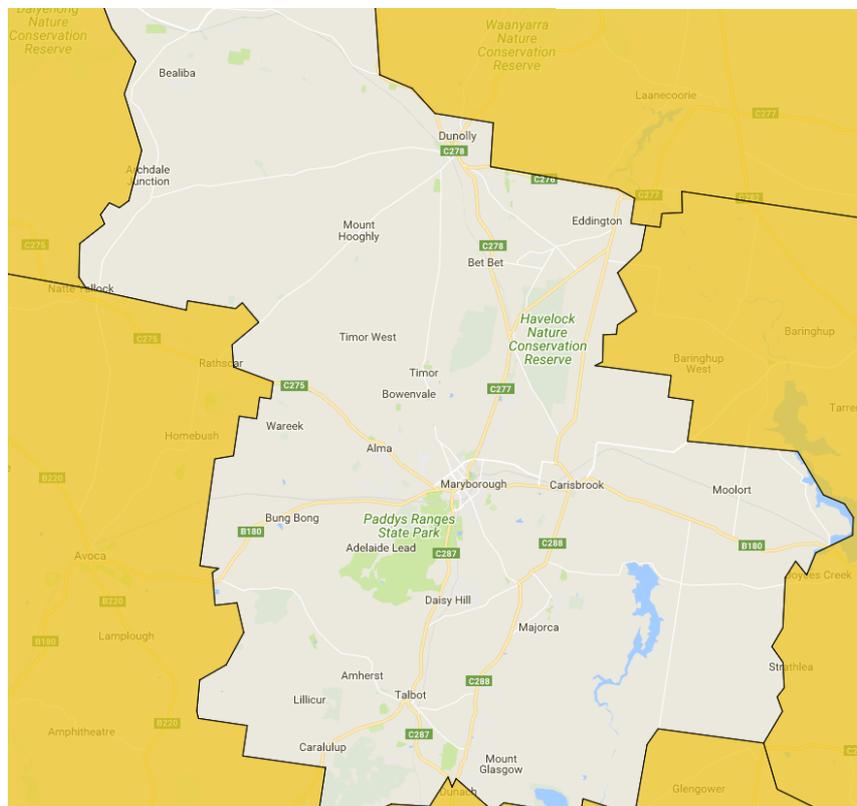


# Central Goldfields Health and Wellbeing Partnership Plan

2017-2021



CENTRAL  
GOLDFIELDS  
SHIRE  
COUNCIL



go goldfields  
aspiring and achieving



Maryborough District  
Health Service



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## Introduction

In April 2017 the Department of Health and Human Services (DHHS) released a document 'Advice for public health and wellbeing planning in Victoria April 2017'. This advice outlined the expectation that prevention and health promotion funded organisations and councils work together with DHHS and other local partners to establish a common approach to the preparation of health and wellbeing plans.

To achieve this aim the Central Goldfields Health and Wellbeing Partnership (CGCHWP) was formed by agencies working in Central Goldfields Shire to align our planning processes and work towards producing a single plan to capture prevention and health promotion activities across the shire from 2017-2021.

Aligning with the Municipal Public Health and Wellbeing Plan, this document encompasses the, Integrated Health Promotion Plans and Primary Care Partnership prevention plan for the Central Goldfields Shire.

### About Central Goldfields

Located at the geographical centre of Victoria, the Central Goldfields Shire covers some 1,550km<sup>2</sup> and has an estimated residential population approaching 13,000 people.

Maryborough is the Shire's major business centre with a population of around 7,500. Maryborough has gained recognition in recent years as having some of the finest recreation and sporting facilities in regional Victoria, together with significant historical buildings dating back to the goldmining era of the 1850s. With an expanding passenger rail service Maryborough acts as a sub-regional centre providing connectivity with our regional and metropolitan neighbours.

Other towns in the Shire include Bealiba, Carisbrook, Dunolly, Majorca, Talbot, Bowenvale-Timor and the rural districts surrounding these centres. All are noteworthy for their heritage architecture and significant agriculture industries, supporting an increasing level of visitations.

The Shire has experienced significant growth including key infrastructure projects and residential developments, together with real community renewal. Central Goldfields Shire has excellent schools, health facilities and amenities that support an attractive lifestyle.

The Shire is located within one hour's drive from the main provincial centres of Bendigo and Ballarat and 2 hours from Melbourne.

## The Partnership

### Who are we?

The Central Goldfields Health and Wellbeing Partnership consists of Asteria Services Inc. (disability service providers), Central Goldfields Shire Council, Central Victorian Primary Care Partnership, Go Goldfields, Maryborough District Health Service and Women's Health Loddon Mallee. These partners have come together because we recognise the need to work together to maximise the opportunities for all residents to achieve optimal health and wellbeing. We understand that working together at a local level enables a systems approach to place-based prevention.

### Our purpose

The purpose of the Central Goldfields Health and Wellbeing Partnership is to improve the health and wellbeing of the Central Goldfields community. In particular to work in partnership to support a prevention approach to health and wellbeing.

