



Wellington Primary Care Partnership

Wellington Health Promotion Catchment Plan 2009 – 2012



Version 1.0
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Wellington Health Promotion Catchment Plan 2009 – 2012 Overview

Goals	By June 2012, there will be an increase in participation in physical activity by residents in small and remote communities, and those most in need in Wellington Shire	By June 2012, there will be an increase in the consumption of nutritious food by residents living in the Wellington Shire particularly for communities most at need	Further develop the capacity for small, remote and those most at need in the Wellington Shire to be strong, inclusive, resilient and sustainable by June 2012	Build the capacity of organisations to improve the health and wellbeing of the community
Objectives	<ul style="list-style-type: none"> • Increase physical activity and active living amongst socioeconomically disadvantaged and the indigenous community • The social, economic, environmental and cultural environments that support and enable physical activity and active living will be enhanced particularly for small and remote communities, vulnerable groups and indigenous communities • Physical activity programs offered by partner agencies will be sustainable and will be evidence based 	<ul style="list-style-type: none"> • Increase knowledge, skills and access to nutritious food for those living in small and remote communities, socioeconomically disadvantaged and indigenous communities • Increase food security for vulnerable groups living in Wurruk, Sale & Yarram • Increase the consumption of healthy foods among children aged 0 – 12 years 	<ul style="list-style-type: none"> • Promote mental health and wellbeing amongst youth and families through the arts and community leadership • Provide opportunities for people living in small and remote communities to access information and programs that will enhance their mental wellbeing and connection with their community • Build the capacity of organisations and the community to promote respectful relationships and individuals rights 	<ul style="list-style-type: none"> • Link with peers at a state, regional and local level to guide and enhance the work of health promotion • Support the partners of the catchment plan through planning and evaluation
Interventions	<ul style="list-style-type: none"> • Policies and Guidelines that support Physical Activity • Access to Community Buildings for Physical Activity • Professional Development • Safe Routes to Walk/Cycle • Upskilling Volunteers to lead Physical Activities • Walking Groups 	<ul style="list-style-type: none"> • Community Kitchens • Review of Food Supply <p>Schools & Early Childhood Settings</p> <ul style="list-style-type: none"> • Canteen Policies/accreditation • Nutrition Policies 	<ul style="list-style-type: none"> • Festival for Healthy Living • Community Arts - Youth • Life Skills 	<ul style="list-style-type: none"> • Local reference/steering groups • Introduction to Health Promotion sessions • Wellington Health Promotion Network • Evaluation and research skills training • Explore opportunities to agencies to increase Health Promotion capacity
Impacts	<ul style="list-style-type: none"> 1.1 Reach – The intended target group participated in the intervention 2.1 Increased knowledge – Increase health related knowledge and awareness 3.1 Change in health related – Achievement of desired action or behaviour change (physical activity, nutrition and mental health and wellbeing) 4.2 Social action and influence – Improved community capacity to take collective action on local determinants of health 6.3 Reoriented health services – Health services have refocused on the total needs of the individual as a whole person and embraced an expanded mandate which is sensitive and respects gender and culture 			<ul style="list-style-type: none"> • Capacity for health promotion is built in partner agencies • Decrease in fragmented and duplicated effort • Increased organisational commitment to make health promotion a priority • More effective targeting through evidence-based practice • Enhanced learning and improved practice through evaluation

Promoting Physical Activity and Active Communities

Goal

By June 2012, there will be an increase in participation in physical activity by residents in small and remote communities, and socioeconomically disadvantaged and indigenous communities.

Target groups	Partners	Impact Measures
<ul style="list-style-type: none"> ▪ Small & remote communities ▪ Indigenous ▪ Socioeconomically disadvantaged 	<ul style="list-style-type: none"> ▪ Wellington Primary Care Partnership (WPCP) staff ▪ Central Gippsland Health Service (CGHS) ▪ Yarram & District Health Service (YDHS) ▪ GippSport ▪ Wellington Shire Council (WSC) ▪ Neighbourhood Houses ▪ Ramahyuck District Aboriginal Corporation ▪ Victoria Police ▪ Department of Sustainability & Environment (DSE) ▪ Active After School Communities (AASC) Australian Sports Commission ▪ Community Representative Groups (CRG's) 	<p>1.1 - Reach</p> <ul style="list-style-type: none"> - Percentage of people, organisations or settings from small and remote communities and those most at need who participated in the interventions - Increased number of physical activities <p>2.1 – Increased knowledge</p> <ul style="list-style-type: none"> - Percentage of participants who have increased understanding of the value and benefits of physical activity <p>3.1 – Change in health related behaviours</p> <ul style="list-style-type: none"> - Increased participation in physical activity by those most at need - Increased number of physical activity programs offered in smaller communities - Number of participants continuing to exercise after completing the program - Increased utilisation of physical activity options by communities most in need <p>4.2 – Social action and influence</p> <ul style="list-style-type: none"> - Increased number of trained people delivering physical activity - Changes in economic, social or built environments to enable people from low SES groups to participate in physical activity <p>6.3 – Reoriented health services</p> <ul style="list-style-type: none"> - Percentage of partner agencies who show improved sensitivity to the needs and expectations of the target groups to increase physical activity

Objective 1

By June 2012, there will be an increase in physical activity and active living amongst socioeconomically disadvantaged and the indigenous community.

