>● Promote active transport</li> <li>● Provide physical activity programs and facilities that are responsive and accessible to all, including:                             <ul style="list-style-type: none"> <li>● Reaching out to those with low levels of physical activity; and</li> <li>● Activating neighbourhood and public spaces.</li> </ul> </li> <li>● Develop a network of accessible play spaces that provide activity opportunities for all ages.</li> <li>● Deliver and support recreation, arts and cultural events that foster creativity in play and physical activity for children, young people and their families.</li> </ul>
<p><b>Nourished</b></p> <p><b>A balanced, healthy diet at all stages of life helps to maintain or improve overall health by providing the body with essential nutrition.</b></p>	<ul style="list-style-type: none"> <li>● Support regional, state-wide and national initiatives and local partnerships that promote healthy eating and nutrition.</li> <li>● Promote maternal and child health visitation, breastfeeding and good nutrition.</li> <li>● Provide additional nutritional based programming for seniors.</li> </ul>

HEALTHY LIFESTYLES	What we will do
<p><b>Prevention from harm</b></p> <p>Improving the health and resilience of individuals and communities through proactive services and programs.</p>	<ul style="list-style-type: none"> <li>● Advocate to limit gambling-related harm, consistent with the City of Monash Public Health Approach to Gambling Policy Statement 2016-2020.</li> <li>● Promote and advocate to minimise harm from smoking.</li> <li>● Facilitate opportunities for the community to better understand how to prevent and/or minimise harm from alcohol, smoking and other drugs.</li> <li>● Build community capacity to protect children and young people and to keep them safe from harm.</li> <li>● Promote the public health benefits of immunisation.</li> </ul>
HEALTHY MINDS	What we will do
<p><b>Early Life</b></p> <p>Early childhood sets the foundation for lifelong learning, behaviour and health.</p>	<ul style="list-style-type: none"> <li>● Support an extensive playgroup network across Monash including facilitated playgroups for vulnerable children and families, grandparent playgroups and multicultural playgroups.</li> <li>● Build capacity of parents and carers as the primary educators in a child and young person’s life.</li> <li>● Provide opportunities for children and young people to participate in personal development programs that complement formal learning experiences.</li> </ul>
<p><b>Strong Families</b></p> <p>Parents and carers have the most significant influence on a child and young person’s health and wellbeing and this influence has lifelong effects.</p>	<ul style="list-style-type: none"> <li>● Support and partner with communities, services and networks that work with Monash children, young people and families.</li> <li>● Collaborate with local community organisations to deliver programs that facilitate positive mental health.</li> </ul>

HEALTHY MINDS	What we will do
<p><b>Resilient Young People</b></p> <p>Supporting young people to feel safe, connected and confident improves their social and mental health and they are better placed to adapt to new challenges as they occur.</p>	<ul style="list-style-type: none"> <li>● Advocate for youth mental health services to be based in and serve the City of Monash.</li> <li>● Monitor and respond to key indicators of health and wellbeing for young people including the incidence of mental health issues.</li> <li>● Develop skills and strategies in community, families and young people to identify and support those around them experiencing distress.</li> <li>● Work with young people and their families by utilising their strengths and skills to ensure they are competent and confident.</li> </ul>
<p><b>As we age</b></p> <p>Remaining connected and engaged in community life contributes to positive health and wellbeing in older people.</p>	<ul style="list-style-type: none"> <li>● Facilitate opportunities for active ageing.</li> <li>● Explore opportunities to address parking issues faced by an ageing population.</li> <li>● Provide a community transport service that meets the needs of an ageing population.</li> </ul>
HEALTHY ENVIRONMENTS	What we will do
<p><b>Built Spaces</b></p> <p>Ensuring that community needs, both now and into the future, are central to the physical design of our buildings.</p>	<ul style="list-style-type: none"> <li>● Promote and facilitate the use of Council’s recreational facilities for all.</li> <li>● Advocate for sufficient community and social infrastructure to support new housing developments.</li> <li>● Facilitate integrated, co-located neighbourhood based services that respond to the needs of children, young people and their families.</li> <li>● Promote libraries as gathering spaces for residents to experience literary and creative opportunities and activities.</li> </ul>

