



Community Health & Wellbeing Plan Review of Actions 2020



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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 2019 and December 2020

Action Plan 2020 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)	✓	<p>A diverse range of activities are provided through the City's Recreation Facilities including gym, fitness classes, holiday programs, sport competitions, junior programs, and active seniors' classes.</p> <p>Overall, the Hartfield Park Recreation Centre's attendance as well as memberships have increased substantially, even as COVID recovery continues. For example, HPRC gym/group fitness memberships have increased by 16% from 233 (February 2020) to 270 (February 2021)</p> <ul style="list-style-type: none"> - Junior Volleyball and Movers and Groovers commenced in Term 1 at Hartfield Park Recreation Centre with great success. - The social netball competition recommenced this Semester with a new team joining the competition. - The newly introduced 360 Active Seniors class at Maida Vale Netball Centre has been a huge success and fills a gap within the Maida Vale community - Attendances for the quarter were: <p>HPRC People Counter – 16,861 (December was an extremely quiet month)</p>

				<p>HWRC People Counter - 10,947</p> <p>MVNC 360 – 90</p> <p>ROSC Live Active - 37</p> <p>Sunrise Yoga - 24</p>
	1.0.2 Support state and federal 'physical activity' campaigns and implement relevant initiatives locally.	Health Services (Health Promotion)	✓	Supported Live Lighter and Act Belong Commit campaigns.
	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)	✓	<p>The Scott Reserve Master Plan was adopted by Council in June 2020. The identified projects within the Master Plan are now part of the City's ongoing advocacy strategy to attract external funding.</p> <ul style="list-style-type: none"> - An advocacy poster has been developed and distributed to the relevant sporting clubs. - During the 2021 State Election, a funding commitment of \$2m was made to the City towards the replacement of Scott Reserve Pavilion, as per the Scott Reserve Master Plan. Officers will now work with the State Government to develop a funding agreement for the project. - Within the City's 2020/21 budget, \$2m has been included for additional female (unisex) changerooms at four sites, one of which is located at Scott Reserve Pavilion. As the Master Plan proposes a new Pavilion and a funding commitment has now been received, a transportable unisex changeroom has been determined to be the most appropriate solution for the clubs, until a new Pavilion is developed. The transportable changeroom has now been purchased and is planned to be installed on site in mid-2021. <p>The Maida Vale Reserve Master Plan was adopted by Council in December 2018. The identified projects within the Master Plan are now part of the City's ongoing advocacy strategy to attract external funding. The following projects are currently being progressed:</p> <ul style="list-style-type: none"> - The site power upgrade which is funded through funds from the Public Open Space - Cash in Lieu is nearing completion.

			<p>- A detailed design and cost estimate for the sports floodlight upgrade on the eastern oval was completed in early 2020. In September 2020, the City submitted a funding application for a contribution of \$148,333 to the State Government through the Community Sporting and Recreation Facilities Fund. In December 2020, the City was advised that the funding application was successful for implementation in the 2021/22 financial year.</p> <p>- During the 2021 State Election, a funding commitment of \$2.4m was made to the City towards the upgrade of the Norm Sadler Pavilion as per the Maida Vale Reserve Master Plan. Officers will now work with the State Government to develop a funding agreement for the project. The City's previous planning for additional female (unisex) changerooms at Norm Sadler Pavilion, will now need to be coordinated with the \$2.4m State Government commitment.</p> <p>The Ray Owen Master Plan was adopted by Council in February 2015. As part of the State Governments COVID-19 Recovery Plan, the City received a grant of \$5 million towards the extension of a new playing field, sports floodlighting, and a water source through the Hartfield Park Aquifer Recharge Project. The City's advocacy approach remains ongoing to secure further funding including through the Growth Areas Perth and Peel (GAPP) business case to Infrastructure Australia and engagement with local State Members of Parliament in the lead up to the 2021 State Election.</p> <p>The following projects are currently being progressed:</p> <ul style="list-style-type: none"> - Detailed concept designs have now been completed for the four-court extension at Ray Owen Sports Stadium. - Detailed designs are now completed for stage one of the car parking design, with construction currently scheduled for mid-2021. A site clearing permit for the site has been applied for based on the latest designs. - Within the City's 2020/21 budget, \$2m has been included for additional female (unisex) changerooms at four sites, one of which is located at Ray Owen Pavilion, Ray Owen Reserve. An Architect is likely to be appointed in mid-2021 to undertake the detailed design and documentation for the project.
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			<p>- A power upgrade has occurred at the site however it is yet to be distributed across the site.</p> <p>In September 2019, Dave Lanfear Consulting (DLC) was appointed to develop the Hartfield Park Master Plan 'Stage 2' Facilities Co-location Strategy. Progress to date includes:</p> <ul style="list-style-type: none"> - Workshops with all relevant reserve user groups, to ascertain current and future needs. - The consultant has now prepared site development opportunities and workshopped them with Councillors. - At the November 2020 OCM, Council endorsed the City to submit a grant application to the Federal Government and to leverage the \$2 million funding commitment at Hartfield Park as per Option Four. A Community Sporting and Recreation Facilities Fund application to the State Government for the identified priority projects will be made in September 2021. - A Request for Information Form for the \$2m Federal Government grant at Hartfield Park to the Department of Infrastructure, Transport, Regional Development and Communities who administer the Community Development Grants Programme. - The consultant has finalised the draft Master Plan report and it is proposed to be presented to Council in April 2021 for the purposes of seeking public advertising. <p>In July 2020, Council endorsed the detailed concept designs for the Stage one priorities for the Stirk Park Master Plan including a new Playground, Youth precinct, Path network upgrade and a Skate Park. Progress to date for includes:</p> <ul style="list-style-type: none"> - The City has submitted an Expression of Interest (EOI) Form in September 2020, to Lottery west through the COVID-19 recovery - Community Building category for funding assistance towards the implementation of the stage one priorities. The City was advised in late September 2020 that its EOI application was successful and therefore invited to submit a full application
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				<p>for the project. In November 2020, the City submitted a detailed funding application to Lottery west seeking \$2.5 million.</p> <p>- In March 2021, Lottery west advised the City, that whilst eligible the current funding criteria is focused on COVID-19 relief and that the criteria will revert back to its pre-Covid-19 focus in April 2021, to which the City's Application would be a high likelihood of receiving funding. As a result, the City's application to Lottery west was withdrawn and a revised application will be presented to Lottery west in April / May 2021.</p> <p>- The City will continue to explore other external grant funding opportunities to implement the project.</p>
	<p>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.</p>	<p>Community Development (Recreation Services)</p>	✓	<p>Recreation Services team liaise closely with the sporting clubs and community groups to help promote internal and external opportunities. Progress to date includes:</p> <ul style="list-style-type: none"> - Disseminated the monthly Clubs 4 Life ENews to 257 subscribers and the Recreation Facilities ENews to 2463 subscribers - Promotion of the COVID 19 Relief Fund Community Innovation Grants - Upcoming events and good news stories shared in ENews, Facebook pages and websites - Disseminated the monthly Clubs 4 Life ENews to 257 subscribers and the Recreation Facilities ENews to 2463 subscribers - Promotion of the successful COVID 19 Relief Fund Community Innovation Grants - Upcoming events and good news stories shared in ENews, Facebook pages and websites - Promotion of 8 internal opportunities on social media (2) and ENews (6) - Promotion of 18 external opportunities on social media (4), ENews (13) and events (1) - Healthy Sporting Club Forum - 11 people attended representing 10 sporting clubs