Strategy	Task	Agency Responsible	Timeframe	Evaluation Tools
Strategy 1 Build on and further develop the skills of organisations and residents to enable people to take a lead role in delivering physical activity programs and recreation groups	Up-skilling volunteers and those from vulnerable groups for coaching or leading physical activity programs	GippSport, AASC, WPCP staff	July 2009 – June 2012 (as the need arises over the life of the plan)	See Health Promotion in Gippsland program and evaluation design http://www.dhs.vic.gov.au/_data/assets/pdf_file/0009/276606/UpSkilli ngVolunteersFor CoachingOrLeadi ngPhysicalActivity Programs.pdf
	Up-skilling professionals through workforce development	WPCP Staff, GippSport, WPCP partner agencies	July 2009 – June 2012 A minimum of one workforce development opportunity per year	See Health Promotion in Gippsland program and evaluation design http://www.dhs.vic.gov.au/_data/assets/pdf_file/0007/276397/Profess ionalDevelopment AndEducationPro grams.pdf

	Review current Certificate 3 & 4 in Fitness Subsidy Program and identify strategies to assist participants to complete training	WPCP Staff	November 2009	
	Build partnerships with local community groups and neighbourhood houses to implement and sustain physical activity programs	GippSport, WPCP staff, CGHS, YDHS	Ongoing	
Strategy 2 Develop policies which ensure that physical activity programs are accessible, affordable and inclusive.	Deliver Welcoming and Inclusive Clubs workshops to sporting clubs and encourage clubs to commit to program.	GippSport	February 2010 – June 2009	See Health Promotion in Gippsland program and evaluation design http://www.dhs.vic.gov.au/data/assets/pdf_file/0003/319539/CommunityPoliciesAndGuidelinesThatSupportPhysicalActivity.pdf
	Support the implementation of the Wellington Shire Council Access & Inclusion Policy	WSC, WPCP partner agencies	July 2009 – June 2010	
	Utilise KGFYL resources to increase the number of early childhood settings and primary schools that have accessible, affordable and inclusive physical activities.	CGHS	July 2009 – June 2012	
	Utilise the Access for All Abilities program to increase accessible, affordable and inclusive physical activities.	GippSport	July 2009 – June 2012	
Strategy 3 Identify barriers and strategies to address access to physical activity for socioeconomically disadvantaged and indigenous community.	Identify data and research locally, state-wide and nationally.	WPCP Staff, WSC, CGHS, YDHS, community, GippSport, Ramahyuck District Aboriginal Corporation	March 2010	

	Conduct focus groups with the community and health agencies to develop interventions guided by the evidence on Gippsland Health Online.	WSC, WPCP Staff, CGHS, YDHS, community, GippSport, Ramahyuck District Aboriginal Corporation	July 2010 – June 2011	
	Identify and collect information on transport barriers that prevent people accessing physical activity programs	WSC, WPCP Staff, CGHS, YDHS, community, GippSport, Ramahyuck District Aboriginal Corporation	July 2010 – June 2011	
	Engage the indigenous community to discuss the establishment of a Wellington Indigenous Sport and Recreation Committee.	GippSport, WPCP Staff, Ramahyuck District Aboriginal Corporation	December 2009	
	Build the capacity of the proposed indigenous sport and recreation committee to deliver sport and recreation opportunities for the indigenous community.	GippSport, WPCP Staff Ramahyuck District Aboriginal Corporation, Indigenous Sport and Recreation Officer (DPCD)	December 2009 – June 2012	
Strategy 4 Promote active living, active transport and the use of public transport	Actively promote the use of public transport to access program activities, medical appointments, shopping and recreation	WSC, WPCP Staff, CGHS, YDHS, GippSport, Ramahyuck District Aboriginal Corporation	July 2009 – June 2012	Utilise data collected by Community Indicators Victoria regarding Transport Limitations.

	Include goals for Walking for Transport as well as Walking for Recreation in agency literature and action plans	WPCP partner agencies	July 2009 – June 2012	http://www.communityindicators.net.au/wellbeing_reports/wellington
	Where possible, ensure program activity times are compatible with available public transport	WPCP partner agencies	July 2009 – June 2012	
	Raise awareness of the transport issues facing rural and remote communities through contribution to government submissions, enquiries, state wide working parties and strategies such as Victoria Walks, Victorian Walking Strategy, Youth Strategies, Seniors Strategies, Municipal strategies, Health promotion and research activities.	WPCP partner agencies	July 2009 – June 2012	
	Identify opportunities and build partnerships to increase active transport eg. the walking school bus program sustainable through increasing volunteers and involvement	WSC, Primary schools, WPCP partner agencies, LCHS	July 2009 – June 2010	
Strategy 5 Partners will identify gaps and duplications in physical activity programs and provide support for new providers.	Encourage sporting clubs and community groups to utilise SportsLink Website to connect community with physical activity opportunities through a launch, workshops and promotion.	GippSport	July 2009 – June 2012	Number of groups and clubs utilising the database.
	Partner agencies will utilise the SportsLink website were appropriate and will ensure that their program information in up to date	CGHS, YDHS, Neighbourhood Houses	July 2009 – June 2012	
	Encourage and support clubs and groups in the Getting Active in Wellington booklet to register on the SportsLink website.	WPCP Staff, GippSport	January 2010 – March 2012	
Strategy 6 Increase the participation of	Support the running of a community physical activity event	GippSport, Victoria Police, WPCP Staff, WSC,	July 2009 – June 2012	

