



Health and Wellbeing Advisory Group Meeting Deakin+ DHS (BSWR) Partnership

Monday 24th August 2009
Room D4.205, Deakin University Waterfront Campus

Minutes

Co Chairs: Mr John Hedditch and Associate Professor Mardie Townsend.

Present: Mr John Hedditch, Associate Professor Mardie Townsend, Dr Michael Ackland, Ms Kay Mills, Mr Chris Loughnan, Mr Matthew Ebdon, Ms Sue Morgan, Ms Jasmine Van Den Hurk Ms Andrea Sanigorski

Apologies: Professor Boyd Swinburn, Ms Anne Somerville, Professor Evelyn De Leeuw Ms Cathryn Carpenter, Mr Chad Foulkes, Ms Irene McGinnigle, Mr Peter Day, Mr John Devereaux, Ms Carol Micallef, Mr Tim Moore, Ms Juliet Williams, Ms Patti Manolis, Mr Ron Frew, Ms Libby Mears, Dr Paul Talman, Ms Chris Ferguson, Mr John Fendyk, Mr Grant Hamilton, Ms Karen Pritchard, Professor John Toumbourou, Mr Andrew Scott.

Welcome and introduction:

John Hedditch welcomed group members to the Health and Wellbeing Advisory Group meeting with a particular greeting to new participants. John highlighted the Advisory Group's important role as a "think tank" to add value to key planning issues in the region. The Advisory Group in particular aims to help broker engagement between key regional planning agencies, Deakin University+ DHS to improve health, wellbeing and community capacity.

Current activity to progress health and wellbeing priorities:

1. Launch and Symposium at the National Centre for Farmers Health as a prelude to developing a Farmer Health Conference agenda for 2010

The new National Centre for Farmer Health (NCFH) was launched on Friday 10th July by the Premier, John Brumby. The Centre, based at Western District Health Service (WDHS) in Hamilton is headed up by Clinical Assoc Prof Susan Brumby, the Centre's Director. A main focus for the Partnership team has been to help facilitate the planning for the Symposium and launch of the National Centre for Farmer Health. The aims of the Symposium were:

- To raise awareness of health, wellbeing and safety issues faced by farming populations;
- To put health, wellbeing and safety on the delivery and education agenda for those working at the front line with farm families; and
- To identify key priorities that will form the basis of a conference to address the health, wellbeing and safety issues for farming families in 2010.

The Symposium provided an ideal opportunity to bring together key stakeholder ideas and scope plans for a Farmers Health Conference in 2010 which could be aligned to the DHS Rural Health Conference scheduled for 2010.



2. Deakin engagement with the BSW Regional Managers Forum

John recommended Deakin engagement would be best served by representation on relevant Regional Managers Forum subcommittees such as:

- Liveability/Disability subcommittee focusing on areas of disadvantage across the region (Chaired by Jim Higgins)
- Closing the Gap subcommittee focusing on issues of indigenous disadvantage

Action: John to provide Mardie Townsend with Terms of Reference for these groups to consider appropriate Deakin personnel for representation.

3. Deakin representation on G21 Health and Wellbeing Executive

Professor David Lowe (Director Alfred Deakin Institute) will represent Deakin at Executive meetings.

4. Deakin engagement with Greater South Coast Alliance

John reports that the Greater South Coast planning team are engaged in their planning exercises. Need to consider Deakin representation as part of this process.

5. Partnership support for a G21 application to host a Thinker in Residence

The Research and Evidence Based Advisory Group has established a project team to work toward this objective. Consideration is currently being given to a strategic area of focus for this position to develop a submission to RDV for funding.

6. Partnership support for Deakin University's rural and regional engagement strategy

Professor Sue Kilpatrick (Pro Vice Chancellor Rural and Regional, Deakin) has a strong focus on linking education and research to engage with issues which sustain the health and well being of regional communities. This work has included wider engagement with Regional TAFE Institutes (Gordon and South West TAFE) to further develop career pathways for local students to train and find employment in the local community. Sue is also playing a lead role in coordinating Deakin research engagement with the Corio Norlane Development Advisory Board (CNDAB) which is the overarching structure for a suite of major long term projects within the Corio Norlane community.

Matt Ebdon reported that the recent Deakin+ DHS Partnership funded Public Health Forum on climate change "Local challenges, local solutions" has been a catalyst for health-promoting, community-based projects in South West Victoria. As a result of the feedback from the event further monthly public forums coordinated and facilitated by Deakin University and the South West Sustainability Partnership brought together people from various community sectors to workshop ways Warrnambool may become more environmentally, socially and economically sustainable.

The monthly meetings have been well attended and very productive, resulting in the formation of **Smart Living Warrnambool**, a Transition Community that has commenced work actioning 4 key initiatives in the following areas:



- improving biodiversity and active transport infrastructure in local parks
- developing permaculture, composting, grow and swap programs to secure and share healthy food
- developing a public demonstration house that showcases sustainable design, products and features
- exploring local options for producing alternative energy to fossil fuels

Deakin University has also developed inter-sectoral links with health and community services, environmental agencies, transport providers and service clubs to support people marginalised in south west Victorian communities to become volunteers in environmental management activities. The three year program is due to be launched at the beginning of 2010 with funding sought from various sectors. Previous Deakin University research has demonstrated the environmental, community and individual benefits of environmental volunteering. Local communities are very keen to launch this **Environmental Volunteering** program to support people affected by mental illness, disability, long term unemployment and social isolation.

Another community initiative in Warrnambool involves Deakin University, the Greater Green Triangle University Department of Rural Health and the Warrnambool City Council in identifying and developing local infrastructure to promote **commuter cycling**. Currently journeys by bicycle are significantly lower in Warrnambool in comparison to metropolitan counterparts, despite the health-promoting, cost-saving and environmental benefits of cycling.

