Social connection with purpose

Supporting our community to connect around purposeful activities fosters belonging, reduces loneliness, and strengthens mental and emotional resilience.

Links to Victorian Public Health and Wellbeing Plan Priorities



Reducing injury



Preventing all forms of violence



Improving wellbeing



Increasing healthy eating



Tackling climate change and its impacts on health



Increasing active living

Link to the Community Vision 2041

By fostering purposeful connections, individuals and communities, Banyule can experience a wide range of benefits that enhance quality of life and promote a healthier, more inclusive society.

What have we heard from our community?

- Establish places for the community to connect, learn, grow, experience life.
- Support and encourage volunteerism in the community.
- Exchange knowledge and ideas.
- Culturally safe places to meet and connect
- Celebrate difference and diversity.

Who is likely to benefit the most?

- Older adults
- Young people
- People with Disability
- Culturally and linguistically diverse communities
- First Nations people
- Individuals living alone
- Socio-economically disadvantaged community members

How do we know this is needed?

- **24%** report experiencing loneliness
- **12%** felt they don't have opportunities to connect with others
- **10%** don't feel part of the local community

What are the barriers?

Stigma, racism and discrimination, language and cultural differences, limited opportunities, mental health, financial constraints, geographical barriers and transportation.

How can we address these barriers?

- Enhancing places for community to connect, learn, grow, and experience life.
- Support and encourage volunteerism in the community.
- Exchange of knowledge and ideas.
- Culturally safe places to meet and connect.
- Providing opportunities for community members to volunteer and contribute can promote sense of purpose and fulfillment.

What we are already doing?



Enhance social connection, health and wellbeing



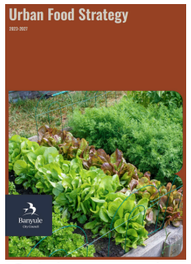
Support civic and social participation and connections.



Opportunities to participate- partner to plan community events.



Lift up the social connection, health and wellbeing of First Nations People



Celebrate and connect community through food.

Other initiatives:

Public Realm Framework
Rosanna Library
Watsonia Town Square
Ivanhoe East Streetscape

What Victorian outcomes will this achieve?

- Having our basic needs met before we can focus on other aspects of wellbeing.
- Feeling connected to each other, our communities, cultures and spaces around us.
- Having opportunities to create meaning in our lives.
- Create resilient and safe communities that can adapt to the public health impacts of climate change.

Building respectful communities

Fostering inclusion, addressing discrimination, and creating safe, supportive environments where individuals can thrive emotionally, socially, and physically.

Links to Victorian Public Health and Wellbeing Plan Priorities



Improving sexual and reproductive health



Preventing all forms of violence



Improving wellbeing



Reducing harm from alcohol and drug use

Link to the Community Vision 2041

Respectful interactions build trust and cooperation amongst community members, leading to stronger, more resilient communities. This collective strength is essential for addressing common challenges and achieving shared goals.

What have we heard from our community?

- Community safety and perceptions of community safety are highly valued by the Banyule community and building respectful communities ought to be a priority for Council
- Banyule residents value inclusive, safe and welcoming health and wellbeing programs that are accessible and responsive for those most impacted

Who is likely to benefit the most?

- Women, girls and gender diverse people
- People living with a disability
- Children and young people
- Socio-economically disadvantaged
- LGBTIQA+ communities
- First Nations people
- Culturally and linguistically diverse communities
- Older adults
- People with mental health conditions

How do we know this is needed?

Community members report experiences of ableism, ageism, indigenous discrimination, racism, religious discrimination, povertyism, LGBTIQA+ oppression, sex discrimination, gender and family violence.

What are the barriers?

Systemic racism, economic inequality, gender inequality, educational inequality, healthcare barriers, housing inequalities, negative stereotypes and assumptions, sense of community, media and social media

How can we address these barriers?

- Consistent application of policy and legislation, including duty to act
- Inclusive activities in spaces where people can form supportive relationships and express themselves without fear of judgement or harm
- Promoting empathy and understanding through education/engagement
- Accessible health information empowering people to seek support
- Recognising contributions can boost self-esteem and mental health
- Co-design initiatives in partnership with community and organisations
- Partnerships with public/ private entities

What we are already doing?