individuals in community run events			One event annually	
	Social marketing and promotion through the media	GippSport	July 2009 – June 2012 As need arises	
	Promotion of the infrastructure that has been developed through the GFYL projects at Heyfield Wetlands and Stratford through physical activities and events	DSE, GippSport, WPCP Staff, WSC, Heyfield Wetlands Committee, Stratford Avon Heritage Trail Committee	One event/program for each project by June 2012 Heyfield Wetlands during 2010 Stratford Avon Heritage Trail during 2011	
	Develop and target physical activity programs in smaller towns	Up-skilled community members, WSC, Neighbourhood Houses, GippSport, WPCP Staff	July 2009 – June 2012	

Objective 2				
By June 2012, the social, economic, environmental and cultural environments that support and enable physical activity and active living will be enhanced particularly for small and remote communities, vulnerable groups and indigenous communities.				
Strategy	Task	Agency Responsible	Timeframe	Evaluation Tools
Strategy 1 Build upon and broaden the WSC Municipal Physical Activity Strategy so that it incorporates	Advocate for interventions from the Department of Health intervention portfolios to be included in strategy.	WPCP Staff	December 2009	Number of WPCP partner agencies involved in the implementation of
	Wellington Shire Council will implement the Physical Activity Strategy in partnership with WPCP agencies	WSC, WPCP staff, GippSport,	January 2010 – June 2012	

and reflects partner agencies and a catchment approach	Utilise the WSC Municipal Physical Activity Strategy to inform and expand the Physical Activity component of the Wellington Health Promotion Catchment Plan.	WSC, GippSport, YDHS, DSE, Ramahyuck District Aboriginal Corporation	July 2010 – June 2012	the strategy
Strategy 2 To encourage multiple use of community/civic/ education buildings for physical activity programs particularly in smaller communities.	Undertake an audit of accessible venues See Health Promotion in Gippsland program and evaluation design http://www.dhs.vic.gov.au/data/assets/pdf_file/0010/276346/LocationAndAccessToCommunityCivicEducationBuildingsForPhysicalActivityPrograms.pdf	WSC, DSE, CRGs, hall committees, sports clubs, primary schools, neighbourhood houses	April 2010 – June 2010	Environmental audit tool - Checklist version http://prc.slu.edu/Documents/Audit_Tool_Checklist.pdf
	Develop policies and procedures for use of community/civic/education buildings for physical activity programs particularly in smaller communities.	WSC, Clubs and groups, physical activity providers	July 2010	
	Promote availability of community/civic/education buildings for physical activity programs	WSC, WPCP partner agencies	July 2010	
Strategy 3 To create additional opportunities for cycling and walking throughout Wellington Shire	Plan, implement and evaluate the DSE Go for your Life Stratford Avon Heritage Trail project as per project plan	DSE, WSC, WPCP Staff, GippSport,	July 2009 - June 2010	National Heart Foundation of Australia (2006) Healthy Urban Environments - Site assessment audit tool. http://www.heartfoundation.org.au/SiteCollectionDocuments/ABD%20HUE%20Site%20Audit%20Tool.pdf
	Participate in the Stratford Avon Heritage Trail Steering Committee	DSE, WSC, WPCP Staff, GippSport, West Gippsland Catchment Management Authority, Ramahyuck District Aboriginal Corporation, community members	July 2009 – June 2010	
	Continue to promote and support activities utilising the new infrastructure at the Heyfield Wetlands in conjunction with the local Heyfield community.	DSE, GippSport, Heyfield community, WPCP staff	July 2009 – June 2012	

	Identify and support further 'Go for your Life' funding opportunities for projects in the Wellington Shire.	DSE, WPCP Staff, GippSport, WSC, CRG's	July 2009 – June 2012	
	Explore the capacity to develop a Municipal Pathways Strategy that connects people with facilities and services in those communities	WSC, WPCP Staff, WPCP partner agencies and other key stakeholders	January 2010 – June 2010	
	Development and distribution of a Wellington Walks Booklet See Health Promotion in Gippsland program and evaluation design http://www.dhs.vic.gov.au/_data/assets/pdf_file/0020/276410/SafeRouteToWalkCyclePamphlets.pdf	WSC, WPCP staff, CRG's	June 2009 – March 2010	

Objective 3

By June 2012, physical activity programs offered by partner agencies will be sustainable and will be evidence based.

