



The City of Port Phillip's

# Health & Wellbeing Plan

2007-2011





## Health and Wellbeing Plan Project Team:



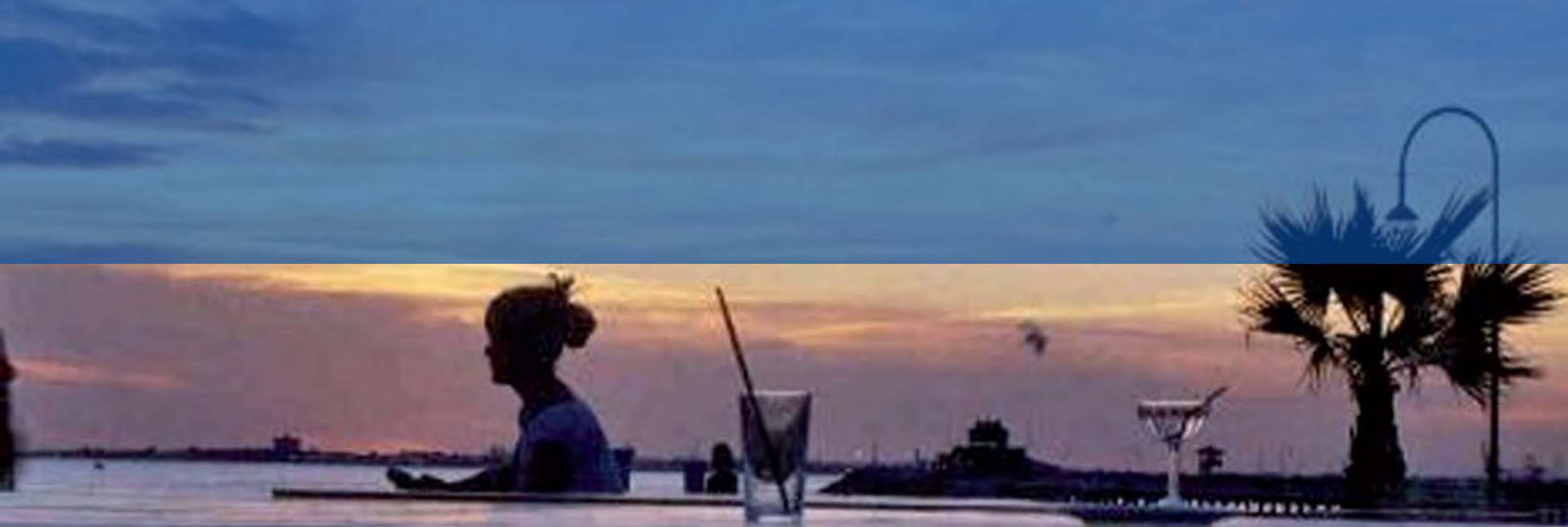
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Welcome to the City of  
Port Phillip's new Health &  
Wellbeing Plan.

We loved collecting thousands  
of your stories, dreams and  
ideas that underpin these  
pages. We hope you see your  
idea (or image!) reflected  
and that you'll join us to help  
make it become real.

You can find more information on the health and wellbeing of our community and ways of being involved in our current exciting projects at [www.portphillip.vic.gov.au](http://www.portphillip.vic.gov.au). Or call ASSIST on 9209 6777



The City of Port Phillip's

# Health & Wellbeing Plan

2007-2011

## A Message from the Councillors

The community consultations that helped form this plan often featured a giant pink heart with the question "What's At The Heart Of This Community?" hand-painted across it. You will find many insights to that question throughout this document.

You'll also find that our community is at the heart of many solutions to our municipality's most complex problems. Our Health and Wellbeing Plan tells a story of what it is like to live in the City of Port Phillip in 2007 and presents a broad collection of strategies to improve health and wellbeing across our neighbourhoods in the near future.

It taps into many personal and public aspects of life here and highlights the importance of the connections we have with the places we live in and the people around us.

Not only do we share common spaces such as parks, beaches, streets and shopping strips, but we also share many common dreams, hopes, set-backs and struggles.

Our neighbours', friends' and family's experiences are part of ours and the health and wellbeing we enjoy is at least partly dependent on theirs.

This plan recognises that significant improvements in our collective health and wellbeing are too difficult for any single agency or individual to advance by themselves. It is full with many practical opportunities for you to join with us and help create a better life for us all.

We look forward to partnering with you, your family, friends and neighbours on the actions that follow and sharing the fruits of this work.



  
Janet Bolitho

  
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Dick Gross

  
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Karen Sait

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## *Executive Summary*

*"A society which nurtures people's skills and abilities throughout the population, which provides economic opportunities for all, and fosters a cohesive and integrated social environment, would do more for health than curative medicine services are able to." (Blane, Brunner & Wilkinson, 1996)*

The good news gathered from our statistics is that life is better in the City of Port Phillip than it was a few years ago. We are collectively living longer, carrying fewer diseases, subjected to less crime and fewer fatalities and serious injuries from traffic crashes. Overall, many of our residents are happy with their health and experience high levels of wellbeing. However, when we visited people in their homes, in our parks, streets, cafes and public buildings over the past year we were able to delve a little deeper and hear about the daily challenges that people face and their ideas for a better life.

The strategies in our new plan aim to build on our health and wellbeing and bring many people together to work on 17 topics that our community felt most passionate about. These topics are grounded in this plan across our community's social, cultural, economic, natural and built environments and listed in the table below. The table also displays the strategic directions of each environment, the 58 (of 94) strategies that will initiate the plan's wave of action in 2007–08 and the strategies' intersections with many of the aspirations our community declared in their Community Plan 2007–2017 and priorities set in the City of Port Phillip's 2007-08 Council Plan.

Environment	Strategic Direction	Topics	Health & Wellbeing Plan Priority Strategies in 07/08	Community Plan Priorities in 07–08	Council Plan Priorities in 07–08
Social	We will contribute to a social environment that improves our community's sense of safety, connectedness and support.	1. Social cohesion & support 2. Drugs 3. Community safety 4. Local community services and support 5. Stages of life	#1, 2, 5 #6, 7, 8, 9, 10 #14, 16, 17 #19, 21, 22, 24 #19, 21, 22, 24	#5 Support those who are disadvantaged	<ul style="list-style-type: none"> <li>Continue stage two of the consulting with children action research</li> <li>Resolve site for 60-90 beds for aged people with high care needs</li> </ul>
Built	We will contribute to a constructing a local built environment that adapts to support our community's living needs	6. Transport & community mobility 7. Neighbourhood facilities	#33, 34, 35, 36, 37, 38, 39, 40 #41, 42, 43, 44, 45, 47	#1 Improve public transport #7 Make the physical environment support the community	<ul style="list-style-type: none"> <li>Progress sustainable transport options</li> <li>Establish a 2nd community bus</li> <li>Review of the Municipal Strategic Statement</li> <li>Develop South Melbourne community hubs</li> </ul>
Natural	We will contribute to practices that help our community enjoy and respect our natural environment and keep it in good condition for future generations.	8. Sustainable living 9. Clean streets, beaches and parks	#48, 49, 52, 53 #54, 56	#2 Seek environmentally sustainable design and mandatory controls for buildings #3 Manage water use and re-use #4 Develop a model for a sustainable city planning scheme	<ul style="list-style-type: none"> <li>Develop a local integrated action plan to address climate change</li> <li>Make alterations to street and beach cleaning service</li> </ul>



Environment	Strategic Direction	Topics	Health & Wellbeing Plan Priority Strategies in 07/08	Community Plan Priorities in 07–08	Council Plan Priorities in 07–08
Cultural	We will contribute to creating a more vibrant, inclusive cultural environment that values people in all their diversity.	10. Spirituality 11. Managing changing communities 12. Cultural life & the arts 13. Diversity and inclusion 14. Community involvement & participation	#59 #61 #64 #66, 69, 70 #72, 73, 74	#9 More safe and affordable cultural events across age and interest groups	<ul style="list-style-type: none"> <li>Analyse &amp; report the findings of the 2006 Census to inform planning</li> <li>Support Port Phillip as an active and creative place</li> <li>Strengthen Indigenous Reconciliation &amp; Cultural Heritage management strategies</li> <li>Support the community to deliver neighbourhood priorities in the Community Plan</li> <li>Identify, support &amp; connect community leaders</li> </ul>
Economic	We will contribute to initiatives that alleviate pressures in the economic environment.	15. Rising cost of living 16. The pressures of modern life 17. Reducing disadvantage	#75, 76, 77 #87 #89,90	#5 Support those who are disadvantaged	<ul style="list-style-type: none"> <li>Continue partnerships that promote opportunities for more affordable housing</li> <li>Conduct a forum to bring together not-for-profit sector with corporate sector</li> </ul>
	We will collectively plan & evaluate our progress with other members of the community		#93, 94		<ul style="list-style-type: none"> <li>Implement the new Health and Wellbeing Plan</li> </ul>



**The City of Port Phillip's Health & Wellbeing Plan has been developed by community members and its success depends on broad-based community action.**

Its menu of strategies contains a wide range of interventions and evaluation techniques to provide a mix of long-term and short-term projects across multiple domains and topics. Some require technical expertise; others are designed so that anyone can join in.

**We encourage you to add your passion, energy and skills to help shape and build momentum behind these strategies. Please join with your work colleagues, your family and children, your friends and neighbours and with people you don't know yet to help us all lead a healthier and more fulfilling life.**







*Welcome to our new  
Health & Wellbeing Plan*



The City of Port Phillip's previous Municipal Public Health Plan contained a number of unique features for its time. Perhaps the most obvious was its 20 year scope. This 20 year perspective transcended the typical 3 or 4 year planning cycle which is often structured around political terms of office and recognized that significant changes to the most important determinants of our health – many of which lay outside the health care system, such as social cohesion, employment and transport – require many years of hard work from many people. If we think about some of Victoria's most successful recent public health interventions, such as campaigns to reduce smoking rates, the road toll and the spread of HIV/AIDS among injecting drug users, it becomes clear that they all involved multi-layered interventions at the levels of society (e.g., law reform, mass marketing), small group or organization (e.g., peer education, work policies) and the individual (e.g., behaviour change) over many years.

The previous health plan also adopted a broader perspective of health than the municipality had seen before and employed members of the community to ask their peers about what health meant from their perspective. Conversations about health

and safety sprung up in people's kitchens, in laundromats and across park benches and we rarely heard anything about diseases or medical risk factors. Instead, people spoke about their hopes and dreams; challenges and set-backs. They shared experiences of how they were treated by others in this community and how they yearned for opportunities to help make this a better place. It became crystal clear that from the community's perspective health, safety and wellbeing was about life itself.



These conversations supported Labonte's<sup>2</sup> (1997, p. 15) finding that when people are asked about their own experience of health across many cultures, they generally speak about:

1. feeling vital, full of energy
2. having good social relationships
3. experiencing a sense of control over one's life and living conditions
4. being able to do things one enjoys
5. having a sense of purpose in life
6. experiencing connectedness to community

This plan follows that path and is the first formal community health and wellbeing check-up since that time, although the projects that were born from the original plan are all grounded in a large range of community partnerships and are regularly evaluated (see Appendix A for more details). This check-up aims to build on the long-term work of the previous plan and find out where new energy is required. It is timed to cooperate with other major community consultations, such as those of the Port Phillip Community Plan and the Council's Municipal Strategic Statement. We also wanted to examine possible synergies



with the State Government's Health Promotion Priorities (2007-2012) and use the most recent Burden of Disease data from the State Government to help evaluate changes in health status across our municipality.

You will also notice that this plan has replaced the word "safety" with "wellbeing" in its title to reflect a broader view of the work. We see safety as one of many components of our wellbeing.

We have structured this plan to align with the State Government's Environments for Health framework, which seeks to advance public health by focusing on actions across four environments – the natural, built, social and economic. In addition, we have added the cultural environment which is included in the City of Port Phillip's four pillars of sustainability framework. We believe the cultural environment deserves its own attention as



*"Community is a mechanism for survival – socially, spiritually, emotionally, economically, physically and biologically. The nuclear family is a great source of survival, but is limited. It needs to be complemented by the community. Community is more than just people living together; it is more than the sum of our individual feelings. How do we account for what is in-between ourselves? How do we account for the common?"*

*Dr Jacques Boulet*

it refers to issues that give a community its distinctive character (e.g., arts, music, artifacts, values, norms, identities and ways of doing things); whereas the social environment refers to relationships between people. We understand that virtually all of the issues discussed in this plan carry dimensions that fit into more than one of the environments. The pressures of modern life, for example, clearly have economic, social and cultural aspects. The topics were allocated to a particular environment according to what we perceived to be their strongest association to ensure that the plan's strategies achieved sufficient breadth across the environments, but they will inter-relate as they come alive over the next few years.

This plan aims to lead and inspire a large community effort towards more healthy and enjoyable living conditions for everyone who lives, works and plays in the City of Port Phillip. Although, its strategies cannot control all of the most important factors, such as unemployment rates, people's experience of trauma or whether they ultimately choose to reach for the sausage roll instead of a banana. However, we believe that the implementation of this plan and the community relationships that are forged during the process will

stimulate the creation of environments that give our community many new opportunities for the potentials that cannot currently be lived out.





## What Did We Find?

We consulted with over 1100 people in the City of Port Phillip, including a random sample of 700 residents over the phone (100 from each neighbourhood), and face to face interviews with more than 300 residents and over 100 local, regional and State health professionals and Council staff.

Many of these interviews were conducted by 16 members of our local community. We provided them with training in action research and interview techniques, support, resources and a little bit of employment and in return they provided valuable insights into a diverse range of stories, including some told by our community's more marginalised or hidden voices. These interviews included peer interviews in people's houses, community days (e.g., Garden City), focus groups and street interviews with people from the general community. We also sought special advice from groups, such as people in rooming houses and public housing estates, the "parkies" in O'Donnell Gardens, drug users, street sex workers, homeless people, community gardeners, teenagers and primary school children, people with disabilities, people from Non-English speaking backgrounds, spiritual leaders from different religious faiths,

people from the Adass Jewish community in Ripponlea, community artists, Albert Park Rotarians and people from the gay, lesbian, bisexual, transgender and intersex community.