### Our objective

To support the planning, implementation, review and evaluation of the Central Goldfields Health and Wellbeing Partnership Plan 2017 – 2021

### Our responsibilities

- Develop an annual implementation plan each year to capture the activities of partnership members to address the objectives of the plan.
- To identify gaps and issues in public health and wellbeing and work together to find solutions
- Work with the community using a co-design process to ensure our activities work for them, in particular the vulnerable and hard to reach groups.
- Continue to actively pursue cross-sector partnerships.
- Apply a social inclusion and a gender equity lens to all activities
- Monitor and evaluate the plan to ensure activities lead to change
- Provide yearly reports to DHHS and all partner organisations.
- To seek additional or utilise existing resources to develop and implement capacity building initiatives

### Asteria Service Ltd.

ASTERIA Services is a NFP - profit for purpose community organisation providing tailored services to people with a disability. Located in Maryborough, Central Victoria. ASTERIA Services is one of few organisations to offer Individualised Support, Assisted Employment, Accommodation and Out of Home Care.



ASTERIA comprises of two main divisions Community Options and Living and Business Services.

**ASTERIA Individual Support** aims to provide individuals with high quality, affordable training and support 24/7. The training and support aims to assist each person to maintain and develop their skills through a wide range of activities based on their individual needs, strengths & interests.

ASTERIA Business Services provides meaningful supported employment for people with a disability and offers home and garden maintenance, car wash, domestic and commercial cleaning, packaging, storage, distribution, labour hire and jobs by request.

ASTERIA is a registered NDIS provider.

## Central Goldfields Shire Council

The Public Health and Wellbeing Act 2008 states that all Victorian councils are required to prepare a Municipal Public Health and Wellbeing Plan within 12 months of the last local Council general election which:



- is consistent with the Council Plan
- covers a four-year period
- has regard for the impact of climate change

Councils must do this as they have a role under legislation to protect, improve and promote public health and wellbeing within their municipality.

Council is also identified as a decision maker under the Climate Change Act 2010 and therefore has a duty to consider the impact of climate change in the preparation of this Plan. While the direct health impacts of responding to extreme weather events are outlined within the Municipal Emergency Management Plan there are indirect health impacts caused by climate change which also need to be considered.

### **Council Plan**

Council's vision, as stated in the Central Goldfields Shire Council Plan (2017 – 2021), is "To be a vibrant, thriving and inclusive community."

It further states as a purpose, "The primary objective of a Council is to endeavour to achieve the best outcomes for the local community having regard to the long term and cumulative effects of decisions."

From a historical point of view local government in Victoria has a long standing association with public health. It began during the gold rushes of the 1850s with the rapid increase in population and concerns about unsanitary conditions. The focus then was on preventing the spread of epidemic diseases, primarily through action on sanitation and housing standards. This continued into the 20<sup>th</sup> century, with public health practitioners focussed on threats to health in the immediate environment by dealing with sewage, the provision of clean water, sale of adulterated foods and housing conditions. There is still an important role for local government to play in controlling these threats.

While the leading causes of ill health are no longer infectious diseases, evidence shows that the conditions in which we live, learn, work and play have an enormous impact on our health. We should be thinking about how to keep our health, not just how to get it back.

Council plays an important role in the community. It has the legislated responsibility to improve, promote and protect public health and does this by direct involvement in a range of areas including roads, parks, waste management, land use, local laws, arts and culture, personal and home care, early-years services, recreation, community development, health protection, emergency management and advocating for community needs. Given this, local government is well placed to have an influence on many of the factors which directly and indirectly affect the health and wellbeing of our community.

## **Our changing climate**

The environment is an issue of importance to our community and its sustainability. However according to the CSIRO our climate is changing, “It is often claimed that the observed warming of the climate system results from natural climate processes rather than being human-induced. However, there are no known natural factors that can explain the observed warming.”

Changes to our climate has the potential to impact the water supply, air, soils and in turn the type and amount of crops that are grown.

On average, rainfall has declined since the 1960s, especially in autumn. The harsh Millennium Drought (1996 to 2009) ended with two of the wettest years on record in 2010 – 11.

Bureau of Meteorology data shows a trend of:

- temperatures continuing to increase year round
- less rainfall
- fewer frosts
- more frequent and intense heavy downpours
- more days of extreme heat
- harsher fire weather

The change in climate brings with it an unreliability of the natural forces that potentially impact our health. While these cannot be controlled, they can be anticipated and prepared for.

## Central Victorian Primary Care Partnership

The Central Victorian Primary Care Partnership (CVPCP) is a network of health and community service organisations and local governments, across the CVPCP catchment. This group of organisations formed a voluntary alliance in 2000 to improve the health and wellbeing of people in the area by working in partnership with one another.



The CVPCP region is located in North Central Victoria, within the Loddon Mallee region, and takes in the local government areas (LGAs) of Central Goldfields, Macedon Ranges and Mount Alexander Shires. In 2011, the region had a usual resident population of 71,947 and it covered approximately 4,810 square kilometres.