Strategy	Task	Agency Responsible	Timeframe	Evaluation Tools
Strategy 1 Current physical activity programs will be reviewed and adapted as necessary to ensure that they are inline with evidence based practice. See Health Promotion in Gippsland program and evaluation design http://www.dhs.vic.gov.au/operations/regional/gippsland/regional-	Review the Yarram Walk and Talk program and the evaluation tools used utilising the Gippsland Health Online evidence - http://www.dhs.vic.gov.au/_data/assets/pdf_file/0011/276608/WalkingGroups.pdf	YDHS, WPCP Staff	January 2010	Heart Foundation Walking Program Evaluation Tools
	Register as an Area Coordinator for Heart Foundation Walking Program and attend training	YDHS	November 2009 (attend training when offered)	
	Register existing Walk and Talk group on Heart Foundation Walking Program database and utilise resources to support group	YDHS	November 2009	
	Offer facilitator training in line with the Heart Foundation Walking Program resources	YDHS	July 2009 – June 2012 as need arises	

initiatives/health-promotion-in-gippsland				
	Identify opportunities to support existing or the development of walking groups through the Heart Foundation Walking Program in towns surrounding Yarram.	YDHS	January 2010	
	Re-launch Lifeball with existing groups and explore opportunities to engage new people to participate	WPCP Staff, Neighbourhood Houses, CGHS, GippSport, WSC	February 2010	
Strategy 2 Ensure that future physical activities are developed utilising a community based approach and are evidence based.		WPCP partner agencies	July 2009 – June 2012 as need arises	

Promoting Accessible and Nutritious Food

Goal
 Increase the consumption of nutritious food by residents living in the Wellington Shire particularly for communities most at need.

Target groups	Partners	Impact Measures
<ul style="list-style-type: none"> ▪ Small and remote ▪ Indigenous ▪ Socioeconomically disadvantaged 	<ul style="list-style-type: none"> ▪ CGHS ▪ YDHS ▪ Quantum ▪ Ramahyuck ▪ Neighbourhood Houses ▪ Sale Baptist Church ▪ Kingsway ▪ The Salvation Army ▪ Mission Australia ▪ Kilmany Uniting Care ▪ VicRelief Food Bank ▪ WSC ▪ Dental Health Services Victoria ▪ Co-ops 	<ul style="list-style-type: none"> 1.1 - Reach <ul style="list-style-type: none"> - Percentage of people, organisations or settings from small and remote communities and those most at need who participated in community kitchens - Percentage of schools and early childhood settings participating in Kids Go for your Life and Smiles 4 Miles - Number of community kitchens established 2.1 – Increased knowledge & skills <ul style="list-style-type: none"> - Increased cooking skills - Percentage of target group who have an increased awareness of how and where to access nutritious food 3.1 – Change in health related behaviours <ul style="list-style-type: none"> - Percentage of adults meeting recommended levels of fruit and vegetable consumption has increased - Percentage of children meeting recommended levels of fruit and vegetable consumption - Increased number of early childhood settings and schools that have developed and actively implemented their food and nutrition policy - Increase number of school canteens offering healthy meal choices 4.2 – Social action and influence <ul style="list-style-type: none"> - Increased community capacity to address food security - Number of initiatives to address food security where the community has taken ownership and leadership 6.3 – Reoriented health services

	<ul style="list-style-type: none"> ▪ AASC ▪ Wurruk Harmony Group 	- Percentage of partner agencies who show improved sensitivity to the needs and expectations of the target groups to increase consumption of nutritious food
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Objective 1				
To increase knowledge, skills and access to nutritious food for those living in small and remote communities, socioeconomically disadvantaged and indigenous communities by June 2012.				
Strategy	Task	Agency Responsible	Timeframe	Evaluation Tools
Strategy 1 Support existing Community Kitchens and the establishment of new community kitchens that target vulnerable groups and small and remote communities.	Develop and implement a Community Kitchen Action Plan	CGHS, YDHS, WPCP Staff	December 2009 – June 2012	A selection of the Evaluation tools developed by Monash University to be used (surveys and focus groups) - Cooking Skills - Demographic - Social skills - Financial skills - Welling - Access See Health Promotion in Gippsland program and evaluation design http://www.dhs.vic.gov.au/_data/assets/pdf_file/0008/276434/CommunityKitchens.pdf
	Partner agencies to recruit Community Kitchen facilitators through promotion in newsletters, websites, local papers, volunteer programs and partner agencies	WPCP Staff, CGHS, YDHS, Sale Baptist Church, Kingsway, VicRelief Food Bank	July 2009 – June 2012 as need arises as required	
	Utilise best practice training packages in partnership with dietitians (eg Frankston Community Health model)	WPCP Staff, CGHS, YDHS	October 2009	
	Delivery of training package to new volunteers and provide ongoing training and support to volunteers	CGHS, YDHS, WPCP Staff	October 2009 and then annually as required	
	Explore opportunities to offer Food Handlers Training for Community Kitchen facilitators in partnership	WPCP Staff, VicRelief Food Bank	January 2010	
	CGHS & YDHS will support the existing community kitchens and will support the establishment of new Community Kitchens within Wellington with a particular focus on vulnerable groups as identified by community need.	CGHS, YDHS	July 2009 – June 2012 ongoing support for existing groups and as need arises for establishment	
	Assist community kitchens to apply for grants for equipment and venue costs	YDHS	July 2009 – June 2012 as need arises	

