



Glenorchy Healthy Communities Plan 2014-2023



About this document

This is the Glenorchy Healthy Communities Plan. This Plan replaces the 2008-13 Recreation Plan.

The document was prepared by @leisure Planners in conjunction with Council Staff.

Acknowledgements

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1. Introduction



1.1 This project

A Healthy Communities Plan has been developed to replace to the 2008-2013 Recreation Plan and guide Council in its pursuit of: ***Improved health & wellbeing of the people of Glenorchy through increased awareness of, and participation in, physical and wellness activities.***

Broad priorities, goals and strategies and high level actions have been prepared that Council, in partnership with relevant stakeholders, will use to improve the health and wellbeing of residents and workers in Glenorchy.

This Plan seeks to set the high level agendas for the next ten years and outline the more detailed work that will be conducted in specific areas.

- This Plan seeks to add further dimensions to the Recreation Plan, such as healthy eating, and other areas where Council can impact on health issues such as chronic disease, and diabetes
- This broader health and wellbeing approach reflects a

trend where Councils are seeking to address overall wellbeing in planning

How this was prepared

This Plan was prepared following:

- An extensive literature review of health and wellbeing and related policy and plans
- A review of Council strategies / policies, and 2013 community survey conducted through the Glenorchy Matters Community Panel
- Discussions, and a workshop with staff
- Preparation of priority actions for discussion and a briefing of Aldermen

Through this process, three key priority action areas have been identified that will guide Council departments, local service providers, community organisations and businesses in implementing health and wellbeing initiatives in the City of Glenorchy.

Relationship to other plans

This Plan reinforces directions from:

- Australia’s Health Framework for Determinants of Health, AIHW, 2012
- A Healthy Tasmania: Setting New Directions for Health and Wellbeing, 2013
- A Thriving Tasmania: Final Report of the Ministerial Health and Wellbeing Advisory Council, December 2013, and
- The Tasmanian Government’s 2013-2014 Policy Framework of Jobs, People and Opportunities.

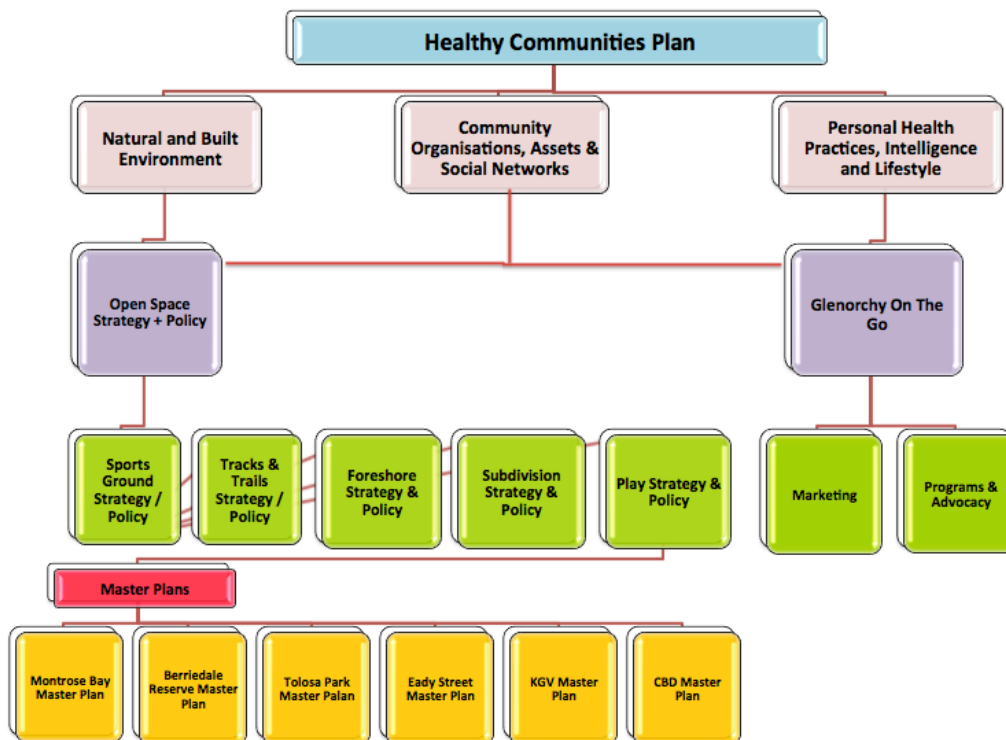
This Plan reinforces content of the Council’s current Strategic and Community Plans, and provides for future updates of specific departmental Council Plans:

This Plan will inform additional more detailed future policies and plans, such as (see Image 1):

- Open Space Strategy
- Sportsground Policy
- Foreshore Policy
- Reserves Strategy
- Trails Policy
- Subdivision Policy.

Performance measures and annual priorities from this Plan will be set in Annual Plans for each Council department.

Image 1. Influence of Healthy Communities Plan



1.2 Key concepts and definitions

Health

Health doesn't just mean being free from sickness and disability. Health is a complete state of physical, mental and social wellbeing.

Many of the factors influencing health lie outside the health sector.

The social determinants of health are the conditions in which a person lives, that determine their chances of achieving good health. Social, environmental, and economic factors are important determinants of human health and are interrelated.

This Plan acknowledges the importance of social position, stress, early life, social exclusion, work, unemployment, social support, addiction, food and transport as contributing to health outcomes.

Wellbeing

Wellbeing is a state of being happy, healthy and prosperous.

People cannot fully achieve their potential unless they are able to take control of those things that determine their wellbeing.

Glenorchy's demographic profile

There are some key demographic characteristics that make Glenorchy's population vulnerable to poor health outcomes and are likely to constrain participation in sport and physical activity, and social connectedness.

Glenorchy's population has a higher median age and lower median household income compared to Australia and Tasmania. It has fewer couples with children; a higher proportion of medium and high-density housing and a higher proportion of non-English speaking people than other areas of Tasmania.

Considerably fewer people have Bachelor qualifications than in Tasmania and Australia. Glenorchy has higher levels of unemployment and social disadvantage than Tasmania and Australia as a whole, and an increasing and higher proportion of people who have need for assistance due to a severe or profound disability.

1.3 National and State directives

There are four common themes in the relevant directions from national and state plans: Leadership across sectors, Place-based approaches, Target groups: experiencing greatest disadvantage, and Activities of non-health areas of Council.

Leadership across sectors

“A Healthy Tasmania” State Government policy direction suggests there is a need for a commitment to “Establishing a coordinated and comprehensive approach to health and wellbeing across government and community, by building collaborative partnerships with communities, and the government, non-government and private sectors”.

Place-based approaches

Place-based approaches are the best ways of improving health and reducing health inequity in Tasmania.³ This suggests that locality, community or place-specific approaches that promote capability are the most effective.

Place-based approaches accept that local knowledge of the social, cultural and institutional context of communities is central to improving the health and wellbeing of its residents.⁴

Place-based approaches:

1. Are designed to meet unique needs of locations
2. Engage stakeholders across all sectors in collaborative decision-making
3. Seize opportunities, particularly local skills and resources
4. Evolve and adapt to new learning and stakeholder interests
5. Encourage collaborative action by crossing organisational borders and interests
6. Pull together assets and knowledge through shared ownership
7. Attempt to change behaviour and norms in a location

³ The Fair and Healthy Tasmania Strategic Review’s main findings

⁴ Ibid.

Target groups: those experiencing greatest disadvantage

Health inequities are most evident in the following groups of people:

- Young people
- Older adults
- People with low incomes
- People who are born overseas of non-English speaking backgrounds
- People with a disability
- People with limited education, or those
- Who live in remote areas.

People in these groups also experience additional constraints in participating in leisure activities, and typically have lower than average participation in physical and social activities.

Activities of non-health areas of Council

Recent health and wellbeing efforts focus on areas which research suggests have major impacts on health and wellbeing of a community, but are outside those traditionally identified as health services. These include:

- Planning and design of green space
- Residential subdivision design
- Planning and encouraging use and design of non-motorised off-road transport
- Securing sources of healthy food
- Providing opportunities for physical activity
- Providing opportunities for development of social activity, inclusion, networks, support and skills.