The CVPCP region includes the regional centres of Maryborough, Castlemaine, Dunolly, Kyneton, Woodend and Gisborne as well as a large number of other smaller service centres and rural townships. The rural area also includes broad-acre farming, intensive agriculture, large forested areas, national and regional parks, rapidly growing commuter settlements and a large component of lifestyle and 'tree change' properties. The socio-economic and health status of residents varies considerably both between and within the CVPCP local government areas. The map above illustrates the location of the CVPCP Catchment area within the Victorian context.

### *Vision*

Our vision is to be an effective and sustainable partnership of health and community organisations to improve the health and wellbeing of the community.

### *Principles*

Our guiding principles of our work align with the state department's PCP Program logic. These include:

**Tackling health inequities:** Adopting social determinants of health approach to tackle health inequity across the full continuum of health and wellbeing, particularly for the most disadvantaged. PCPs should work at the system level to address health inequities within locally agreed and consolidated priority conditions. For broader determinants, PCPs have a responsibility to advocate for change with cross-sector partners.

**Community centred:** All groups / stakeholders in the community have the opportunity to participate actively in the planning, monitoring and implementations of local services, initiatives and programmes. Relationships between service providers and the community will be built on trust, equality, sensitivity to values and cultures, power sharing and accessible and transparent decision-making.

**Evidence-based and evidence-informed decision making and action:** Evidence-based decision making founded on a shared understanding of community need and priorities and – where possible – the range of evidence based (or evidence-informed) interventions that are available.

**Cross-sector partnerships:** Striving for seamless service delivery throughout the consumer journey across health and relevant non-health sectors by collaboration.

**Accountable governance:** Effective and accountable leadership and facilitation. Transparent, accountable and responsive. Shared commitment to and participation in addressing health inequities in partnerships across health (public and private) and non- health sectors.

**Wellness focus:** Holistic focus on prevention, early intervention and wellness.

**Sustainability:** Efficient and effective use of resources, including optimum use of technology where it is available and cost effective.

In this plan Central Victorian PCP's role will be to provide backbone and secretariat support to the partnership. We will facilitate partnership meetings, work to expand upon and build relationships outside the partnership as necessary, provide updated community data to inform decision making, source or provide capacity building opportunities, and provide evaluation and planning expertise. As we are involved with similar networks both in Central Victoria and at a state-level, we will be able to share resources and knowledge across these platforms.

## Go Goldfields

Go Goldfields is a placed based initiative designed to address complex social issues within the Central Goldfields Shire. When we talk about Go Goldfields the 'we ' refers to everyone who has an opinion, passion, commitment and influence to help us achieve our shared aspiration of 'Our community aspiring, achieving and living a full life,' where:



- Family Violence is unacceptable in our community.
- Children are loved and safe.
- Everyone has the language and literacy skills needed.
- Young people are celebrated as they strive to reach their full potential.
- Everyone can earn, learn, achieve and dream.

To achieve our ambitious outcomes we have governance structures and processes in place, and commitments from, community (people who live, work and play in the community), services and Education, Business, Philanthropy and other funders, Government departments and Peak bodies. The Central Goldfields Shire Council holds the Backbone role for supporting the implementation of the collective impact approach for this initiative.

Over the decades the Central Goldfields Shire population has been significantly impacted by the closure of manufacturing industries and a lack of transport to major places of employment and learning. However in more recent times there is a real buzz in the community as change becomes evident. Go Goldfields provides a collaborative platform for this change where everyone is working together towards a positive future for all who live, work and play in the community.

We work to support the Central Goldfields Health and Wellbeing Partnership plan (2017 -2021) through the social inclusion lens of our work. We act to ensure sharing power with community in decision making is foundational in developing shared aspirations and mobilising for change.

The priority of this plan for Healthy Eating and Active Living is supported through the work of the shared aspiration in Go Goldfields for 'Children in our community are confident, creative, safe and healthy'. The themes in this work are:

- Services and education providers work in ways that meet individual needs of children and families.
- Children have the language and literacy skills to support aspiration and create life opportunities.
- All parents nurture their children so they can achieve their aspirations.
- All children are active and valued community participants.

We work to support the priority of Mental Wellbeing through our work on youth connectivity and the implementation of the Central Goldfields Shire Youth Services Development Plan. This plan addresses the importance of ensuring that there are supportive environments to nurture the health and wellbeing of young people in the shire, and that they have opportunities for clear pathways for the future. Children in our community are 'loved and safe'.

We work to support the priority of 'Primary Prevention of Violence against Women' through the work of the Go Goldfields Family Violence Action Group and the implementation of the Go Goldfields Family Violence Action Plan in the Shire. The Go Goldfields themes in this work are:

- Women are treated equally and respectfully and their expertise is valued and sought.
- The Community is skilled and empowered to take action against family violence.
- Family violence offenders are held to account by police, court and community.
- A cultural shift in service sector – service providers have the ownership, the will skills and resources to meet community need.

We learn, monitor and evaluate our impact on outcomes and processes through systems of shared measurement.

## Maryborough District Health Service

At Maryborough District Health Service (MDHS) we endeavour to provide services relevant to every phase of a person's life - from birth to aged care.



Maryborough District  
**Health Service**

We provide a wide variety of hospital services, from Acute and Urgent Care to antenatal, surgical and community services, enabling a comprehensive health service delivery to the community.