	Review two current community kitchens in Yarram and identify alternative venues	YDHS	November 2009	
	Identify scope for community kitchen at Wulgunggo Ngalu	YDHS	July 2010	
	Support neighbourhood house as requested with the establishment of the cooking for one program	YDHS	If requested	
	Promotion of community kitchen concept	WPCP Staff, CGHS, YDHS, WPCP partner agencies	July 2009 – June 2012	
	Sale Baptist Church to explore the possibility of establishing a Community Kitchen	Sale Baptist Church, WPCP Staff	January 2010	
	Referral pathways for Community Kitchens will be identified and promoted as appropriate	CGHS, YDHS, WPCP Staff, Kilmany Uniting Care, Emergency Relief agencies	January 2010	
	Consult with Ramahyuck to identify ways to modify the Community Kitchen to accommodate the needs of the indigenous community.	WPCP Staff, CGHS, Ramahyuck District Aboriginal Corporation	January 2010	
	Support agencies to become familiar with the Community Kitchen evaluation tools and to develop an evaluation plan.	CGHS, YDHS, Sale Baptist Church	November 2009 – March 2010	
	Partner agencies will evaluate the Community Kitchens as per the evaluation plan	WPCP Staff, CGHS, YDHS, Sale Baptist Church	July 2009 – June 2012 Annually	
	Identify opportunities to link in with other regions with Community Kitchen training and resources	WPCP Staff, CGHS, YDHS	July 2009 – June 2012 as opportunities arise	

Objective 2				
To increase food security for vulnerable groups living in Wurruk, Sale & Yarram				
Strategy	Task	Agency Responsible	Timeframe	Evaluation Tools
Strategy 1 Develop partnerships to plan, implement and evaluate local solutions to improve food security	Identify barriers to low fruit and vegetable consumption in vulnerable families in Wurruk, Sale and Yarram and identify strategies to addressing food security through focus groups.	CGHS, WPCP Staff, YDHS	September/October 2009	Utilise data collected by Community Indicators Victoria regarding Food Security. http://www.communityindicators.net.au/wellbeing_reports/wellington The Victorian Healthy Food Basket tool will be accessed through the Regional Health Promotion Adviser.
	Undertake a review of food supply utilising the 'healthy food basket' in Wurruk, Sale and Yarram – package for students to implement	CGHS, YDHS, WPCP Staff	June 2010	
	Analysis of data and information obtained through consultations will guide the direction on which interventions will be selected for implementation from the healthy eating portfolio.	CGHS, YDHS, WSC, Ramahyuck District Aboriginal Corporation, community, Wurruk Harmony Group	July 2010	
	Support the Sale Neighbourhood House Home Grown Edibles Produce Swap	WPCP Staff, Sale Neighbourhood House	October 2009 – June 2010	
	Identify opportunities and build partnerships to support the Yarram Food Producers Cooperative	WSC, WPCP partner agencies	July 2009 – June 2012	
	Promote the use of public transport around Sale and Wurruk to access fresh food	WPCP Staff, WSC, bus companies, schools, taxis	July 2010	
	Identify issues and opportunities through the Wellington Emergency Relief Network	Emergency Relief Services, WPCP partner agencies	November 2009 – June 2012	

Objective 3

By June 2012, there will be an increase in the consumption healthy foods among children aged 0 – 12 years.

Strategy	Task	Agency Responsible	Timeframe	Evaluation Tools
Strategy 1 Increase the number of early childhood services and primary schools that are participating in the Kids – ‘Go for your life’ Award Program.	Encourage and support schools as required to utilise the Nutrition Australia’s canteen resources to make healthy changes to canteens See Health Promotion in Gippsland program and evaluation design http://www.dhs.vic.gov.au/data/assets/pdf_file/0006/275847/CanteenCafeteriaPolicyOrAccreditation.pdf	CGHS	July 2009 – June 2012 as requested	Kids ‘Go for your Life’ Award Program ‘Go For Your Life’ Healthy Canteen Kit Evaluation tools to measure process and impact.
	Provide schools and early childhood settings with resources and support to develop healthy eating policies and lunchbox guidelines which include increased access to water and healthy fundraising. See Health Promotion in Gippsland program and evaluation design http://www.dhs.vic.gov.au/data/assets/pdf_file/0007/276442/LunchboxPolicyGuidelines.pdf	CGHS	July 2009 – June 2012 as requested	http://www.eduweb.vic.gov.au/edulibrary/public/schadmin/schops/healthycanteen/gfyl_gets_tarted_ec.pdf
	Provide support to member primary schools and early childhood services to complete the Award criteria	CGHS, YDHS	July 2009 – June 2012	
	Promote the Kids – ‘Go for your life’ Award program to non-member schools and services	CGHS, YDHS	July 2009 – June 2012	
	Identify Kids – ‘Go for your life’ as a strategy in new work plans and organisational strategic documents being developed	WPCP Staff, WSC, CGHS, YDHS,	July 2009 – June 2012	
	Review health promotion and community health hours and funding across the catchment to identify existing roles that can be reoriented, or new roles that can be created, which are dedicated to the implementation of Kids – ‘Go for your	WPCP Staff, CGHS,	July 2009 – December 2009	