2. Roles, achievements, issues and focus of this plan



2.1 Council's role in health

Local Government Act 1993 states that Council's role is to provide for the health, safety and welfare of the community, represent the interests of the community and provide peace, order and good government of the municipal area.

Council delivers many direct services that are **acknowledged as health related**, for example those related to early childhood, immunisation, environmental health and animal management, etc.

These are not the focus of this Plan.

Less quantified contributors to health have been documented in more recent years particularly related to:

- Views of, access to and ability to use open (green) space
- Residential subdivision design
- Non-motorised off-road transport
- Sources of healthy food
- Opportunities for physical activity
- Opportunities for development of social activity, inclusion, networks, support and skills.

These are the focus of this Plan.

Sport, open space, recreation related activities as the focus of this plan

Council's services related to open space and recreation planning have a considerable bearing on the health of the community.

Participation in physical activity, sport and environmental activities are powerful indicators of health. These activities provide considerable opportunities to change behaviour and generate specific health benefits.

There is value in making a strong connection between health and sport and recreation. Typically sport and recreation plans and even state policy don't draw out strong connections with health, and health related documents typically don't provide clear or practical connections with sport and open space issues except in an idealistic way.

Sport provides considerable community and personal benefits. These include: social and physical development opportunities, skill, persistence, discipline and resolve to succeed. It provides role models, social sport and opportunities to develop self-esteem.

Council has a current Recreation Plan (2008) that has reached the end of its term. This Healthy Communities Plan will replace the current Recreation Plan.

There are many things that Council can do to influence health. This Plan focusses on a practical range of influences around sport, recreation, open space and healthy eating.

Priorities

There is a strong need to **prioritise** initiatives according to their capacity to impact on health and wellbeing by:

- Creating social, economic and environmental benefits
- Addressing those target groups that experience the greatest disadvantage or barriers to achieving good health and wellbeing, and for whom such interventions are likely to have the greatest impact
- Creating access to physical and social activity and connections with nature, for people with a disability, older adults, and groups with low health knowledge etc.
- Create behavioural change – through physical activity, and connection with nature and social / support.

2.2 Why Council has a pivotal role in health and wellbeing

Council is well positioned to make a considerable impact on the health and wellbeing of residents because of its:

- legislative mandate
- role as a planning authority
- information it holds about facilities, organisation and residents
- services it currently provides, and
- multi-disciplinary staff resources it has at its disposal.

There are a number of ways that Council can influence change and provide health benefits through recreation, sport and open space.

These are:

- Policy / research
- Programs
- Partnership development
- Promotion
- Planning controls /regulations
- Provision of facilities.

Strategies can be effectively targeted through a multiple pronged approach.

Council is often the first point of call for all things Glenorchy – especially sport, recreation, community and open space related activities, and it has the knowledge of facilities and services to influence health and wellbeing outputs at many levels.

- Council is better placed to tap into a range of sources of funding than other organisations
- Council is better able to manage acquittals for large scale projects than small organisations
- A whole City approach is important, and few other organisations are in a position to offer this
- Council can add value to the work of small organisations who may represent single focus issues or market segments
- Healthy Communities is part of Council’s strategic direction and commitment to being a ‘community Council’
- Members of the Glenorchy community expect Council to continue in this role in the future.

2.3 What has been achieved since the last Recreation Plan?

Council received considerable recognition for its work in implementing the last Recreation Plan (2008-2013).

Key achievements of this plan include the following:

- A Sport and Recreation Development Officer employed
- 'Glenorchy On The Go' initiated – realising community capacity and organisation benefits –that were not stated objectives, but became outcomes
- More than 14 walking groups and 10 exercises classes a week set up
- New facilities constructed: skatepark, mountain bike and cycle trails, a criterium circuit etc.
- Works to floating pontoons to enable the Sailability program to operate completed
- Dog off-leash areas designated and maps prepared
- Development of GASP
- A home for archery at the waste disposal site established
- Shoobridge / Western Park developed as a social / family recreation destination
- Developed, involved in or supported Chigwell, West Moonah, Karadi, Goodwood, Moonah and Glenorchy PS Community Gardens
- Landscape works around St Matthews Church undertaken
- Play area at Hestercombe Reserve constructed
- Table Tennis assisted to find suitable facilities
- Soccer established at North Chigwell Oval and Claremont Sports Ground
- Council's current policy with respect to lighting sports fields reviewed
- Cycleway to Claremont Sports Ground extended, and trail head facilities provided
- Person employed for communication
- Partnership with private not for profit centres strengthened (Moonah Sports Centre and YMCA)
- Developments for cricket and soccer at KGV
- Synthetic bowls surface provided at Berriedale Reserve
- Establishment of bocce at Glenorchy RSL
- Outdoor exercise equipment installed at Windermere Reserve and Montrose Bay foreshore
- Increase in the number of organisations accessing Sport and Recreation Tasmania grants.

Review of the Recreation Plan

In March 2013 a community survey reviewing key objectives of the plan was conducted. The survey sample included:

- 425 Glenorchy Matters Community Panel members
- 193 Community Precinct members
- Article and survey link placed on GCC website and Intranet
- Survey link sent to members of Special Committees of Council
- Survey link sent to Sport & Recreation organisations mail list (approx. 200).

Actions in this Plan address issues raised in the community survey as well as the views of staff.

2.4 Current issues and those arising since the Recreation Plan

Increasing pressures on, and demand for open space

There is an increased recognition of the value of open space, from public health and wellbeing, environmental and economic perspectives.

There is a high demand for public open space, and also for land for commercial, residential and indoor community, recreational development in strategic locations. Open space is under pressure to meet the demand for other and commercial uses.

A clear direction about the value of open space parcels for recreation or environmental purposes is needed to provide a timely response to development proposals.

With increasing residential densities there is a resulting decrease in size and availability of private open space.

There is continued pressure on natural areas, and the loss or fragmentation of habitat due to increased urbanisation is inevitable.

A number of regional open space and sports facilities that contribute benefits to Glenorchy, are not in Council ownership. There have been proposed developments to enhance private provider's viability, which may impact on the sports and recreation opportunities for residents, as well as impact on public amenity (e.g. Showgrounds, Claremont Golf Course).

Some schools sites have closed, thus reducing the availability of outdoor sportsground (5 ovals) and green space. This may also reduce the recreation opportunities that were provided informally, or for clubs, in the City. The development of these sites for housing will stimulate the demand for open space and recreation facilities, and yet reduce its availability.

Council's Open Space Plan will consider the relationship of private and public to ensure private interests do not detract from public enjoyment of open space, and the agreed functions of that space.

Climate change may have considerable impact on participation in outdoor recreation activities and the use and quality of open space.

There is an increased awareness of the need to adapt to the impacts of climate change, including:

- Increasing average temperature, evaporation and solar radiation
- More extreme weather events such as heatwaves, bushfires and storms
- Foreshore inundation and erosion
- Increasing pressure on existing biodiversity and man-made assets.

Council now has a climate change adaption strategy. With climate change adaption there will be an increased need to address issues of shade, shelter and water for open space users, and additional management issues associated with foreshores and facilities, and a need for policy about use during extreme weather events.

There is an increasing demand for cycling and walking trails. More needs to be done to connect paths with the Intercity Cycleway and to manage conflicts between activities on existing trails. There are also opportunities to capture people coming off the north / south track before they return to Hobart.

Some Council land is not providing a good return on investment. Some could be developed for identified or other purposes, reused, or divested.

Changing needs and behaviour

There is greater demand for information about facilities, services, and forms of assistance – on-site and off-site – for example about trails.

With increased awareness of the need for physical activity people who are not active need to know: Where can I walk or cycle off-road? – Where do existing trails go? What type of activities can we use them for? How far have I come, and are they accessible by wheel chair?