				- Get Funded workshop - 20 people attended representing 16 sporting and community groups
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 19/20 the City worked on the following projects from the bicycle plan:</p> <ul style="list-style-type: none"> - Construction of a Shared Path in Wattle Grove along Welshpool Road East from Roe Highway across the Rail Bridge into Hale Road to Puddy Lane. The City facilitated the funding and construction through the Western Australian Bike Network Grants Program including collaboration with the City of Canning and Main Roads WA. - Construction of a Shared Path in High Wycombe from Kiandra Way southwards through John McLarty Park, through the Public Access Ways to Newburn Road. These works include three public artwork road crossings. - Construction of a Shared Path in High Wycombe along Mack Place from Palmer Crescent to Maida Vale Road. - Submission made to the Western Australian Bike Network for funding in 2021/22 to construct a Shared Path along Berkshire Road and Dundas Road from Roe Highway to the new Train Station. - Submission made to the Western Australian Bike Network for funding in 2021/22 for feasibility, consultation and design for a Shared Path along Kiandra Way and Western Avenue to Newburn Road passing the High Wycombe Primary School and along Sussex Road passing the Forrestfield Primary School. <p>*Photos in Appendix</p>
	1.1.2 Engage with the Department of Transport's <i>Your Move</i> program to	Health Services (Health Promotion)	✓	<p>Schools involved in Your Move Program with the Department of Transport</p> <ul style="list-style-type: none"> - Mary's Mount Primary School - Maida Vale Primary School

	promote active transport methods to schools, workplaces, and the wider community.			<ul style="list-style-type: none"> - Kalamunda Senior High School - Wattle Grove Primary School - Walliston Primary School
	<p>1.1.3 Provide and maintain paths, signage, and streetlights across the City.</p> <p>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.</p>	<p>Assets</p> <p>Planning Health Services (Health Promotion)</p>	✓	<p>Environmental Land Use Planning Strategy (ELUPS):</p> <p>Action 8.1.1/8.1.2 – improve verge plantings and native verge gardens as part of 'green links'</p> <p>8.2.1 – Develop a street tree masterplan (shady paths also improve walkability)</p> <p>The Draft Local Housing Strategy pg. 14-21 also has some actions. In particular:</p> <p>Action 2.4 – improve bus services</p> <p>Action 2.5 – Improve and extend the Bicycle Plan 2017 about Healthy Active by Design Principles.</p> <p>The Forrestfield Activity Centre Plan is coming up for review, which will likely eventually include upgrades to streetscapes e.g., trees, lighting, street furniture etc. Also dependent on whether Woolworths Drive becomes a City asset or remains a private road. This will likely be a few years away.</p> <p>We are also working on constraining Cambridge Reserve for POS improvements which has potential to connect with the bicycle plan and path network along Anderson Road power easement. Also a few years away.</p> <p>Dual Density Design Policy – increasing density within 800m walkable catchments of activity centres for Kalamunda, Forrestfield, Maida Vale and High Wycombe.</p>
1.2 Provide access to relevant and topical	1.2.1 Maintain and monitor use of the City's website and social media pages to	Public Relations	✓	The City's Health Promotion Officer developed and implemented a 12mth communication plan outlining health and wellbeing content to be shared on the City's social media pages.