The stories helped us understand how the mountains of statistical data on health and wellbeing we gathered applied to people's everyday lived experience. We held a "search conference" and "found conference" at the start and end of the consultation process with over 100 health professionals, Council staff and residents to help set the direction of this work. They provided us with information and contacts, helped us analyze the findings and draft some actions. This plan, therefore, was truly developed by the community, for the community.

If we were to sum the health and wellbeing status of the City of Port Phillip's residents in 2007 up into a headline, we would say that compared to a few years ago they are:

**LIVING LONGER, SAFER, GENERALLY HAPPY WITH THEIR PERSONAL LIFE AND THEIR COMMUNITY'S WELLBEING.**

However, as tempting as it is to go and organize a street party to celebrate, we all know that there's more to a story than a beefy headline. Let's look at the fine print.



*"Cities have been engines of economic growth, homes to waves of immigrants, and centers of cultural and intellectual development...Cities have been viewed as unwholesome, morally degrading, and unhealthy...The major dangers of cities – infectious diseases, industrial pollutants, and social conditions that threatened health – co-existed for long periods, as they do today in the poor cities of the developing world."*

*(Frumkin, Frank & Jackson, 2004  
on the history of health in urban cities).*

It is true that we are **LIVING LONGER** as local men have recently added almost 6 years onto their life expectancy (77.7 years compared to 71.9 in 1999) and women have added 3 years (82.5 cf. 79.4). According to the State Government's Burden of Disease statistics, our women were ranked 78th out of 78 councils (ie. worst health in the state) five years ago. Now they have rocketed up the charts to 24th! In an even bigger surprise, men have moved from 77th to equal 2nd!

However, as with many overnight success stories, these figures can partly be explained by a certain number of people being in the

right place at the right time<sup>3</sup>. Without wanting to diminish the enormously successful and creative work that has been carried out by many to improve health, safety and wellbeing across our community over the past five years or so, it is likely that our health ranking would have been dramatically improved by our community's recent gentrification: wealthier people generally have better health. We also have a relatively young population compared to other municipalities and people tend to accumulate more health problems as they grow older. A reduction in drug-related overdose deaths is also likely to have contributed as





deaths of young people have a massive impact on these figures. In 1999-2000, for example, one COPP resident died from a drug overdose every fortnight.

Another factor could be a change to the way the data is measured. The death rate on which these figures are based used to be calculated on the actual deaths the year the data is collected (e.g., in 1996); whereas they are now calculated on an average number of deaths over a five year span (e.g., the average across

1996 -2000). This method is less vulnerable to extremely bad years. We think Port Phillip may have had one of those years in 1996, when the previous figures were counted. Comparative inner city municipalities such as the City of Yarra have seen a similar turnaround since the new method was introduced. Finally, it is also possible that deteriorating health in other areas could have boosted our ranking. In other words, we may have climbed by default as other municipalities slid. Many rural areas are now near the bottom of the table, possibly partly because of their relatively older populations and increased geographic isolation from health services.

Even though we might have better overall health, residents of the City of Port Phillip still carry the weight of many diseases and health problems everyday. Those that cause greatest harm in this municipality are ischaemic heart disease, depression, stroke, cancer especially lung, prostate, breast, colon/rectum cancers, dementia, suicide, diabetes, emphysema, bronchitis, and hearing loss (see our website for more information).

Our community is statistically **SAFER** according to drops in two major indicators: crime statistics and deaths and injuries from



traffic crashes. Official crime rates have plummeted by over 7500 crimes per year between the 2000 and 2006 figures and deaths and injuries from traffic crashes fell from 9 to 2, and from 783 to 637 respectively per year between totals in 2000 and 2005 (see website).

However, when we asked people about their personal experiences of safety, we heard a different story. In spite of these figures, many people either detected no change or thought the CoPP was less safe than five years ago (see the Community Safety section

and our website). We also know that one or two serious crashes involving a couple of full carloads of people can quickly blow the road toll figures out again.

Residents are **GENERALLY HAPPY WITH THEIR PERSONAL LIFE AND THEIR COMMUNITY'S WELLBEING**, although many are struggling. Residents we spoke to from many different backgrounds suggested thousands of ideas to make the City of Port Phillip a better place for everyone. People shared personal stories with us about what

*"...we're all in this together...let's see how we can build on each other's strengths. And there are certain things that the City of Port Phillip can do by virtue of its access to resources that I could never have. And there are certain things that in my small way and all of us in our own small way can do that the City of Port Phillip can't do in a month of fits. So let's see how we can work with each other."*

*port phillip religious leader*

scared and inspires them. They revealed how their neighbourhoods have changed and how tough their lives here can be. We heard about the importance of their families, pets, neighbours and the personal impact of bigger forces, such as climate change, rising accommodation prices, longer working hours, and community spirit. Many also told us how grateful they were to feel like they've been taken seriously and contributed their part into setting the new agenda for their community's health and wellbeing. More details of these insights can be found throughout this plan.





## How will we bring this plan to life?

The plan was not only developed by the community, it will be implemented by the community too, as it will take a lot more than the work of one organization or individual to make a big impact on our collective health and wellbeing.

Some academics refer to these complex social problems as “wicked problems” as they are influenced by multiple clusters of people, resources and constraints that keep changing. Unlike “tame” problems, such as fixing a broken footpath or balancing a budget, they can never be solved to everyone’s satisfaction once and for all. The difficulties of comprehensively finding “solutions” to drug use, homelessness or street prostitution over many decades and across many countries highlight this point. One person’s solution often becomes another person’s problem. Thus, all the strategies and projects listed throughout this plan need to be implemented in partnership with other community members, simply to muster a significant variety of perspectives, a much larger pool of talent and fresh intersections where new things

become possible. The strategies are designed to balance long-term, strategic interventions with a flexible program that allows us to quickly work on emerging community needs and crises or respond to new opportunities, such as future State or Federal Government funding rounds.

Working with many community members helps our work stay close to where the living happens and allows us to receive on-going information and advice from the people most affected as the plan is being implemented.

Port Phillip Council uses a community development model to implement this work, which rests upon the formation and maintenance of strong, long-term relationships with many community members (see Appendices A and B) which, like our most rewarding personal relationships, require a significant investment of time, genuine opportunities to contribute and receive something of value and a spirit that signifies that we are mightier together than apart.

As Borderlands founder Jacques Boulet explained,

*“The original meaning of “sacrifice” does not mean to give up my interest for yours. The root word of sacrifice is linked to the sacrum, the sacred, and means to make Holy or Whole or indeed, healthy - we are better together than apart. Unless I lose something of myself to the commons, the essence of who I am will be lost too. The price people pay for not giving is isolation or loneliness.*

*When it feels like nothing comes back from the entity a partnership creates, it becomes exploitive and people do not put energy into it any more. This is the fundamental aspect of networks that many people do not understand. They cannot survive on people’s sense of obligation alone. This is why their networks die.”*

The centerpiece of our work is the City of Port Phillip’s Healthy and Safer City Alliance. The Alliance is a group

*“The emergence of a sense of solidarity . . .  
is a precondition for collective action and social change.” (Reid, 1997, p3<sup>4</sup>)*





who have provided perspectives and voices from local and regional health and welfare professionals, educators, police, Council, business and residents and worked together to advise on or implement many of the actions from the previous health plan. A PhD study which used the Alliance as a case study of an effective health building coalition concluded that the network offered extra dimensions

of accountability, personal and professional support, improved innovation, minimized risk and was able to quickly develop effective interventions that worked across multiple dimensions<sup>5</sup>. In addition to the Alliance, we are involved in many other health building coalitions that advance work in more specific areas, such as the Liquor Licensees Accord, the Drugs Roundtable, and the Inner South



East Partnerships In Community Health (ISEPICH). As Appendix B demonstrates, the implementation of our previous plan required the skills and participation of hundreds of local organisations and community members.

More reflections of the art of grassroots relationship building in our community can be found in the previous Health Plan's companion document *Building Relationships for Better Health*<sup>6</sup>. The model Council uses to make these ideas real marries art with science as it is based upon a rich body of evidence from several complementary fields of research, which have been concisely summarized below by Professor Isaac Prilleltensky and Dr Delwyn Goodrick<sup>7</sup>:

1. Research pertaining to the **social determinants of health** clearly indicates that **quality of life is multi-determined** by a number of interacting psychological, social, cultural, environmental, political, and economic factors. Some of the most important factors include early life experiences, stress, unemployment, social exclusion, social support, drug addiction, and access to transport and nutritious food.
2. Research on **social capital** indicates that health and wellbeing are heavily influenced



by the level of **citizen participation in communal affairs** and by the density of social networks.

3. Research on community development indicates that **partnerships and ownership** are essential for the success of community-wide coalitions. Partnerships are both instruments and parts of health, safety and wellbeing.
4. Research on health promotion indicates that **prevention is better than cure**. Cost benefit analyses indicate that preventive efforts are not only more humane but also economically viable and effective. Meta





analysis of programs to prevent abuse, for instance, indicate that preventive interventions are much more durable and effective than therapeutic methods that try to assist people after abuse has already occurred.

5. The World Health Organisation (WHO) defines health in terms of positive physical and emotional features that enable individuals and groups to pursue their goals in a context of equality and justice. Coalitions need to promote **holistic conceptions of health**, in accord with the Ottawa Charter of Health.

6. Epidemiological research ascertains that **high-risk communities diminish life expectancy and quality of life** for their citizens. The macro economic and psychosocial environment where we live have direct repercussions for health, life expectancy, and quality of life. There is no question that the macro-environment influences health in potent ways.
7. Evaluation research indicates that the **processes as well as the outcomes** of new initiatives have to be thoroughly assessed, in collaboration with community members, before they can be effectively transferred to other settings. The process is as important as the outcome in that empowerment of participants and voice and choice are essential values for health and wellbeing.

We also recognize that the strategies listed in both this plan and the previous 20-year plan represent only a fraction of what is really happening in our community. Millions of actions as diverse as feeding your child dinner, driving safely, welcoming a new neighbour or having rubbish emptied from your bins won't be seen in these plans, but ultimately also lie at the heart of what's required to keep us healthy and living well.





## *How will we know if we are making a difference?*

The complex nature of this work requires a variety of assessors and assessment techniques to judge our performance. It is very difficult to assess preventive work, as we'll never know what would have been otherwise. Unlike laboratory experiments, it is impossible to control for all the confounding variables, such as the conditions of various economic, social and natural environments that impact on the health and wellbeing of a community. We try to provide as thorough assessment as possible within the resources available, by combining a series of short-term project-specific methods with longer-term community-based indicators that track our community's progress on particular issues that we aim

to influence. The most prominent of these indicators can be found in the long-term health trends and Community Pulse Indicators and a list of evaluations of our work can be found at our website. Scrutiny has been cast upon us from evaluation and research partners that include academics from tertiary institutions such as Monash University, Victoria University and RMIT University and a range of community members – including some of our most marginalized. Together they help keep our feet firmly grounded as we scan the world for the next new idea. We will continue to draw from and develop this treasure chest of local information as we implement the strategies that follow.







*Our Strategic Directions*

*The price people pay for not giving is isolation or loneliness.*

This plan launches the strategic directions for a raft of actions that will contribute to improvements in the health and wellbeing of the people of City of Port Phillip over the next few years. Each environment for health and wellbeing listed in this plan features a cluster of topics that emerged strongly through the consultations. Each topic has its own set of strategies that will be progressed each year by Council and its community partners. The actions borne by these strategies will be detailed and evaluated by the Alliance each year according to local priorities and resources. Some will show immediate effects; whereas others may take time to mature.



Environment	Topics	Strategic Direction
Social	<ul style="list-style-type: none"> <li>• Social cohesion &amp; support</li> <li>• Drugs</li> <li>• Community safety</li> <li>• Local community services</li> <li>• Stages of life</li> </ul>	We will contribute to a social environment that improves our community's sense of safety, connectedness and support.
Built	<ul style="list-style-type: none"> <li>• Transport &amp; community mobility</li> <li>• Neighbourhood facilities</li> </ul>	We will contribute to constructing a local built environment that adapts to support our community's living needs.
Natural	<ul style="list-style-type: none"> <li>• Sustainable living</li> <li>• Clean streets, beaches &amp; parks</li> </ul>	We will contribute to practices that help our community enjoy and respect our natural environment and keep it in good condition for future generations.
Cultural	<ul style="list-style-type: none"> <li>• Spirituality</li> <li>• Managing changing communities</li> <li>• Cultural life &amp; the arts</li> <li>• Diversity &amp; inclusion</li> <li>• Community involvement &amp; participation</li> </ul>	We will contribute to creating a more vibrant, inclusive cultural environment that values people in all their diversity.
Economic	<ul style="list-style-type: none"> <li>• Rising cost of living</li> <li>• The pressures of modern life</li> <li>• Reducing disadvantage</li> </ul>	We will contribute to initiatives that alleviate pressures in the economic environment.





*Our Social Environment*

# 1. Social Cohesion & Support

More people discussed the importance of social cohesion and support in their lives than any other factor during our consultations, which is probably not surprising, given that more than 50% of Port Phillip residents live alone and more than 50% did not live here five years ago<sup>8</sup>. Recent surveys have found that 44% know fewer than 5 neighbours well enough to have regular conversations with, and 8% of people know none of their neighbours<sup>9</sup>. This is not to say that all of these people are necessarily lonely or want more contact with others, but there are substantial numbers who would like their streets and neighbourhoods



to be friendlier and would feel safer and happier if they knew their neighbours better. The heartening feeling of knowing that others around you care about you is often difficult to describe, but is profoundly powerful when you experience it. Many who felt disconnected from their community spoke warmly about how the companionship of their pets contributed to the quality of their life. Others noted that they often connected to people in their neighbourhood as they walked their dogs. Some people mentioned that the role of some of our most popular local sites of social cohesion, such as cafes, restaurants and bars were under-acknowledged.

These sentiments are supported by a growing body of international research that shows that living in a friendly community is not only enjoyable; it is also good for our health and wellbeing. Communities with high levels of friendship and social cohesion tend to be healthier than others<sup>10</sup>. After reviewing the scientific literature on the health benefits of social connectedness, Professor Robert Putnam<sup>11</sup> (2001, p. 326-7) concluded, "Dozens of painstaking studies ... have established beyond reasonable doubt that social connectedness is one of the most powerful



determinants of our wellbeing. The more integrated we are with our community, the less likely we are to experience colds, heart attacks, strokes, cancer, depression, and premature deaths of all sorts. Such protective effects have been confirmed for close family ties, for friendship networks, for participation in social events, and for simple affiliation with religious and other civic associations."

