

Maroondah Partners in Community Wellbeing Committee
Tuesday 11 September 2018
9.30am - 11:30am
Meeting Room 4, Braeside Avenue, Ringwood

MINUTES

Present: Cr. Marijke Graham (MCC)
Noelene Greene (MCC)
Phil Medley (MCC)
Kirsten Jenkins (MCC)
Belinda Lim (MCC)
Angela Draper (MCC)
Tim Cocks (MCC)
Dale Bristow (MCC)
Vivienne Fraser (MCC)
Laura Newstead (OEPCP)
Vivienne Cunningham-Smith (Eastern Volunteers)
Vicki Bryce (Uniting Wesley)
Jenny Royle (OELLN)
Christine Farnan (DHHS)
Judy Morris (MCC - Minute Taker)

Apologies: Bill Wilkins (Chair & Community Representative)
Cr. Samantha Marks (MCC)
Jayde McBurnie (Women's Health East)
Edwina Ricci (Communities of Wellbeing Inc)
Peter Feeney (Maroondah Ageing Network)
Fiona Purcell (OELLEN)
Rachel Hughes (EMPHN)
Maggie Palmer (EACH)
Jessica Bishop (MIC)
Jennifer Small (DET)

- 1. Welcome & Apologies (inc acknowledgement of Country)** Marijke Graham
Marijke welcomed all Committee members to the meeting. Apologies as above were noted.
Marijke then provided the Acknowledgement of Country.
- 2. Declaring a Conflict of Interest** Marijke Graham
Marijke reminded members of the purpose of this item and invited members to advise of a conflict at any time. No declarations were made.
- 3. Confirmation of the Minutes of the last meeting** Marijke Graham
The minutes of the last meeting were confirmed. These were accepted as an accurate record of proceedings. Moved: Christine Farnan Seconded: Kirsten Jenkins
- 4. Healthy Choices at Maroondah** Tim Cocks, Manager Leisure
 - Tim provided an update following his presentation to the Committee 12 months ago
 - Healthy Choices is a Victorian Government initiative

- State Government Grant for HE Parker Multi-sports Complex - part of the funding arrangement requires the delivery of healthy food choices at the complex
- Council is required to comply with Healthy Choices framework and eight standards:
 1. Kiosk layout facilities will need to be changed
 2. Food and drink advertising and display - no advertising of non-healthy foods, including use of logos on shirts and signage etc
 3. Catering provided within the centre - must be Healthy Choices
 4. Access to free water
 5. Fundraising activities (e.g. sausage sizzles)
 6. Sponsorship and marketing - prizes and giveaways
 7. Infrastructure for food supply to support healthy foods and drinks
 8. Supporting breastfeeding
- Four standards are the responsibility of Council, and four standards that are the domain of the clubs and associations. Clubs have been asked to do an audit in regards to these standards
- Melbourne Sports and Aquatic Centre (MSAC) is an example of a major facility that has implemented Healthy Choices, as have facilities in Mornington Peninsula, Wyndham, Melton and Casey. YMCA facilities are also successfully implementing Healthy Choices
- There are challenges around finances, but the greatest challenge is shifting attitudes
- Three-year program - commencing with HE Parker Multipurpose Sports Complex, The Rings and then other facilities
- More broadly in Maroondah, Melba College is implementing Healthy Choices at the new four court basketball stadium being funded by Victorian Government

Discussion

- DHHS, EACH, VicHealth, HEAD and the OEPCP are available to provide expertise.
- Victorian Government input and OEPCP support has been helpful in framing discussions to date
- Yarra Ranges Council have shifted their internal catering to Healthy Choices and are working on “Water is the drink of choice” in Yarra Ranges. Christine will share the approach with Council. Tracey Higgins (Dietician) from Inspiro Community Health is working with Yarra Ranges Council
- Yarra Valley Water are looking to expand sponsorship in the region
- What alternative fundraising resources exist? OEPCP has developed a list, including herb growing kits, sunscreen
- Link to safe food and allergens - potential to work with Community Health. Premises need to be registered with Community Health and change in food may result in change in risk that potentially impacts food premises registration fees
- Kilojoule labelling for large food premises being a legislative requirement was also discussed, as well as the community needing more education and examples of demonstrated health impacts
- Discussion regarding working with vulnerable groups and communities also took place

Cr Graham thanked Tim, particularly his work in facilitating this initiative. Tim is keen to give an update to this Committee after the opening of HE Parker Multipurpose Sports Complex which is scheduled for May 2019.

5. The Well

Laura Newstead

Prevention Coordinator, Outer East Primary Care Partnership

- Laura presented The Well website resource to the Committee.
- The Well is an online resource developed to share expertise on health and wellbeing priority areas

- It was launched on 30 May 2018 and is now accessible to the general public
- There are a range of health and wellbeing topics available, including:
 - Family Violence
 - Alcohol Misuse
 - Health Literacy
 - Food Security
 - Obesity
 - Mental Illness
 - Healthy Ageing
 - General Resources
- All portals have Learn, Plan, Share and Connect sections, along with links to key frameworks
- Looking to focus on networks, partnerships, collaboration and addressing complex health issues
- A Housing and Homelessness portal is being developed and suggestions for other updates are volunteerism, NDIS, LGBTIQ
- Ways of working - codesign, collective impact, outcomes framework
- Looking for sponsors for each area of activity:
 - Eastern Volunteers - interested in volunteering portal
 - Action on Alcohol Flagship - Alcohol and other drugs
- Users can contribute resources, promote their work and share and see what else is available. The Well is moderated at the back end.
- Developing a new space 'Get in Touch' page
- Postcard was handed out for comment and feedback
- Laura offered to help members needing assistance to access 'The Well'