information about healthy living.	incorporate promotion of health and wellbeing information and messages.			<p>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.</p> <p>Examples of social media post can be found in appendix A.</p>
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	✓	<p>In partnership with East Metro Health Services the City submitted applications for Healthway Healthy Venue Grant Program.</p> <p>Applications were submitted for both Ray Owen and the Kalamunda Waterpark in December 2020.</p> <p>As part of the application Healthy Food Venue Audits were completed by East metro Health at the two locations to gauge what changes need to be made to ensure healthy food is being stored safely and available to consumers.</p>
	1.3.3 Support and promote both community and residential edible gardens.	Health Services (Health Promotion)	✓	<p>In June 2020, the City's health promotion team provided over 3000 food plants at the City's Plants for resident event (pic found in Appendix B)</p>

	<ul style="list-style-type: none"> - 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. 			
	<p>1.3.5 Promote safe food handling practice amongst the City's food businesses.</p> <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	✓	<p>11 food samples submitted for analysis in 2020.</p> <p>Food businesses educated on food safety by Environmental Health Officers during routine inspections. Foodsafe food safety training freely available on the City's website.</p>
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	Health Services (Health Promotion)	✓	<p>2 X programs of food sensations were run through Forrestfield Library</p> <ul style="list-style-type: none"> - One for adults - One for seniors

	Nutrition and Cooking Program)			
	1.4.2 Support state and federal 'healthy eating' campaigns and implement relevant initiatives locally.	Health Services (Health Promotion)	✓	Ongoing Promotions through staff community facilities and the City's Social Media Pages. Supported the Live Lighter campaign through the Cancer Council by making information accessible via our Social media pages and City's Website as well as give a ways and displays at various events and workshops throughout the year.
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)	✓	Internal Alcohol management policy was adopted as a CEO instruction in 2019
	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 2020
	1.5.3 Support state and federal 'alcohol awareness' campaigns and implement relevant initiatives/programs/messages locally.	Health Services (Health Promotion)	✓	Ongoing Promotions through staff community facilities and the City's Social Media Pages
	1.5.4 Explore the opportunity of joining the Alcohol and Drug Foundation's (ADF's)	Health Services (Health Promotion)	✓	Foothills referral service acquired the LDAT grant, and the City has supported program development

	Local Drug Action Team (LDAT) program with the aim of identifying, responding to and preventing alcohol and drug related harm.			
1.6 Work towards reducing exposure to second-hand smoke in public areas.	1.6.1 Support and promote East Metropolitan Population Health Unit 'Smoke Free Shopping Centre' project.	Health Services (Health Promotion)	✓	Implementation year 2021
	1.6.2 Maintain no smoking signage at City facilities (i.e. playgrounds)	Assets	✓	Ongoing Promotions through staff community facilities
	1.6.3 Promote smoke free public events, festivals, and venues.	Events	✓	Supported by the City of Kalamunda Events team.
	1.6.4 Support state and federal campaigns that address smoking cessation and deliver messages at the local level.	Health Services (Health Promotion)	✓	Ongoing Promotions through staff community facilities and the City's Social Media Pages
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)	✓	<p>The City was successful in been awarded a 5k grant as party of Injury Matters "Remove Hazard" campaign.</p> <p>The project was divided in 3 parts:</p> <p>Part 1: Development of a "Remove Hazard" written resource to be distributed to the target group (seniors 60+) with in Kalamunda</p> <p>Part 2: We investigated potential environmental hazards with the Kalamunda community, with a focus on City owned buildings</p>

				Part 3. Environmental Modifications that were addresses at the Jack Healey Centre and Hartfield Park Recreation Centre.
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	✓	Over 30 staff Participated in the Push up Challenge in 2020 Flu shots and Skin Cancer checks were also available for all City 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	✓	Kalamunda Upskill Project (KUSP) - (Three digital tutorials) Learn to skateboard workshops - Two workshops held Young creatives closed and awarded - 21 submissions, winner and runner ups awarded to each submission category (flash fiction, poetry, and art for under 18s, 18-55s and over 55s) Employment 101 workshop - Ten participants, facilitated by City staff from Human Resources Youth Art Project - High Wycombe Train Station mural and installation youth co-design in partnership with the Public Transport Authority. Youth committee selected through expression of interest submissions and first planning workshop held Craft Christmas Intergeneration Workshops - Two workshops held - Community Services delivery (Youth Team and Seniors and Disabilities officer collaboration) School's Out Pool Party held 17 December Barista workshops for Youth (16-25) 8 March 4 Food Sensation Cooking Classes (free) Boost your wellbeing with Helping Minds on 14/10 at High Wycombe Library Plants for Residents

				<p>Building Biodiversity in Your Backyard High Wycombe Library 19/8/20</p> <p>Library 4/9/2020</p> <p>Introduction to Dungeons and Dragons for people of all abilities and their carers Kalamunda Library 21/9/2020</p> <p>Authors talk High Wycombe Library 23/9/2020</p> <p>Foothills History talk Forrestfield Library 29/10/2020</p> <p>Astronomy talks with Perth Observatory Lesmurdie Library</p> <p>Meridian Tracing with Essential Oils Forrestfield Library</p>
	2.1.2 Support external stakeholders through sponsorship and partnership opportunities.	Events Community Development	✓	<p>Partnerships were developed with WA Health Alliance to support the City's Kalamunda Alliance Against Depression.</p> <p>Healthway and East Metro Health Unit were involved in the Grant Application for Healthier Venues.</p> <p>Injury Matters partnership was formed through the successful grant application for the "Remove Hazards" campaign.</p>
2.2 Facilitate the inclusion of the ageing population and people with a disability to have access to information, facilitates and services.	<p>2.2.1 Implement actions identified in the City's <i>Disability Access and Inclusion Plan 2017-2022</i>.</p> <p><u>Focus areas include</u> - improving access to information, facilities, and services.</p>	Community Development	✓	<p>The Disability Access and Inclusion Plan (DAIP) is a five-year plan with established priorities and strategies to provide a framework for implementation of initiatives. Initiatives that have been undertaken include:</p> <ul style="list-style-type: none"> - DACAC meeting was held on 10 August 2020 - DACAC Committee would like a register of carers to be established. - DAIP report was submitted to Department for Communities