HEALTHY ENVIRONMENTS	What we will do
<p><b>Open Spaces</b></p> <p>Accessible public open spaces for sport, play, recreation and active transport.</p>	<ul style="list-style-type: none"> <li>● Develop the Monash network of open spaces for recreation, relaxation and recuperation.</li> <li>● Activate public open space through a range of initiatives including:                             <ul style="list-style-type: none"> <li>● Infrastructure; and</li> <li>● Events and programs.</li> </ul> </li> </ul>
<p><b>Liveability</b></p> <p>Liveability comprises many elements. We will regularly consider how the community measures liveability and refine our approaches based on what the community tells us.</p>	<ul style="list-style-type: none"> <li>● Make Monash as walkable and accessible as possible, providing links between key activity areas including places to rest, public toilets and way finding signage.</li> <li>● Provide safe off road shared paths.</li> <li>● Improve on road cycling connections across Monash.</li> <li>● Advocate for a strong public transport system that includes improved connectivity and service delivery.</li> <li>● Facilitate community resilience in adapting to climate change in partnership with shared priorities of Council's:                             <ul style="list-style-type: none"> <li>● <i>Environmental Sustainability Strategy 2016 - 2026</i></li> <li>● <i>Monash Urban Landscape and Canopy Vegetation Strategy (draft)</i></li> <li>● <i>Monash Open Space Strategy (draft)</i></li> <li>● <i>Monash Street Tree Strategy.</i></li> </ul> </li> </ul>

HEALTHY ENVIRONMENTS	What we will do
<p><b>Liveability</b> – <i>continued</i></p>	<ul style="list-style-type: none"> <li>● Develop a Cooling Centre Model targeted to seniors for the increasing number of days of extreme heat. This model will provide an air-conditioned central venue where seniors can gather, socialise and take respite from the heat. Transportation to be provided by Council if required.</li> <li>● Council to strengthen its collaboration with South East Volunteers to ensure it supports its community as closely as possible in days of extreme climate conditions, including heatwaves and major storms. A particular focus will be directed to those considered to be most at-risk including seniors and members of the community with a disability and/or significant medical condition.</li> </ul>

A city which actively listens, engages and values community wisdom in shaping its own future

PARTICIPATION	What we will do
<p><b>Community Engagement</b></p> <p>Community engagement is a dynamic process that builds resilient relationships and the community's strength.</p>	<ul style="list-style-type: none"> <li>◆ Support community to have an active voice through participation in civic and community life.</li> <li>◆ Build connections with new migrants, refugees and emerging communities to assist their settlement in Monash.</li> <li>◆ Support and develop the role of Age-Friendly and Youth Ambassadors.</li> </ul>
<p><b>Programs and Activities</b></p> <p>Community based programs, activities, events and celebrations that respond to community needs, interests and aspirations, impact positively on health.</p>	<ul style="list-style-type: none"> <li>◆ Deliver the municipal-wide <i>Monash Health &amp; Wellbeing Community Conversation Series</i>, in partnership with Link Health &amp; Community, to respond to contemporary and topical health issues important to the Monash community.</li> <li>◆ Provide opportunities for participation in community life through volunteering, creative pursuits and representation on committees.</li> <li>◆ Support community organisations to develop and deliver sustainable initiatives.</li> </ul>
<p><b>Creative Expression</b></p> <p>Community based arts and cultural activities, services and events that celebrate cultural diversity, support artistic expression and strengthen community.</p>	<ul style="list-style-type: none"> <li>◆ Provide opportunities for creative expression and the showcasing of local talent.</li> <li>◆ Encourage creative expression through a wide range of activities that reflect our diversity and support community cultural development.</li> <li>◆ Promote opportunities for public art.</li> </ul>