Even though we are still yet to see a friendliness epidemic in Port Phillip, it has been encouraging that since Council and other community groups started trialing programs to improve social cohesion, such as the StreetLife street party program, the numbers of people in CoPP who know more neighbours and who smile at strangers in the streets have started to increase.



Did you know that the Smiles Per Hour project emerged from local research that found most people wanted their streets to be friendlier? Smiles per Hour was developed as a simple way of promoting the easy, quick, free things that we can all do to improve our neighbourhoods. It has since been featured in local and international media and we have progressively seen more smiles in our streets.

***"The effects of the street party have been lasting... When an elderly lady from across the street came home from hospital we waited until her light came on and then took her over some dinner. We all took turns feeding her until she recovered."***

East St Kilda resident

***"A community where nobody would miss you if you were gone is one which horrifies me personally. I want to live in a community where we know when there's someone in distress... and if someone doesn't say hello for a while, then that person is missed. That's the type of environment that I want to live in."***

Ripponlea resident

#### STRATEGIES:

- 1) Expand the street party project and explore new opportunities for local get-togethers (e.g. community BBQs organized by Council & local community groups, small block festivals, pet parties, "Games in the Park", ice-breaking activities in blocks of flats)
- 2) Develop a project that uses the street parties model as a research method
- 3) Establish the feasibility of developing a new residents' welcome kit in conjunction with other members of the community.
- 4) Promote the role of local business in developing greater social connectedness and community wellbeing.
- 5) Promote the value of social connectedness across a wide variety of community programs (e.g. Sustainable Living At Home, walking groups)





## 2. Drugs

Drugs have been a feature of our communities' lives for many years. The City of Port Phillip now has more than 600 licensed premises – an amount that has almost tripled since 1994<sup>12</sup> and more than double the Victorian and Southern Metropolitan average<sup>13</sup>. The municipality attracts hundreds of thousands of people from other suburbs, states and countries each month to its bars, restaurants and entertainment precincts. It also hosts the largest needle/syringe program in Australia, which exchanges approximately one million syringes a year to people from all walks of life<sup>14, 15</sup>.

It is very common for people to use more than one drug. For example, tobacco is often combined with alcohol or cannabis; heroin is often used with alcohol, benzodiazepines and anti-depressants. The recent 'heroin drought' saw a rise in other drugs such as amphetamines and crystal meth or 'ice'. For some, their problematic drug use is so deeply entrenched that they simply adapt to whatever is available<sup>16</sup>.

Over the last five years, the City of Port Phillip has generally ranked third among Victorian Local Government Areas (LGAs) for number of



drug related events attended by ambulances, although the latest analysis showed there was a decrease in the numbers of heroin overdoses in Port Phillip, displacing the area from the top five ranking LGAs for the first time since records were kept<sup>17</sup>. However, there has been an increase in alcohol affected and other drug related case attendances. Port Phillip has significantly higher rates of alcohol-related hospital admissions and deaths compared to the State average<sup>18</sup>.

Many residents we consulted reported that they were scared of drugs, drug users and drug-related crime and were also worried about alcohol related harms around

entertainment precincts, such as violence, public drunkenness, drink driving and vandalism. Illicit drug users were distressed about being stigmatized and stereotyped by others in the community and wanted opportunities to be part of contributing to the long-term solution of local drug-related problems. Earlier Council surveys revealed that many residents have limited knowledge or understanding of treatment options for drug users and the agencies that provide services<sup>19</sup>, although, many residents indicated that they would like to deepen their understanding of drug issues and participate in specialized training<sup>20</sup>.



Did you know that the Sex & Drugs Historical Walking Tour was developed as a novel way of educating the public about the complexities of street sex work and drugs? Two more tours have been created since then, Hit The Road on homelessness and local drug agencies; and Habits of The Heart on the personal issues faced by street sex workers and their spotters. This model has been used elsewhere to improve the public's understanding of topics such as graffiti and Aboriginal issues.

In spite of differences among Port Phillip residents, local research revealed they generally believed that if we are going to significantly reduce drug-related harm for all people in our community, the broader social issues contributing to drug use need to be addressed (e.g., education, poverty, employment and homelessness)<sup>21</sup>. This view is supported by the World Health Organization's<sup>22</sup> conclusion that "work to deal with problems of both legal and illicit drug use needs not only to support and treat people... but also to address the patterns of social deprivation in which the problems are rooted" and health reforms that many people in our community have worked on for years.

***"I love the drugs and need them. That means I have a family that hates me and a life of poverty and crime when it could all be fixed if the 'evil drugs' was made legal. It would change things in my son's eyes if I were on 'medication'. I try to stay optimistic."***

St Kilda Resident

***"One good thing is that there is more understanding about drug users than before. It is not just the grubby little feral living around the corner. They can be very caring and sensitive but just don't cope well or are in the wrong spot at the wrong time"***

Elwood Resident



***"I drink up to a bottle of scotch a week just to unwind after work. Running my own business is so stressful."***

Middle Park Resident

***"On weekend nights, drunken people yell and urinate outside my home and the noise wakes me up."***

St Kilda Resident

***"I've lived in St Kilda for a long time and accept that sex workers and drug users have always been around. But why should I put up with the condoms and syringes that get thrown in my front yard?"***

St Kilda Resident

***"I am straight but everyone I know is a drug addict or a crim or a pro. I am so lonely because I don't know any straight people and it is really hard to even have a conversation with them"***

St Kilda Resident

### STRATEGIES:

- 6) Continue to implement Local Drug Strategy community building and education projects such as walking tours, educational sessions, networking forums and the Substance newsletter.
- 7) Develop new activities that assist drug users to rehabilitate and reintegrate with the broader community.
- 8) Explore issues related to problematic alcohol use and develop community-based strategies that addresses these issues (e.g., binge drinking, violence)
- 9) Implement the key actions of the integrated nightlife policy to address the issues raised in entertainment precincts (e.g., noise & amenity concerns) in partnership with Victoria Police and other members of the community.
- 10) Continue the Port Phillip Liquor Licensees Accord to promote safety in and around licensed venues
- 11) Implement the amendment to the Victorian Tobacco Act, including smoking bans in licensed premises, workplaces and other public venues.

### 3. Community Safety

Our community consultations found that many locals perceived crime to be worse than the official statistics would suggest. Even though police recorded 7,500 fewer crimes per 100,000 people\* in 2006 compared to 2000, 23% of residents perceived that there is more crime in CoPP than five years ago and a further 49% believed there was no change. On the broader topic of community safety, 58% felt that CoPP's level of safety has not changed in the past 5 years, 21% believe it is safer (compared to 15% when we asked this in 2002) and 16% feel it is less safe (cf 21% in 2002). This slow improvement in perceptions probably

reflects the flood of crime stories we hear each week, the fact that many incidents have serious long-term impacts on the direct victims of crime and strike fear throughout others in the community. Also, in spite of the dramatic fall of local crime, Port Phillip's annual crime rates are still much higher than the State average. However, when asked about their everyday personal experience people said they generally feel safe as they go about their daily activities; 98% felt safe walking the streets during the day and 73% felt safe there at night. Yet, some people may be exposed to greater risks from people they know well in their

own houses. A recent VicHealth study found that intimate partner violence is responsible for more ill health and premature death in adult women aged under 45 than any other preventable risk factor; such as obesity, high cholesterol, high blood pressure and illicit drug use<sup>23</sup>.

The perceptions varied across neighbourhoods, with most of the public safety improvements noted in Port Melbourne, St Kilda and St Kilda Rd. St Kilda, Balaclava, South Melbourne and Port Melbourne were rated as the scariest neighbourhoods at night. Household burglary

was the crime of greatest concern across the CoPP, followed by assault, drug-related crime and theft from cars. Interestingly, street prostitution was not mentioned by many as major concern, even in the suburbs affected most by it. In a survey for CoPP's Community Plan, a higher proportion of visitors complained about it than residents. Many, including sex workers themselves, were concerned about the safety of prostitutes, the impact on the community and discussed legal and social reforms such as de-criminalisation and safer working conditions.







There was a wide range of views about the best way of dealing with crime and public safety. Some residents stated that they accepted that crime is part of inner-city life in every major city and thought the best protection was developing natural monitoring systems (e.g., encouraging more people onto the streets at night, neighbours looking out for each other's houses). Whereas others suggested infrastructure changes such as improved street lighting; more protection provided by police and security guards; more public education; the removal of "undesirables" and the development of local systems that prepared for major public emergencies.

***"My dad leaves his doors unlocked at night-time but we know everyone in our street... and everyone's multicultural, everyone's comfortable with each other – we're all friends, you know. I feel very safe in my community actually."***

Young person, St Kilda

***"St Kilda is pretty safe now. People have memories of the old St Kilda and Fitzroy Street in the 80s when it was bad. But it's full of new businesses and people with money now."***

St Kilda Resident

\* They are calculated per 100,000 people so they can be compared across municipalities (we only have approx 88,000 people in the CoPP).

## STRATEGIES

- 12) Work with Victoria Police, community agencies, businesses and members of the public to develop strategies of reducing burglary, assault, theft and drug-related crime.
- 13) Support the work of local networks that focus on preventing and reducing family/domestic violence in conjunction with Inner South East Partnerships In Community Health (ISEPICH), Victoria Police and other community agencies
- 14) Review survey data on our municipality's most threatening public places and work with Victoria Police to conduct safety audits and improve safety wherever possible depending on staffing and budgetary constraints.
- 15) Conduct another Community Safety Survey before 2012
- 16) Continue to advocate for safety and amenity improvements for all people affected by street prostitution (e.g., support the special court sessions for sex workers and reforms that improve the health and wellbeing of street sex workers and residents)

- 17) Continue to monitor, review and implement the Municipal Emergency Management Plan to reduce the impact of emergencies on individuals and the communities within Port Phillip.



## 4. Local Community Services

The City of Port Phillip has a wide variety of high quality local community services that help thousands of people each year. Many of these services remain as a legacy of the strong charity and welfare work that was performed when St Kilda, South Melbourne and Port Melbourne were inner-city working class suburbs. There is a long history of the local health and welfare agencies working closely together to obtain the best outcome for their clients and this reputation attracts

many service users from other suburbs around Melbourne and country Victoria.

Some sections of our community, such as homeless people, street sex workers and some members of our indigenous community, have extremely serious health and safety issues that demand lots of support. Affordable and timely dental care, more late night outreach services, better information about existing services, financial aid, housing programs,



Did you know that the Hospitality Employment & Training (HEAT) program was sparked by an idea in a local drug forum to improve opportunities for young people at risk of long term unemployment? A consortium of local police, community and business representatives progressed the idea and raised over \$540,000 from the ANZ trustees. HEAT, now run by the St Kilda Youth Service, provides hospitality training through the William Angliss College of TAFE and has found employment or further education for more than 70% of its students.

dual diagnosis services and more respectful treatment were frequently mentioned by people from these groups as a high priority. People who used multiple services suggested that local agencies co-ordinate their services and activities to spread them across the week and avoid clashes, and develop better ways of sharing client information, so that they do not have to re-tell their stories everywhere they go. Some perceived that some services are more tailored towards the needs of the staff or the government rather than to the client group.

Some service providers and service users we interviewed mentioned that the short-term nature of many services' funding agreements means that people who have suffered multiple traumatic experiences (e.g., child abuse, sexual assault, homelessness, chronic drug use) are inadequately treated. A recent study on homelessness concluded that the average

intervention period of 13 weeks is insufficient and that genuine rehabilitative support is needed with individuals and families for many years to find appropriate housing, recover from the psychological impacts of trauma, connect with new social groups and treat various health issues (e.g., drug addiction, liver damage)<sup>24</sup>.

Others mentioned that the connection between service provision and community life needs to be more integrated and suggested initiatives to reduce community stereotypes and discrimination, provide more drop-in centres that offer social activities and ways of connecting with the wider community; better access to public housing or more affordable private housing and more help from government departments such as the Department of Human Services (DHS) and Centrelink.