Discussion

- Need to ensure website is registered and promoted appropriately with search engines (e.g. Google, Bing) so it appears in search results
- What is the scope? Focus on Eastern Region - local practice and knowledge. Looking at how information can be shared. Looking at governance and sponsorship leads to guide decision making
- Could 'The Well' be curated in different communities? Statewide PCP looking at options to adopt regional approaches

6. Disability Policy and Action Plan 2018-2021

Noelene Greene – MCC
Senior Community Development Officer

- A presentation was shown to the Committee
- Consultation program has already included Café Consult (in November 2017). Further engagement will be undertaken in forthcoming months including: surveys (online and face-to-face), focus groups - Disability Advisory Committee and Eastern Disability Advocacy Group, interviews with service providers and internal service areas of Council discussion
- Over 500 responses - accessible facilities indicated as highest priority, then transport, employment, housing and training/education
- The draft document to be completed in late 2018, followed by public exhibition and Council endorsement. The Committee to be advised once the document is on public exhibition

Discussion

- Impact of the NDIS - from 1 July 2019 - change for community transport to a fee-for-service approach with caps based on the level eg level one will have limited funds for

transport. People with disabilities will need to pay for transport when previously this was not the case. Café Consult was undertaken in late 2017. Impacts of the NDIS may now be more widely known

- Removal of funding for Metro Access program may pose challenges for Council

Morning Tea

7. Maroondah Vegetation Review

Dale Bristow – MCC

Team Leader, Strategic Planning and Sustainability

- A presentation was shown to the Committee
- At the evidence stage of this project - consultant has been appointed to undertake a vegetation audit, biodiversity analysis and another consultant to undertake a canopy and landscape analysis
 - 27% urban tree canopy cover, 37% on public land, 16.3% is Victorian average
 - Increase in hard surfaces as a result of development
 - 43% of orchids in Maroondah have become extinct over the past 30 years
 - High levels of eucalyptus dieback
- Issues and options paper to be developed, then community consultation followed by a strategy, potentially involving revised planning controls.
- Links between environment and health and wellbeing include:
 - Obesity rates lower in urban areas with high green features
 - 1 in 10 deaths due to lack of physical activity
 - Increased longevity when close to walkable green spaces
 - Property crime and personal crime reduced with presence of high canopy trees
 - Legislative requirement around climate change to be incorporated
 - Sense of inclusion and cohesion from social groups
 - Mind - Ecotherapy report - green lifestyles improve mental health
- Research illustrates correlation but not causation
- Victorian Government Policy - Protecting Victoria's Environment - Biodiversity 2037
 - Policy 4.2 - Connecting with nature is good for us
 - Leads - Parks Victoria, DHHS, DELWP
- Example of Scotland model linking natural environmental to health & wellbeing
- Pathways for Carers a local example of social benefits in an environmental setting
- Key questions posted to committee
 - Do you accept premise that there is a connection? (between vegetation and Health and Wellbeing)
 - Do you have any evidence that we can use?
 - Do you know of current research?
 - Who are leaders in the field that we can engage with?
- Dale would like to come back to this Committee to seek further input before this Strategy is written

Discussion

- Kirsten Jenkins - Nillumbik post 2009 bushfire environmental recovery was strongly linked to social recovery
- Christine Farnan - happy to shape Council's plan with Parks Victoria
- Vivienne Cunningham-Smith - Successful program focusing on nature play spaces in Wollongong
- Cr Graham - local bush playgroup
- Cr Graham - Croydon Conservation Society received Council grant to work with local schools - reconnecting with nature
- Research greenspace for food planning
- Aboriginal connection to land

8. Reimagining Tarralla Creek

Vivienne Fraser – MCC

Strategic Environment Planner, Strategic Planning and Sustainability

- Presentation shown to Committee
- Project is in the planning process (design and input stage) with works to begin in 12 months' time
- Project is based on the premise that 'nature is medicine'
- Seeking to bring waterways back from drains to nature
- Working with Melbourne Water as a key partner, with input from Yarra Valley Water
- Initial naturalisation of 1.2km of creek, including much of creek section adjacent to Eastfield Park
- There are a range of benefits identified - revitalised open space, biodiversity through naturalisation, water quality treatment and stormwater harvesting
- Objectives - beautify a green wedge, mitigate urban heat island, provide alternative water sources for ovals, improve recreational opportunities.
- Many links between this project and the Maroondah Health and Wellbeing Plan 2017-2021
- Future demographic drivers - Increasing cultural diversity and increasing population
- Dense population growth demands more open and green space
- Vivienne Fraser will be engaging with the Pathways for Carers group next week by walking with them along the Tarralla Creek corridor
- Online feedback is now closed
- 20 community members have signed up to participate in a Melbourne Water led project advisory group

Discussion

- Christine Farnan - outcomes framework developed by DHHS to measure social and environmental progress. Could this link be made to Tarralla Creek project? Measures awaiting ministerial approval. Suggest Council work with EACH, and also consider engaging Neighbourhood Houses
- Eastern Volunteers - Geoff Wilcox from Southern Cross University is very interested in co-design around open space. Illawarra example - Communities for Children - family friendly green space. Vivienne Cunningham-Smith will send contact to Council

9. Information Share

All

- Key updates were shared:
 - **Vivienne Cunningham-Smith** - Open Day at Eastern Volunteers to be held on Wednesday 31 October 2018. Workshops to be held on Committees of Management, navigating My Aged Care, Flexible Respite
 - **Kirsten Jenkins** - draft local law for Smoke free Town Square is on public exhibition
- Due to time constraints, members were encouraged to share information via email following the meeting

The meeting closed at 11:36 am.

Next Meeting: Tuesday 20 November 2018