	life' upon cessation of the state wide funding.			
	Provide professional development opportunities for school and child care staff to build capacity to implement interventions (eg; nutrition policies and healthy canteens).	CGHS, WPCP Staff, KGFYL	Annually or if a particular need is identified	
	Support Woodside, Devon North, Alberton Primary School and Yarram Primary School as requested with the 'Kids go for your life' award program and link with the local KGFYL coordinator.	YDHS, CGHS	July 2009 – June 2012	
	Link other schools who express interest to Kids 'Go for your Life' resources	YDHS, CGHS	July 2009 – June 2012 as requested	
Strategy 2 Support primary schools to maintain or establish sustainable vegetable gardens so that children can experience growing, harvesting, preparing and sharing.	Support schools who have existing vegetable gardens through assistance with funding submissions and training to build sustainability	WPCP Staff, YDHS, CGHS	July 2009 – June 2012 as requested	See Health Promotion in Gippsland program and evaluation design http://www.dhs.vic.gov.au/_data/assets/pdf/file/0007/276451/SchoolProduceEdibleGardens.pdf
	Provide resources and support to schools interested in establishing sustainable vegetable gardens.	WPCP Staff, YDHS, CGHS	July 2009 – June 2012 as requested	
Strategy 3 Implement Smiles 4 Miles in early childhood settings using a multifaceted approach including curriculum, policy, parent engagement, community links and role modelling.	Support Kilmany Uniting Care to develop a nutrition policy for preschools	CGHS, Kilmany Uniting Care, preschools	December 2009 – January 2010	Opportunities to use the Romp and Chomp evaluation tools will be explored Lunchbox surveys-link below for design http://www.deakin.edu.au/hmnbs/who-obesity/instruments/instruments.php
	Embed the S4M program into the Kilmany kindergarten network	CGHS, Kilmany Uniting Care	January 2010 – June 2010	
	Establish a S4M resource library	CGHS, Kindergarten network, DHSV	January 2010 – June 2010	
	Expand the S4M program to additional settings	CGHS, kindergarten	January 2010 –	

		network, Kilmany Uniting Care	June 2010	
	Continue to support settings involved in the program as required	CGHS, DHSV	July 2009 – June 2012	
	Support settings to achieve the Smiles 4 Miles Award	CGHS	July 2009 – June 2012	
	Evaluate the Smiles 4 Miles program through lunchbox surveys	Kindergarten teachers	Pre and post program (February 2010 and October/November 2010)	
Strategy 4 Advocate and support WSC to have policies and procedures that support the healthy eating and physical activity of children 0 – 12 years	Work in partnership with the Wellington Shire Council to support and link the policies and actions in the Municipal Early Years Plan to the catchment plan and other potential partnership initiatives	WPCP Staff, CGHS, Kilmany Uniting Care, YDHS	July 2009 – June 2012	
	Broad consultation in the development of the Wellington Shire Council Municipal Early Years Plan	WSC, WPCP staff, CGHS, Kilmany Uniting Care	July 2009 – December 2009	

Promoting Mental Health and Wellbeing

Goal
 Further develop the capacity for small, remote and those most at need in the Wellington Shire to be strong, inclusive, resilient and sustainable

Target groups	Partners	Impact Measures
<ul style="list-style-type: none"> ▪ Small and remote communities ▪ Youth ▪ Women ▪ Older Adults 	<ul style="list-style-type: none"> ▪ YDHS ▪ Regional Arts Victoria ▪ Secondary Schools ▪ School Focused Youth Service (SFYS) ▪ Primary Schools ▪ Royal Children’s Hospital (RCH) ▪ WSC ▪ CGHS ▪ Relationships Australia ▪ WPCP ▪ VicRelief Food Bank ▪ Gippsland Women’s Health Service (GWHS) ▪ Office of Seniors ▪ Villa Maria ▪ BapCare ▪ Anglicare ▪ LCHS ▪ Sale Mental Health Services ▪ Kilmany Uniting Care ▪ Life Line ▪ Department Primary Industries ▪ DSE ▪ Department of Veteran Affairs (DVA) 	<ul style="list-style-type: none"> 1.1 - Reach <ul style="list-style-type: none"> - Percentage of people, organisations or settings from small and remote communities and those most at need who participated in; Festival for Healthy Living and Life Skills 2.1 – Increased knowledge <ul style="list-style-type: none"> - Increased understanding of mental health and wellbeing amongst participants 3.1 – Change in health related behaviours <ul style="list-style-type: none"> - Increased participation in the community by target group 4.2 – Social action and influence <ul style="list-style-type: none"> - Increased number of community initiated and lead mental health and wellbeing activities - Increase in the skills, understanding and confidence to allow communities to take action that will lead to improved mental health and wellbeing 6.3 – Reoriented health services <ul style="list-style-type: none"> - Percentage of partner agencies who show improved sensitivity to the needs and expectations of the target groups to increase consumption of nutritious food

Objective 1

To promote mental health and wellbeing amongst youth and families through the arts and community leadership.