Address ageism and honour the wisdom and experience of older adults.



Foster cultural support, equality and resilience from an early age.



Enhance First Nations inclusion and cultural safety.

What Victorian outcomes will this achieve?

- Building a community wide approach to preventing family, sexual and gendered violence to ensure everyone is treated equally with respect and dignity.
- Engage everyone in practical and creative ways to learn about respectful, safe and equitable relationships.
- Feeling safe and respected for who we are.
- Feeling connected to each other, our communities, cultures and spaces around us.
- Support communities to access culturally safe health and wellbeing services that are free from stigma, racism and discrimination.

Every Body Active

Improving physical and mental health, fostering social inclusion, and supporting mobility, independence, and quality of life, inclusive of all ages and abilities.

Links to Victorian Public Health and Wellbeing Plan Priorities



Reducing injury | Improving wellbeing | Tackling climate change and its impacts on health | Increasing active living

Link to the Community Vision 2041

By prioritising movement for all bodies and abilities, with a focus on increased accessibility and participation, residents can establish lifelong healthy habits, reduce healthcare costs, enhance mental and physical health, and improve social interaction and community connections.

What have we heard from our community?

- Ensure that sports and recreation resources are equitably available.
- Upgrade parks, create walking tracks, crossing points & bike lanes and maintain ovals and playgrounds.
- Innovative opportunities to increase activity, social connection and strengthen community spirit.
- Plan for an ageing population, as well as for children and young people.
- Create more low cost gentle exercise & connections to nature for all abilities.
- Better connectivity of existing parks & tracks with public transport

Who is likely to benefit the most?

- Older adults
- People with Disability
- Women and gender diverse people
- Socio-economically disadvantaged
- First Nations people
- LGBTIQA+ communities
- Culturally and linguistically diverse communities
- People with chronic diseases, underlying conditions or physical limitations

How do we know this is needed?

- **38%** of Banyule adults undertake at least 150 minutes of moderate to vigerous physical activity per week
- After age of 60 years, participation in physical activity declines rapidly
- One hour of exercise per week can prevent 12% of new cases of depression

What are the barriers?

Urban design & infrastructure, urban sprawl & car dependency, time constraints, cultural & societal norms, health and ability, motivation & established sedentary lifestyles, perceptions of safety, affordability, access to businesses & services, weather conditions, availability of public transport

How can we address these barriers?

- Designing inclusive infrastructure
- Design safe and activity friendly routes for walking and biking to encourage incidental exercise.
- Shared and flexible use of facilities
- Activities that cater for diverse interests and abilities in various settings
- Information, incentives, low-cost options
- Physical literacy approach

What we are already doing?



Active Banyule (in development)



Improving access to open space and infrastructure to overcome barriers to access



Create a comprehensive walking network & make it safer easier and more comfortable.



Network connectivity & safe and inclusive design & cycling for all



Include young people within the design of community spaces

More initiatives

Northern Regional Trails
Hurstbridge Rail Corridor Feasibility Study
Equity in Sports Policy

What Victorian outcomes will this achieve?

- Use healthy design in city planning to encourage walking and biking, which will make people healthier.
- Promote movement and reduce sitting time in workplaces, schools, at home and during leisure time.
- Increase participation in sport and active recreation, with a focus on Victorians who face barriers to participation.
- Improve safe access to parks, public open spaces and recreation opportunities in nature and provide opportunities for Victorians to connect with nature.

Collaborative advocacy for better outcomes

Addressing structural barriers, influencing policies and environments, and creating equitable access to resources and services that support the health of communities.

Links to Victorian Public Health and Wellbeing Plan Priorities



Reducing harm from tobacco and e-cigarette use | Reducing harm from alcohol and drug use | Improving sexual and reproductive health | Preventing all forms of violence | Improving wellbeing | Increasing healthy eating | Tackling climate change and its impacts on health

Link to the Community Vision 2041

Shared advocacy across sectors and organisations can have profound effects on communities by realising enhanced service delivery, improved civic participation and trust, improved policy outcomes and is likely to lead to innovation and creativity in use of community assets and resources.

What have we heard from our community?