				<ul style="list-style-type: none"> - Carers week promotion campaign started-22 carers registered - WEBKEYIT: 16 staff were trained in Online Accessibility. - DACAC Meeting was held on the 9th of November. - A successful grant application was awarded to the City to Remove Hazards in City owned buildings and a remove hazards booklet to be created and disseminated among residents. - DACAC meeting was held on 10 August and 9 November 2020 - DAIP report was submitted to Department for Communities - 22 Carers registered with the City - WEBKEYIT: Sixteen staff were trained in Online Accessibility. - A successful grant application was awarded to the City to Remove Hazards in City owned buildings and a Remove Hazards booklet to be created and disseminated among residents. - International Day of People with Disability was celebrated with the community by sharing the following projects on the City's social media platforms: <ol style="list-style-type: none"> 1. 12-Part Short Documentary Series: Different Lens presented by Carers WA and Screen West 2. This Bay is Someone's day Campaign: This campaign was shared on the City's Social's and the stickers and core flute signs were dispersed and placed in front of City facilities ACROD Parking Bays.
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				<ul style="list-style-type: none"> - COVID Innovation Grant -All Abilities Dance Class commenced on 10-11-2020 at HPRC with an average of 6-10 participants. - COVID Innovation Grant-AFL Wheelchair Footy C'mon Try held on 3-12-2020 at HPRC - 10 people attended - Forget-Me-Not-Cafe, resumed after COVID - Bat Box Painting with Kalamunda Support Education School - 6 children with disabilities painted microbat boxes made from the Forrestfield Men's Shed
	<p>2.2.2 Implement actions identified in the City's Age Friendly Strategy and Action Plan 2017-2021.</p> <p>Focus areas include transportation, housing, social participation, and communication/information.</p>	Community Development	✓	<ul style="list-style-type: none"> - Seniors Food Sensations workshops - Twelve attendees (Series of Four) - Train the Brain workshop - Thirty-three attendees (At full capacity due to Covid) - Wayfairers Project - Clubs Engagement Workshop - Outdoors October - Seniors First Aid Workshop - Twelve people attended - Mental Health First Aid - Five City volunteers attended - Helping Minds - Boost your wellbeing Working - Twelve people attended - Seniors Week - Seniors information hub at HPRC. The Senior pocket guidebook was launched - 4 X COVID SafeWA App Drop-in Information sessions at each library throughout the City of Kalamunda. 10 people attended - 2 X Christmas Craft Intergenerational workshops: One at Lesmurdie Hall and the other at Forrestfield Shopping Centre. 20 people attended - Carers Week: created a Carer Database and handed out gifts to 22 local Carers within the City of Kalamunda. 2 X Support groups were identified, and a partnership created with Carers WA.

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.	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.	Community Development	✓	<p>City staff have commenced year four of the Youth Plan (2017-2022), delivering several projects to the City of Kalamunda community including:</p> <ul style="list-style-type: none"> - Young Creatives launched - intergenerational creative writing and digital art competition - Youth Action Kalamunda (Four meetings held) - Music Collaboration project launched with local youth - Kalamunda Upskill Project (KUSP) - (Three digital tutorials) - R U OK day - Staff promoted community awareness - Zig Zag Early Years (Three meetings held) - St Brigid's Primary School Year Four - Visit to Council chambers to learn about Local Government - Learn to skateboard workshops - Two workshops held - Youth Action Kalamunda - Three meetings and a cross-local government area Youth Advisory Committee leadership day - Young creatives closed and awarded - 21 submissions, winner and runner ups awarded to each submission category (flash fiction, poetry, and art for under 18s, 18-55s and over 55s) - COVID Innovation Grant - Bounce Program launched, averaging 15 participants each week - Attended and held a stall at the Kalamunda Senior High School Health and Wellbeing Expo - Employment 101 workshop - Ten participants, facilitated by City staff from Human Resources - Pop Up Play Day (supporting the Zig Zag Early Years Partnership)
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				<ul style="list-style-type: none"> - Zig Zag Early Years Partnership - Three meetings held - Community Safety and Crime Prevention Youth Consultation - report findings presented to the CSCPAC Advisory Committee - NAIDOC Week Youth Performance - Perth Hills and Wheatbelt Band in collaboration with Boorloo - Railway Heritage Program (partnership with the Environmental Team and the Kalamunda Education Support Centre at Kalamunda SHS) student graduation ceremony - Raising Children in a Digital World Parent information seminar (supporting the Zig Zag Early Years Partnership) - Youth Art Project - High Wycombe Train Station mural and installation youth co-design in partnership with the Public Transport Authority. Youth committee selected through expression of interest submissions and first planning workshop held - Craft Christmas Intergeneration Workshops - Two workshops held - Community Services delivery (Youth Team and Seniors and Disabilities officer collaboration) - School's Out Pool Party held 17 December, 250 people attended - Student Citizenship Awards distributed to each school
2.4 Support families, early years' service providers and early childhood practitioners.	2.4.1 Support the activities of the City of Kalamunda's Early Years Network, the Zig Zag Early Years Partnership.	Community Development	✓	The City of Kalamunda's partnership with the Public Transport Authority and the Right Track program is enabling young people passionate about arts and community engagement to work with a professional artist, to design and install a public art piece on the Ibis Place wall at the new High Wycombe Train Station.

