

# Northern Midlands Council Health and Wellbeing Strategy 2022



## Strategic context

The Health & Wellbeing Strategy 2022 reflects the Northern Midlands Council Strategic Plan 2021-2027.

Northern Midlands Council's ambition is that everyone in our community has the opportunity to lead a happy and healthy life. This Strategy sets the direction for achieving this ambition, building on the great strengths within our community, as well as addressing the challenges and causes that lead to poor health outcomes.

Northern Midlands Council is committed to improving the quality of life within the local areas through building strong partnerships, delivering programs, services and events, and providing vital infrastructure and places.

### LEADERSHIP

Council will take the lead on initiatives that contribute to a healthy community, encouraging healthy lifestyles, physical activity and social engagement.

### PROGRESSION

Council will actively work to attract greater service presence and offer opportunities for social and service connection with equitable access.

### PEOPLE

Council is committed to ensuring that everyone has a fair opportunity to achieve and maintain their ideal level of health and wellbeing. This is done through access to knowledge, skills and resources to address disadvantage experienced by some groups in our community.

### PLACE

Council promotes resilient, safe and connected places, leading to strong and resilient local networks and a municipality with relevant services, amenities and increased social cohesion.

# Strategic plan

The Strategic Plan 2021-2027 updates the Northern Midlands Strategic Plan 2017-2027.

The plan focusses on the unique elements of the Northern Midlands, an enviable place to live, work and play.

The Plan is based upon four key priorities:

1	<b>Lead</b>	Serve with honesty, integrity, innovation and pride
2	<b>Progress</b>	Economic health and wealth – grow and prosper
3	<b>People</b>	Cultural and society – a vibrant future that respects the past
4	<b>Place</b>	Nurture our heritage environment

Each priority is supported by four strategic outcomes that describe what Council aims to achieve, and that are consistent with its vision.

Actions and projects to achieve these outcomes will be included in Council's Annual Plan. Performance measures will be included in the Annual Plan to enable Council to track its progress against each of the strategic outcomes.

The Annual Report, which is presented at the Council's Annual General Meeting, will provide the update as to how the strategic outcomes have been achieved throughout the year.

# Values

## HONESTY

Treat all with honesty, respect and trust.

## INTEGRITY

Listen, learn and proactively deliver Council's vision.

## INNOVATION

Explore, expand and adapt to achieve a shared vision.

## PRIDE

Serve community with pride and energy.



# Strategic outcomes

## As a Provider, Council . . .

- 1.1 Enhances the quality and viability of community and sporting facilities, and maximises opportunities for multi-use of public places and spaces
- 1.2 Invests in, manages and renews community infrastructure to ensure community health and well being needs are met into the future
- 1.3 Provides and maintains parks, reserves, trails and streetscapes that encourages pedestrians and cyclists, and reduces reliance on motor vehicles
- 1.4 Enhances the quality and play value of local parks including off-leash dog exercise parks
- 1.5 Plans residential and commercial areas to increase walkability
- 1.6 Develops and promotes an integrated network of off-road shared pathways to encourage outdoor recreation, active transport and connect with nature
- 1.7 Implements the Municipal Tree Program that creates cool and inviting streetscapes whilst promoting unique identities for our towns and villages
- 1.8 Ensures a safe and healthy work environment

## As a Facilitator, Council . . .

- 2.1 Supports sports and leisure organisations in the provision of a diversity of active sport and passive recreation activities to meet the widest range of the population's needs
- 2.2 Supports community groups and networks that promote health and well being
- 2.3 Makes available the Council owned Longford Community Sports Centre for lease to a dynamic private health and fitness provider
- 2.4 Encourages participation in active and passive recreation for all ages and abilities

- 2.5 Provides opportunities for social connection through the provision of infrastructure and community facilities
- 2.6 Encourages a decrease in the consumption of sweet drinks and unhealthy food
- 2.7 Encourages access to information, programs and services for those impacted by family violence

## As an Advocate, Council . . .

- 3.1 Advocates for the improvement of health and well being services and programs across the Northern Midlands, with an emphasis on the urgent need for primary health services to be based at the Longford Community Health Centre
- 3.2 Advocates for programs and services that increase health intelligence and education about healthy lifestyles among residents
- 3.3 Advocates for the provision of a Northern Midlands Community/ Neighbourhood House
- 3.4 Advocates for a safe drinking culture and healthy food options at Council owned facilities
- 3.5 Advocates for programs and services that reduce the harm caused by alcohol and drug misuse in the community
- 3.6 Advocates for options to reduce tobacco use and exposure to second-hand smoke in the community
- 3.7 Advocates for Ben Lomond National Park to be developed and promoted as an all year-round recreation destination

# Schedule of strategic projects

## 1 PROJECTS FROM THE STRATEGIC PLAN

### As a Provider

- Conara and Cressy Park Upgrades
- Council's Workplace Health & Safety Action Plan
- Honeysuckle Banks Evandale Master Plan
- Municipal Shared Pathways Program
- Municipal Tree Planting Program
- Open Space Plan
- Perth Sports Precinct
- Recreation Ground Master Plans for Campbell Town, Cressy, Longford and Evandale – finalise implementation
- Ross Recreation Ground Master Plan
- Sheepwash Creek WSUD Open Space Corridor and Associated Open Space Plan
- South Esk River Parklands Master Plan
- Swimming Pool Strategy
- Urban Design Plans for Campbell Town, Longford and Perth

### As a Facilitator

- Family Violence Strategy
- Good Sports Local Government Partnerships
- Positive Ageing Strategy
- Supporting Health and Education Programs
- Supporting Sport and Recreation Programs
- Swimming Pool Strategy
- Youth Strategy

### As an Advocate

- Ben Lomond – Ski Field Redevelopment and 12-month Tourism Development
- Cohesive Communities and Communities at Risk Plan
- Disability Action Plan
- Northern Midlands Community House

## 2 PROJECTS IN PROGRESS

(Projects not identified in Strategic Plan)

### As a Provider

- Environmental Health Services
- Laycock Street Park and Playground
- Longford Road Safety Park
- Longford Village Green new Public Toilets and BBQ facility
- Napoleon Street Perth Playground
- Northern Midlands Further Education Bursary Program
- Pioneer Park Evandale Playground Redevelopment

### As a Facilitator

- End Men's Violence Against Women Campaign
- Inspiring Futures Programs at Campbell Town and Cressy District High Schools
- Longford Care-A-Car
- Northern Midlands Bicycle Advisory Committee
- Northern Midlands Community Volunteer Expo

### As an Advocate

- Homelessness Advisory Committee
- Northern Tasmania Regional Sports Plan

## 3 NEW PROJECTS SUGGESTED FOR CONSIDERATION

### As a Provider

- Accessible places, spaces and programs
- Develop a Public Open Space strategy
- Respecting and embracing reconciliation

### As a Facilitator

- Community Safety Plans
- Healthy Northern Midlands Programs
- Healthy meal preparation
- Improve feelings of Safety in and around our Municipality
- Raise awareness about behaviours that can contribute to climate change and the impacts they have on health & wellbeing
- Youth & adult mental health

### As an Advocate

- Brumbys Creek Kayakers White Water/ Slalom Park
- Good Sports Program
- Mill Dam Weir Redevelopment
- Northern Midlands Community Gardens
- Ride/Walk to School Initiatives
- Northern Midlands Pump Tracks
- Northern Midlands Soccer Facility
- Prevention of family violence and its impacts
- Primary Health Care Services for Longford Community Health Centre
- Responsible Dog Ownership Initiatives