- Improved local health & wellbeing services; better access, more affordable and bulk-billing options.
- Culturally appropriate and culturally safe services.
- Empowered communities, activated citizens, investment in future leaders.
- Stronger controls and regulation to protect people from harm.
- Sustainable growth and development, innovation and preservation of community assets.
- Need programs focused on job readiness and employment services

Who is likely to benefit the most?

- People with complex mental health
- Older adults
- First Nations people
- Socio-economically disadvantaged
- LGBTIQA+ communities
- Culturally and linguistically diverse communities
- People with Disability
- Children, young people & families
- People with chronic health conditions

What are the barriers?

Siloed operations, fragmentation of efforts, differing priorities and agendas, resource constraints, terminology, information sharing practices, effective governance and leadership, trust and organisational cultures.

How can we address these barriers?

- Building a coalition, forming alliances, engaging with policy makers
- Demonstrated commitment to shared vision and goals over time
- Self-determination and co-design
- Effective communication channels and practices
- Collaborative campaigns with empowered advocates
- Evaluating collaborative efforts and incorporating feedback

What we are already doing?

Council advocacy priorities (2024)

- Roads: Odenwald Road bridge and North East Link
- Public transport: Ivanhoe & Watsonia Train stations
- Community Infrastructure: Olympic Leisure Centre upgrade
- Pedestrian and cycling paths: Rosanna to Heidelberg trail and missing links
- Environment: Green fleet, Ivanhoe Aquatic & WaterMarc electrification
- Job creation: Inclusive employment
- Community wellbeing: Supported playgroups, community safety, end family violence, food relief, gambling reform, housing & homelessness, mental health
- Recreation: Anthony Beale, Ivanhoe Aquatic, Ivanhoe netball, Ivanhoe Recreation reserve, Ivanhoe Croquet.

What Victorian outcomes will this achieve?

- Offer safe and accessible treatment options that respond to individual needs and support better outcomes for people and their communities.
- Having basic needs met.
- Prioritise implementation of policies that promote the uptake of healthy foods and drinks in key public settings.
- Reduce children's exposure to marketing of discretionary foods and drinks to reduce consumption.
- Strengthened regulatory frameworks. Reduce the number of environments where people can smoke
- Accelerate action to support communities to adapt to climate change and its impacts on health
- Identify and respond to cultural, social and technological shifts and their impact on the nature of family and sexual violence and prepare to respond to new forms of perpetration of family violence.
- Establish a planetary health approach, including a One Health methodology, towards AMR surveillance and response
- Reduce injury, death and disability from road trauma and improve access to sustainable and active transport options.

Promoting lifelong healthy habits

Fostering connection to information, resources and support that encourage individuals, families and communities across all ages and identities

Links to Victorian Public Health and Wellbeing Plan Priorities



Reducing harm from tobacco and e-cigarette use



Improving sexual and reproductive health



Preventing all forms of violence



Improving wellbeing



Increasing healthy eating



Tackling climate change and its impacts on health

Link to the Community Vision 2041

Implementing coordinated health promotion in Banyule can foster healthier people and prevent disease with the development of lifelong healthy habits. It can support equitable access to services, and encourage active transport and green space use, contributing to environmental sustainability and more liveable communities.

What have we heard from our community?

- Increased education programs to foster positive health behaviours.
- Develop new and varied communication methods that increase engagement.
- Educating and sharing between community members to reach our diverse communities.
- Tackling barriers to good health and wellbeing for children and young people.

Who is likely to benefit the most?

- Older adults
- People with Disability
- Children and young people
- Socio-economically disadvantaged
- First Nations people
- Non-digital natives
- People raising children & caregivers

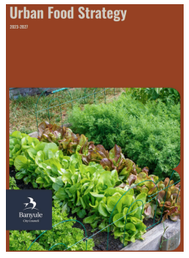
What are the barriers?

Lack of coordination of efforts across multiple sectors, resource constraints, skills and confidence, prioritisation and sustained messaging around key issues, competing priorities, cultural and linguistic diversity, limited communications channels

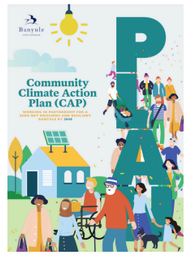
How can we address these barriers?

