



Maroondah Community Health and Wellbeing Committee – Minutes

Meeting Details:

Date: Wednesday 1 March 2023 Time: 9:30 - 11:30am

Location: Realm - Meeting Rooms 1 & 2

Attendees:

Councillors

Cr Tasa Damante (Deputy Mayor and Chair)
Cr Tony Dib OAM, JP

Council Officers:

Grant Meyer, Manager City Futures
Kirsten Jenkins, Manager Community Safety
Susannah Petris, Social Planning and Development Officer
Dale Bristow, Coordinator Strategic Planning and Sustainability
Maryam Khodi, Carbon Reduction Planner
Annette Deganhart, Free From Violence Project Officer
Rebecca Penrose, Acting Team Leader Asset Planning
Chloe Messerle, Senior Governance Officer (Minute Taker)
Emma Hills, Governance Officer

Agency Representatives:

Jodie Pirak Murphy - Eastland
Laura Hurren - Eastern Access Community Health (EACH)
Kevin Gregg-Rowan - Department of Health (left the meeting at 11:00am)
Edwina Ricci - Communities of Wellbeing (entered the meeting at 9:50am)
Brooke Young - Outer Eastern Local Learning & Employment Network (OELLEN)
Sarah Hanlin - NEAMI
Julie Rickard - NEAMI
Kath Spencer - Eastern Melbourne Primary Health Network (EMPHN)
Barb Ryan - North Eastern Public Health Unit (NEPHU)

Community Representatives:

Cathy White
Karly Horton
Janni Haskin

Apologies:

Councillors:	Nil
Council Officers:	Andrew Fuaux, Director Strategy and Development
Agency Representatives:	Rod Donald - Youth Support + Advocacy Service (YSAS)
Community Representatives:	Andrea Salmon, Prateeti Sabhlok

Conflict of Interest Disclosure:

Councillors:	Nil
Council Officers:	Nil
Agency Representatives:	Nil
Community Representatives:	Nil

Items Discussed

1. OPENING OF MEETING (Acknowledgement of Country)

Cr Damante opened the meeting and read the Acknowledgment of Country -

Maroondah City Council, in the spirit of Reconciliation, acknowledges the Wurundjeri People of the Kulin Nation as traditional custodians of the land on which we are gathered today, where Indigenous Australians have performed age-old ceremonies. We pay our respects to their Elders, past, present and emerging.

2. WELCOME

Cr Damante welcomed all current and new members to the committee.

CONFIRMATION OF MINUTES - WEDNESDAY, 5 OCTOBER 2022

ITEM 3

Cr Damante requested

Kathy Spencer moved the minutes from Wednesday 5 October 2022 and Jodie Pirak Murphy seconded them. The minutes were confirmed.

4. ITEMS

INFORMATION SHARE FROM THE GROUP (INCLUDING LISTING ANY PROJECTS FROM THE MAROONDAH COMMUNITY HEALTH AND WELLBEING ADVISORY COMMITTEE THAT MEMBERS WOULD LIKE TO PRESENT ON IN 2023) (ALL)

ITEM 4.1

Cr Tasa Damante - Deputy Mayor, Chair of the Maroondah Community Health and Wellbeing Committee and Wicklow Ward Councillor and Cr Tony Dib OAM - Deputy Chair of the Maroondah Community Health and Wellbeing Committee and Bungalook Ward Councillor introduced themselves.

The group introduced themselves and provided updates on work being undertaken in 2023 as follows:

- Consultation on the Victorian Public Health and Wellbeing Plan 2023-2027 will be coming out in the next few weeks, with the Plan to be finalised later in 2023. This plan will have a greater focus on Indigenous health, LGBTIQA, climate change and post-COVID-19.
- Communities of Wellbeing/Maroondah Positive Education Network and Eastland outlined the 'URSTRONG' program, with family journals at Eastland (subsidised for all the schools in Maroondah by Eastland). The Language of Friendship and the Friendology event was held at Eastland last week to empower young people with friendship skills and mentioned this video link about the Eastland Friendology event <https://f.io/XfyswmWZ>.
- EACH is working with 10 schools on healthy eating and active living. EACH is also working with Supported Residential Services to support the capacity of residents to choose and cook healthier meals and snacks.
- The Communities of Wellbeing meeting to be held tonight between 5:30-7:30pm, all welcome to attend.
- The North Eastern Public Health Unit (NEPHU) is developing Population Health Catchment Plans that identify priorities for place-based health promotion, primary prevention and early intervention designed to enhance health and wellbeing outcomes. Currently they are undertaking a collaborative strategic planning process to inform the development of their Catchment Plan. Stage 1 of the process was undertaken in December 2022. The Recommendations Report will be released soon they hope to deliver a catchment plan by the end of the financial year as well as design and deliver on programs for priority areas.
- A Mental Health Awareness Day event is planned to be held at Karralyka later in 2023 featuring world renowned positive psychology expert, Lea Waters.
- Bendigo Bank Ringwood East and Eastland have partnered with Rotary to hold a Gala night on 18 March 2023, with fundraising providing for mental health support community going to Eastern Health Mental Health. Donations for the silent auction are still being accepted and tables can be booked through the Karralyka website.
- OELLEN is finding structured workplace learning placements for VCAL and VET students and undertaking industry engagement. They are running a careers expos with a community grant later this year. They are currently partnering with Yarra Ranges Tech School to assist with the school to work challenges. Virtual reality experiences are being developed for students who are unable to attend work places due to the type of roles such as in a factory where they may be unsafe. Please contact Brooke if you wish to promote anything in newsletters to careers teachers.
- NEAMI offers a series of workshops dealing with stress, emotions, mindfulness including a 9 hour session for preventing suicide in the eastern metropolitan catchment area.
- Eastern Melbourne Primary Health Network (EMPHN) advised that there are free Priority Primary Care Centres (PPCC's) located in the eastern suburbs co-located with radiology, with lower waiting times compared to hospitals. Maroondah Priority Primary Care Centre is located in Mountain High Shopping Centre, Shop 28, 7-13 High Street, Bayswater. <https://www.emphn.org.au/news-events/news/welcome-the-maroondah-ppcc>

MEMBER PRESENTATION ON WHO I AM, WHERE I COME FROM, WHAT I AM DOING, WHAT ARE MY GOALS, WHO I WORK WITH - KARLY HORTON - COMMUNITY REPRESENTATIVE ITEM 4.2

Cr Damante introduced the item.

Karly Horton provided a verbal update on Who I am, Where I come from, What I am doing, What are my goals and Who I work for. Karly is a teacher at Ringwood Secondary College who leads the Student Inclusion and Wellbeing portfolio. Karly spoke about her teaching career experiences relating to health and wellbeing. Karly shared information about several school wellbeing programs such as BOUNCE, a resilient based program at schools helping schools provide a voice post covid dealing with student anxiety and stress and the Mental Health Carnival being held at Ringwood Secondary College on 20 March 2023.

Edwina commented on the Raise Mentoring Program at Ringwood Secondary College with 15 volunteer mentors. The program involves 2 hours a week and runs over 2 terms. Edwina encouraged anyone with the capacity to volunteer.

FREE FROM VIOLENCE CONSULTATION (ANNETTE DEGENHARDT, FREE FROM VIOLENCE PROJECT OFFICER, MAROONDAH CITY COUNCIL) ITEM 4.3

Cr Damante introduced the item.

Annette Degenhardt provided a powerpoint presentation to be circulated with the minutes.

Annette shared a slide that provided an Acknowledgment to Country and paid respect to those who have experienced family violence.

She provided background on the Free from Violence program, which is focusing on the perspective of how to support the community.

- The Royal Commission into Family Violence was held in 2015 and resulted in 227 recommendations, with one being “Consider how local council performance measures can encourage family violence prevention”. The Free From Violence Program was developed as a result of this. Fifteen councils across Victoria were funded for the pilot project including Maroondah.
- Annette spoke about the 4 program objectives that align with 4 influencing factors which include Council as a workplace, Council as a connector, Council as a service provider and councillors as leaders and decision makers.
- Year one, which commenced December 2022 and concludes June 2023, has 9 Actions and Initiatives based on internal discussions. The second year action plan will have a bigger focus on community. Annette advised that the consultation process starting here will help develop primary prevention actions for year 2 that meet the community needs.

Annette asked the Committee the following question -
How can Council support community groups and organisations to understand and address the drivers of family and gender-based violence?

Discussion included:

- Key drivers such as condoning of violence against women, men's control of decision-making and limits to women's independence in public and private life, rigid gender stereotyping and dominant forms of masculinity, and male peer relations and cultures of masculinity that emphasise aggression, dominance and control.
- Statistics about genders in relation to family violence

As well as identifying the need for:

- Education for parents, knowing what is the right thing to say to their children when they hear about other kid experiencing family violence.
- Cultural values - how do you change that it is not ok when it is perceived as normal behaviour.
- Suggestions of messaging on how to recognise what family violence is and how it can escalate, with more information about what that looks like. Some people may be experiencing family violence and not know because it is not physical.
- More education on what leads to family violence.
- The need to change the perception of what is expected and what is 'normal' noting there needs to be further education as to what forms part of the definition of family violence, how to recognise non-physical forms of family violence.
- More awareness and education with a suggestion of a possible education document to identify issues of family violence.
- Setting up parents with skills for safety - decreasing violence and positive relationships and communication. For example, programs to help support parents with the skills to communicate and create safety. Setting up systems of nurturing and caring households.