MDHS is one of the largest employers in the Central Goldfields Shire with over 400 staff employed over three campuses - Avoca, Dunolly and Maryborough.

Our staff are committed to the care of patients, residents and clients, providing an excellent standard of care across the organisation.

MDHS strategic vision for a 'healthy community' for the next 5 years will be achieved by its mission to promote health, provide optimal services, develop our workforce and collaborate through partnerships.

MDHS supports preventative health by including aspects of it within the 5 year strategic plan. MDHS places a focus on four main areas: the four pillars; Empowering Your Health, Strengthening Services, Developing Staff, and Working with Partners.

MDHS aims to improve the current general health status of the population and support individuals to better manage their health.

MDHS will achieve this by including aspects such as:

- Adopting, and then consolidating, a "social determinants of health" approach that is consistent with *GO Goldfields*
- Increasing health literacy amongst patients, staff and the broader community
- Partnering with others to deliver a range of integrated health promotion programs that are tailored to the health improvement priorities of the community

MDHS is committed and excited to be involved in a collaborative planning approach over the next four years.

## Women's Health Loddon Mallee

Women's Health Loddon Mallee (WHLM) is a small non-government organisation that works alongside community and health providers to improve the status of women's health in the region.



The Loddon Mallee region covers approximately one quarter of Victoria. WHLM supports women living in the local government municipalities of; Mildura, Buloke, Swan Hill, Greater Bendigo, Gannawarra, Central Goldfields, Loddon, Mt. Alexander, Campaspe and Macedon Ranges.

WHLM focuses on understanding and working towards building health rather than curing illness. The focus is therefore on prevention. WHLM recognises that women are a diverse group and have a variety of needs, circumstances and aspirations that affect their lives and their health. We understand and respect the differences caused by age, culture, ability, sexuality, geography, religion/faith, politics, class, education and other circumstances.

We are interested in advocating for change for all women and direct services, support and programs towards those who are disadvantaged and marginalised.

WHLM has a commitment to working towards more equitable distribution of power and resources to women. Through gender transformative practice WHLM aims to enhance gender equality by changing the way communities view, value and assign roles to women and men. WHLM seeks to redefine harmful gender norms and develop and strengthen equitable gender roles and relationships.

WHLM aims to celebrate and make more visible, women's strengths and contributions to history and community.

### *Vision*

To achieve gender equality in the Loddon Mallee region

### *Mission*

To challenge values, assumptions and beliefs about women to enhance individual and societal factors that build health

WHLM recognises that women's health is determined by the complex relationship between the physical, social, emotional, cultural, environmental and economic aspects of their lives.

Both sex and gender influence health, resulting in specific outcomes for women and a need for a gendered response to health service provision.

## The Plan

### How we developed our plan

In the development of the Central Goldfields Health and Wellbeing Partnership Plan, we examined the health and wellbeing data<sup>1</sup> of the Central Goldfields community and consulted with our local community.

The Central Goldfields Health and Wellbeing partnership decided to undertake a joint community consultation which helped to increase transparency and build an understanding of how we could work together and to our strengths.

We then underwent a facilitated strategic planning process that identified our shared priorities, vision, objectives and the strategies/activities we will implement in order to achieve these.

### Context

In working towards shared priorities we considered the *Victorian public health and wellbeing plan 2015-2019* and its six key priorities, as it guides the work to improve the health and wellbeing of all Victorians. We have ensured that our activities and priorities directly link to this plan and also consider other strategies and frameworks relevant to our priorities.

A number of other guiding documents were also followed to ensure the development of this plan met DHHS guidelines, including *Advice for public health and wellbeing planning in Victoria: planning cycle 2017-21, North Division, health Promotion and Prevention Planning and Reporting Advice. Practice Notes for organisations 2017-21* and the draft place based primary prevention principles.

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<sup>1</sup> <http://centralvicpcp.com.au/wp-content/uploads/2017/08/CVPCP-Community-Profile-Aug-2017.pdf>

## Our Communities needs

### Community Consultation

In a bid to accurately capture community perspectives and viewpoints on what makes a community vibrant, and seeking ways to improve health and wellbeing, extensive community consultations were held. As a result the voices of our community have strongly informed this plan.