Strategy	Task	Agency Responsible	Timeframe	Evaluation Tools
Strategy 1 To build the capacity of schools and communities in Yarram and Maffra to promote mental health and wellbeing amongst youth through the arts.	Yarram & District Health Service will plan, implement and evaluate the Festival for Healthy Living program – Plan attached	YDHS, RCH, WPCP Staff, SFYS, Secondary Schools, Primary Schools,	July 2009 – June 2012	Utilise data collected by Community Indicators Victoria regarding Participation in Arts & Culture. http://www.communityindicators.net.au/wellbeing_reports/wellington Utilise evaluation tools that have been developed and validated for other Festival for Healthy Living projects.
	Facilitate a 'Partnerships workshop' with the Festival for Healthy Living partners and provide assistance with partnership analysis tools	WPCP Staff, YDHS, RCH, SFYS, Secondary Schools, Primary Schools,	September 2009	
	Participate in the Festival for Healthy Living Steering committee and relevant sub committees	WPCP Staff, YDHS, RCH, SFYS, Secondary Schools, Primary Schools,	July 2009 – June 2012	
	Identify and apply for funding opportunities for the Festival for Healthy Living Program	YDHS, RCH, partner agencies	July 2009 – June 2010	
	Investigate and partner to implement community arts programs including participation by youth in creating solutions to issues	WPCP Staff & Regional Arts Victoria, WSC, RCH, SFYS, Catholic Education Department, DEECD	July 2009 – June 2010	

	Skill development for professionals, school students and staff and community members about the factors affecting mental wellbeing.	WPCP Staff, LRH, RCH,	July 2010 – June 2011	
Strategy 2 To increase the opportunities for young people to be involved in the community	Support the Wellington Shire Council Youth Council	WSC, WPCP partner agencies	July 2009 – June 2012	
	Provide opportunities for young people to be involved in leadership and mentoring programs	WSC, Kilmany Uniting Care, School Focused Youth Service,	July 2009 – June 2011	
	Identify ways for young people to contribute to their community	WSC, CRG's, WPCP partner agencies	July 2010	
	Support the development and implementation of the Wellington Shire Youth Strategy	WSC, WPCP Staff, CGHS, YDHS, GippSport	July 2009 – June 2012	
	Encourage youth participation in creating solutions to issues	WPCP partner agencies, WSC, SFYS, Secondary schools	January 2010 – June 2010	

Objective 2				
To provide opportunities for people living in small and remote communities to access information and programs that will enhance their mental wellbeing and connection with their community.				
Strategy	Task	Agency Responsible	Timeframe	Evaluation Tools
Strategy 1 Identify resources and opportunities	Identify and strengthen community resources (leadership, skills, funding, volunteers)	WSC, WPCP Staff, CRG's	July 2009 – June 2012	Utilise data collected by Community Indicators Victoria regarding Community Connection.
	Identify opportunities to support Community	WSC, WPCP Staff	July 2009 – June 2012	

increase social opportunities in small and remote communities	Representative Groups to implement interventions that have been identified in their community plans which increase social connection.			http://www.communityindicators.net.au/wellbeing_reports/wellington
	Assist and support a Women's Health event in the Yarram region	YDHS, Relationships Australia, Division of GP's, South Coast PCP, GWHS, Monash University	March 2010	
	To put the LifeSkills program in the program logic model to be included as an innovative intervention.	GWHS	November 2009	
	Deliver one LifeSkills program in Wellington	GWHS	July 2009 – June 2010	
Strategy 2 Strengthening partnerships with rural agencies to support communities to accommodate and respond to rural adjustment.	Participate in the Wellington Shire Community Resilience Building Steering Committee	WSC, DSE, DPI, Life Line, DVA, Kilmany Uniting Care	July 2009 – June 2012	
	Identify opportunities to address mental health issues identified through the Wellington Shire Community Resilience Building Steering Committee	WPCP staff, WPCP member agencies	July 2009 – June 2012	
	Build community understanding and awareness of rural adjustment and identify needs through community meetings	WSC, DSE, DPI, Life Line, DVA. Kilmany Uniting Care	July 2009 – June 2012	
	Increase community capacity to respond to emergencies	WSC, DSE, DPI, Life Line, Kilmany Uniting Care	July 2009 – June 2012	

Strategy 3 Evaluate the mental health and wellbeing elements of Community Kitchens	Development and implementation of Community Kitchen Action Plan on QIPPS (Refer to Nutrition Objective 1)	CGHS, YDHS, WPCP Staff	December 2009 – June 2012
	Source evaluation tools to measure social connection and community involvement for the Community Kitchen program	WPCP Staff, CGHS, YDHS,	July 2009 – December 2010
	Promote the social opportunities of Community Kitchens	WPCP, CGHS, YDHS	July 2009 – June 2012

Objective 3

Build the capacity of organisations and the community to promote respectful relationships and individuals rights

Strategy	Task	Agency Responsible	Timeframe	Evaluation Tools
Strategy 1 Delivery of the Respectful Relationship Education in Schools Program	Explore opportunities and capacity to deliver Respectful Relationship Education in Schools (RREIS) in Wellington.	GWHS, SFYS	January 2012	As outlined in project plan
	Respond to requests for assistance by schools across Wellington dependant on GWHS capacity at the time.	GWHS	July 2009 – June 2012 as requested	
	Provide support to non-government schools in Wellington and explore capacity to implement RREIS in a non-government school setting.	GWHS	November 2009 – June 2012	
Strategy 2 Implementation of the Elder Abuse Prevention Strategy Community Awareness Grants Program	Plan, implement and evaluate Community Awareness Grants Program as per action plan (see attached).	WPCP Staff, Villa Maria, BaptCare, DVA, LCHS, Sale Mental Health Services, GWHS	July 2009 – June 2011	As outlined in project plan
	Attend the Sale and District Aged Care Network	WPCP Health Promotion Officer, Villa Maria, BaptCare, DVA, LCHS, Anglicare	Quarterly July 2009 – June 2012	