				Offering an opportunity for young people to express their connection to the community and represent their identity in the piece, this program has attracted 11 participants who have already met to discuss the themes to include. One member is a young Aboriginal girl who is keen to share local native plants, animals and history which has been reflected as an interest area among all the participants. They will meet with the artist in early 2021 to discuss the design with the artist. Installation is planned for Youth Week WA 2021 in April.
2.5 Provide opportunities to pursue learning.	2.5.1 Continue to deliver the City's Library services, programs and activities.	Community Development (Library Services)	✓	<ul style="list-style-type: none"> - Food Sensations courses in February and August - Carers Info session with Mercy Care on 12/10 at Kalamunda Library - Boost your wellbeing with Helping Minds on 14/10 at High Wycombe Library - Wayfairers Information session on 6/11 at Kalamunda Library - SafeWA app sessions at each library in the first week of December
2.6 Provide opportunities to feel connected and supported within my community and promote	2.6.1 Continue to encourage and support volunteering within City's programs and activities.	Community Development	✓	<p>Continuous onboarding of volunteers in the City through the following avenues</p> <ul style="list-style-type: none"> - Woodlupine Coffee Lounge - Podiatry Services - Youth Action Kalamunda - Books on Wheels - Environmental Friends Groups - Various Town Team Movements

positive mental wellbeing.	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.	Health Services (Health Promotion)	✓	<ul style="list-style-type: none"> - Act Belong Commit message was showcased at the following City events: - Plants for Residents - R U OK day – Darling Range Sports College
	2.6.3 Support relevant 'mental wellbeing' initiatives and messages locally. (E.g. Mental Health Week, and R U OK Day).	Health Services (Health Promotion) Community Development	✓	<ul style="list-style-type: none"> - City of Kalamunda Youth team facilitated an RUOK community event in September 2020 at Both Darling Range Sports College and Lesmurdie High School. (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 2020 and shared on the City social media platforms.
	2.6.4 Explore opportunities to establish connection with NGO's concerned with people who suffer from mental illness and provide opportunities for the community to attend seminars and workshops.	Health Services (Health Promotion) Community Development	✓	<ul style="list-style-type: none"> - In 2020 the City partnered with WA Primary Health Alliance – to help establish the Kalamunda Alliance Against Depression (KAAD). - The first community meeting to showcase the idea was held in October 2020 with over 30 stakeholders attending (see pic in appendix D)

				<ul style="list-style-type: none"> - From Oct-Dec 2020 another 3 KAAD meeting where held with a strong community network group been formed with exciting plans for 2021
	<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)</p> <p>Community Development</p>	✓	<ul style="list-style-type: none"> - International Women's Day with The Esther Foundation at High Wycombe Library 9/3/20 - Building Biodiversity in Your Backyard High Wycombe Library 19/8/20 - Indigenous Literacy Day Film Night at High Wycombe Library 4/9/2020 - Introduction to Dungeons and Dragons for people of all abilities and their carers Kalamunda Library 21/9/2020 - Authors talk High Wycombe Library 23/9/2020 - Foothills History talk Forrestfield Library 29/10/2020 - Benefits of remedial Massage for Seniors Forrestfield Library 17/11/2020 - Astronomy talks with Perth Observatory Lesmurdie Library 17/11/2020 - Meridian Tracing with Essential Oils Forrestfield Library 8/12/2020 - 360 active seniors' program that is aimed at over 50's
	<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)</p> <p>Events</p>	✓	<ul style="list-style-type: none"> - Kalamunda Upskill Project (KUSP) - (Three digital tutorials) - Learn to skateboard workshops - Two workshops held - Young creatives closed and awarded - 21 submissions, winner and runner ups awarded to each submission category (flash fiction, poetry, and art for under 18s, 18-55s and over 55s)

				<ul style="list-style-type: none"> - Employment 101 workshop - Ten participants, facilitated by City staff from Human Resources - Youth Art Project - High Wycombe Train Station mural and installation youth co-design in partnership with the Public Transport Authority. Youth committee selected through expression of interest submissions and first planning workshop held - Craft Christmas Intergeneration Workshops - Two workshops held - Community Services delivery (Youth Team and Seniors and Disabilities officer collaboration) - School's Out Pool Party held 17 December - Barista workshops for Youth (16-25) 8 March 4 - Food Sensation Cooking Classes (free) - Boost your wellbeing with Helping Minds on 14/10 at High Wycombe Library - Plants for Residents - Building Biodiversity in Your Backyard High Wycombe Library 19/8/20 - Library 4/9/2020 - Introduction to Dungeons and Dragons for people of all abilities and their carers Kalamunda Library 21/9/2020 - Authors talk High Wycombe Library 23/9/2020 - Foothills History talk Forrestfield Library 29/10/2020 - Astronomy talks with Perth Observatory Lesmurdie Library - Meridian Tracing with Essential Oils Forrestfield Library
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	2.6.7 Provide opportunity for staff, volunteers, and leaders within the community to be trained in mental health first aid.	Health Services (Health Promotion) Community Development	✓	A grant was successful through Neami National to provide Mental Health First Aid Training for staff and community volunteers. We matched the funding as a City. In total 31 people attended. 5 volunteers attended, and 25 City Staff attended.
	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	✓	Already implemented and program still active and running