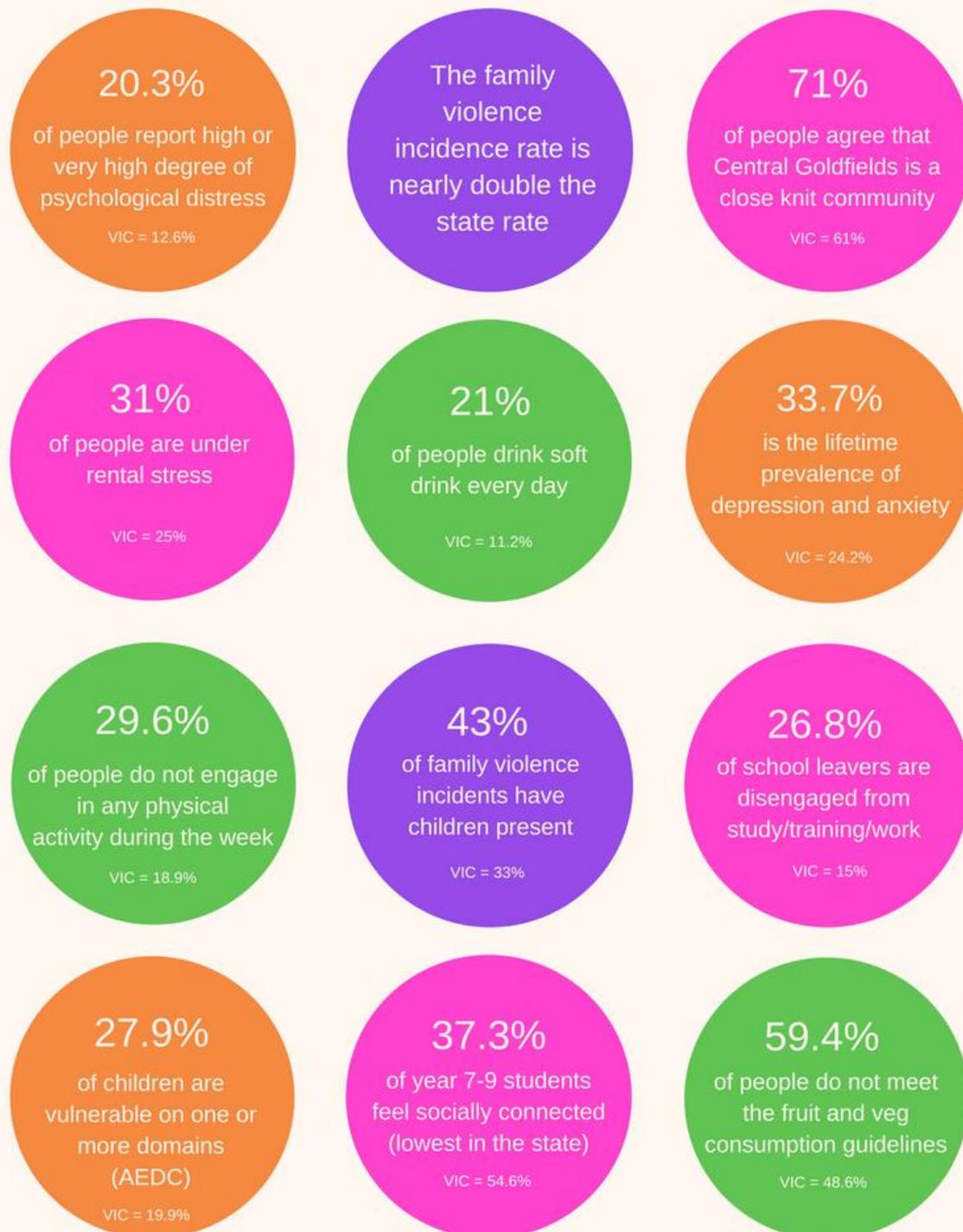
The community were consulted over a 6 week period including an online survey, focus group discussions with a number of more vulnerable groups, pocket and pebble activity and we made sure to utilise the data that has been collected through recent community consultation with the Central Goldfields community, particularly through Go Goldfields and with youth.

Data collected from the above consultation activities were collated and used, along with population health data to inform our priority selection.

On collation, the most important factors for the health and wellbeing of the community were preventing violence against women, reducing harmful drug and alcohol use and improving mental health. In regard to their own health and wellbeing, people were least satisfied with how much they exercise, their oral health, their ability to cope with stress and their connection to community. People felt least confident in their ability to make changes in the following areas: oral health, mental health, active living and social connection.

## Central Goldfields Population Health Data

Listed below are some important statistics specifically related to the demographic profile and health and wellbeing of the Central Goldfields population.



\* Source: <http://centralvicpcp.com.au/wp-content/uploads/2017/08/CVPCP-Community-Profile-Aug-2017.pdf>

## Priority areas

As a result of examining the community's data, the partnership have set three priority areas for action:

### **Overarching Lens: Social Inclusion & Gender Equity**

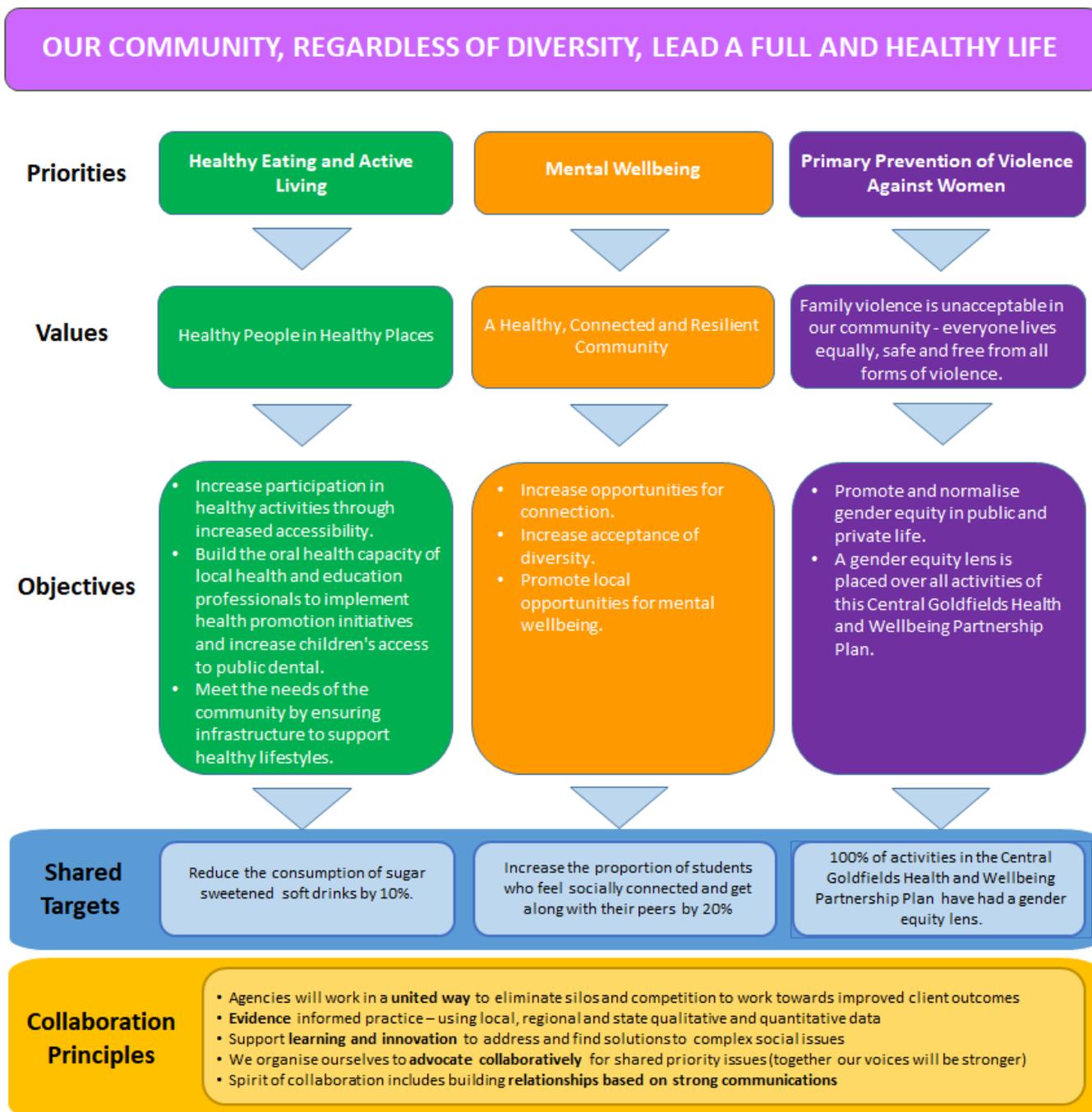
#### **Priority 1: Healthy Eating and Active Living**

#### **Priority 2: Mental Wellbeing**

#### **Priority 3: Primary Prevention of Violence against Women**

In setting these priorities we acknowledge that we also have a leadership role to play in ensuring all of our community, regardless of diversity, can live a full and healthy life. As such, we have committed to applying a social inclusion lens to all of our work in this plan, which is reflected in our plans overarching vision. This will be enacted by utilising the document *Building a Socially Inclusive Rural Community: A complete resource* during planning, implementation and evaluation.

We also acknowledge our role in promoting gender equity in our community, starting with our own workplaces. We commit to applying a gender equity lens to all of the work in this plan. This is reflected in our target under the priority of Primary Prevention of Violence against Women, that 100% of activities in this plan will have a gender equity lens applied. This will be implemented by utilising the Women's Health in the North Gender Analysis Planning Tool.



## How we will implement the plan

The Central Goldfields Health and Wellbeing Partnership Plan 2017-21 presents the overarching strategic framework to guide the development of an annual implementation plan. The partnership through developing this plan has formed strong relationships and is committed to the sustainability of the objectives.

The Partnership will meet on a regular basis to continue to monitor and refine the plan. The plan will be considered a live document as we recognise the need to be flexible and adaptable to the changing health and wellbeing needs of our community.

The Central Goldfields Health and Wellbeing Partnership will:

- Develop an annual implementation plan each year to capture the activities of partnership members to address the objectives of the plan.
- Work with the community using a co-design process to ensure our activities work for them, in particular the vulnerable and hard to reach groups.
- Continue to actively pursue cross-sector partnerships.
- Apply a social inclusion and a gender equity lens to all activities
- Monitor and evaluate the plan to ensure activities leading to change
- Provide yearly reports to DHHS and all partner organisations.

Central Victorian Primary Care Partnership will provide the backbone support to this partnership.

## Evaluation

Monitoring and evaluation will be central to this plan and to meeting the health and wellbeing needs of the Central Goldfields community. The monitoring and evaluation framework will ensure the plan is focussed on delivering long term outcomes for the community.

To create a culture of action, reflection and experimentation, developmental evaluation alongside a co-design approach will facilitate real-time feedback to inform the ongoing design, development and implementation of local strategies.