With changing and longer working hours, a greater flexibility of access to facilities is required. For example there is a demand for 24hr gyms, indoor courts and greater access to well lit parks and trails etc.

People's expectations of what Council provides and the quality of what is provided is increasing, and there has been some change in expectations. This change may be influenced by a reduced number of families, and more lone person households.

With greater knowledge about health and wellbeing and the importance of open space, expectations of park and sports field maintenance have grown.

There is more emphasis on development works in the CBD, on high profile developments, and visual things. At the same time grant funds available are often for items or actions that are not Council priorities.

Many community and sporting organisations do not see the link between their roles and physical activity or health. There is value in encouraging community groups to see that link, and identifying how influential they can be.

There is demand from small cultural groups for free places to congregate – both indoor, and outdoor spaces.

There is an increasing demand for space to hold one off events: fun runs, pet walks, cycling events and challenges for charity, as well as fitness challenges such as iron man, Tough Mudda™, type challenges which seek the use of public parks and other open spaces.

Access and inclusion

Since the last Plan the proportion of people born overseas has increased Australia wide, and the number of people with a disability has increased with a slight ageing of the population.

Older people are generally participating in physical activity longer than ever before. However the proportion of people with a disability participating in physical activity and sport has not increased.

Ageing infrastructure in some cases provides physical barriers to participation however the building Code of Australia has encompassed the Access to Premises Standard since the last Plan, and new facilities are more accessible.

Play facilities have previously been provided as single purpose facilities. There is an increasing need to design play spaces for people of multiple age groups and abilities, and specifically carers, siblings, teenagers and older persons. In addition, there is a requirement to design play spaces to enhance play value and access to nature, in accordance with current standards.

Designing play spaces for multiple age groups, as more accessible and social spaces with high quality landscape (as social / family recreation spaces), will, if provided in selective locations, not only meet increasing expectations, but be more efficient to maintain and future proof provision against demographic change.

Sports and clubs

The changing nature of volunteerism and pressures on community sport have and will necessitate changes to clubs to remain viable and sustainable, and this is also influenced also by facility design and management processes.

Some schools sites have closed and this reduces the recreation opportunities available informally e.g. for basketball clubs in the city. This loss has coincided with an increase in demand for junior sport. The last Plan identified two schools with desirable community ovals for social / family recreation.

Trends elsewhere suggest that with the closure of school sites, remaining school sites are being developed further and are losing green space, placing further pressure on Council sports grounds.

In the drive to become more sustainable some smaller sports are being regionalised. This is likely to be a reason for a declining number of clubs in Glenorchy. Glenorchy no longer has basketball, swimming, lacrosse, or hockey clubs based in the city. Hence there is a need to work closely with neighbouring Councils (Clarence and Hobart) to jointly promote opportunities available.

Asset management

There is an increased government focus on economy, enterprise and sustainable asset planning and management, as well as planning for whole of life costs.

There is also an increasing demand for indoor facilities. However most of the indoor facilities in Glenorchy (indoor courts sports, skate and ten pin bowling) are in private ownership. Council doesn't control these and they are reaching the end of their useful asset life.

There are greater requirements to have asset management plans and factor in lifecycle costs. A number of community facilities and other infrastructure are ageing for example: Glenorchy pool, Derwent Entertainment Centre.

There is a need to increase return on investment by the activation of small indoor halls, and some underutilised sportsgrounds where the quality of facilities may have impacted on use.

Resourcing

There are new opportunities to seek funds to address social determinants of health –especially physical activity related projects, programming, and trails, especially due to the high level of social disadvantage in some communities in Glenorchy.

Council has been successful in acquiring funds for separate projects, however more coordination of incremental developments is required (for example in Tolosa Park Reserve there have been funds provided for gun clubs, walking tracks, regional nursery, bike facilities, a skate park).

There is a tendency to focus resources on development of prominent regional open places and spaces, but local equitably distributed facilities, services and spaces are also required.

Capital projects are continually more easily funded though external sources, however there is an increasing need for recurrent and program funding to change behaviour, market opportunities, provide ongoing support for target groups to use existing facilities, and continue to progress successful initiatives established through programs such as 'Glenorchy on the Go'.

Resourcing infrastructure maintenance is very difficult. Council can often get grants for new things but not for upgrades or ongoing programs. However, Council policy states, “addressing existing infrastructure before establishing new infrastructure is a priority”. This provides some valuable checks – but some limitations in developing new initiatives to meet changing demand.

Much more rigorous methods are needed to set priorities as resources are limited, and greater demands are being placed on Council.

New models of funding are required to continue and extend successful initiatives funded by others, such as ‘Glenorchy on the Go’.

Health and physical activity

Health, well-being and preventative health are a strong focus of current public policy and are related to sport, recreation and open space.

There is an increasing prevalence of and concern about diabetes and obesity rates, the costs of these, and decreasing levels of physical activity in the population as a whole. However without equal focus on healthy eating, the promotion of physical activity is unlikely to achieve the results desired.

There are an increasing number of guidelines, research and funded campaigns focused on physical activity. New Australian physical activity and sedentary behaviour guidelines were released in 2014. These reinforce the need for: daily exercise, and strength training for people of all age groups, and the minimisation of sedentary behaviour.

There is a growth and demand for some activities such as personal fitness and training, especially for females. These are typically provided by the private sector and raise cost issues for Glenorchy residents.

The success of projects such as ‘Glenorchy on the Go’ has generated repeat visits from participants at subsidised rates, leaving little capacity in the program to target new participants.

With the increasing number and variety of trails users (children, dogs, walkers, commuting and recreational cyclists and skaters etc.), there is an increased potential for conflict between user of open space and in particular trails. Policy and design needs to minimise these conflicts if increased use is to be encouraged.

3. Goals of this plan

The three goals of this plan are as follows:

- 1: A natural and built environment that encourages active lifestyles and healthy eating**
- 2: A cohesive and inclusive community with well developed social and community networks and assets, and**
- 3: Improved personal health knowledge, practices, and lifestyles**

Objectives, primary, secondary and other actions are identified for each goal in the following chapter.

The Council department with the lead responsibility to implement each action is identified.

As the strategies and policies identified in this Plan are developed further details around specific actions will be explored.

Performance indicators for each action will be prepared as part of the Annual Plan for each Council department.

4. Objectives and Actions by Goal

Goal 1: A natural and built environment that encourages active lifestyles and healthy eating



Access to off road trails for cycling and walking, trees, views of and access to green space, community infrastructure within walking distance of home and the quality and character of the neighbourhood generally plays a significant role in mental health and wellbeing, civic pride and whether people are physically active make more healthy eating choices..

Council plays a significant role in determining the quality of the natural and built environment and hence residents health and wellbeing, through planning as well as through the provision and management of community infrastructure.

Key Objectives

1. Plan residential and commercial areas to increase walkability, and access to services and facilities
2. Protect existing mature trees and plant new trees in urban development
3. Provide a diversity of social, environmental and physical activity opportunities in open space to meet the widest range of the population's needs and protect specific benefits
4. Provide an equitable distribution of places and spaces that encourage all residents to: lead healthy, physically and socially active lives
5. Increase resident's proximity to and value of green space, foreshore and natural areas, to increase wellbeing and opportunities for social and physical activity

Key Objectives (cont'd)

6. Activate, and create free access for groups to gather in, community places and spaces
7. Secure regional and local open space assets provided by others, for use by residents
8. Promote and adopt practices that support a resilient community and sustainable assets that can be adapted and respond to changes in climate, demographics and recreation demand
9. Enhance the quality and viability of community and sporting facilities, and maximise opportunities for sharing and multi-use public places and spaces.
10. Develop and promote an integrated network of off-road trails to improve physical access and encourage outdoor recreation, active transport and contact with nature
11. Enhance the quality and play value of local parks
12. Ensure appropriate green space buffers are provided to enhance health and wellbeing of residents and separate incompatible land uses

Primary Action:

1. Prepare and implement an Open Space Strategy to analyse the nature, distribution and diversity of current open space opportunities, identify priorities, and provide a timely and effective basis for incorporating active lifestyles and healthy eating into planning decisions

Lead Responsibility

Planning Services
(Environment, Infrastructure & Development)

Secondary Actions:

1. Prepare a Sports Facility Strategy /Policy, including a sportsgrounds pricing strategy
2. Prepare a Tracks, Trails and Cycleways Strategy
3. Prepare a Play Space Strategy

Lead Responsibility

Property (Finance & Business)
Sport & Recreation
(Community Development))
Property (Finance & Business) and Community Inclusion (Community Development)

Actions by Topic/ Facility Type	Responsibility	Timeframe	Resources
Develop the Network of Off-Road Trails	Lead Responsibility: TBC		
<ol style="list-style-type: none"> 1. Prepare a Tracks, Trails and Cycleways Strategy following broad strategies and routes being identified in the Open Space Plan 2. Extend the network of off road trails to include district off road trails, park perimeter trails, and exercise circuits that connect with community destinations 3. Investigate the provision of a range of trails e.g.: wide sealed wheelchair accessible and skateable trails; unsealed paths for running jogging; equestrian use, iconic trails in natural areas, and tracks for walking and mountain biking in more remote areas 4. Investigate the development of a network of secondary shared trails connecting to the Intercity cycleway 5. Investigate the development of tracks and trails running from Mt Wellington to the Derwent River foreshore 6. Address gaps in existing trail routes, and ensure developers provide off road trails in areas identified by Council 7. Investigate the provision of off road trails along lower order roads, rather than arterials 8. Investigate the development of a Canoe River Trail and Community Boating Hub to add a destination to the mountain - foreshore link 			

Actions by Topic/ Facility Type	Responsibility	Timeframe	Resources
<p>9. Investigate the provision of lights and nodes of support facilities and breakout spaces along key trails to enhance their use and enjoyment</p> <p>10. Advocate for the retention, and the enhanced sustainability of key regional open spaces in Glenorchy not in Council’s ownership, where neglect or proposed developments, may impact on the sports and recreation opportunities for residents, as well as public amenity</p> <p>11. Investigate the provision of circuit paths in and around aged care facilities to encourage residents to walk safely</p> <p>12. Undertake assessments of streetscapes and trails to determine suitable tree species and placement, and enable additional planting of canopy trees along streets and trails</p> <p>13. Investigate the development of a consistent and clear suite of directional, information and interpretative signage for off-road trails</p> <p>14. Seek sponsorship and fundraising for trail development</p> <p>15. Secure alignments for future trails especially in areas which are likely to be developed for residential purposes</p> <p>16. Investigate the development of exiting trails into at least one circuit per suburb</p>			

Actions by Topic/ Facility Type	Responsibility	Timeframe	Resources
<p>17. Enhance the quality of off road trail surrounds and streetscapes, to enhance the sense of wellbeing and mental health benefits of users and adjacent residents Motivate people to walk by enhancing the quality of walkable routes and what people see along way</p> <p>18. Investigate the construction of shared trails around the perimeter of larger parks to encourage walking, running and jogging</p> <p>19. Investigate the development of a design guide in the Trails policy that: defines the width and desirable features of the trail treadway, right of way, and a landscape buffer along each side of the trail; and provides guidance on materials and construction</p>			
<p>Open Space Planning</p>	<p>Lead Responsibility: Planning Services (Environment, Infrastructure & Development)</p>		
<p>20. Prepare an Open Space Strategy</p> <p>21. Review Council’s Public Open Space Acquisitions and Contributions Policy</p> <p>22. Review the planning scheme and Council’s subdivision policy to seek support for more walkable and “green” subdivisions</p> <p>23. Improve residential subdivision design to encourage walking and cycling, and provide better access to community facilities, parks and trails</p>			

Actions by Topic/ Facility Type	Responsibility	Timeframe	Resources
<p>24. Investigate the development of core service levels - that include recommended distances to walk to different functions of open space e.g. social, sporting, relaxation, nature-based, in different residential settings</p> <p>24. Provide a range of open space functions (and settings) that can deliver a specified range of community benefits i.e. social and physical activity, sport, child development, community horticulture, relaxation, conservation etc.</p> <p>25. Identify opportunities to cluster/co-locate services to serve multiple activities and ages</p> <p>26. Consider opportunities through the Planning Scheme to provide adequate space between buildings, as well as an acceptable proximity to any green space (as determined by core service levels)</p> <p>27. Determine the most appropriate form of, and provisions related to open space buffers to protect: waterway foreshore open space, residential amenity, sporting uses, and for noise abatement (housing density, music, dogs, lights and sporting use, machinery use) industry etc.</p> <p>28. Review the tree protection and planting policy for the City</p>			

Actions by Topic/ Facility Type	Responsibility	Timeframe	Resources
<p>29. Seek support from developers to accommodate existing trees in the design of residential and other developments to: accommodate enhance visual amenity and biodiversity, contribute to restorative values; evoke a sense of wellbeing and provide shade, access to nature and character in a new development.</p>			
<p>School and other sites not owned or managed by Council</p>	<p>Lead Responsibility: Planning Services (Environment, Infrastructure & Development)</p>		
<p>30. Investigate the value of school sites (for health and wellbeing, for the need to replace sports fields that have been lost; and for additional open space and physical activity facilities to serve any residential or other development that occurs on the site)</p> <p>31. Encourage co-locating indoor sports facilities with schools, other sporting facilities, and in conjunction with commercial centres</p> <p>32. Work with the management of Royal Hobart Showgrounds and Tattersall’s Elwick Racecourse to seek the provision of multiple playing fields for sport</p>			

Actions by Topic/ Facility Type	Responsibility	Timeframe	Resources
Community gardens	Lead Responsibility: Community Inclusion (Community Development)		
<p>33. Support the development of additional community gardens and horticultural opportunities in Glenorchy, including those in conjunction with health, aged care and disability service providers</p> <p>34. Support the extension to schools' kitchen gardens to become community based, embracing a whole of community approach for the growing, harvesting and production of food</p> <p>35. Encourage more participation by the community and schools in the development of community gardens</p>			
Access to nature / biodiversity / Tree planting	Lead Responsibility: Environment (Environment, Infrastructure & Development)		
<p>36. Protect pockets of bushland, wetland and natural spaces and mature trees that enhance mental health, provide educational opportunities, sources of inspiration and restorative values and that encourage environmental stewardship</p>			
<p>37. Consider additional greening and irrigation of selective reserves to encourage greater use of these parks in summer</p>			
<p>38. Provide ongoing opportunities for residents and schools to plant of trees</p>			

Actions by Topic/ Facility Type	Responsibility	Timeframe	Resources
Sports facility planning and development	Lead Responsibility: Property (Finance & Business)		
<p>39. Prepare a Sports Facility Strategy / Policy to address detailed sportsground issues and issues specific to individual sports codes (ie lawn bowls)</p> <p>40. Work with adjacent Councils to provide equitable distribution of sports facilities across the City</p> <p>41. Seek to accommodate additional junior sport opportunities that are in demand, through multiple-use and facility sharing/partnerships with other education and private providers</p> <p>42. Advocate for the retention, and the enhanced sustainability of key regional sports facilities in Glenorchy not in Council’s ownership, where neglect or proposed developments may impact on the sports and recreation opportunities for residents, as well as public amenity</p> <p>43. Encourage greater use of less well utilised sports facilities through programming and infrastructure upgrades</p> <p>44. Seek to provide a good balance between maintaining existing opportunities and providing additional ones, and managing sports grounds with high but suitable level of use. For example: investigate creating better</p>			