BELONGING	What we will do
<p><b>Strengthening Communities</b></p> <p><b>Strong and cohesive communities promote the inclusion and participation of everyone.</b></p>	<ul style="list-style-type: none"> <li>◆ Facilitate social and economic participation for all.</li> <li>◆ Build intercultural understanding between different ethnic, religious and cultural groups.</li> <li>◆ Strengthen the capacity of community organisations to deliver good governance and leadership and to work in partnership with others.</li> <li>◆ Build the capacity of local community organisations to thrive.</li> </ul>
<p><b>Reaching out to socially isolated</b></p> <p><b>Directing efforts to be inclusive of those who may be isolated ensures that everyone has the opportunity to be a part of community.</b></p>	<ul style="list-style-type: none"> <li>◆ Engage and support those that are isolated in our community, with a particular focus on:                             <ul style="list-style-type: none"> <li>◆ International students;</li> <li>◆ Aboriginal and Torres Strait Islanders;</li> <li>◆ Newly arrived and temporary residents; and</li> <li>◆ Older residents.</li> </ul> </li> <li>◆ Advocate to ensure that the City of Monash has the homelessness services it requires.</li> <li>◆ Explore opportunities to deliver Council services and initiatives through outreach.</li> </ul>

BELONGING	What we will do
<p><b>Neighbourhoods and Place</b></p> <p>A community development approach that brings local communities together to foster and strengthen leadership, spirit and social connections.</p>	<ul style="list-style-type: none"> <li>◆ Develop and deliver opportunities for the community to participate in arts, cultural and social activities and festivals in local neighbourhoods.</li> <li>◆ Support and facilitate actions that build community pride and a sense of place.</li> <li>◆ Encourage residents to connect with community through organisations/services such as libraries, neighbourhood houses, sports clubs and local shopping strips.</li> </ul>
SUPPORTED	What we will do
<p><b>Responsive Services</b></p> <p>Monash Council will be responsive, flexible and creative in responding to existing and emerging community needs.</p>	<ul style="list-style-type: none"> <li>◆ Establish a consolidated data and evidence base to support practice, review service performance, build sector capacity and assist with determining community planning priorities.</li> <li>◆ Support community organisations to be inclusive of all and provide engaging environments.</li> <li>◆ Build Monash Council as a culturally competent organisation.</li> </ul>
<p><b>Accessible and affordable</b></p> <p>Monash seeks to provide services and activities that are accessible and affordable to people from all walks of life. We will identify and address barriers to participation.</p>	<ul style="list-style-type: none"> <li>◆ Investigate how affordability impacts on the community's ability to participate in a range of activities.</li> <li>◆ Support community organisations through access to fit-for-purpose facilities at non-commercial rates.</li> <li>◆ Promote affordable and accessible services and activities.</li> </ul>

SUPPORTED	What we will do
<p><b>Partnerships and Funding</b></p> <p><b>Monash develops and fosters partnership approaches that benefit the Monash community.</b></p>	<ul style="list-style-type: none"> <li>◆ Develop and support partnerships, networks and collaborations that contribute to a healthy and resilient Monash.</li> <li>◆ Deliver the Monash suite of Community Grants Programs and develop collaborative partnerships with funded parties.</li> </ul>

## A city where every single member of the community is important

LIFE JOURNEY	What we will do
<p><b>Transitions</b></p> <p>A life course approach helps us to focus on key life transition points where interventions can have the greatest impact.</p>	<ul style="list-style-type: none"> <li>▲ Facilitate the community’s resilience at key life stages:                             <ul style="list-style-type: none"> <li>▲ Early life;</li> <li>▲ Adolescence; and</li> <li>▲ Ageing.</li> </ul> </li> </ul>
<p><b>Freedom to choose</b></p> <p>Making informed decisions and having choices is a human right.</p>	<ul style="list-style-type: none"> <li>▲ Facilitate opportunities for older people to remain living independently at home.</li> <li>▲ Advocate for affordable, innovative and suitable housing options in Monash close to family, friends, social groups, shops and health services.</li> <li>▲ Explore the development of an affordable housing strategy.</li> </ul>
<p><b>Lifelong learning</b></p> <p>Lifelong learning is the ongoing, active pursuit of knowledge that enhances social inclusion, active citizenship and personal development.</p>	<ul style="list-style-type: none"> <li>▲ Provide library services that promote lifelong learning, digital literacy and encourage social inclusion.</li> <li>▲ Support the Monash network of neighbourhood houses to deliver a range of inclusive learning opportunities including pathways to employment.</li> </ul>