***“Some doctors think you are scamming for pills when you really want help. They don’t see how bad you really are until they see your file. Agencies ...that don’t operate out of hours made it difficult.”***

St Kilda resident

***“DHS workers won’t tell you the way the system works properly, so women end up being homeless longer than needed.”***

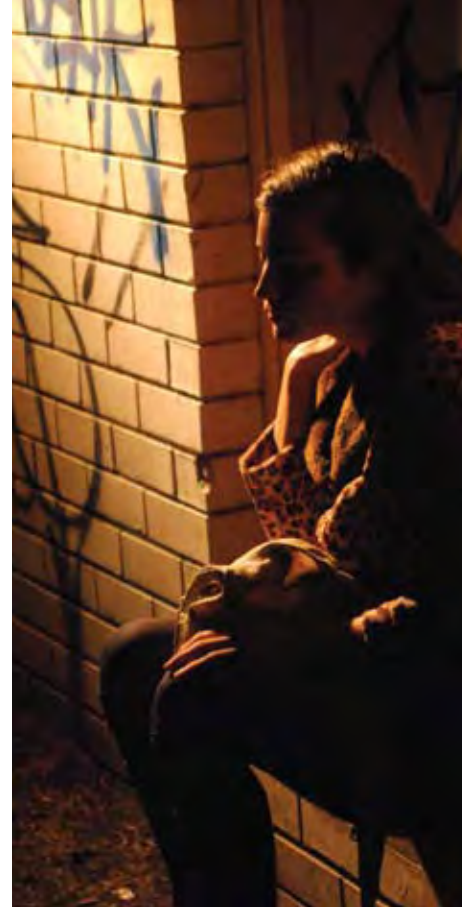
South Melbourne female resident

***“Social workers should be out on the streets on the streets in the early part of the morning finding the intoxicated and displaced homeless people and directing them to where services are available.”***

St Kilda male resident

***“Lots of staff have unsympathetic attitudes. If you present okay, even though you are in the midst of a psychosis, they won’t help you. Sometimes, it’s not in your best interest to show you know the system.”***

St Kilda sex worker



***“I’ve been waiting 18 months to get my teeth replaced. Having your teeth fall out is really bad for your self-esteem and it poisons your system, I feel sick all the time. I’m pregnant and scared.”***

St Kilda resident

***“I’d like services that would give me opportunities to socialise with other people in the community - things that kind of strengthen my involvement and inclusion in community life, like leisure activities, movies, libraries, sporting clubs.”***

South Melbourne male resident

## **STRATEGIES:**

- 18) Prepare an issues paper in partnership with the ISEPICH that highlights the dilemmas and challenges faced by local communities and their services (e.g., opening hours, intervention mix and length, connection with other aspects of neighbourhood, such as transport and discrimination) and develop a working group to progress these issues.
- 19) Continue to use networks such as the Drugs Round Table and the Alliance to enable residents and researchers to discuss community needs with local services and funding bodies (e.g., extended night-time hours, longer intervention for the most disadvantaged)
- 20) Advocate for funding for neighbourhoods with pockets of disadvantage, as they are often excluded from grant pools if the neighbourhood’s overall wealth is relatively high.
- 21) Explore the feasibility of establishing a central information point of local recreation, education and skill building opportunities (ie, via CoPP website, community noticeboards or ISEPICH)
- 22) Explore new opportunities for strengthening integrated local services and recreational activities
- 23) Advocate for the development of drop in centres that operate out of hours and provide interesting activities for marginalised groups
- 24) Continue to support efforts that reduce the spread of infectious diseases (e.g., Hepatitis, HIV/AIDS)



## 5. Stages of Life

We experience different health and safety needs at different phases of our lives. Three phases that emerged through our consultations as being particularly vulnerable were children, teenagers and older adults. The earliest years are critical for the establishment of good health, as patterns and experiences developed early often set the foundations and trajectory for the habits of life. Teenagers and young adults experience massive changes physically, emotionally, socially as they are exposed to a chain of dramatic transitions: from primary to secondary school, secondary school to work, child to adult, heavy dependence on their parents to increasing independence. Older adults also may experience significant amounts of stress while adjusting to the transition from employment to retirement. Many feel that society does not value them as highly as it once did, feel increasingly vulnerable about their personal safety and carry more ailments than they did during their younger years.



***"There are virtually no local meeting places for young people in the City of Port Phillip, unless you belong to a sports club or like skateboarding. Now that many of the kids from Albert Park College have dispersed to schools outside the community it has become worse"***

Older resident, Albert Park

***"I think there should be more interaction between young people and old people - little kids being looked after by older kids and parents working together. Maybe there aren't enough role models for kids to look up to. People are so separated now that I don't think there are enough people showing kids how to act."***

Young female, St Kilda

***"I just don't know how long I'll be able to look after myself living on my own and I don't particularly want to go into an old people's home at this foreseeable future – but I know it's possibly inevitable in time to come."***

Male resident, East St Kilda

***"Kids don't really feel like counseling is a 'normal' process. It can result in kids getting teased at school. We need different kinds of help. Not just counseling."***

Primary school student, Elwood





### STRATEGIES:

- 25) Implement the priority actions in Council's Early Years Plan, such as the promotion of a wide range of children's health services, including services that can identify health problems as early as possible; the development of a strategic plan to address healthy eating; support and education for parents; and improving children's safety (e.g., slowing traffic and immunisation against infectious disease)
- 26) Implement the priority actions in Council's Youth Development Framework, such as increasing opportunities to hear from young people about issues that matter for them (e.g., "CoPP Youth Unition" forums).
- 27) Implement the priority actions in Council's Ageing Well Strategy, such as the expansion of in-home support & local residential aged-care places and developing more activities and learning opportunities for older people.
- 28) Support the work of Council and community agencies to reduce the risk of older people falling and becoming injured (e.g., sub-regional Community Falls Prevention Network, ISEPICH, Older Persons Consultative Committee, Inner South Community Health Services).
- 29) Promote activities that encourage positive interaction across different age groups.
- 30) Strengthen the HEAT project in conjunction with a community partnership that involves St Kilda Youth Services, Victoria Police, William Angliss College of TAFE, Local Learning and Employment Network and many local businesses in the hospitality industry.
- 31) Invite as many children as possible to be vaccinated by monitoring the municipal quarterly immunization coverage reports to identify and contact parents of children who are overdue for vaccines.
- 32) Continue to collect feedback from people who have been immunized to keep Council's service as accessible and user-friendly as possible











*Our Built Environment*

## 6. Transport & Community Mobility

People simply want to move around the streets and footpaths of their neighbourhoods, efficiently and safely regardless of their different abilities and constraints (e.g., young children, elderly, people in wheelchairs, prams or motorised scooters). Only 16% of residents believed that CoPP's roads had become safer during the past 5 years, whereas over 81% either thought they had become more dangerous or detected no change. The VicRoads crash analysis (2001-2005) indicated that young people aged between 17 and 25 years were the major group injured and killed in crashes on roads in Port Phillip<sup>26</sup>.

Many stated that they wanted cycling paths to become much safer than the current version that places cyclists in between parked cars whose doors swing unpredictably into the



cycling lane and cars and trucks travelling at 50-60km/h only centimetres to the right. Residents also wanted slower and less congested local traffic and pedestrian traffic lights that stayed green long enough to allow people of all abilities to cross major roads in one attempt. They saw the risk of being injured or killed by a car while dashing for a light to be much more important than the extra 10-15 second traffic delay. The high volume of trucks that passed through residential areas in and out of the docks was also a concern for Port Melbourne and Garden City residents.

Just over 56% of CoPP residents reported that they regularly use public transport<sup>27</sup> and many recognise that sustainable methods of transport such as cycling, walking and public transport, bring multiple health and wellbeing benefits (e.g., more exercise and social contact; less fatal accidents and air pollution)<sup>28</sup>. Some suggested that better integration between transport methods would encourage even more sustainable transport use (e.g., connecting transport between Port Melbourne and Elwood; more bike racks at tram stops).

***"The constant noise from those trucks is unbearable. Sometimes you can see my whole lounge-room shake."***

Garden City resident

***"With my problem (multiple sclerosis), sometimes I have trouble walking and the slightest sort of dent in the road can be difficult for me, even cracks."***

East St Kilda resident

***"Acland Street's really hard to get down... with outdoor table dining and it's just impossible to get down the street if you've got a dog and a kid."***

Resident, St Kilda

***"If we want to go to any events or markets, or visit the library or friends we think twice before we go. We get tired very quickly so to go somewhere using 2-3 trams is not easy for us. We feel isolated because of that and depressed too."***

Older person, Port Melbourne

***"The kids are terrified crossing St Kilda Road. Even an Olympic athlete couldn't get halfway across that wide, wide road before that green man disappears and that causes a lot of stress for people."***

St Kilda Road Resident





***"I get scared on the streets of reckless young drivers who haven't had enough practice. Maybe council could offer driving courses to make the roads safer."***

Primary school student, Elwood

***"I don't think we need to have all our footpaths in pristine condition...but I would like to see at least one particular traffic route I can use. Like there should be ... there are bicycle maps now, you sort of need a disability map. Good disability routes. Places where you can cross with good visibility."***

***Ripponlea resident***

***"Crossing Brighton Road between St Kilda and East St Kilda is just a shocking health and safety risk, for children walking to school."***

Resident, St Kilda

## STRATEGIES:

- 33) Continue to develop safer, better connected and more accessible pedestrian and bicycle paths and lanes in accordance with the Cycle and Walk Plan 2005-2010
- 34) Continue to lobby VicRoads to improve pedestrian access across major roads (e.g., Brighton/St Kilda Rd, Queens Rd)
- 35) Continue to improve infrastructure that aims to increase pedestrian priority, movement, access and safety; particularly in high demand walking routes.
- 36) Work to ensure that pedestrian environments are accessible for people with mobility and visual impairments.
- 37) Review and redevelop the CoPP Road User Safety Strategy by 2008
- 38) Increase opportunities for participation in physical activity through implementation of the CoPP's Physical Activity Action Plan - Key Initiatives 2007-2010.
- 39) Work with other partners such as Victoria Police, VicRoads and the RoadSafe Inner Melbourne Road Safety Council to continue improving the safety of all other road users (eg drivers, passengers, public transport users, motorcyclists and pillion passengers).
- 40) Implement the Plummer Street bypass in Port Melbourne in partnership with State Government to divert truck routes away from residential areas





## 7. Neighbourhood Facilities

Neighbourhood facilities such as footpaths, electricity, seats and shops are crucial for our health and wellbeing as they set structures that either help or hinder our interactions with community life<sup>29,30</sup>. For example, facilities such as the provision of adequate shade can help reduce people's exposure to solar ultraviolet (UV) radiation, which is the leading cause of skin cancer in a country with the highest rates of skin cancer in the world<sup>31</sup>. People are also generally more likely to walk around their streets if the paths are safe, well lit, and the surrounding environment is interesting<sup>32</sup>.

The residents of the City of Port Phillip want to live in neighbourhoods designed for people. The neighbourhood facilities they believed would best support their basic living needs included public toilets, places to meet others, good lighting so they can feel safer at night, shaded seats, water taps, footpaths, easy access to public transport and a diverse mix of local shops that provided most of their daily living requirements including safe, affordable, nutritious food.



***"I don't want to take a leak in a laneway and expose myself in public, but there are times when I haven't got any choice because there are no public toilets around and sometimes the ones that do exist are shut."***

Garden City resident

***"We have this U-shaped building – we're not walking out of the front door of our apartment straight into a lift or into a long corridor. We are constantly meeting up with people in passing. And we get to know people if only to say – oh hi, how are you?"***

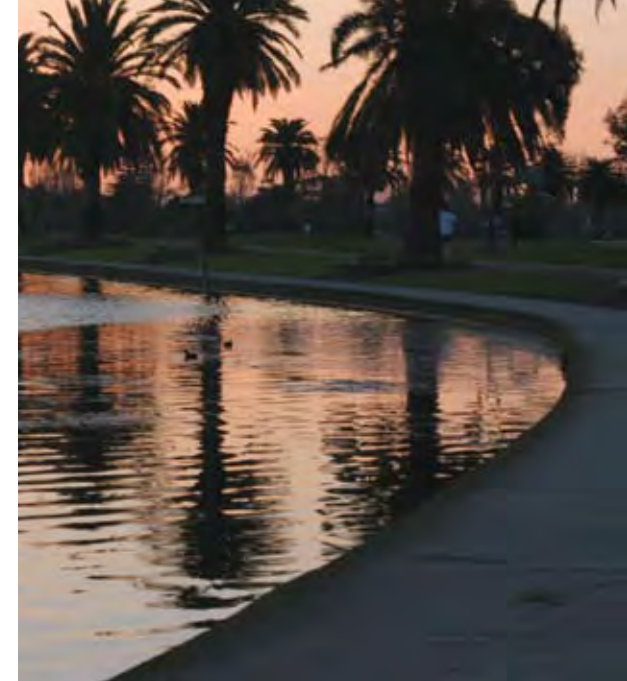
A St Kilda Road resident explaining how his building's design encourages informal contact

***"Port Melbourne has a lot of parks but old people are not using them fully because of lack of toilets, benches and drinking fountains too. It is very important for old people to enjoy walking and exercising in the parks."***

Senior Citizen, Port Melbourne

### STRATEGIES:

- 41) Encourage the highest quality urban design in public spaces to promote community health and wellbeing.
- 42) Provide accessible public amenities in all shopping centres and other major areas of congregating, including comfortable seats, shade, information, public toilets, drinking fountains and rubbish bins.
- 43) Develop and implement the priority actions of the CoPP public toilet strategy.
- 44) Ensure that new and existing public realm spaces include trees and/or structures that provide shade from the sun.
- 45) Support the community hubs strategy that consolidates community facilities in each neighbourhood.
- 46) Advocate for design aspects in public places to be included that promote community engagement such as spaces for food vans, skate ramps, public performance and activity spaces
- 47) Council will work with the food industry to ensure that all food for public consumption is handled safely (ie. via monitoring, support, education and law enforcement only when necessary).







*Our Natural Environment*

## 8. Sustainable Living

Environmental issues are dear to CoPP residents' hearts. A healthy natural environment establishes a platform for our community's health, generates much of our city's beauty and provides inner city dwellers with important connections to the natural world. Many residents were also keen to work with governments and business to develop ways of conserving our resources so future generations can achieve a similar quality of life.

Climate changes caused by global warming and reduced rainfall could result in significant damage to our natural environment including



erosion of our beaches, lower quality sports ovals, gardens and parks and more polluted water in the bay. Broader changes could result in a temperature rise of between 2 – 4.5 degrees Celsius by 2050, which would have a severe impact on rain and flood cycles and agricultural crops<sup>33</sup>. A large portion of our community declared that they are willing take on a more sophisticated response to climate

change, which is just as well, as Australians produce more greenhouse gasses per person than any other country in the world. If we are to prevent the forecast damage, all members of our community need to significantly reduce their carbon emissions over the next 10 – 20 years by changing to more sustainable methods of building, traveling, and minimizing household waste, energy and water.





Did you know that the Help Yourself Free Food Co-op delivers well over a 1000 tonnes of fresh food each month to residents on low incomes? Every Sunday afternoon, charity Second Bite visits South Melbourne market and collects fresh food donated by stallholders that would otherwise be thrown out. On Monday, local welfare agencies then distribute it to their clients for free.



***"The [natural] environment is everything. If it dies, so do we"***

Elwood resident

#### STRATEGIES:

- 48) Continue to provide and support a range of community-based educational programs that promote sustainable living (e.g., Sustainable Living At Home, EcoCentre, Building Tune-Up)
- 49) Promote sustainable design and development practices in all new and renovated buildings in the municipality (e.g., reduced water consumption, energy efficient building design)
- 50) Develop a domestic grey water re-use protocol.
- 51) Establish a project that works with body corporates and big accommodation providers to improve their waste minimisation practices.
- 52) Continue to provide a 'Residents Information Kit' on appropriate waste removal.
- 53) Implement the Community Climate Action Plan with community partners



## 9. Clean Streets, Beaches and Parks

Pollution has an obvious affect on our health and wellbeing. It is now cars that contribute most of the air pollution and our waterways are generally clean; whereas our previous century saw the impacts of polluted air, overflowing sewerage and squalid water contribute to local deaths from diseases such as typhoid and cholera. The past century also saw factories such as the Gasworks at Albert Park churn industrial pollutants from their chimney-stacks and the oil refinery at Port Melbourne release toxins into the bay. Gasworks has turned into a famous arts/dog walking park and the Port Melbourne Oil Refinery has been developed into a prime real estate complex called Beacon Cove.