Annette advised that she was happy to chat further about this topic outside of the meeting.

Morning tea break - 10 minutes

MAROONDAH PLAY AND GATHERING SPACES CONSULTATION ITEM 4.4
(REBECCA PENROSE, ACTING TEAM LEADER ASSET PLANNING AND
STEPHANIE BLACK, OPENS SPACES ASSET PLANNER MAROONDAH
CITY COUNCIL)

Cr Damante introduced the item.

Rebecca Penrose spoke to a powerpoint presentation to be circulated with the minutes. She provided background on the Strategy as follows:

- Assessment completed on existing play spaces
- A prioritised capital renewal program which has been developed
- Identified need to expand provisions to include inclusive play (for all ages, abilities, genders, cultures) and to include gathering opportunities
- Acknowledgement of the importance of creating 'places'
- Establishment of Vision - the basis for Play and Gathering Space Strategy

Vision:

To provide inclusive places within our open spaces that aim to cater for all cohorts within our community. Places that promote gathering, interaction, connection, wellbeing and liveability, that are thoughtfully and sustainably planned to honour Maroondah's natural environment and culture.

Rebecca shared two slides which depicted vision board images and words providing a clearer understanding for the way in which the play and gathering space was created. Words included Play, Games, Wheels, Sensory, Fitness, Picnic, Calm, Yarning, Art and Information Boards/Interpretative Signage.

Discussion centred around suggesting different groups to consult with.

Rebecca noted at the end of the presentation that if anyone has any further questions they are welcome to contact her outside the meeting.

PLANNING FOR CLIMATE CHANGE (DALE BRISTOW, COORDINATOR STRATEGIC PLANNING AND SUSTAINABILITY AND MARYAM KHODI, CARBON REDUCTION PLANNER, MAROONDAH CITY COUNCIL) ITEM 4.5

Cr Damante introduced the item.

Dale Bristow provided a powerpoint presentation to be circulate with the minutes.

Dale spoke about lowering carbon emissions and stressed the difference between climate mitigation (i.e. actions to reduce carbon emissions causing climate change) and climate adaptation (i.e learning to adjust to the inevitable climate change that past carbon emissions has caused).

Dale asked the Committee to think about how Council can engage with the community, the best forms of community involvement and how we can help the community address climate change.

Dale spoke about Council developing a Climate Change Plan with Council considering its responsibilities under the Climate Change Act 2017 and the Local Government Act 2020. Developing a new Climate Change Plan includes the following steps:

- Continue our progress in emissions reduction and adaptation efforts
- Embed climate change into Council's practices
- Support the Maroondah's community to adapt to climate change impacts

Dale updated the Committee on how Council is taking action on climate change, noting the following progress so far:

- The Sustainability Strategy 2022-2031
- Carbon Neutral organisation since 2019
- Over 1.2 MW installed solar system across Council
- All Council's owned streetlights were replaced with LEDs
- Supporting community by Solar Savers and Energy Savers incentives
- Integrating the climate change risks into Council's risk profile
- Recognising and planning for the impacts of climate change on the safety and mental health of Council staff and volunteers

The need for action includes considering the following:

- Inequality of impact

- Embedding “equity” and “inclusivity”
- Investigating “who and how to engage”
- Costs of inaction
- Expenditure on prevention.

Due to time constraints Cr Damante requested that questions be emailed to the Committee. Dale also offered that if there were any questions or further discussions, he was happy to have them offline.

Discussion centred around:

- How food sustainability and food safety should be looked at through a climate change lens, with reference to storm damage and the example of work at Yarra Ranges.
- That Council needed to lead by example.
- The need for more education and clearer understanding of what is required, as well as education to not assume people know what Council is doing and why.
- A suggestion that Council could release guidelines on what people in the community can do in relation to climate change.

Kirsten Jenkins left the meeting at 11:34am.

- Soft plastic recycling.
- Renters without insulation being a key group - renters don't have rights to a safe home during an over 35 degree day.
- Videos are a good communication tool and should include simple language as they will gain the attention of more viewers rather than providing written documents.
- Community instruction videos presented in different languages could be circulated across the municipality to ensure inclusivity.
- People choosing to ride scooters instead of driving a car and the implications that involved. Although it was better for climate change, there were rules around where they can and can't be ridden.

Cr Damante closed the meeting and advised the next meeting will be held on Wednesday 10 May 2023.

The Meeting concluded at 11:38am.