The partnership has utilised the Victorian public health and wellbeing outcomes framework to identify shared indicators for each objective in order to measure longer term impact at a community level. To demonstrate that we are making progress towards achieving these longer term impacts, we will develop shorter term progress measures and also continue to collect process indicators. These are included in the annual implementation plans.

## Central Goldfields Health and Wellbeing Partnership Plan 2017-21

### Priority 1: Health Eating and Active Living

Priority 1		Healthy Eating and Active Living		
Target Population		Residents of the Macedon Ranges Shire		
Objective 1	Impact Indicators	Evaluation methods/tools	Timeframe	
Increase participation in healthy activities through increased accessibility	Proportion of adults that meet the physical activity guidelines  Proportion of adults that meet the fruit and vegetable consumption guidelines.	Victorian Population Health Survey data, Dental Services Victoria data – Oral Health Survey  (results for Central Goldfields Shire)	2021	
Intervention/strategies	Indicators	Partners	Timeframe	
1 Deliver 'Sons of the West' health and wellbeing program in partnership with Western Bulldogs Community Foundation. Promote health education messages about healthy eating and physical activity. Deliver inclusive physical activity sessions to participants. Support Western Bulldogs Community Foundation in delivering appropriate and region-specific education content.	Completed by WBCF including pre and post survey evaluation, focus groups are conducted by external researchers and a full evaluation will be compiled annually, Anecdotal feedback. Number of participants.	MDHS and Western Bulldogs Community Foundation (WBCF)	3yrs+, aim to make the program sustainable within the community long term	
2 Expand and sustain free Heart Foundation walking groups within the community. Undertake marketing for new walkers and support new walking groups in training and establishing regular walks. Develop a range of walking groups to meet needs and encourage inclusive participation. Including groups to target older population, socially isolated and new parents with children.	Number of new walkers recruited and walking groups established. Retention rate of walkers.	MDHS	ongoing	
3 Assist in the implementation of The Self Workshop (replace with new dietician's program). Deliver mindful eating messages to promote positive eating behaviours.	Pre and post survey evaluation, number of participants, participant feedback	MDHS	Pilot	

4	Build a Healthy eating and active living network that will reach out to other community partners (including GELC and Neighbourhood house). CVPCP to support the development of the partnership and the building of governance structures to support the implementation of this plan	Partners active involvement with GELC and Community house	<b>CVPCP, All partners,</b>	Ongoing
5	Submit a proposal to the Western Bulldogs Community Foundation to run 'Daughters of the West' to target the high prevalence of chronic disease which is largely preventable. Within the program, promote health education messages about healthy eating and physical activity. Develop region specific education content to target healthy eating and active living.	Proposal acceptance, implementation, pre and post survey evaluation, focus groups are conducted by external researchers and a full evaluation will be compiled annually, Anecdotal feedback. Number of participants.	<b>MDHS</b> and Western Bulldogs Community Foundation	3 yrs+, aim to make the program sustainable within the community long term
6	Investigate the need and assist with implementation of an inclusive football program in partnership with Reclink. Develop action plan in partnership with other community organisations.	Support from community members and organisations for program. Plan developed for implementation	MDHS, MASC and Reclink Australia	2017 - 19, aim to make sustainable
7	Investigate the Healthy Ararat model and produce a plan for implementing this in Central Goldfields if appropriate	Plan produced (if appropriate)	All partners	Jun-19
	<b>Objectives</b>	<b>Impact Indicators</b>	<b>Evaluation methods/tools</b>	<b>Timeframe</b>
	Build the oral health capacity of local health and education professionals to implement health promotion initiatives and increase children's access to public dental.	Proportion of people who drink soft drink every day	Victorian Population Health Survey (LGA data)  Local program statistics	2021
	<b>Intervention/strategies</b>	<b>Indicators</b>	<b>Partners</b>	<b>Timeframe</b>
8	Continue implementation of Smiles 4 Miles to encourage healthy eating habits and positive oral health practices within registered early childhood services. Provide consistent messages about good oral health and how to access oral health care. Support the delivery of oral health screens to early childhood services. Assist services in implementing learning experiences to achieve award.	Number of ELC staff who are up to date with training, number of ELC services awarded and feedback from ELC services.	<b>MDHS</b> , Dental Health Services Victoria, Castlemaine Community Health, 11 registered early learning services	Reviewed annually

9	Explore how to build and strengthen partnership with Street Harvest Central Goldfields, and look for opportunities to support their work	Establishment of a sustainable mutual partnership	<b>All partners, Volunteers</b>	ongoing
10	Investigate the recent choose tap campaign and look at other settings to implement this and make it sustainable.	Sustainability plan in place	<b>All partners,</b>	2017-18
11	Advocate for more water fountains in public places		<b>MASC</b>	Feb 2019- June 2020
12	Be informed by the results of the Central Highlands Water/Fed Uni research into the drinkability of Central Goldfields water and			
13	Promote consistent messages of being a Smoke Free site. Investigate current Quit education strategy - review smoking cessation pathways.	Review of all mdhs med history forms, number of quit referrals, client follow up 3,6 months post quit date, promotion of quit services through social media channels (track)	<b>MDHS</b>	Year 1- review current smoking cessation pathway, train new staff (mdhs dental team)
14	Advocate for Healthy Eating Advocacy Service (HEAS)/Healthy Choices traffic light system within partnership organisations	Gain support from management to implement HEAS, support from internal staff and café. No of organisations completed audit and have plan in place for next stage.	<b>All partners,</b>	Reviewed annually
15	Build partnerships with local sports and leisure organisations to support them in implementing a traffic light system	Level of support and interest shown by key stakeholders	<b>All partners,</b>	Reviewed annually