It was clear through the consultations of both the Health & Wellbeing Plan and the Community Plan that many people in Port Phillip and greater Melbourne regard our parks and gardens as some of our most treasured public assets. Common, shared public spaces are important sites to build a sense of community. They were seen as an important place to meet friends, start a conversation with someone new, play with children and animals, relax, exercise, reflect on life's troubles or simply to take a deep breath and enjoy some natural beauty. The sight, smell and hazard of rubbish and pollutants can easily remove the joy from these experiences. People were particularly fearful of the risk of potential needle-stick injuries from discarded syringes.



***"Albert Park Lake is very important. Now if you close that off for four months of the year, which is the best season – Autumn – that's four months that many people, including myself, will actually stop exercising."***

St Kilda Road resident

***"I was happy when the council did respond to the needle problem that occurred during the epidemic. They did put up a lot of boxes and cleaned areas regularly. That was pretty good. I rarely see needles now."***

St Kilda resident

***"If you spend money on people having somewhere beautiful to exercise, walking around the lake, enjoying the swans or whatever, maybe the level of depression would go down."***

St Kilda Road resident

### STRATEGIES:

- 54) Continue to provide, promote and evaluate the quality of syringe disposal services with community partners, such as the Inner South Community Services and Salvation Army.
- 55) Improve the quality of stormwater discharged into Port Phillip Bay
- 56) Implement the City of Port Phillip Litter Action Plan.
- 57) Explore new methods of making fresh food more accessible in public spaces (e.g., more public fruit trees, community gardens, vegetable blocks, edible indigenous plants)







*Our Cultural Environment*

## 10. Spirituality

Spirituality can mean very different things to people but it generally relates to the overarching meaning and values that infuse our lives. For some it is about participation in traditional faith-based communities, for others it might be as simple as how they feel when they walk in the park. Spirituality is an important part of a holistic understanding of health and wellbeing and yet is often under-

acknowledged because of its intensely private nature. A healthy spirituality can encourage respect for all life, caring about others and the natural environment.

Some people spoke of their connectedness with larger groups, such as the community spirit they felt in their neighbourhood or their sense of being part of a global movement. Indeed, community spirit was regarded as a

vital public asset by many people who live in the CoPP.

In contrast to national trends, CoPP is becoming more religious. The fastest growing religion in CoPP is Buddhism which doubled between 1996 and 2001<sup>34</sup>. The numbers of Christians, Muslims and Hindus in our community have also increased, although the number of Jewish people in CoPP decreased by approximately 6% between 1996 and 2001, as did the number of people with no religion. Some researchers have found links between health benefits and those with an "active religious commitment", including lower rates of substance abuse, anxiety, hypertension, heart disease, cancer, depression and suicide than others<sup>35</sup>.

Overall, spiritual leaders observed a strong correlation between declining spiritual health and declining community connectedness. Even though people identifying with particular religions is increasing, some spiritual leaders in our community agreed that our broad culture of materialism, individualism, and pressures of modern life all work in opposition to a spiritually healthy community. They generally felt that there is a hunger in the community for greater spiritual meaning.





*"I go to gospel singing. For two hours you're there, or a bit more and it's just standing with sometimes 90 people and even though I'm non religious, I have an.. what's the word?.. in-depth feeling of spirituality."*

Resident, Albert Park

*"The moment social workers hear the word 'spiritual', they think absolutely irrelevant instead of seeing it as absolutely central to the way people feel about themselves and about each other and about their bodies and the environment in which they live. It's really the key thing about our human life."*

Spiritual leader, Albert Park

*"If you were to do a litmus test on society on the whole, you'd have to say that we were ailing fairly badly. By the same token there is a growing interest in things spiritual. Spirituality is often misunderstood as being something that actually is not spiritual –has no life – it just restricts you, it doesn't broaden your perspective. So, preaching, if I can use the word, requires a lot of sensitivity. You have to present your understanding of things in such a way that people can access it, which is quite an art."*

Spiritual leader, Albert Park

#### STRATEGIES:

- 58) Explore the feasibility of establishing a network of local faith leaders that meets regularly with Council
- 59) Support and sponsor local neighbourhood projects that promote a sense of community spirit



## 11. Managing Changing Communities

Recent changes to the population due to gentrification, rising rents, a high turn over of renters and long-term residents selling and moving out has changed the culture of the community. The population density of Port Phillip in 2003 was highest in the State and 10 times the rate of the Southern Metropolitan region<sup>36</sup>.

The fact that the population has grown, the gap between rich and poor has widened and there are more people living in housing in areas that used to be reserved for shopping strips and industrial zones has put increased pressure on public spaces such as streets and

parks and led to increased tension between people who want to use some spaces for different reasons (e.g., off-leash dog areas vs. places to have a picnic; trading vs. a place for homeless people to spend time with friends; sleeping vs night-clubbing).

Some people say their neighbourhood is less diverse and less interesting now. Others spoke of the personal and community effects of building developments which have increased noise, decreased parking availability and changed the landscape and socialscape of the streets. These pressures are expected to increase as the CoPP's population increases.



Did you know that since the StreetLife Street Party project was developed, local street parties have increased from 2 to 27 parties per year? The parties have created lasting benefits. Some residents now experience a much stronger sense of community and elderly residents have received more help from their neighbours. The model has been used by the Victorian Government to promote street parties across the State.

***"We can't get into many pubs in Port Melbourne anymore after work with our overalls on."***

Garden City resident/Port Melbourne worker

***"I think some of the developments are disgusting. It's just another example of people not having a voice. It's little, quaint houses like that that make the community and if you want to destroy that then you destroy part of the community."***

Young person, Balaclava

***"On the weekend it's far too crowded especially on Acland St and Fitzroy St...the locals feel invaded."***

St Kilda resident

***"All the artists and crafts people are slowly being pushed out because of the yuppies moving in... Who wants more clothing shops? Not me. It's a tragedy really how St Kilda is losing its artistic side."***

St Kilda resident

### STRATEGIES:

- 60) Investigate new methods of reducing the community impact of building development, particularly during the building phase.
- 61) Develop public place management projects in contested areas when required. Test a model of this in Fitzroy St, St Kilda.





## 12. Cultural Life & the Arts

The link between cultural life, the arts and community health and wellbeing benefits has been well-documented<sup>37</sup>. People frequently turn to the arts to address issues of inclusion and community connectedness. Many residents called for more local festivals and small-scale events to build new local relationships and understanding between diverse cultures. It was also felt that a broader understanding of local history would provide a good foundation for stronger, more unified communities.

Artistic pursuits such as music, art, and dance were extremely important to our residents and frequently acknowledged for their power to



bring joy and connect across cultural and social divides. Some people highlighted libraries as welcoming, inclusive community spaces and sites where we could bring people together for other cultural activities.

***"The colours around us, the space in which we work, our capacity to be moved by sights and sounds can greatly affect our moods, mindset, identity and sense of belonging"***

St Kilda community artist

***"We can understand each other better through art and music, I think."***

Resident , South Melbourne

***"People can improve their life by studying philosophy. Knowledge and understanding can help to build peaceful future."***

Resident , Port Melbourne



### STRATEGIES:

- 62) Liaise with Arts and Festivals to develop new arts projects that bring people from diverse backgrounds together (e.g., the Talbot Reserve Mural Project, a Fitzroy St Festival in Catani Gardens).
- 63) Explore creative methods of connecting people with their local history (e.g., podcasted historical walking tours, developing a "Human Library" where local people can be borrowed by others for a personal, oral history lesson).
- 64) Encourage young people to lead the planning of local youth activities, such as Freeza and Kool skool





### 13. Diversity and Inclusion



Many residents stated that they wanted the City of Port Phillip to be a home for everyone - a place that harmoniously accommodates people from very different backgrounds. Other residents spoke about removing “undesirables” from our community, which indicated some of our population believe the community would be a better place if certain “types of people” lived elsewhere.

We all differ according to dimensions such as our gender, ethnicity, wealth, religion, health, ability, sexual orientation, address and age. Some of us will be excluded from certain community activities by others simply by virtue of these characteristics. For example, poorer people cannot afford to train regularly at many private gyms or attend some of the

local entertainment options enjoyed by others. People in wheelchairs cannot travel across the same range of places in the neighbourhood compared to others. People who cannot speak English well can be excluded from important local decision making processes. Some people with a mental illness may not be allowed into certain places because of how they look. Other people who belong to the majority cultures of the domains listed above may find it difficult to relate to the impact of chronically feeling like an outsider.

Recent research reported that there are significant health and well being risks for young people who were attracted to others from the same sex including homophobia and discrimination. They were more likely than young heterosexual people to experience mental illness and drug abuse<sup>38</sup>. Some local Indigenous Australians reported that they often felt the brunt of discrimination and would like opportunities for some more constructive activities that lead to training or employment and a regular meeting place that is safe and sheltered. Other people who represented a large variety of different cultural backgrounds wanted more events and celebrations that recognised the multicultural nature of the Port Phillip community and more opportunities to participate in community life.







***"It's important that everyone is friendly to one another. There should be more community involvement to make sure that people feel comfortable enough to talk to everyone."***

Primary school student, Elwood

***"I think one of the great things about St Kilda is that it's multicultural – it has lots of gay people, it has lots of ethnic people and it's accepting and I think that kind of attitude should be promoted because it's only going to foster good attitudes, positive attitudes."***

St Kilda Resident

***"Balaclava has got so many different types of people in it – different religions, different cultures, different traditions, but that's okay and Balaclava's very accepting towards that. I feel as if I'm just another piece in the puzzle really and that's why it's so great. I definitely feel lucky to be there."***

Young person, Balaclava

***"When we look at diversity... we use all these words, but when it comes down to it, we're talking about things that are incredibly different and are not necessarily mutually embracing, inclusive or valuing at all. So there's quite a challenge there"***

Ripponlea resident

### **STRATEGIES:**

- 65) Develop projects that celebrate our municipality's diversity
- 66) Support the work of local networks that promote mental health and wellbeing for all people (e.g., Inner South Mental Health Alliance).
- 67) Develop new public education campaigns that aim to improve community understanding of stigmatised conditions (e.g., a walking tour on homelessness, a "stories from the street" project, more productions from RAG and Just Us)
- 68) Look at different ways of breaking down negative perceptions which exist in and around significant housing developments such as Beacon Cove and Public Housing Estates.
- 69) Continue to formally recognise and respect our community's indigenous cultural heritage.
- 70) Work with community partners to implement the most important actions from a recent research report into addressing the health and wellbeing risks of Same Sex Attracted Young People (e.g., local support group, community organisation networking with schools)



## 14. Community Involvement & Participation

The residents of Port Phillip want genuine opportunities to be appreciated, respected, participate in their community's life and help shape its future. This was a particularly strong sentiment from people from disadvantaged backgrounds (e.g., homeless) who wanted to be heard and have more control over important decisions that directly affected their life. Quite a few people commented that compared to other municipalities, there are lots of opportunities to participate in community life in Port Phillip. However, they often do not become aware of them until it is too late to join in.



***"The people that can afford to buy in to the City of Port Phillip often have very full programs for their children or for themselves and for them connection to their local community is something that may or may not happen. They've already staked their energy on other preoccupations. I don't feel gloomy about it at all but I'd like us to be realistic about the climate in which we're operating."***

St Kilda Spiritual leader

***"I know in our particular area, there are quite a few sports teams, but they're not really publicised a lot, so it's very hard to find access to teams and stuff that you can get involved in, which would be a really good idea for a lot of kids"***

Young person, Elwood



### STRATEGIES:

- 71) Encourage community groups to work with Council and develop creative ways of increasing local membership, such as welcoming residents who are new to the area.
- 72) Improve the communication of the local opportunities for community involvement and participation (e.g., explore the feasibility of developing centralised points of community information, such as websites, local newspapers and community noticeboards)
- 73) Provide resources for community strengthening and grass-roots leadership activities.
- 74) Create new opportunities for people from marginalised backgrounds to be more involved in community life.





*Our Economic Environment*

## 15. The Rising Cost of Living

Many residents stated that the CoPP is becoming much more expensive to live in, as food, housing, entertainment and childcare costs are high compared to options in other areas. Poor people particularly felt the impact of this development and feel like they stand out more than they used to. Others mentioned that it is important to provide more crisis accommodation and affordable housing for people on low incomes, including those without special needs, such as artists and students.

Poor people living in relatively wealthy neighbourhoods often find that they become doubly disadvantaged. Not only does the general wealth of the population push up prices in local shops, it makes it more difficult to attract external funding from some State & Federal government agencies, as they prioritise neighbourhoods with larger spreads of poverty. Poor people living in relatively poor

neighbourhoods are more likely to find a bigger variety of shops that cater for people on low incomes.

There are many ways that the cost of living affects people's health and wellbeing. For example, rising house and rental prices often increases the strain on households and families and sometimes reduces their ability to remain in their community. Over time this can break up local friendship and extended family groups and diminishes people's ability for a long-term social and emotional investment in local community life. Others experience extraordinary difficulty finding any form of suitable accommodation here.

If nutritious food is too expensive, people are more likely to receive inadequate nutrition which eventually could develop into a range of preventable illnesses. Limited access to childcare restricts career prospects for people if they cannot afford to return to work after having children. Women often still bear most of this risk, in spite of many men taking time out of work to perform a greater direct role in daily child care. When this is coupled with the break up of extended family groups who lived close to each other (e.g., cousins, grandparents), it puts even greater dependence on professional childcare facilities.