Actions by Topic/ Facility Type	Responsibility	Timeframe	Resources
<p>access to and programming of tennis courts where there is capacity</p> <p>45. Seek alternative sources of water to minimize the cost of mains water supply to open space and community infrastructure</p>			
<p>Play space planning and development</p>	<p>Joint Responsibility: Property (Finance & Business), and Community Development</p>		
<p>46. Prepare a Play Space Policy / Strategy to guide play space planning, design and management</p> <p>47. Investigate options for higher quality, more imaginative and informal play spaces with natural elements when play equipment is up for renewal</p> <p>48. In future resist providing small and single purpose play spaces in public space, instead investigate options for developing selective play spaces as hubs for social and physical activity for the whole family. These should provide a better connection with nature, access for people of all abilities as well as attractive places to be. Ensure that the distribution of these Social/Family spaces serves all areas.</p> <p>49. Investigate the provision of more outdoor spaces to take children where parents and carers can also meet, socialise and either have coffee or undertake physical activity</p>			

Actions by Topic/ Facility Type	Responsibility	Timeframe	Resources
<p>50. Provide a range of play spaces that include: some that are fenced, high environmental amenity, surrounding green space, seats, tables and landscaping.</p>			
<p>Water based and foreshore opportunities</p>	<p>Joint Responsibility: Environment and Planning Services (Environment, Infrastructure & Development)</p>		
<p>51. Prepare a Foreshore Policy to guide strategic decision making and development in the vicinity of the foreshore</p> <p>52. Review foreshore land of strategic importance to residents and regional users and seek to retain this in public ownership for access, environmental or water based recreation purposes</p> <p>53. Identify key water based infrastructure likely to be susceptible to impacts of extreme weather events and changing water levels and ascertain necessary actions</p>			
<p>Master planning and design</p>	<p>Joint Responsibility: Property (Finance & Business) & Planning Services (Environment, Infrastructure & Development)</p>		
<p>54. Prepare master plans (or master plan updates) for key reserves such as Berriedale, Montrose Bay, KGV, Tolosa Park, Eady Street, and sporting facilities.</p>			

Actions by Topic/ Facility Type	Responsibility	Timeframe	Resources
<p>These should clarify the primary function of the site, the primary nature of the landscape setting and set clear objectives for, planning, design, use and management</p> <p>55. Identify suitable spaces for activities in demand, such as fun runs, personal training, gentle exercises etc.</p> <p>56. Consider providing additional tables, shelters, equipment, lighting, landscaping, paths, and features to encourage additional social and physical activity from a wider range of users (such as teenagers and older adults) in parks</p> <p>57. Facilitate the availability of a wide range of opportunities for physical, social and non-organised activities to suit people of all ages and abilities, in open space</p>			
<p>Other community facilities</p>	<p>Lead Responsibility: Property (Finance & Business)</p>		
<p>58. Investigate the options for future use and development of ageing infrastructure</p> <p>59. Investigate options to enhance use and viability of indoor halls in Glenorchy, including options to house fitness and lifestyle programs, and casual use</p> <p>60. Look for opportunities to increase the number of sports fields located together, to enhance sustainability of sports provision</p>			

Actions by Topic/ Facility Type	Responsibility	Timeframe	Resources
<p>61. Investigate the future of the Glenorchy pool in conjunction with:</p> <ul style="list-style-type: none"> • Options for the development of the YMCA, and the Migrant resource Centre at KGV • Options to provide a hydrotherapy /warm water pool for programming • Enhanced accessibility to facilities and programs by people with a disability, women and people from Culturally and Linguistically Diverse backgrounds <p>62. Develop a more rigorous method to set priorities for capital works</p>			

Goal 2: A cohesive and inclusive community with well developed social and community networks and assets



The more connected and active residents are in community and civic life, the more likely they have a range of resources to call on for support. The strength and resilience within communities and organisations sustains positive mental health.

Council can influence social inclusion and connectedness and sharing of resources through: nurturing and supporting community organisations; advocating on behalf of and supporting existing community organisations; developing of partnerships that bring together a diversity of skills and resources for more effective and efficient health planning/promotion initiatives and outcomes, as well as promoting available resources and opportunities to residents, that can enhance wellbeing.

The social capital and related benefits of not-for-profit community organisations contribute significantly to the health and wellbeing of Glenorchy residents. Given this the performance of not for profit community organisations must be measured primarily by these benefits accrued, rather than by their financial contributions to Council.

Key Objectives

1. Recognise the social, health and wellbeing benefits of community organisations as their primary contribution, and offset the costs of occupancy, and other charges against these.
2. Increase the capacity and sustainability of community, sporting and recreation organisations.
3. Develop, partner or support organisations and services that enable community participation by residents of all ages and abilities.
4. Encourage more people to actively participate and engage in community life.

Key Objectives (cont'd)

5. Support a diversity of sports and leisure activities and organisations that support healthy lifestyles to maximise the number of people served.
6. Promote the value of belonging to a club or community organisation.
7. Advocate for and on behalf of community organisations to assist with decision-making.
8. Foster community events, programs and activities of other organisations, that nurture community identity, reinforce healthy eating and active lifestyles, and that develop personal skills and health intelligence and social connections.

Primary Action:

1. Investigate the occupancy of buildings and public space by community groups, to ensure equity and recognition of specific health, community and wellbeing benefits delivered by them

Lead

Responsibility:

Property
(Business &
Finance)

Secondary Actions:

1. Co-ordinate Council resources to achieve high quality outcomes for the community through the Sport and Recreation Development Officer

Lead

Responsibility:

Sport &
Recreation
(Community
Development)

Actions by Topic/ Facility Type	Responsibility	Timeframe	Resources
<p>Capacity and sustainability of sporting and recreation organisations</p>	<p>Lead Responsibility: Sport and Recreation (Community Development)</p>		
<p>63. Provide affordable and equitable occupancy costs and associated charges to community organisations</p> <p>64. Actively seek alternative sources of funds to enhance the provision and development of existing community services/facilities that support healthy lifestyles</p> <p>65. Support community organisations within Glenorchy to secure grants and assistance to deliver healthy lifestyle programs, and market themselves to a wide range of target groups</p> <p>66. Encourage community and sports organisations to provide pathways for both males and females, from foundation skill and all-ability activities, to club and higher levels of competition or competency</p> <p>67. Promote ways that residents can participate in community organisations and activities</p>			

Actions by Topic/ Facility Type	Responsibility	Timeframe	Resources
<p>Resourcing and advocacy and effective representation of residents</p>	<p>Lead Responsibility: Sport and Recreation (Community Development)</p>		
<p>68. Identify sponsorship opportunities, and the capacity of user contributions to enable continued participation in health and wellbeing programs across the City</p> <p>69. Retain a dedicated recreation development officer to co-ordinate and continue to implement the Glenorchy Healthy Communities Plan</p> <p>70. Continue to expand the pool of Glenorchy on the Go Ambassadors, especially to encompass other age groups and workplaces</p> <p>71. Continue to facilitate the Council 's Tracks, Trails and Cycling Committee</p> <p>72. Continue to provide support to and Council representation on Cycling South</p> <p>73. Continue to provide support to and Council representation on Wellington Park Trust Board</p> <p>74. Continue to co-ordinate a staff Recreation Planning Group meeting, every six weeks to monitor the implementation of this Plan</p>			

Actions by Topic/ Facility Type	Responsibility	Timeframe	Resources
<p>75. Seek funding to increase the range of Glenorchy on the Go programs offered, to cater for different levels of activity required.</p> <p>76. Continue to facilitate Council’s Sport and Recreation Advisory Committee</p>			
Actions by Topic/ Facility Type	Responsibility	Timeframe	Resources
<p>Partner with organisations to provide or retain beneficial services and shared facilities in Glenorchy</p>	<p>Lead Responsibility: Property (Finance & Business)</p>		
<p>77. Encourage and support users to share Council ‘s sporting and community facilities</p> <p>78. Encourage co-operation and resource sharing with other providers to offer opportunities for residents to participate in physical and social activities</p> <p>79. Make available Council owned adapted games and sports equipment to community organisations, private providers or health services, so that they can offer these programs</p>			