Capacity Building

Goal

The Wellington Primary Care Partnership (WPCP) will work with partner organisations and the Wellington community to build the capacity of organisations to improve the health and wellbeing of the community

Partners

- WPCP
- CGHS
- YDHS
- GWHS
- WSC
- GippSport
- DSE
- Other WPCP partner agencies as appropriate

Impact Measures

- Capacity for health promotion is built in partner agencies (including workforce development, organisational development, leadership, partnerships, involvement of consumers, development of management and governance structures, and monitoring and evaluation).
- Decrease in fragmented and duplicated effort as organisations work together and pool their resources and skills.
- Increased organisational commitment to make health promotion a priority
- More effective targeting of health promotion investment through evidence-based practice
- Enhanced organisational learning and improved practice through evaluation
- Greater proportion of planned health promotion initiatives delivered in partnership with local community and other organisations.

Objective 1

To link with peers at a state, regional and local level to guide and enhance the work of health promotion

Strategy	Agency Responsible	Timeframe
Strategy 1 Participate in capacity building strategies offered by DHS	<ul style="list-style-type: none"> ▪ WPCP Staff ▪ CGHS ▪ YDHS ▪ GWHS 	July 2009 – June 2012 as offered and appropriate
Strategy 2 Participate in Gippsland Health Promotion Task Group and Research Subcommittee	<ul style="list-style-type: none"> ▪ WPCP Staff ▪ CGHS ▪ YDHS ▪ GWHS 	July 2009 – June 2012 as scheduled
Strategy 3 Participate in the PCP State wide meetings & online discussion group	<ul style="list-style-type: none"> ▪ WPCP Staff 	July 2009 – June 2012 as scheduled
	<ul style="list-style-type: none"> ▪ WPCP Staff 	July 2009 – June 2012 as

<p>Strategy 4</p> <p>Support local reference/steering groups relevant to health promotion</p> <ul style="list-style-type: none"> ▪ Festival for Healthy Living ▪ Sexual and Reproductive Health ▪ Wellington Working Together ▪ Sale & District Aged Care Network 		<p>scheduled and appropriate</p>
<p>Strategy 5</p> <p>Participate in the Health Promotion Workplace Training and Assessment course and support partner agencies through the delivery of an Introduction to Health Promotion session and assistance with orientation for new health promotion staff.</p>	<ul style="list-style-type: none"> ▪ WPCP Staff ▪ CGHS ▪ YDHS ▪ GWHS 	<p>November 2009 (training), sessions delivered as required</p>
<p>Strategy 6</p> <p>Involvement in the Gippsland Health Promotion Conference organising committee and assist organisations to submit abstracts for oral and poster presentations for state wide and national conferences.</p>	<ul style="list-style-type: none"> ▪ WPCP Staff ▪ GWHS ▪ LCHS ▪ EG PCP ▪ MUDRIH ▪ MU GMS ▪ DoH ▪ CWPCP 	<p>July 2009 – November 2009</p>
<p>Strategy 7</p> <p>Development of a Wellington Health Promotion Network</p>	<ul style="list-style-type: none"> ▪ WPCP Staff ▪ CGHS ▪ YDHS ▪ GWHS ▪ WSC ▪ SFYS ▪ GippSport ▪ DSE 	<p>October 2009 Bi Monthly Meetings</p>

<p>Strategy 8 Explore funding opportunities to agencies to increase Health Promotion capacity (include guidelines) and support the recruitment of staff.</p>	<ul style="list-style-type: none"> ▪ WPCP Staff ▪ CGHS ▪ YDHS ▪ GWHS 	<p>July 2009 – June 2012</p>
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<p>Objective 2 Support the partners of the catchment plan through planning and evaluation.</p>		
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Strategy	Agency Responsible	Timeframe
<p>Strategy 1 Meet with partner agencies to assist in the development of work plans</p>	<ul style="list-style-type: none"> ▪ WPCP Staff ▪ CGHS ▪ YDHS ▪ GWHS 	<p>July 2009 – December 2009 and then ongoing as required</p>
<p>Strategy 2 Assistance with the development of evaluation design utilising the tools on the Gippsland Health Online website.</p>	<ul style="list-style-type: none"> ▪ WPCP Staff ▪ CGHS ▪ YDHS ▪ GWHS 	<p>July 2009 – June 2012</p>
<p>Strategy 3 Assistance and support will be offered to partners to write up innovative programs using program logic so that they can be submitted for inclusion in the interventions.</p>	<ul style="list-style-type: none"> ▪ WPCP Staff ▪ CGHS ▪ YDHS ▪ GWHS 	<p>July 2009 – December 2012</p>
<p>Strategy 4 Offer training in qualitative evaluation and research skills and support agencies to conduct evaluation</p>	<ul style="list-style-type: none"> ▪ WPCP Staff ▪ CGHS ▪ YDHS ▪ GWHS ▪ WSC ▪ SFYS ▪ GippSport ▪ DSE 	<p>January 2010 – June 2010</p>