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	Health Services	✓	158 Pool samples and 32 Drinking water samples submitted for analysis in 2020.

	public and recreational water bodies are safe for their intended use.			
	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	✓	72 Effluent disposal systems approved, and 1313 ATU service reports received and reviewed in 2020.
	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 657 assessments undertaken of premises within the City of Kalamunda in 2020.
	3.1.5 Management of contaminated sites to reduce the risks to public health and the environment.	Health Services	✓	Ongoing management and investigations occurred on Brand Rd, Dawson Avenue, Ledger Rd & 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	✓	1288 briquets used during the annual mosquito management program. 6 microbat boxes were part of a school project in which they were painted and then given back to the council to place in mosquito problem areas around the City of Kalamunda.
	3.1.7 increased awareness of Asbestos • Participate in the annual Asbestos Awareness Month. • Educate and advise residents on Asbestos issues through	Health Services		The City of Kalamunda raises awareness via the City's Website. All data is updated annually if needed. https://www.kalamunda.wa.gov.au/community/health-safety/public-environmental-health/asbestos

	resolution of complaints and assessment of developments.			
	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	✓	344 complaints received and responded to in 2020.
	3.1.9 Explore opportunities to locally promote immunisations within the City.	Health Services (health promotion)	✓	Ongoing support of state and federal campaigns
3.2 Provide a safe and secure community.	3.2.1 Continue to provide and monitor CCTV with the City.	Community Safety Services	✓	18 requests for CCTV footage were requested from WA Police. The City has established an internal CCTV working group to ensure actions of the CCTV Strategy are being achieved and incorporated into the Corporate Business Plan.
	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	✓	Continue to work with the Community Safety and Crime Prevention working group.
	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	✓	Ongoing and Continue to plan for and provide a well-resourced responsive Rangers team by maintaining good processes, providing training and development opportunities of offices, and introducing new tools to enhance response. Some statistics include: (As per ordinary council meeting 25.08.2020) <ul style="list-style-type: none"> - Parking and vehicles: 745 - CCTV: 28 - Alarms: 20 - Litter: 6

				<ul style="list-style-type: none"> - Dogs: 2534 - Cats: 240 - Other animal: 58 - Fire: 2385 - Covid Related: 442
	3.2.4 Continue to promote and participate in eWatch.	Community Safety Services	✓	Program has Ceased operation however the City have developed and implemented an informal meeting with the Forrestfield Police Station Officers to meet monthly. Discussing projects, community safety concerns and community development opportunities.
	3.2.5 Continue to implement existing programs such as Eyes on the Street, Urban/Community Art programs and Constable Care.	Community Safety Services	✓	Ranger Patrols continue to promote neighbourhood watch and Eyes on the street campaigns externally
	3.2.6 Explore the opportunity of coordinating a City led a Crime and Safety Advisory Committee and engage relevant stakeholders.	Community Safety Services	✓	Community Safety & Crime Prevention Committee established and meets regularly.
	3.2.7 Maintain and monitor the implementation of the Graffiti Management Plan for the City.	Community Safety Services	✓	<p>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)</p> <p>· In 2020 there were 331 incidents reported and completed. Estimated Dollar value damage \$110759.00.</p>
3.3 Help the community prepare and manage risks	3.3.1 Coordinate and support the ongoing functions of the Local Emergency Management Committee and the Local	Community Safety Services	✓	The Local Emergency Management Committee has held its meeting for March 21 and has scheduled all meetings for the rest of 2021.

associated with emergency events.	Emergency Management Arrangements.			The City of Kalamunda Local Emergency Management Arrangements have been updated and are available to all LEMC members and the community.
	3.3.2 Provide adequate resources to ensure the City is well prepared for a disaster or danger.	Community Safety Services	✓	The City is well resourced and prepared to deal with any disaster and can activate its CMT and LEMA as required.
	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	✓	The City's supports its local volunteer and career emergency services through its Community Emergency Service Manager to deliver contemporary fire management programs such as community preparedness sessions, Bush Fire Ready groups, Bush Fire Mitigation works on both private, local government and state tenure. These programs are in conjunction with the Department of Fire & Emergency Service and the Department of Biodiversity, Conservation, and attractions.

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	✓	Developed and Implemented
4.2 Collaborative partnerships	4.2.1 Support local networks of service providers to encourage collaboration and partnership and sharing of information.	All	✓	Ongoing practise between all community focused departments. Information is dispersed through local government network groups. Workshops and advisory committee meetings.
	4.2.2 Develop and maintain effective partnerships with state	Health Services (health promotion)	✓	- Partnership developed with WA Primary Health Alliance to implement Alliance Against Depression project

	and national health promotion bodies for assistance with funding, resources, and project development.			<ul style="list-style-type: none">- 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.
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Conclusions

2020 was an unprecedented year, with COVID-19 affecting almost every aspect the community and our operations. Annual events and workshops were either cancelled or changed to align with the State COVID-19 Guidelines, which limited the ability to implement many of the actions within the plan.

During this time, many residents socioeconomic, cultural, and environmental conditions had changes, this included living and working conditions, access to health services, food security, housing, unemployment, and education. City adjusted its health promotion activities to adapt to the situation and focused on health promotion messages about mental health, exercise, and healthy eating.