- Inclusive communication commitments.
- Coordinated approach to health planning, led by health sector partners.
- Inter-agency committees and working groups focused on public health promotion priorities.
- Allocating sufficient resourcing to initiatives that work for target cohorts.
- Community involvement in health promotion planning and implementation.

What we are already doing?



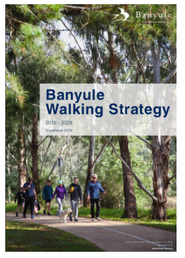
Planning for healthy and sustainable food environments



Support to reduce emissions & adapt to the impacts of climate change



Supporting and promoting cycling as a safe and sustainable option



Promote a walking culture throughout Banyule



Addressing emerging growing and evolving gambling harms

Other initiatives
Youth Spaces Plan

What Victorian outcomes will this achieve?

- Support Victorians to achieve optimal sexual and reproductive health and reduce transmission and impact of BBV and STI.
- Prevent the uptake and reduce the harms associated with smoking and vaping.
- understanding how we can navigate our wellbeing through the ups and downs of life.
- Increase access, availability and consumption of a wide variety of nutritious foods such as fruit and vegetables.
- Promote movement and reduce sitting times in workplaces, schools, at home and during leisure time.
- Increase action to reduce greenhouse gas emissions… and realise associated health co-benefits.
- Accelerate action to support communities to adapt to climate change and its impacts on health.
- All Victorians who experience violence receive the support they need when they need it.
- Increase community awareness and education in injury prevention and safety risks to promote safe behaviours, proactive self-management of injury risks and reduction of hazards.

Nature to nurture

Connecting bodies and minds with nature to support a range physical, mental and social wellbeing benefits and foster active stewardship to protect future generations.

Links to Victorian Public Health and Wellbeing Plan Priorities


Improving wellbeing


Increasing active living


Tackling climate change and its impacts on health


Increasing healthy eating

Link to the Community Vision 2041

Fostering strong connections between people and nature fosters a community that nourishes, protects and sustains our sustainable natural environment and a community that realises the long-term health and wellbeing co-benefits.

What have we heard from our community?

The **physical environment** was one of the strongest community consultation themes, where residents emphasised the importance of access to open and green space to improve their health and wellbeing.
Concern regarding the impact of development on the natural environment.

Who is likely to benefit the most?

- Older adults and children
- Young people
- First Nations people

How do we know its needed?

Access to the natural environment is important to 66% of Banyule residents.
30% of people say that their mental and physical health is impacted by the effects of climate change.
79% of Victorians are concerned about the negative impacts of climate change.
91% of parents believe its important that their children spend time in nature.
Older Victorians are more connected to nature than younger Victorians.

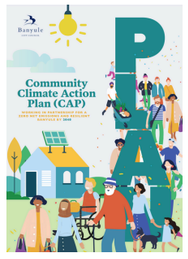
What are the barriers?

Urbanisation, accessibility and perceptions of safety can limit access & enjoyment of green and blue spaces.
Awareness of the benefits and competing priorities can limit engagement.
Cultural & social barriers can influence how people perceive and interact with nature.
Physical limitations and health conditions can restrict an individual's ability to connect.

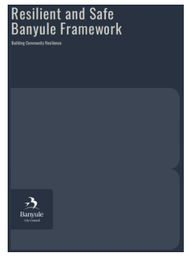
How can we address the barriers?

Adaptation Action Plans can activate and empower community to take action
Education programs and workshops can raise awareness and teach practical adaptation skills and invite engagement with nature
Volunteering and advocacy can empower people to take practical action
Stronger climate action policies can support mobilisation of resources and efforts.

What we are already doing?



Support to reduce emissions and adapt to the impacts of climate change



Addressing emerging preventable disease, outbreaks and public health risks.

Initiatives
Draft Biodiversity Plan
Draft Adaptation Plan
Draft Corporate Emissions Plan
Gardens for Wildlife program
Spring Outdoors program
Community gardens

What Victorian outcomes will this achieve?

- Increase action to reduce greenhouse gas emissions across systems at the scale and pace required to reduce the impacts on health and wellbeing and realise associated health co-benefits.
- Create resilient and safe communities that can adapt to the public health impacts of climate change.
- Accelerate action to support communities to adapt to climate change and its impacts on health.
- Share successes and promote good practice examples of climate action.