Actions by Topic/ Facility Type	Responsibility	Timeframe	Resources
<p>Actively promote participation by residents of all ages and abilities</p>	<p>Lead Responsibility: Sport and Recreation (Community Development)</p>		
<p>80. Ensure that the operator of the Glenorchy swimming pool provides opportunities for people with a disability and people from a Culturally and Linguistic Diverse backgrounds</p> <p>81. Consider specifications for programming activities for people with a disability and people from a Culturally and Linguistic Diverse backgrounds, in future contracts for operating Glenorchy Swimming Pool</p> <p>82. Continue to investigate options to schedule programs and services and provide facility opening hours that enable the widest range of the community to attend, given changing and longer working hours and family structures</p> <p>83. Seek additional programming and support for lone persons, people with disability and people on low incomes to participate in indoor and outdoor recreation opportunities close to home</p> <p>84. Promote available sports and recreation activities that encourage participation from families and individuals of all ages, genders, abilities and cultural backgrounds</p>			

Actions by Topic/ Facility Type	Responsibility	Timeframe	Resources
<p>Foster activities and programs that nurture community identity and social connections, and reinforce healthy eating and active lifestyles</p>	<p>Lead Responsibility: Sport and Recreation (Community Development)</p>		
<p>85. Strengthen partnerships and networks with community groups to support opportunities for volunteers, and build connections between groups and individuals in the community</p>			
<p>86. Work with community organisations and relevant agencies to develop active and healthy lifestyle projects in response to identified issues such as obesity, diabetes, smoking etc.</p>			
<p>87. Continue to support Council staff initiatives that promote physical activity and healthy eating</p>			

Goal 3: Improved personal health knowledge, practices, and lifestyles



Regular physical activity in conjunction with healthy eating can make a considerable contribution to the prevention of diabetes, heart disease, osteoporosis, stroke and some cancers.

A good knowledge of the benefits of, and skills associated with healthy lifestyles are necessary for high levels of health and wellbeing in a community.

Council has the opportunity to change the culture associated with the consumption of inexpensive, energy dense, nutrient-poor food; access to and use of alcohol and cigarettes; to encourage physical activity and home cooking and gardening; and to enhance personal skills, and community awareness about healthy body image, healthy eating, consumption of alcohol, smoking, nutrition, regular physical activity and preventative health practices.

Council continues to implement the new smoke-free requirements associated with public recreation and play facilities and events issued under the Public Health Act 1997.

This goal focuses on interventions through programming and promotion.

Key Objectives

1. Support infrastructure projects that encourage healthy lifestyles with policy, program and marketing initiatives
2. Ensure that Council initiated and sponsored programs, events and facilities, (and Council's support of others activities) is conditional on the requirement to encourage physical activity, and the promotion of healthy eating and drinking, and anti-smoking messages.
3. Increase health intelligence and education about healthy lifestyles among residents
4. Develop funding models and initiatives to make healthy lifestyle programs more sustainable and secure resources to run, and subsidise user's participation

Key Objectives (cont'd)

5. Continue to develop, expand and deliver Glenorchy on the Go, and promote it to a wide range of residents
6. Continue to implement and promote anti-smoking laws

Primary Action:

1. Protect, develop and expand “Glenorchy on the Go” as a brand representing programs and initiatives to improve knowledge, personal health practices and healthy lifestyles, through programs and activities

Lead Responsibility

Sport and Recreation
(Community Development)

Secondary Actions:

1. Complete a Healthy Communities Promotion and Marketing Strategy
2. Actively promote awareness about, and the benefits of active and healthy lifestyles, as well as existing infrastructure, services and programs that support these

Lead Responsibility

Sport and Recreation
(Community Development)

Sport and Recreation
(Community Development)

Actions by Topic/ Facility Type	Responsibility	Timeframe	Resources
<p>Programming trails</p>	<p>Lead Responsibility: TBC & Planning Services (Environment, Infrastructure & Development)</p>		
<p>88. Prepare a range of promotional materials to encourage the use and enjoyment of trails, and provide more information and choices for different activities as well as interpretive information about the nature of the settings users pass through</p> <p>89. Promote the intercity cycleway as a central spine, to create greater permeability throughout the City</p> <p>90. Prepare A Code of Conduct for trails, promote the suitability of different routes for differ types of users, and identify those trails suitable for dog walking and equestrian use</p> <p>91. Identify opportunities for the provision of distance markings, incentives and positive messages, along key trail circuits, to motivate users</p> <p>92. Work with other Councils to promote the opportunities associated with the multiple major Mountain Bike trails and facilities</p>			

Actions by Topic/ Facility Type	Responsibility	Timeframe	Resources
<p>93. Investigate a sustainable method to co-ordinate maintenance, development and the promotion of trails, and encourage residents, community groups and users to become involved in trails maintenance</p> <p>94. Encourage residents to access affordable fresh, local produce, and promote the physical benefits of gardening through community gardens</p>			
Actions by Topic/ Facility Type	Responsibility	Timeframe	Resources
<p>Promoting Healthy Lifestyles</p>	<p>Lead Responsibility: Sport and Recreation (Community Development)</p>		
<p>95. Utilise Council partnerships, facilities, events, and programs to promote messages about the risks of gambling, and the benefits of drinking in moderation, healthy eating, smoke free environments, and increased physical activity</p> <p>96. Work with local schools to develop and promote healthy lifestyle programs and initiatives</p> <p>97. Promote the concept of slow food, and cooking and eating together as a fun social activity and an extension of community gardens</p> <p>98. Continue to encourage children to ride or walk to school and use other community facilities</p>			

Actions by Topic/ Facility Type	Responsibility	Timeframe	Resources
<p>99. Continue to support and facilitate the development of walking programs based on the Heart Foundation model</p> <p>100. Promote the existing community gardens and the benefits of gardening, including affordability of good food, good nutrition and food security</p> <p>101. Continue to encourage sporting organisations to implement programs that promote messages of fair play, social responsibility, healthy eating and responsible serving of alcohol etc. and investigate inclusion into new leases and licences</p> <p>102. Continue to sign community facilities and spaces as non smoking environments</p> <p>103. Ensure all major events comply with the new legislation to be 'smoke-free'</p> <p>104. Continue to require Place of Assembly license applicants to submit a 'smoke-free management plan'</p> <p>105. Remind food business owners with outdoor dining facilities that they are to be smoke-free, when doing routine food inspections</p>			

Actions by Topic/ Facility Type	Responsibility	Timeframe	Resources
<p>Promoting Both Indoor and Outdoor Activities</p>	<p>Lead Responsibility: Sport and Recreation (Community Development)</p>		
<p>106. Seek to provide additional programming and support targeting lone persons, people with disability and people on low incomes to enable them to participate in indoor and outdoor recreation opportunities close to home</p> <p>107. Continue to work in partnership with other agencies and groups to retain and promote available indoor sport, recreation and community opportunities and places, that provide physically active and healthy pursuits</p>			
Actions by Topic/ Facility Type	Responsibility	Timeframe	Resources
<p>Encourage involvement with the natural environment</p>	<p>Lead Responsibility: (Environment, Infrastructure & Development)</p>		
<p>108. Encourage environmental stewardship and user's involvement in open space management</p> <p>109. Facilitate programs that increase the number of people interacting and engaging with nature and the outdoors</p> <p>110. Encourage community organisations and facilities to provide outdoor educational opportunities</p>			

Actions by Topic/ Facility Type	Responsibility	Timeframe	Resources
<p>Promote and Market Available Opportunities</p>	<p>Lead Responsibility: Sport & Recreation (Community Development)</p>		
<p>111. Complete a Healthy Communities Promotion and Marketing Strategy</p> <p>112. Promote access to quality and appropriate health and wellbeing services, facilities and information for young people and their families in Glenorchy</p> <p>113. Working collaboratively with other levels of government, the community and business to address gaps in early childhood health services and support</p> <p>114. Advocate for access to healthy lifestyles programs and initiatives within Glenorchy through relevant committees, the preparation of discussion papers, submissions and promotion etc</p> <p>115. Encourage residents to acknowledge both physical activity and healthy eating together are needed to address obesity and the vulnerability to chronic diseases</p> <p>116. Encourage community organisations to acknowledge the link between their roles and physical activity</p>			