	<b>Priority 2</b>	Prevention of Violence against Women		
	<b>Target population</b>	Residents of the Central Goldfields Shire		
	<b>Objective</b>	<b>Impact Indicators</b>	<b>Evaluation methods/tools</b>	<b>Timeframe</b>
	Promote and normalise gender equality in public and private life	To be determined (by Go Goldfields Family Violence Action Group)	(To be determined)	2021
	<b>Intervention/strategies</b>	<b>Indicators</b>	<b>Partners</b>	<b>Timeframe</b>
1	<b>The Loddon Mallee Action Plan for the Primary Prevention of violence against women</b>		<u>WHLM</u>	2016 - 2019
2	Support implementation of the Go Goldfields family violence action plan	Family violence action plan implementation on track	All	
3	Support the implementation of response to family violence training. Advocate within organisation for staff to complete.	Number of staff who have completed, anecdotal feedback on quality of training	MDHS	2017-21
4	A gender equity lens is placed over all activities of this Central Goldfields Community Health and Wellbeing Plan - Utilising the Women's health in the north Gender analysis planning tool	Proportion of activities in this plan that have a gender equity lens	All	2017-21
5	Explore actions to understand these issues with a disability focus. Initially complete a needs analysis and an action plan for this target group.	research complete, plan for action complete	All	2017-18`

Priority 3		Mental Wellbeing		
Target population		Residents of the Central Goldfields Shire		
Objective	Impact indicator	Evaluation methods/tools	Timeframe	
Increase opportunities for connection	1. Increase resilience 2. Reduce adults/adolescents with psychological distress	Youth Resilience Survey (within the Macedon Ranges Shire)  Victorian Population Health Survey	2021	
Interventions/Strategies	Indicators	Partners	Timeframe	
1  Continue implementation of 'Sons of the West' program within community, providing opportunity to make and increase social connections. Target to recruit socially isolated participants. Support connections and provide opportunities for participants to link in with various activities within the community.	pre and post survey evaluation, focus groups are conducted by external researchers and a full evaluation will be compiled annually, Anecdotal feedback from participants	<b>MDHS and Western Bulldogs Community Foundation</b>	3 yrs+, aim to make the program sustainable within the community long term	
2  Collaborate through the Goldminds Mental Health Network	Participation in network activities	<u>All, Anglicare</u>	ongoing	
Objective	Impact indicators	Evaluation methods/tools	Timeframe	
Diverse communities are engaged, feel heard and are part of decision making.	Increase in the proportion of adults who feel valued by society  Increase acceptance of diversity	Victorian Population Health Survey	Ongoing	
Intervention/Strategies	Indicators	Partners	Timeframe	
3  Partner with the community and local service providers to better understand, celebrate and acknowledge our diverse communities e.g. LGBTIQ, ATSI, disability	Organisations undergo gender and diversity training Organisations have a position/policy statement about	CVPCP, CGS, GG, MDHS,	2017-21	

		equality ATSI access		
4	Provide accessible services to the LGBTIQ community through identifying opportunities for meeting or working towards the rainbow tick accreditation	No. of services that are meeting the rainbow tick accreditation	CVPCP, CGS, GG, MDHS,	2017-21
	<b>Objective</b>	<b>Impact indicators</b>	<b>Evaluation methods/tools</b>	<b>Timeframe</b>
	Promote local opportunities for mental wellbeing	Increased participation in Mental wellbeing activities.	Local data	Ongoing
	<b>Intervention/Strategies</b>	<b>Indicators</b>	<b>Partners</b>	<b>Timeframe</b>
5	Promote and collaborate on local mental health and wellbeing events	Increased participation	<b>All partners</b>	
6	Youth Services Plan - produce a plan and an advocacy package around an integrated youth service system.	Improved services for young people. Report improved access to services, and responsiveness of services.	(Facilitated by Go Goldfields backbone team) MDHS, YSAS, MEC, Anglicare, CGSC, Salvation Army, Highview, G Force, GELC. CVPCP	1 year - ongoing
7	Youth mental health project- Fed Uni Work with young residents through Fed Uni and Anglicare to produce a short film about their experiences with mental health which also provides links to services.	-Youth voice empowered, and they feel heard -built capacity of young people -film completed -reach	CVPCP, Anglicare, Fed Uni, GoldMinds	Jun-18
8	Youth Mental Health First Aid -Apply for funding options and grants:	Successful funding grants	<b>All partners</b>	Life of the 4 year plan