***"It's a struggle to survive when you're raising a family and relying on the dole and the baby bonus. There are so many countless expensive items I need for my flat, just to clean, let alone buying nappies and baby wipes."***

Resident, South Melbourne

***"A twenty dollar food voucher doesn't go far when you're paying such high prices in groceries. The amount should be increased. That would leave us with more money for small luxuries like a DVD or a movie a fortnight for our own laughter"***

Female resident South Melbourne

#### **STRATEGIES:**

- 75) Establish the "Help Yourself" food cooperative with a network of community partners
- 76) Update the City of Port Phillip Free & Cheap meals guide annually
- 77) Support a local network of community members who are interested progressing long-term food security issues, including the trial of new methods of local food production and sharing (e.g., neighbourhood orchards)

- 78) Conduct research into initiatives that develop broader affordable housing in Port Phillip, such as mixed development and affordable housing modelling.
- 79) Provide ongoing support for the expansion of community housing under the Port Phillip Housing Trust
- 80) Work with other parts of the community to develop affordable cultural and recreational activities for people from marginalised backgrounds
- 81) Implement key recommendations in Council's child care policy to improve access and affordability to child care for all children via a mixed range of Council, community and private providers. An Affordability Subsidy will be offered to low and middle income families to make child care more affordable.
- 82) Support the implementation of actions in the CoPP Ageing Well Strategy to provide a wider choice of affordable, residential aged-care services.



## 16. The Pressures of Modern Life

Conversations about the impact of broad economic and social pressures on local communities also featured in our consultations. People mentioned the difficulty of obtaining a healthy work-family balance, the closure of a local public secondary college and the spread of our municipality's children to private and public schools in other areas, the corporatisation and decreased supportiveness of many public services and the busyness of many people who do not have time for community building activities compared to previous generations.

These conversations tapped into a trend that is common across Australia and many other parts of the world. Even though there have been many extraordinary advances to our community's collective wealth and health over the past generation (e.g., longer life expectancy, better prevention or treatment of many diseases, reduced smoking rates, more material assets, higher employment rates and house values), there have been other trends that created cause for alarm.

Many families now require two incomes to pay off their debts, particularly if they have to finance a mortgage. What some refer to as a more flexible workforce, others interpret

as less job security and organisational commitment. Some people stitch together two or more part-time jobs to acquire just enough income to stay afloat. This vulnerability requires many people to spend longer hours at



work and find work further away from home. As a result, Australians work longer hours than people in most other OECD countries, spend longer travelling to and from work and are much less likely to remain living in the same community all their lives than their parents or grand-parents did<sup>39</sup>. The consequences of this pattern include less time to prepare healthy meals at home (more junk food), less time to be involved in community work, time to relax or time for unhurried conversations with our friends, family or neighbours<sup>40</sup>. Meanwhile, children are spending more time in passive recreation in front of computers and televisions. They rarely initiate ball games with other children they meet in the street for the first time like their parents or grandparents used to, and playing with their friends often requires their parents' cars and scheduling<sup>41</sup>.

So, while we are becoming healthier and living longer on the one hand, we are seeing new global patterns of health problems in many Western countries compared to the previous generations. These include increased obesity, asthma, depression, anxiety, diabetes, skin cancer, car crashes, and children who are increasingly medicated for hyperactivity. These experiences ring true with many Port Phillip residents.







***"The highly commercial character of St Kilda puts enormous pressures on people. And inevitably we blame and try to get out of the way of those who show up as unable to cope with those pressures."***

St Kilda Spiritual leader

***"To talk about spiritual health without addressing the economic basis on which most people are inclined to lead their lives is absurd. How can you say to people get bigger four wheel drives and get bigger properties and get bigger school preoccupations and at the same time expect to have good spiritual health? ...The making of money and the getting of possessions and the individuation of everybody so we are all defined as individuals above all, that all makes the collectiveness worthless or much diminished."***

St Kilda Spiritual leader

***"The rich might like to come to the poor to get a vaccine for affluenza – you see? Well I presume from all the books I'm reading that the rich are all going mad and they're all distressed. The poor buggers are sadder than the public housing mob."***

South Melbourne Spiritual leader



## STRATEGIES

- 83) Explore strategies of promoting local family-friendly work practices (e.g., new business award, articles in local business newsletters)
- 84) Explore the development of community-based methods of support (e.g., baby-sitting clubs)
- 85) Develop new ways of involving the "time poor" in community activities, such as volunteering, consultation and citizenship.
- 86) Advocate for more local workplaces to adopt anti-bullying and harassment policies and practices.
- 87) Conduct a physical activity forum with other parts of Council and the community to synergise efforts that encourage more physical activity across the municipality.



## 17. Reducing Disadvantage

Many factors contribute to the creation of disadvantage, including entrenched poverty, individual health conditions or behaviours (e.g., excessive drinking and smoking), social isolation and skills or confidence shortages. Research from around the world suggests that it is common for poor people to suffer more disease at a younger age than wealthier people. However, it is not only the poor who can feel socially excluded from community life. A significant number of people in our community are disadvantaged on multiple fronts (e.g., physical or mental health, language barriers, unemployed). Wilkinson<sup>42</sup> (1996, p. 215) described how the experience

of social exclusion can impact on a person's sense of wellbeing:

*"To feel depressed, cheated, bitter, desperate, vulnerable, frightened, angry, worried about debts or job and housing insecurity; to feel devalued, useless, helpless, uncared for, hopeless, isolated, anxious and a failure: these feelings can dominate people's whole experience of life... The material environment is merely the indelible mark and constant reminder of the oppressive fact of one's failure, of the atrophy of any sense of having a place in a community, and of one's social exclusion and devaluation as a human being."*



Wilkinson<sup>43</sup> explained that these feelings can evolve into a "shame rage spiral" whereby marginalised people express their shame, low status and sense of incompetence through hostility and disrespectful communication towards others, which brings them into more conflict, then further misunderstanding and alienation. Over time, people with low social status tend to become increasingly sensitive and defensive against being looked down on, disrespected or treated badly by others. It is also quite common to see people from marginalised groups attempting to reclaim some personal control by subordinating or becoming violent against their peers or people from other minority groups, particularly during difficult times (e.g., high unemployment or terrorism threats). In addition, their friendship and support groups often splinter as people feel increasingly vulnerable about how others see them. Therefore, it is not hard to understand why people who are socially excluded are more prone to the effects of chronic stress, depression and anxiety, use violence and intimidation to defend themselves and turn to alcohol, drugs, cigarettes and junk food to cope.



In our community survey, public housing residents were up to 13 times more likely to say they were not happy with their life compared to other residents. They were also less concerned than others about being burgled or having things stolen from their cars, but were more concerned with drug-related crime, theft of their cars, dangerous/drink driving and very violent assaults involving gangs, sexual offences and murder. Private renters, in contrast, were more concerned with assault, theft from cars and alcohol-related crimes.

These community tensions need to be addressed, otherwise they will intensify as the CoPP's wealth gap increases.





***"You could get the rich to help the poor. If you can explain the poor to the rich in terms that they will understand and recognise their fellow human beings. If they could understand that the people in public housing are not beasts – that would be good."***

South Melbourne Spiritual leader

***"...this is the perfect example of South Melbourne – it's now more obviously than ever the tale of two cities...and the rich are not going to survive if the poor are not catered for because the poor might just turn on the rich. You know what I mean? Like the Latin American city – you can't protect your rich if you don't help your poor, you know."***

South Melbourne resident

### **STRATEGIES:**

- 88) Work with organisations including local government, community and business to identify and provide training and employment opportunities for people from disadvantaged groups
- 89) Develop the "Port Phillip Gives" project to improve resources for local people in need.
- 90) Continue to update the affordable local exercise guide
- 91) Continue work with relief agencies to help align and improve their services in innovative and creative ways
- 92) Develop a CoPP strategy on homelessness that integrates initiatives addressing social isolation and health inequities amongst residents living in rooming houses, sleeping rough or temporarily in crisis accommodation





*An invitation to those who care enough to  
make a small difference...*

Over the years, we have met and worked with thousands of people who are passionate about improving the health and wellbeing of the City of Port Phillip's community. You are welcome to join us on our next series of fun and fulfilling adventures. Please contact Council's ASSIST centre on 9209 6777 or visit Council's website ([www.portphillip.vic.gov.au](http://www.portphillip.vic.gov.au)) to find out about being involved in dozens of exciting projects each year that will make this a better place for all.

**STRATEGIES:**

- 93) Develop an annual action plan to advance these strategies in consultation with other members of the community
- 94) Use a suite of indicators to help evaluate our community's progress towards greater health and wellbeing (e.g., Port Phillip's Community Pulse indicators, specific project evaluation, State Government health and crime statistics).







## Executive Summary - Arabic

### ملخص بالعربية

الأخبار الجيدة المأخوذة من إحصاءاتنا هي أن الحياة أفضل الآن في مدينة بورت فيليب مما كانت عليه قبل بضع سنوات. ونحن جميعاً نعيش أطول ونحمل أمراض أقل، و نتعرض لجرائم أقل، وهناك عدد أقل من الوفيات والإصابات الخطيرة الناجمة عن حوادث المرور. عموماً، الكثير من السكان سعداء بصحتهم ويتمتعون بارتفاع مستويات الرفاهية. ولكن عندما قمنا بزيارة الناس في بيوتهم وفي حدائقنا العامة وشوارعنا ومقاهينا ومبانينا العامة خلال السنة الماضية إستطعنا أن نبحث بشكل أعمق قليلاً ونسمع عن التحديات اليومية التي يواجهها الناس وأفكارهم من أجل حياة أفضل.

تهدف الإستراتيجيات في خطتنا الجديدة الى البناء على صحتنا ورفاهيتنا وجلب الكثير من الناس معنا للعمل في 17 موضوعاً يشعر مجتمعنا أنها المواضيع التي يتعاطف معها أكثر من غيرها. تشمل المواضيع:

التماسك الاجتماعي والدعم	المخدرات	سلامة المجتمع
الخدمات المجتمعية المحلية	مراحل الحياة	وسائل النقل والنقل المجتمعي
المرافق في الضواحي	العيش المستديم	شوارع وشواطئ وحدائق عامة نظيفة
الروحانيات	إدارة المجتمعات المتغيرة	الحياة الثقافية والفنون
التنوع والإندماج	إشراك المجتمع والمشاركة	ارتفاع تكاليف المعيشة
ضغوط الحياة العصرية	خفض الحرمان	

تم تطوير خطة صحة ورفاهية مدينة بورت فيليب من قبل أفراد المجتمع، ويعتمد نجاحها على عمل القاعدة العريضة للمجتمع. تتضمن قائمة إستراتيجيات الخطة مجموعة واسعة من التدخلات وتقنيات التقييم لتوفير مزيج من المشاريع القصيرة الأجل والطويلة الأجل عبر المجالات والمواضيع المتعددة، والتي يتطلب بعضها الخبرة التقنية؛ والأخرى مصممة بحيث يمكن لأي شخص ان ينضم إليها. إننا نشجعكم على اضافة إهتماماتكم وطاقتكم ومهاراتكم للمساعدة في تشكيل وبناء الزخم وراء هذه الإستراتيجيات. يرجى المشاركة مع زملائكم في العمل ومع عائلاتكم وأطفالكم وأصدقائكم وجيرانكم ومع الناس الذين لم تتعرفوا عليهم بعد لمساعدتنا جميعاً في التمتع بحياة أكثر صحة ورفاهية.

هذه المعلومات متوفرة بواسطة مدينة بورت فيليب لإعلام السكان عن خدمات ومسؤوليات مجلس المدينة. لترجمة هذه المعلومات إتصلوا بخدمة الترجمة في مجلس المدينة. للترجمة باللغة العربية واللغات الأخرى إتصلوا على 9679 9814، للصينية إتصلوا على 9679 9810، لليونانية إتصلوا على 9679 9811، للبولندية إتصلوا على 9679 9812 وللروسية إتصلوا على 9679 9813.



# Executive Summary - Chinese

## 中文摘要

我们统计资料反映的好消息是，在 Port Phillip 市的生活比前几年要好多了。总体上讲，我们寿命更长、疾病更少、犯罪率降低、车祸伤亡人数减少。我们很多居民对自己的健康状况感到满意、体验着高度的身心幸福。不过，在过去一年里我们走访家庭、公园、街头小巷、咖啡馆和公共场所时了解到了更多的情况，了解到人们每天面临的挑战和对美好生活的一些想法。

我们新计划的战略目标是继续提高我们的健康福利水平，让更多的人一起来研究我们社区最关心的 17 个问题，它们是：

社会凝聚力和社会支持  
本地社区服务  
街区设施  
精神生活  
多样化和包容性  
现代生活的压力

毒品  
生命的各个阶段  
可持续生存  
管理变革中的社区  
社区介入和参与  
减少劣势

社区安全  
交通和社区流动能力  
干净的街道、海滩和公园  
文化生活和艺术  
上涨的生活费用

**Port Phillip 市健康福利计划由社区成员确定，顺利实施这项计划需要全社区共同努力。** 该计划的战略是通过广泛的干预措施和评估技巧，来实施跨领域、跨题材的短期项目和长期项目。有些项目需要专业技术；有些项目任何人都能参加。**我们鼓励您贡献您的热情、精力和技术，来帮助我们塑造这些战略背后的原动力。请您和同事、您的家人孩子、您的朋友邻居、以及您现在还未曾结识的人一起来帮助我们大家过上更健康和更圆满的生活。**

Port Phillip 市提供以上信息、向居民通报市政府的服务和责任。如果要索取翻译文稿，请与市政府的翻译服务处联系。中文译稿请拨打 9679 9810、希腊文译稿 9679 9811、波兰文译稿 9679 9812、俄文译稿 9679 9813，其它语言的译稿请拨打 9679 9814。

## Executive Summary – Greek

### Περίληψη στα Ελληνικά

Τα ευχάριστα νέα που συγκεντρώσαμε από τα στατιστικά στοιχεία μας είναι ότι η ζωή είναι καλύτερη στο Δήμο του Port Phillip απ' ότι ήταν πριν μερικά χρόνια. Συλλογικά ζούμε περισσότερο, έχουμε λιγότερες ασθένειες, μειωμένη εγκληματικότητα και λιγότερους θανάτους και σοβαρά τραύματα από κυκλοφοριακά ατυχήματα. Γενικά πολλοί από τους κατοίκους μας είναι ευχαριστημένοι με την υγεία τους και βιώνουν υψηλά επίπεδα ευημερίας. Ωστόσο, όταν επισκεφτήκαμε κατοίκους τον περασμένο χρόνο στο σπίτι τους, στα πάρκα μας, στους δρόμους, στις καφετέριες και σε δημόσια κτήρια μπορέσαμε να ψάξουμε λίγο βαθύτερα και να ακούσουμε για τις καθημερινές προκλήσεις που αντιμετωπίζουν και τις ιδέες τους για μια καλύτερη ζωή.