The advisory group discussed possible avenues of support for these community engagement initiatives including:

- DHS Central assistance in an evaluation of these community programs
- Mike Ackland to meet with Sue Kilpatrick to discuss opportunities for DHS head office staff to engage with Warrnambool community projects
- Possible Public Health Fellow at National Centre for Farmer Health engagement with community projects
- Investigate a Public Health Trainee placement in Warrnambool

7. Corio Norlane Development Advisory Board Healthy Cities accreditation and Research Planning Forum

The partnership team is pleased to convey the exciting news that the **Corio Norlane Development Advisory Board (CNDAB)** has been accepted as a Full Member of the **World Health Organisation Alliance for Healthy Cities**. This is a great achievement recognizing the professional excellence and outstanding work of the CNDAB. The work on the **Healthy Community Plan 2009-2013** ([see attached](#)) and membership application forms represent an extraordinary collaborative effort of the many people who support the CN DAB, its subcommittees and Neighbourhood Groups. Membership to the prestigious Alliance for Healthy Cities aligns the CNDAB with the World Health Organizations best practice standards in regards to developing Healthy City concepts. The partnership team congratulates all members of the CN DAB on a terrific piece of work showcasing the value of integrated planning. We look forward to continue supporting the CN DAB achieve its goals

For further WHO Healthy City information refer to:

- http://www.who.int/healthy_settings/types/cities/en/index.html
- <http://www.alliance-healthycities.com/index.html>



Jasmine Van Den Hurk reported that the Healthy City application formed the basis for the Healthy Community plan which has now been endorsed by the Corio Norlane Development Advisory Board (CNDAB). Subcommittees have now begun to implement this action plan.

The CNDAB and key Deakin Research academics (coordinated by Sue Kilpatrick) will convene a Research Planning Forum on October 29th to set a strategic approach to developing and managing research projects in Corio and Norlane. The advisory group members discussed a range of issues for consideration at this forum:

- Investigate Deakin support for an ongoing evaluation of CNDAB model
- Investigate Deakin Master and Honour students' opportunity for engagement in CNDAB projects. Timeline opportune for research application deadlines by 29th October. Consult with Mardie Townsend re assistance with research application pro formas
- Potential for Health Promotion students to be involved in projects
- Possible DHS Central involvement in these projects. John and Mike to discuss Regional exchange work opportunities
- Consider DHS Eastern Region Internship model to adapt for BSW Region

8. Armstrong Creek development

John Hedditch noted that Deakin and DHS are providing support to the City of Greater Geelong (COGG) in developing their health and wellbeing/liveability agenda with developers but not in a coordinated way.

The challenge is how to bring the wide range of planning and development stakeholders together in the next few years to ensure projects incorporate best practice in developing healthy cities and meaningful liveability outcomes.

A suggested solution was to hold a symposium to bring key stake holders together to develop health /wellbeing/liveability measures for both existing communities (Corio and Norlane) and new developments (Armstrong Creek). These workshops could also include developing best practice liveability measures. The workshops would aim to integrate the aims of community/bottom up planning models with regional /top down strategic plans. A key aspect would be to promote the commercial benefits of designing healthy and liveable communities to developers.

Action: John Hedditch to report back at next meeting on progress.

G21 Health and Wellbeing Report

Anne Somerville was an apology and unable to attend the meeting.



DHS Regional Health Promotion Planning Report

Sue Morgan reports that regional health promotion activity is focused through the three Primary Care Partnerships (PCPs) for the BSW Region. Each develops their own health promotion priorities but they are similar in many respects across the region covering issues including:

- mental health and wellbeing
- food security
- oral health
- access to public transport
- harm reduction tobacco, alcohol and drugs

Future objectives include:

- to work toward joined up health promotion priorities
- encourage agencies to widen the breadth of their intervention in community engagement and development as well as education and training
- to widen work and coordination with health promotion activity of local councils

Judith Ramaley workshop with Partnership Team

The Deakin + DHS Partnership were delighted to welcome Prof Judith Ramaley as the Guest Speaker to lead a University/Government Partnerships Workshop at Deakin University's Waterfront Campus on Thursday August 6, 2009. The Partnership has been privileged over the last few years to benefit from Professor Ramaley's internationally recognized expertise in designing regional alliances to promote educational cooperation.

During her visit Judith spent a morning with the team reviewing Partnership activities since her last visit. Judith was particularly interested in the role of the Health and Wellbeing Advisory Group and saw it as playing a pivotal role as a hub for ideas and coordination of activity across the partnership. Judith emphasized the importance of this group having a strong and vibrant membership as a generator of ideas across workforce and research priorities.

Other Business

1. Membership review

Meeting participants discussed the potential to widen the membership base of the Health and Wellbeing Advisory Group. The following participants were suggested to increase representation across a wider field:

- **Professor John Toumbourou** (Chair in Health Psychology, Faculty of Health Medicine Nursing & Behavioural Sciences, Deakin) who is interested in attending the meeting and has wide expertise around adolescent health issues.
- Representation from the TAC.
- Possible DHS Central office representation from leadership team in public health.
- Mardie to review current membership list for Deakin representation



2. Seminar promotion of Deakin +DHS Partnership activity

Mardie suggested that a series of promotional seminars to Deakin and DHS staff promoting the Deakin + DHS Partnership model should encourage wider engagement with our advisory groups. If staff understands our business model they may see relevant connections to advance their particular core business.

Next Meeting

Date: Thursday 11th February 2010

Time: 10 to 12pm

Venue: Room AD1.122 Alfred Deakin Institute, Deakin Waterfront Campus