Actions by Topic/ Facility Type	Responsibility	Timeframe	Resources
117.Ensure that there is an online resource relating to parks, tracks, trails and public spaces			
Actions by Topic/ Facility Type	Responsibility	Timeframe	Resources
Further Develop “Glenorchy on the Go”	Lead Responsibility: Sport and Recreation (Community Development)		
<p>118.Encourage the development of a pathway of opportunities for people who have been involved in entry-level activities to keep progressing their skills and participation levels</p> <p>119.Train and support volunteer facilitators of healthy lifestyle programs (e.g. adapted games and sports, tai chi for arthritis, healthy eating programs)</p> <p>120.Expand ‘Glenorchy on the Go’ to increase the number of new participants</p> <p>121.Continue to develop links between ‘Glenorchy on the Go’ and private gyms, fitness operators, trainers and indoor sport and recreation centres</p> <p>122.Continue to promote ‘Glenorchy on the Go’ activities</p> <p>123.Encourage Council staff to be active and eat well, and become role models and ambassadors of healthy lifestyles</p>			

Actions by Topic/ Facility Type	Responsibility	Timeframe	Resources
<p>124. Work with local businesses or sponsors to increase opportunities for lower income residents to use existing private gyms, recreation programs and centres (at a reduced cost)</p> <p>125. Investigate options to match individual residents with activities and combine services and programs such as volunteers, and respite care services, and community transport to enable residents needing assistance to access social and physical activities</p> <p>126. Target more young people in the marketing of sport physical activity and recreation opportunities</p> <p>127. Work with other organisations to offer healthy lifestyle events and programs (e.g. Walk Challenges, Fun walk/runs⁶, Go Movement, Tai Chi for Arthritis, Go Walking, youth programs⁷) based on identified local needs.</p>			

⁶ Needs identified through analysis of the health data, consultation using Community Matters Panels

⁷ E.g. working with local gyms, and personal trainers to encourage them to offer session in Glenorchy parks and reserves

4. Appendices



Appendix 1. Existing Policies and Plans

Key Council Strategies

Council has a number of existing strategies that will support the implementation of the Healthy Communities Plan. Each of these, and their relevance to the Plan, are discussed below.

Glenorchy City Council Strategic Plan 2013-2018

The Glenorchy City Council (GCC) sets out the strategic vision for Glenorchy in the 2011-2016 Strategic Plan, under the broad themes of: Community, Economy, Environment, and Governance.

Vision and Mission

Glenorchy City Council will be a leader in local government; representing its local community and ensuring best value services.

Values

People: We believe that each person is equal and has a positive contribution to make. The rights and opinions of all are heard, valued and respected.

Diversity: We value differences that enrich our community and the positive contributions everyone can make in improving the quality of community life.

Progress: We value innovation, flexibility and imagination in building a better and sustainable community.

Prosperity: We commit ourselves to achieving social and economic prosperity for all.

Environment: We work together to improve our City so we can enjoy a safe and healthy environment and a good quality of life. We respect our heritage and have pride in our City.

The Strategic Plan 2013-18 sets out Council's intent to deliver the following key outcomes for the City:



Making Lives Better

As a Council, we exist to make a positive difference in the lives of the people in our community.

Open for Business

A vibrant economy is important for the jobs and wealth it brings our community. We need to strengthen the perception of Council as encouraging development.

Valuing our Environment

Our environment underpins our way of life in Glenorchy.

Council has a responsibility to manage the environment for future generations.

Leading our Community

The Community looks to Council to advocate for its needs and lead it into a preferred future.

Prudent governance of Council and the community's assets is an integral part of this.

The implementation of the Healthy Communities Plan will have relevance across all of these areas, however the primary connection is through Objectives:

1.2 Support our different communities to enable them to pursue opportunities;

3.1 Create liveable built environments and sustainably manage our natural and built environments; and

4.3 Foster relationships to deliver community outcomes.

Positive Ageing Strategy

The Glenorchy Positive Ageing Strategy 'A City for all Ages' outlines a range of actions that address the impact of an ageing population. Within the strategy, seven key priority areas have been identified including:

- Improving physical and mental wellbeing;
- Economic wellbeing and opportunities for economic participation;
- Individuals' knowledge, skills and access to information;
- Connection to and trust in the local community, the community working together at the local level, community celebration and pride;
- Tolerance of diversity and difference/inclusion;
- Infrastructure to support quality of life and promote safety; and
- Access to social support services.



Children and Families Strategy

The Glenorchy Children and Families Strategy identifies that a significant percentage of children living in Glenorchy are developmentally vulnerable across a range of physical health and wellbeing domains.

Access to appropriate healthy lifestyle programs and recreation opportunities is a fundamental right for every child and vital to the long-term health of our community.

Community Safety Framework and Action Plan Summary

'Safe and Sound – building a strong and confident community' outlines projects and ongoing activities that raise awareness of crime prevention methods and educates the community regarding the realities of local crime.

The strategy embraces active engagement with local stakeholders and community members through a dedicated partnership approach.

The primary focus is addressing fear of crime and allowing community members to feel safe while being healthy and active in our public spaces and at home.

Goals

- Support and strengthen all members of the community
- Reduce violence and crime
- Build confidence in public space

- Address offending in ways which are effective for both victims and offenders

Approach

A mix of social development and situational measures that involve working in partnership with key stakeholders.

Strategic focus

Addressing fear of crime.

Priority areas

- Perceptions of safety
- At risk groups
- Community strengths and achievements
- Public space safety
- Unemployed young people
- Social cohesion
- Road safety
- Young families
- Community safety
- Perceptions of safety
- Public space

Supporting the Glenorchy Liquor Accord, including reviewing and assessing current measures to reduce alcohol supply to underage youth

GMP performance measures

- Recorded incidents of alcohol related crime
- Recorded incidents of anti social behaviour and other public place offences

Social cohesion

In addition to existing activities, holding an annual event with a focus on community safety, including activities in public spaces and on public transport, with the involvement and support of key stakeholders including young people

- Developing a multi-media awareness campaign to promote the positive attributes of the local government area and community engagement
- Public participation in the event
- Public perceptions of Glenorchy local government area.

Environment Strategy

The Environment Strategy outlines the action Council is currently undertaking towards sustainability.

From the seven themes in the strategy, the theme on Sustainable Transport contains several actions that relate to the Healthy Communities Plan:

Sustainable Transport

- Create a cycling hub within Tolosa Park
- Implement actions from the Greater Hobart Regional Bicycling Plan
- Manage the city's transport network to promote sustainability, accessibility, choice, safety and amenity

- Continue to progress implementation of the Hobart Regional Arterial bicycle Network Plan
- Implement actions from the Greater Hobart Mountain Bike Master Plan 2012.

Youth Strategy (currently under review)

The City of Glenorchy Youth Strategy seeks to provide opportunities for the growth and development of all young people, and to provide the following:

- Direction for Council's activities in relation to young people
- Demonstrate Council's commitment to the development and support of young people
- Details strategies that Council intends to undertake in order to achieve specific outcomes with young people and the community
- Promote optimum health and wellbeing outcomes for young people.

This strategy applies to young people aged 12 to 25 years, who live, work and visit the City of Glenorchy and aims to provide opportunities for the growth and development of all young people.



Some strategies refer to all young people; however, others relate to specific population groups and/or young people with characteristics, which make their health and wellbeing vulnerable if particular services and support are not available.

The strategy is underpinned by a number of guiding principles and six targeted themes that include:

- Consultation and participation
- Partnerships, networks, service coordination & development
- Health & wellbeing
- Community capacity building
- Community connectedness.

Outcomes include:

- Increased capacity and level of response to health and well-being needs and issues by organisations at a local community and precinct level
- Conduct of a number of local events aimed at promoting positive health and wellbeing choices by young people in Local Government area.