Οι στρατηγικές στο νέο σχέδιό μας επιδιώκουν να στηρίξουν την υγεία και ευημερία μας και να φέρουν μαζί πολλά άτομα να εργαστούν πάνω σε 17 θέματα για τα οποία η κοινότητά μας αισθάνεται έντονα. Τα θέματα περιλαμβάνουν:

Κοινωνική συνοχή & υποστήριξη Τοπικές κοινοτικές υπηρεσίες	Ναρκωτικά Στάδια ζωής	Ασφάλεια της κοινότητας Μεταφορικά μέσα & κινητικότητα της κοινότητας
Γειτονικές Εγκαταστάσεις	Βιώσιμη διαβίωση	Καθαροί δρόμοι, παραλίες και πάρκα
Πνευματικότητα	Διαχείριση μεταβαλλόμενων κοινοτήτων	Πολιτιστική ζωή & οι τέχνες
Ποικιλομορφία και συνυπολογισμός Οι πιέσεις της σύγχρονης ζωής	Κοινοτική συμμετοχή	Αυξανόμενο κόστος ζωής
	Μείωση μειονεκτημάτων	

**Το Σχέδιο Υγείας & Ευημερίας του Δήμου Port Phillip έχει αναπτυχθεί από μέλη της κοινότητας και η επιτυχία του εξαρτάται από την ευρεία κοινοτική δράση.** Οι επιλογές στρατηγικών περιέχουν ένα ευρύ φάσμα επεμβάσεων και τεχνικών αξιολόγησης για να παρέχουν ένα συνδυασμό μακροπρόθεσμων και βραχυπρόθεσμων έργων σε πολλαπλούς τομείς και θέματα. Μερικές στρατηγικές απαιτούν τεχνική πείρα· άλλες είναι σχεδιασμένες έτσι ώστε να μπορεί να συμμετάσχει οποιοσδήποτε. **Σας ενθαρρύνουμε να δείξετε το πάθος, την ενέργεια και τις δεξιότητές σας για να βοηθήσετε να διαμορφώσουμε και να αναπτύξουμε αυτές τις στρατηγικές. Σας παρακαλούμε να ενωθείτε με τους συναδέλφους σας, την οικογένεια και τα παιδιά σας, με τους φίλους σας και τους γείτονές σας και με ανθρώπους που δεν γνωρίζετε ακόμη για να μας βοηθήσετε όλους να ζήσουμε μια υγιέστερη και πιο πλήρη ζωή.**



## Executive Summary – Polish

### Podsumowanie po polsku

Dobra wiadomość wynikająca z naszych statystyk jest taka, że życie w Gminie Port Phillip jest lepsze niż było kilka lat temu. Ogólnie, żyjemy dłużej, dokuczają nam mniej chorób, spadła przestępczość oraz ilość przypadków śmiertelnych i ciężkich obrażeń w wyniku wypadków drogowych. W sumie wielu z naszych mieszkańców zadowolonych jest ze swego stanu zdrowia i cieszy się lepszym samopoczuciem. Tym niemniej, w naszych rozmowach z ludźmi w ich domach, w naszych parkach, na ulicach, w kawiarniach i budynkach publicznych w ciągu ubiegłego roku, mieliśmy możliwość nieco głębiej wniknąć w temat i usłyszeć o ich codziennych problemach i wyobrażeniach o lepszym życiu.

Strategie zawarte w naszym nowym planie zmierzają do dalszej poprawy zdrowia i dobrobytu oraz do zachęcenia ludzi do wspólnej pracy nad 17 tematami, które naszą społeczność najbardziej poruszyły. Do tematów tych należą:

Spójność socjalna i wzajemna pomoc	Narkotyki	Bezpieczeństwo środowiskowe
Lokalne usługi środowiskowe	Etapy życia	Transport i możliwości poruszania się
Lokalne udogodnienia	Zrównoważony sposób życia	Czyste ulice, plaże i parki
Duchowość	Kierowanie zmieniającymi się społecznościami	Życie kulturalne i sztuka
Różnorodność i włączanie ludzi	Zaangażowanie i współudział społeczności	Rosnące koszty życia
Presje współczesnego życia	Zmniejszanie nierówności społecznych	

**Plan Zdrowia i Dobrobytu Gminy Port Phillip został przygotowany przez członków społeczności, a jego sukces zależy teraz od szeroko zakrojonej akcji społecznej.** Jego zestaw strategii zawiera szeroki zakres działań i technik oceny w celu wypracowania mieszanki długo- i krótkoterminowych projektów dotyczących wielu dziedzin i tematów. Niektóre z nich wymagają technicznej ekspertyzy, podczas gdy inne pozwalają każdemu się w nie włączyć. **Zachęcamy Cię, byś spożytkował swoją pasję, energię i umiejętności i pomógł nadać rozpęd realizacji tych strategii. Prosimy Cię o przyłączenie się z Twoimi kolegami z pracy, swoją rodziną i dziećmi, swoimi przyjaciółmi i sąsiadami oraz z ludźmi, których jeszcze nie znasz, by pomóc nam wszystkim prowadzić zdrowsze i dające większą satysfakcję życie.**

Informacja ta została przygotowana przez Gminę Port Phillip w celu poinformowania mieszkańców na temat usług i obowiązków Rady. Jej tłumaczenie otrzymać można dzwoniąc do służby tłumaczy Rady. Po polskie tłumaczenie należy dzwonić na numer 9679 9812, po chińskie - 9679 9810, greckie - 9679 9811, rosyjskie - 9679 9813, a w innych językach - 9679 9814.

## Executive Summary – Russian

### Краткий обзор на русском языке

Анализ наших статистических данных позволяет сделать отрядный вывод о том, что показатели уровня жизни в Муниципальном районе Port Phillip улучшились по сравнению с тем, что было несколько лет назад. Мы стали жить дольше и болеть меньше, снизился уровень преступности и количество дорожно-транспортных происшествий, повлекших смерть и серьезные травмы. В общем и целом, многие жители нашего района довольны своим состоянием здоровья и считают, что у них в жизни все благополучно. Тем не менее, когда мы в течение последнего года посещали граждан на дому и встречались с ними в парках, на улицах, в кафе и общественных зданиях, нам удалось несколько глубже познакомиться с теми трудностями и проблемами, с которыми люди сталкиваются в повседневной жизни, а также с их представлениями о более высоком уровне жизни.

Цель стратегий, предусмотренных нашим новым планом, - обеспечить дальнейшее развитие условий для здоровой и благополучной жизни граждан и совместными усилиями разработать направления действий по 17 темам, которые больше всего волнуют наших граждан. К этим темам относятся:

Социальная гармония и поддержка	Наркотики	Безопасность в повседневной жизни
Местные общественные службы	Периоды жизни	Транспорт и возможность передвижения
Средства обслуживания в районе	Устойчивое развитие	Чистота на улицах, пляжах и в парках
Духовность	Учет перемен в жизни различных групп населения	Культурная жизнь и искусство
Многообразие общества и включение граждан в жизнь общества	Привлечение и участие общественности	Рост стоимости жизни
Напряженный ритм современной жизни	Устранение неблагоприятных факторов	

**План действий по обеспечению здоровья и благополучия граждан в районе Port Phillip разработан самими жителями района, и его успех зависит от активности населения в целом.** Набор стратегий из этого плана содержит широкий спектр мер и методов оценки для выработки долгосрочных и краткосрочных проектов, касающихся многочисленных сфер деятельности и тем. В работе над некоторыми темами требуются специальные знания, в то время как другие позволяют привлечь к работе всех желающих. **В этой работе нам нужен ваш энтузиазм, энергия и навыки с тем, чтобы придать форму и энергию этим стратегиям. Мы рассчитываем на то, что вы присоединитесь к нам вместе со своими коллегами по работе, членами семьи и детьми, друзьями и соседями, а также людьми, которых вы пока еще не знаете, с тем, чтобы помочь создать для всех нас условия для более здоровой и приносящей удовлетворение жизни.**

Эта информация предоставлена Муниципальным Советом Port Phillip для ознакомления жителей района с услугами и обязательствами Муниципального Совета. Перевод этой информации на другие языки можно получить, обратившись в переводческую службу Муниципального Совета. Перевод на русский язык можно получить, позвонив по номеру 9679 9813, на китайский язык – по номеру 9679 9810, на греческий язык – по номеру 9679 9811, на польский язык – по номеру 9679 9812, а другие языки – по номеру 9679 9814.



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More local health and welfare statistics can be found at [www.portphillip.vic.gov.au/health\\_wellbeing.html](http://www.portphillip.vic.gov.au/health_wellbeing.html).

# APPENDIX A

## What have we done since last time?

The projects and partnerships below represent a sample of projects that we have initiated, sponsored or have been major partners in since the previous Healthy & Safer Cities Plan was launched. Many of these gave birth to other projects that are not listed. See [www.portphillip.vic.gov.au](http://www.portphillip.vic.gov.au) for more information.

### SOCIAL SUPPORT

- 1) StreetLife Street Parties & BBQ with Port Phillip Community Group & Standard Roads
- 2) StreetLife Photo Exhibition
- 3) StreetLife Poster/Coaster campaign on the micro-skills of community building
- 4) "Dig In" - Port Melbourne Community Garden for people of all abilities
- 5) Pets & Companionship project – research and photo exhibition at Gasworks, Albert Park on the health benefits of pets as companions
- 6) "Meet Your Neighbours" Mobile Coffee Machine day

- 7) Globalism Institute (RMIT) research on sense of community in an era of globalisation
- 8) Community Engagement in disconnected areas (e.g., St Kilda Rd)
- 9) Social Cohesion Project sponsorship of other projects (Mobile Activity Centre in South Melbourne, Percussion Group at the Elwood/St Kilda Neighbourhood House, Hip Hop group at Port Melbourne, Good Shepherd's Project ME in St Kilda)

### ALCOHOL AND OTHER DRUG ISSUES

- 10) Local Drug Strategy – Public Place Management (Talbot Reserve, St Kilda; Duggan Reserve, East St Kilda; Dundas Place, Albert Park)
- 11) City of Port Phillip Liquor Licensing Accord
- 12) Responsible Serving of Alcohol training for over 1200 bar staff in CoPP
- 13) Inner City Entertainment Precinct Taskforce
- 14) Local Drug Strategy – Sex & Drug Historical Walking Tours (2003), Hit the Road Walking Tours (2004), Habits of the Heart (2007)

- 15) Local Drug Strategy – Park Towers Community Wall, South Melbourne (2005)
- 16) Local Drug Strategy – Community Mural, Barkly St St Kilda (2007)
- 17) Local Drug Strategy – Substance newsletter
- 18) Local Drug Strategy – Community Education activities (e.g., Local Drug Forums)
- 19) Local Drug Strategy – Drugs Round Table
- 20) Local Drug Strategy – Overdose Day
- 21) Local Drug Strategy Primary Health Care Facility development brief management (2002-03)
- 22) Local Drug Strategy – Small Grant Projects – VIVAIDS Hep C community education graffiti mural at St Kilda light rail station
- 23) Local Drug Strategy – Small Grant Projects – Songs of St Kilda CD
- 24) Local Drug Strategy – Small Grant Projects – VIVAIDS community education theatre
- 25) Local Drug Strategy – Small Grant Projects – Lentil as Anything/Ecocentre Art project
- 26) Local Drug Strategy – Small Grant Projects – Community reintegration (4 projects)

- 27) Local Drug Strategy Policy Development (1999-2000 & 2005-2006)
- 28) Family & Friends (of drug users') support group in Elwood (2000-2003)

### MARGINALISATION AND SOCIAL EXCLUSION

- 29) On-going work on the health and safety aspects of street prostitution for all people (e.g., responding to complaints and requests for information)
- 30) Street Sex Work Services Coordination Meeting
- 31) Representation on the Attorney-General's Street Prostitution Advisory Group
- 32) Street Sex Work Services Research "Street Walking Blues" with RMIT & others
- 33) Same Sex Attracted Young People's Health Project
- 34) Gay, Lesbian, BiSexual, Transgender and Intersex Advisory Committee
- 35) Gay, Lesbian, BiSexual, Transgender and Intersex Awareness Training



## **FOOD ACCESS**

- 36) Food Security Project working group
- 37) Local research into food security in the municipality (Volumes 1-6)
- 38) Port Phillip Food Network
- 39) Conference papers on Food Security
- 40) Help Yourself Food Cooperative

## **HEALTH PROMOTING NETWORKS & EVENTS**

- 41) CoPP Healthy & Safer City Alliance
- 42) Community Beats & Feets Stage at the Global Garden Party (2002-04)
- 43) Health and Wellbeing Village at the St Kilda Festival (2001)
- 44) Men's Health Forum with ISCHS (2005)
- 45) Children's health Expo with ISCHS (2006)
- 46) Emergency Food Relief Forum (2005)
- 47) LAMP Community Arts Conference with PPCG & Borderlands (2005)

## **UNEMPLOYMENT**

- 48) HEAT project (Hospitality Employment for young people) – raised \$540,000 from philanthropic trusts with St Kilda Youth Service, IELLEN, Victoria Police, local businesses & William Angliss College of TAFE
- 49) SWEAT (Local Employment Opportunities) steering committee
- 50) SWEAT 60 second survey on current business activities

## **EVALUATION**

- 51) Australian Research Council PhD Project on Health Promoting Coalitions
- 52) Community Pulse/ Sustainable Community Progress Indicators (SCPI) working party & progress report
- 53) Smiles per Hour
- 54) Non-Crime Hotline
- 55) Building Relationships for Better Health book
- 56) Community Safety Survey – Perceptions of Safety (2002 & 2006)
- 57) Friendly Neighbourhood Survey

## **Projects that we support (e.g., on other people's steering committees)**

- 58) National Local Government Drug and Alcohol Advisory Committee
- 59) Australian Local Government Harm Minimisation Project
- 60) Victorian Community Indicators project
- 61) RoadSafe Inner Melbourne Community Road Safety Council
- 62) Inner South Domestic Violence Network
- 63) VicHealth's "Taking It To The Streets" campaign
- 64) Safety Audits with Victoria Police
- 65) Minutes Exchange (Gay, Lesbian Bisexual Transgender and Intersex Advisory Committee, Multicultural Reference Group, Young persons Reference Group, Older Persons Reference Group)
- 66) ISEPICH – Health Promotion Working Group
- 67) Inner South Area Health Council
- 68) Local Area Mapping Project (LAMP) steering committee
- 69) Memories, Markers and Margins - VicHealth Mental Health Art Grant

## APPENDIX B

### *Thank you/Acknowledgements to Participating Groups and Individuals*

Thank you to the citizens of Port Phillip who gave us their time and stories.