Despite, this several new initiatives were developed and implemented:

- **Kalamunda Alliance Against Depression:**

Establishing a local Alliance helps a community work together on; Public awareness campaigns to reduce the stigma, associated with depression and Suicide, support for high-risk groups, patients, and their families. Localised training for general practitioners and other health professionals. Educational activities on depression and suicide for community members and leaders.

During 2020 the City's Health Promotion officer followed the WA Health Alliances 18-month Alliance Against Depression Framework. During the year 4 workshop sessions were held with community residents we were advocates for the community and mental health. A Facebook and Instagram page were also created to promote the groups advocacy work.

The current chair and leader of the program is gentlemen is local to the area who has his own individual business in delivering mental health workshops through his organisation "Take Charge". Darren is also trained in Mental Health First Aid Training, where he also delivers these accredited courses locally.

- **6 Week Kalamunda Active Social Media Project:**

The purpose for this 6-week series is to encourage those who are at home during COVID-19 to keep active. These videos will demonstrate how exercise can be done in the home or out in the park and how to do these safely. The techniques, circuits and videos will be developed and filmed by qualified staff from City of Kalamunda recreation centres. These videos can be found via the below links to our Facebook pages. [Found here](#)

- **Mental Health First Aid Training**

A grant was successful through Neami National to provide Mental Health First Aid Training for staff and community volunteers. We matched the funding as a City. In total 31 people attended with 21 females and 9 males. 5 volunteers attended and 25 City Staff attended.

- **Remove Hazards Grant Application:**

Part 1: Development of a "Remove Hazard" written resource to be distributed to the target group (seniors 60+) with in Kalamunda

Part 2: We investigated potential environmental hazards with the Kalamunda community, with a focus on City owned buildings

Part 3. Environmental Modifications that were addresses at the Jack Healey Centre and Hartfield Park Recreation Centre.

- **Healthy venues Grant Application**

In partnership with East Metro Health Services the City submitted applications for Healthway Healthy Venue Grant Program. Applications were submitted for both Ray Owen and the Kalamunda Waterpark in December 2020.

- **Community Safety and Crime Prevention Plan Adoption**

The Community Safety and Crime Prevention Plan was endorsed by the Community Safety and Crime Prevention Advisory Committee and then Council in November 2020 Ordinary Council Meeting.

- **The Scott Reserve Master Plan was adopted by Council in June 2020:**

The identified projects within the Master Plan are now part of the City's ongoing advocacy strategy to attract external funding.

- **Plants for Residents**

In June 2020, the City's health promotion team provided over 3000 food plants at the City's Plants for resident event (Picture found in Appendix B)

- **WEBKEYIT Accessibility Staff Training**

16 staff employees were trained in Online Accessibility.

- **Anthology Project:**

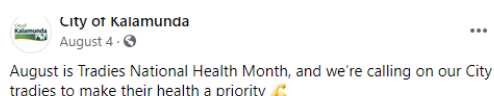
An intergenerational short story, poetry and digital art anthology centred around the theme 'rejuvenation', celebrating the joys through times of hardship. Young writers and artists often struggle making their start in the creative industry. This anthology will help young people have their works published, which can be added to their portfolios and resumes. Alternatively, seniors have years of knowledge and experience to touch on and share their stories through a creative platform. No matter the age, our community can come together and read the final book, which can be made available online and at our local libraries and visitor's centre. Submissions will be accepted based on their adherence to the criteria that will be provided. All conforming submissions will be viewable online, however the top 20 stories, 10 poems and 15 artworks will feature in the hardcopy print. There were 21 submissions, winner and runner ups awarded to each submission category (flash fiction, poetry, and art for under 18s, 18-55s and over 55s)

With the Community Health and Wellbeing Plan nearing the end of its term, most strategies and actions have been accomplished. Recommendation is to finish the strategies that have not been actioned and to start developing the next 5 year Community Health and Wellbeing Strategy in line with the newly develop State Public Health Plan.

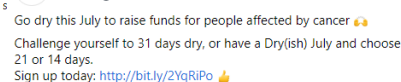
In conclusion I believe with the barriers and changes in operational delivery due to Covid-19 we adapted our services to still service and benefit the community. Moving forward changes that have been implemented have been sustainable changes and will continue to be implemented past Covid-19 error.

Appendices

Appendix A - Social Media Posts



Australian Physiotherapy Association
August 4 · 🌐



4 Likes · 1 Comment



City of Kalamunda

June 6 · 🌐

👏 Recently several City of Kalamunda staff took on The PushUpChallenge to raise awareness and funds for Headspace and support mental health and suicide prevention.

Over the course of 21-days in May we completed 3,046 push-ups in total, representing the number of lives lost in Australia to suicide in 2018.

Overall the City raised \$1500 and across Australia \$5M was raised. To find out more about the challenge visit: <https://www.thepushupchallenge.com.au/> 🙌



Cameron Chisholm and 34 others

1 Share



Like



Comment



Share



City of Kalamunda

May 27 · 🌐

👏 Food Sensations® for Adults nutrition education 4 week program. Online now!



WED, JUN 24

Online and free nutrition education workshop!