FAIR FOR ALL	What we will do
<p><b>All Abilities</b></p> <p>People of all abilities can fully participate in all aspects of life.</p>	<ul style="list-style-type: none"> <li>▲ Facilitate equitable access to Monash services, facilities and activities.</li> <li>▲ Advocate for accessible specialist services for people with high level or complex needs.</li> </ul>
<p><b>Gender Equity</b></p> <p>Monash Council will actively promote empowerment and dignity, challenge discrimination and respect human rights to advance gender equity.</p>	<ul style="list-style-type: none"> <li>▲ Promote and normalise gender equity to achieve gender equality in the community.</li> <li>▲ Provide leadership and advocate for gender equity at a local, regional, state and national level.</li> <li>▲ Strengthen positive, equal and respectful relations between and among women and men, girls and boys.</li> </ul>
<p><b>Diverse Communities</b></p> <p>Monash Council celebrates its rich cultural, linguistic, religious, age, gender and sexual diversity and works to support lifetime wellbeing, community harmony and opportunities for everyone to be able to participate fully in community life.</p>	<ul style="list-style-type: none"> <li>▲ Celebrate community diversity.</li> <li>▲ Advocate for cultural diversity, access and inclusion.</li> <li>▲ Promote social cohesion and harmony through an environment free of racism, ageism, homophobia, transphobia and any other forms of discrimination.</li> </ul>
<p><b>Information and Communication</b></p> <p>Developing targeted, effective and culturally appropriate ways to communicate is a critical element to building strong relationships with community.</p>	<ul style="list-style-type: none"> <li>▲ Develop information systems and processes that will enable community to gain easy and efficient access to services, programs and information.</li> <li>▲ Promote the library as the focal point for community discovery and inspiration.</li> <li>▲ Create open and respectful communication pathways for people of all cultures and abilities.</li> </ul>

FEELING SAFE	What we will do
<p><b>Keeping women safe</b></p> <p>Violence against women is a serious and widespread problem, with enormous individual, family and community impacts and social costs. Through a shared, consistent and mutually reinforcing approach to preventing violence against women, we can all contribute to creating a safer community built upon equality and respect.</p>	<ul style="list-style-type: none"> <li>▲ Develop new and strengthen existing partnerships across the City of Monash to facilitate sustainable change for the prevention of violence against women and children.</li> <li>▲ Support the community to actively challenge attitudes and behaviours that enable violence against women and children.</li> <li>▲ Advocate for the prevention of violence against women and children at a local, regional, state and national level.</li> </ul>
<p><b>Safeguarding Children</b></p> <p>Protecting children and young people from harm requires a vigilant and informed community that is confident in making judgements and is assertive in taking actions.</p>	<ul style="list-style-type: none"> <li>▲ Meet Victorian Child Safe Standards and have appropriate responses in place to keep children and young people safe from harm.</li> <li>▲ Support parents and carers to be their most capable and confident.</li> <li>▲ Attain UN accreditation for Monash to be a Child-Friendly City.</li> </ul>
<p><b>Community safety</b></p> <p>Feeling and being safe is essential to the health, wellbeing and enjoyment of community life.</p>	<ul style="list-style-type: none"> <li>▲ Promote Monash as a safe and inclusive community.</li> <li>▲ Facilitate programs and initiatives that improve the actual safety of Monash residents.</li> </ul>
<p><b>Environmental Design</b></p> <p>Environmental design principles shape and inform Council when devising plans, programs, policies and buildings that best meet the health and wellbeing requirements of communities.</p>	<ul style="list-style-type: none"> <li>▲ Adopt Environmentally Sustainable Development (ESD) and Universal Access principles in all capital works projects.</li> <li>▲ Work in partnership with the relevant areas of Council and community stakeholders to advocate for and create safe physical, urban and natural environments through adherence to Safer Design principles including Crime Prevention Through Environmental Design (CPTED).</li> <li>▲ Create safe, inclusive and accessible spaces.</li> </ul>