#### **Community Researchers:**

Sarah Holloway  
Katies Parkes  
Gregory Horne  
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Karin Robin  
Kristy Nicola  
Luke Wolokh  
Joseph O'Reilly  
Ben Waterhouse  
John Mitchell  
Cath Taylor

#### **Current and Former Members of the City of Port Phillip Healthy & Safer City Alliance:**

Marg Welsh (CoPP)  
Brian Dunn (CoPP)  
Mandy Press (CoPP)  
Phil Dalling (DHS)  
Sharon Wishart (VicRoads)  
Sue Wilkinson (CoPP)  
Tanya Hendry (ISCHS)  
Michelle Keenan (CoPP)  
Cr Janet Cribbes (CoPP)  
Kerry McConnell (VicRoads)  
Chris Ellard (CoPP)  
Cr Carolyn Hutchens (CoPP)  
Insp. Stephen Dennis (Victoria Police)  
Jenny Plant (Salvation Army)  
Penny Hopkins (ISCHS)  
Peter Streker (CoPP)  
David Grieg (Fernwood Fitness Centre)  
Robyn Szechtman (CoPP)  
Marilyn Nagesh (resident)  
Cath Templeton (Toyota)  
Cr. Darren Ray (CoPP)  
Sue White (Salvation Army)  
Kathy Wilson (ISCHS)  
Carol Mayell (CoPP)  
Cr Judith Klepner (CoPP)  
Superintendent Carl Hagan (Victoria Police)  
Michelle Alchin (CoPP)  
Yosef Small (resident/Centrelink)

David Spokes (CoPP)  
Rebecca Meachem (ISCHS)  
Alexius Pepper (MetroAccess)  
Insp. Chris Duthie (Victoria Police)  
Mary Bartlett (Sacred Heart Mission)  
Colleen Slater (ISCHS)  
Prof Isaac Prilleltensky (Victoria University)  
Lexie Clayton (Alfred Hospital)  
Val Kay (ISEPICH)  
Dr Delwyn Goodrick (Victoria University)  
Christine Petrie (Bayside Health)  
Cr Janet Bolitho (as a resident rep)  
Anne Garrow (resident)  
Marc La Fontaine (resident)  
Denise Ramus (Department of Education)  
Tara Frichttavong (Victoria University)  
Dianne Richards (Alfred Hospital)  
Insp. Ron Gallagher (Victoria Police)  
Cr Karen Sait (as an ISCHS rep)  
Insp. John Potter (Victoria Police)  
Sue Knight (St Kilda Park Primary School)  
Pauline O'Malley (resident)  
Ilka Tampke (CoPP)  
Maria Falzone (VicRoads)  
Inspector Peter Holmes  
(Metropolitan Fire and Emergency)  
Julie Kruss (Victoria University)  
Jaye Strachan (Victoria University)



**Organizations Council's Community & Health Development team has worked with to implement actions in the previous Health Plan:**

Abode	Centrelink	Emerald Hotel	Network
Access Health	Christ Church, St Kilda	Eremia – Greek Elderly Assoc. of Port Melb	Inner South Community Health Service
Australian Community Support Organisation	Cicciolina	Esplanade Hotel	Inner South East Melbourne Division of General Practice
Albert By The Lake	Clarendon Lounge Bar	Family Drug Help	Inner South East Partnerships in Community Health (ISEPICH)
Albert Park Anglican Church	Community Connections	Fernwood Fitness Centre	Italian Senior Citizens
Albert Park Baptist Church	Cornucopia Foods	First Step Program	Jewish Community Services
Albert Park College	Cricketers Arms	Fitzroy Legal Service	Justice Victoria
Albert Park Hotel	CUB Malthouse	Food Industry & Restaurants, Catering and Grocers	Kathy Wilson Consulting
Albert Park Rotary	Curtain University of Technology	FRH Standard Roads	Kilbride Centre
Albert Park Rotary Clubs	Cushion Lounge	Galini – Greek Elderly Assoc. of Port Melb	Kittens
Alfred Hospital	Daylinks	Garden of Eden	Lamaro's
Amello	Deakin University	Gasworks Arts Park	Lemnian Community Seniors
Arts Access	Victorian Government Departments including: Education, Human Services Southern Metropolitan Region, Office of Housing, Public Health Branch, Drugs and Policy Unit	Golden Gate Hotel	Lentil As Anything
Assoc. for ex-WW2 veterans from former USSR	Dick Whittington Tavern	Good Shepherd Family and Youth Services	Limerick Arms
Association of former Inmates of Nazi Concentration Camps & Ghettos	Dickens Manor	George Public Bar	Liquor Licensing Commission of Victoria
ASTRY Polish Senior Citizens Club	Dig In Community Garden	Grape Unknown	London Public Bar & Restaurant
Australian Hospitality Institute	Dogs Bar	Great Provider	MacRobertson Girls High
Australian Research Council	Drifters Alibi	Greek Community Seniors	Maori Chief Hotel
Balaclava Hotel	EcoCentre	Greyhound Hotel	Maori P.I.C. Group
Bayside Health	Ecumenical Catholic Church	Grosvenor Hotel	Marque Hotel
Beachcomber At St Kilda Baths	Elephant & Wheelbarrow	Gunn Island Brewbar	Melbourne City Mission Reconnect Program
Bells Hotel Pty Ltd	Elsternwick Hotel	Hanover Welfare Services	Melbourne Meditation Centre
Bev Wood Consulting	Elwood College	Health Information Exchange	Menora Magazine / Ethnic Discussion Club
Blue Orange	Elwood RSL	Hare Krishna Temple, Albert Park	Metropol Bar
Borderlands	Elwood/StKilda Neighbourhood Learning Centre	IL Fornaio	Metropolitan Fire Brigade
Braemar Graphics		Inkerman Hotel	Migrant Resource Centre
Cafe Zest		Inner Eastern Local Learning & Employment	Mirabel Foundation
Carousel			

Molly Blooms  
 Monash University  
 Monroes Restaurant  
 Montague Hotel  
 The Motel  
 Municipal Association of Victoria  
 Nadezhda Russian Senior Citizens Club  
 National Council of Jewish Women  
 National Theatre  
 New Life Greek Senior Citizens Club  
 Ngwala Willumbong Cooperative  
 Odyssey House  
 Ogonyok Multicultural Association of Russian Women  
 OPRS Program  
 Pacific Rim Thai Restaurant  
 Palace Entertainment Complex  
 Palace Hotel  
 Park Towers Tenants Assoc  
 Parks Victoria  
 Peppermint Projects  
 Pet Links  
 Port Melbourne Neighbourhood House  
 Port Melbourne Primary School  
 Port Phillip Chinese Women's Association  
 Port Phillip Community Group  
 Port Phillip Eco Centre  
 Port Phillip Housing Association  
 Prahran Mission  
 Prince Alfred Hotel  
 Prince of Wales Bars

Railway Hotel  
 Royal District Nursing Service  
 Red Eagle  
 Red Eye Bar  
 Red Road Consulting  
 Red Scooter  
 Rex Hotel  
 Resourcing Health & Education in the sex industry (RhED)  
 Riva  
 RoadSafe Inner Melbourne Community Road  
 Safety Council  
 Robarta  
 RMIT University  
 Royal District Nursing Service  
 Sacred Heart Mission  
 Sacred Heart's Women's House  
 Saint Hotel  
 School of Population Health, University of Melbourne  
 Second Bite  
 Serbian Artists Association  
 Seven Nightclub  
 Shalom Association  
 SHARPS  
 Social Research Centre  
 Somebody's Daughter  
 South East Centre Against Sexual Assault  
 South Melbourne and Albert Park Greek Senior Citizens Club  
 South Melbourne Greek Women's Club

"Olympia"  
 South Port Uniting Church  
 Southcity Clinic  
 Southport Community Housing Group  
 SPAUMAY  
 Sputnik TV  
 St Columbus Primary School  
 St Columba's, Elwood  
 St Kilda Anglican Church  
 St Kilda Baptist Church  
 St Kilda Community Legal Service  
 St Kilda Crisis Centre  
 St Kilda Drop in Centre  
 St Kilda Earth Care  
 St Kilda Gatehouse  
 St Kilda Greek Senior Citizens  
 St Kilda Mauritian Social Club  
 St Kilda Historical Society  
 St Kilda Inn  
 St Kilda Local  
 St Kilda Park Primary School  
 St Kilda Youth Service  
 St Kilda Police & Youth Club  
 St Kilda Rooming House Issues Group  
 St Kilda Rotary Club  
 St James Church  
 St Luke's Church  
 St Silas Church  
 St Peter and St Paul Parish, South Melbourne  
 Star Bar  
 Stokehouse

The Beach Hotel  
 The Bridge  
 The Gatwick Hotel  
 The Globalism Institute  
 The Torch Project  
 The Vineyard  
 Toyota  
 Traffik Bar  
 Turning Point  
 University of Melbourne  
 Veg Out Community Garden  
 Vibe Cafe Bar  
 VicHealth  
 VicRoads  
 Victoria Police  
 Victoria University  
 Victorian Local Government Association  
 Victorian Taxi Association  
 Village Belle  
 Village Well  
 VIVAIDS  
 Water Rat Hotel  
 William Angliss College of TAFE  
 Windana  
 Winja Ulupna  
 Womens' Health in the South East  
 Yarra Drug & Health Forum  
 YARRA TRAMS  
 Youth Substance Abuse Service  
 Zappas café



**Local Artists, Performers, Students & Passionate Residents who have added their flair to our projects:**

Andy Miller  
Amanda Kingston  
Peter Renshaw  
Wendy Butler  
Alyce Platt  
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Russel Cooper  
Natalie Stratos  
Gareth Ellis  
Gerald Mair  
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Julie Shiels  
Joseph O'Reilly  
Ryan Bradley  
David Ewer  
Phillip Donnellon  
Alejo Arias  
Trevor Donohue  
Luke Wolokh  
Chris Beck  
Andrew Davis  
Sally Carr  
Chloe Gardner  
Paul O'Sullivan  
Amanda Kingston  
Bill McKenzie  
Michael Crane  
Loquii  
Jonas Marnell  
Graham Pitts

Ben Grant  
Ted Paterakis  
Paul Whitby  
Katie Symes  
Cath Taylor  
Alan West  
The Pirate/Bad Boy 007  
Rosie Jones  
Danni Powell  
Kate Downey  
Trevor Donohue  
Eddie Micallef  
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Steve Pennells  
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Steph Miers  
Sophie Bibrowski  
Giz James  
Katie Naish  
Debbie Ling  
Matt Young  
Maree White  
Meyer Eidelson  
Katie Parks  
Sarah Lord  
Terry Moore  
Richard James  
Philippa Armstrong  
Ronald Adams  
Jo-ann Stenton  
Don Linke

Rob Taylor  
Ian Gould  
Jeff Hood  
Penny McDonald  
Roberta Armitage  
Liz Pain  
Julian Hill  
Sen Con Peter Stefaniw  
Annie Pearse  
Angela Dawson  
Mark Robinson  
Delwyn Goodrick  
Sgt Scott Davis  
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John Mitchell  
Con Sarou  
Carol Tutchener  
David Carruthers  
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Annie Carroll  
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Ben Waterhouse  
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Charlotte Bradly  
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Father Bob Maguire  
Father James Minchin  
Anirudha Dasa  
Rev. Nick Hearnshell  
Rev. Derek Snibson  
Rev. Neville Taylor  
Liana Lucca-Pope  
Mary Cull  
Rosemary Snibson

**City of Port Phillip Councillors:**

Cr Janet Bolitho (Mayor),  
Cr Peter Logan (Deputy Mayor),  
Cr Janet Cribbes,  
Cr Dick Gross,  
Cr Judith Klepner,  
Cr Darren Ray,  
Cr Karen Sait

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**Project Team:**

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**Dundas Place resident**  
(streetparty) Front cover

**Phillip Donnellon**  
Inside cover

**Russel Cooper**  
p.1

**Ian Thrussell**  
pp. 7, 8, 9, 19, 23, 24 ( David Ewer and Chloe Gardner in 'Habits of the Heart'), 29 (Chloe Gardner), 31, 32, 33 (left) 36, 40, 45 (right), 49, 50 (left), 51 (right), 52, 53, 54

**Phillipa Armstrong**  
p. 14 (hi to a neighbour)

**Port Melbourne Neighbourhood House,**  
pp. 10, 17, 18

**Fiona Reed**  
pp. 13, 35

**Katie Parks**  
p. 14 (group)

**Bo Svoronos**  
pp. 15, 16, 47 (left)

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**Natalie E. Stratos**  
'Hit The Road' Walking Tour Invite p.25,  
Romance on the Pier, inside back cover

**Martin Fieldhouse**  
p. 29

**VicHealth**  
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**Joint Council for Access for All Abilities**  
pp.35 (right) , 47, 51 (left), 56

**Port Phillip Community Group**  
36 (black & white),

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**Photo by Catherin Acin 2006**  
(drum, hands, feet) p.43

**Camille Monet**  
p. 46

**St Kilda Gatehouse**  
**"Street Scene" Project**  
p. 55



## Notes

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*It became crystal clear that from the community's perspective –  
health, safety and wellbeing was about life itself.*



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**[http://www.portphillip.vic.gov.au/health\\_wellbeing.html](http://www.portphillip.vic.gov.au/health_wellbeing.html)**