Online

10 people interested

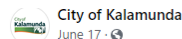
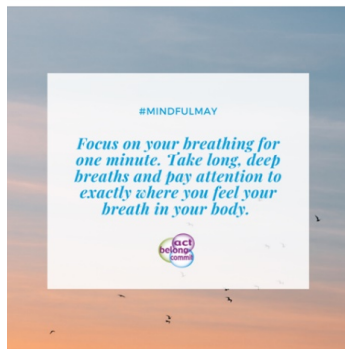
Interested



City of Kalamunda

May 1 · 🌐

As a site partner of Mentally Health WA's Act-Belong-Commit (ABC) program we are excited to celebrate 🌟 Mindful May by sharing some short mindfulness activities which can be done in the comfort of your own home. 🙌 The first #MindfulMay activity is a simple breathing exercise. 🙌 Tag a friend to complete the challenge Act-Belong-Commit



City of Kalamunda

June 17 · 🌐

June 15 to 21 is Men's Health Week. 🙌

👏 Celebrate the strengths of men, the contributions they make and the important role they play in society. It is as much as week of celebration and engagement of men with a serving of health on the side!

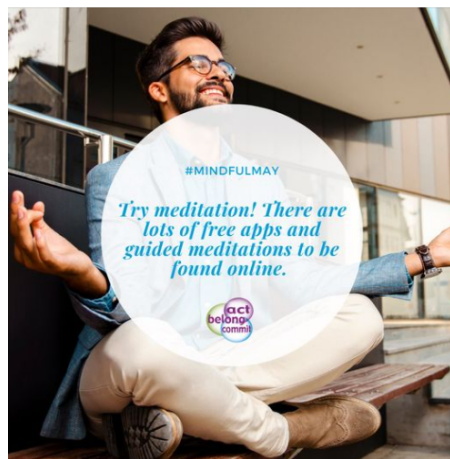
For more information about Men's Health Week visit <https://www.menshealthweek.org.au/>



City of Kalamunda

May 5 · 🌐

🙌 Whether you're a seasoned meditator or trying it for the first time, you can receive some great mental health benefits from meditating 🙌 Comment below 🙌 with your favourite meditation apps, websites or exercises to follow #MindfulMay Act-Belong-Commit



City of Kalamunda
May 8 · 🌐

🧘 Has anyone heard of the 'Five Senses' mindfulness exercise before?
🧘 It's a simple but effective activity that you can practice on yourself, or someone else in your household. 🧘 Give it a go by following the steps in the image, and let us know how you go! 🌱 [Act-Belong-Commit](#)



City of Kalamunda
May 15 · 🌐

🧘 Challenge a friend or family member to complete a week of daily meditation exercises with you – you could use the exercises we've been promoting for #MindfulMay or put together your own 🧘 You may be surprised to know afterwards what they notice during each activity, which you may not have. 🧘 Tag a friend to get started. [Act-Belong-Commit](#)



City of Kalamunda
April 20 · 🌐

😊 Be Positive. Be Connected. Be Active. 😊
The WA government have launched a new mental health campaign to help Western Australians manage their wellbeing through the COVID-19 pandemic.
The campaign focuses on self-care and linking people with wellbeing strategies and support services.
🔗 To find out more click the link below.
<https://www.thinkmentalhealthwa.com.au/>
👉 ... See More



👍❤️ 8 6 Comments 5 Shares

👍 Like 🗨 Comment ➦ Share 🌐

Most Relevant ▼

City of Kalamunda
April 15 · 🌐

🔗 Helping Minds is offering 3 x FREE counselling sessions over the phone or video for individuals feeling overwhelmed by the COVID-19 crisis. 📞 Number to call is 1800 811 747. Everyone over 18 years old, living in WA or NT is eligible for this service.
🧘 They are also holding phone/video counselling for individuals caring for a loved one living with a mental health challenge 🧘
🏠 And Helping Minds will be delivering a number of mental health workshops online in the next month... [See More](#)



👍❤️ 13

9 Shares

Appendix B – Plants for Residents



Appendix C - R U OK Day 2020



Appendix D – Kalamunda Alliance Against Depression Community Meetings



Appendix: E Bicycle Plan



Plants for residents



Food Sensations



Mental Health First Aid Training



Outdoors October Workshop



Helping Minds Workshop



Microbat Railway Heritage Project



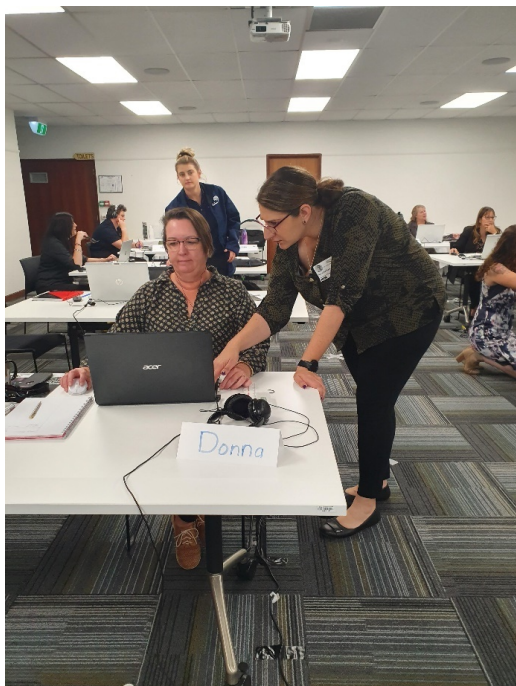
Seniors Week



Train the Brain Workshop



Staff WebkeyIT training



Anthology Competition



Carers Week



Corymbia Festival



Employment 101 Workshop



In the Mix



Endorsement of the RAP Plan



Skate Park Clinic



Youth Art Project