Key issues:

- Children who grow up in an environment that maximises their health, well-being and development provide the platform for a strong and thriving community.

Key actions:

- Work with the Glenorchy Action Interagency Network and other service providers to build on and extend existing health and well-being programs and activities such as Dad's Day Out, National Child Protection Week and Children's Week
- Continue to build health literacy into the Steps to the Future – Young Mother's Program
- Continue to work with Quit Tasmania to explore effective ways to address the issue of maternal smoking
- Collaborate with services and organisations to develop workshops and information sessions for grandparents raising grandchildren
- Continue to support the State Government's Move Well Eat Well Programs, including the Part Way Is Okay initiative, in partnership with Glenorchy Primary Schools
- Utilise the Glenorchy Gazette to raise awareness about child health, parenting, safety and self care
- Work with the Glenorchy Suicide Prevention Network to promote services and address mental health issues for families.

Arts & Cultural Development Strategy

Council's Arts & Cultural Development Strategy aims to facilitate a wide range of relevant cultural facilities, services, activities and events throughout the City.

- In recognising the diversity of the community, Council acknowledges that there are a range of backgrounds, abilities, interests and cultures within Glenorchy
- It is important to ensure access to opportunities for a diversity of active and creative ways for people to participate, contributing to positive community health and wellbeing.

Key relevant strategies include:

- Council recognises and supports arts and cultural development as a vital component in the life, growth and health of the community.

Climate Change Adaption Plan

Key climate change risks for the Glenorchy's City Council's municipal area (by 2100) include the following:

- The temperature of very hot days to increase by up to 3°C
- Extended heat waves and more extreme temperatures are likely to enhance the occurrence and intensity of bushfire

- Rainfall trending towards heavier events interspersed by longer dry periods and for greater extremes
- Inundation along the Derwent Estuary frontage to increase
- The current 100-year storm tide event (0.9 to 1.4 m above average sea level) may become a 50-year event by 2030, and a 2 to 6-year event by 2090.

Key vulnerabilities for the Glenorchy's City Council's municipal area in relation to the climate change risks include the following:

- Increased damage to Council assets such as stormwater from flooding
- Inundation and degradation of low-lying road and stormwater assets in flood and storm surge
- Exacerbated impact on foreshore when flood and storm surge coincide
- Bushfire impacts on natural areas and urban fringe
- Injury and loss of life in major bushfire events
- Bushfire impacts on natural assets leading to decline in visitor numbers.

Key State Government Policies and Plans

A Thriving Tasmania: Final Report of the Ministerial Health and Wellbeing Advisory Council. December 2013

The Tasmanian Health and Wellbeing Advisory Council will champion new partnerships for health and wellbeing through:

- Understanding and awareness
- Leadership and action across all sectors
- Community ownership and solutions
- A focus on prevention and equity
- A social determinants approach
- Partnerships and collaboration
- Research, evaluation and monitoring.

Key messages

The Advisory Council's key messages are that:

- We are committed to a thriving Tasmania and will achieve this by improving health and wellbeing for all Tasmanians
- Health must be reclaimed as something that happens outside of healthcare
- Employment, education, transport and housing are just some of the conditions that enable health, wellbeing and equity in our communities – we call these conditions the 'social determinants of health'

- Prevention saves lives, reduces illness and disability, and improves quality of life. It frees resources that are better spent elsewhere.

This approach is set out in *A Healthy Tasmania*, the State Government's direction for keeping Tasmanians healthy, well and in control of what matters to them.

The Council indicates that Greater investment in prevention, stronger leadership, a focus on place and more effective collaboration across sectors is needed.

By examining health inequity in terms of the social gradient it becomes clear that not only does poverty and disadvantage affect health and wellbeing, but so do the basic social and economic conditions that affect everyone. This is a major issue for all Tasmanians.

The Tasmanian Government's 2013-2014 Policy Framework of Jobs, People and Opportunities

The Tasmanian Government's 2013-2014 Policy Framework of Jobs, People and Opportunities is about giving all Tasmanians the opportunity to get a job and build a better life.

The Policy Framework identifies three priorities:

- Modernising the economy – it's all about jobs
- Reducing inequality – caring for people
- Investing in the next generation – generating new opportunities for our kids.

A Healthy Tasmania: Setting New Directions for Health and Wellbeing 2013

A Healthy Tasmania: Setting New Directions for Health and Wellbeing is a long-term approach for building good health and wellbeing in collaboration with communities. It identifies the Tasmanian Government's directions for preventive health.



A Healthy Tasmania is a commitment by the Tasmanian Government to realise the vision of a fair and healthy Tasmania by:

- Establishing a coordinated and comprehensive approach to health and wellbeing across government and community, by building collaborative partnerships with communities, and the government, non-government and private sectors;
- Addressing health inequity by targeting efforts to support the most vulnerable Tasmanians and addressing the social factors that determine health and wellbeing outcomes; and
- Empowering people and communities to improve their wellbeing, by bringing together all that is known and assessing the impact of the activities of all sectors on health and social outcomes.

Directions for A Healthy Tasmania
Bring together and strengthen our health intelligence by:

- Fostering social action research
- Establishing health and wellbeing indicators

Support the health and wellbeing of Tasmanians who are vulnerable by:

- Adopting a life-course approach
- Targeting social determinants of health.

Build supportive environments and policies that will:

- Promote and protect
- Build healthy people and places
- Explore health equity impact assessment.

Address locational disadvantage by:

- Encouraging place-based approaches
- Using people centred planning. Spread the message of A Healthy Tasmania so that we:
- Empower people and communities
- Connect to support
- Enable access.

Build leadership by:

- Working together
- Taking intersectoral action for health and wellbeing
- Addressing inequity and health.

Tasmania's Plan for Physical Activity 2011-2021

The vision for Tasmania is:

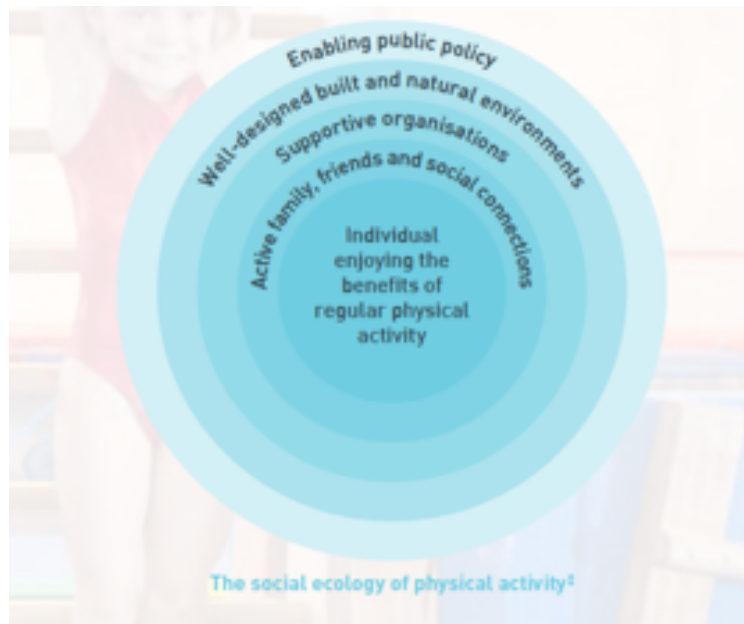
All Tasmanians experience and enjoy the many benefits of regular physical activity.

To make our vision a reality, we have set four goals. While each has its own distinct focus, they are all connected. The Goals are shown below.



The plan notes that social ecology as it relates to physical activity is made up of individuals; families, friends and others; organisations; the built and natural environment; and public policy. All are closely connected as shown in the following image.

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The Plan aims for a 10 percentage point increase in the rates of participation in physical activity by different age groups by 2021.

The indicators are shown in the below.

Indicators	Baseline	Target 2021	Information Sources
Percentage of children aged 5–12 who are physically active for at least 60 minutes each day.	62% (2009)	72%	Tasmanian Child Health and Wellbeing Survey, Tasmanian Government ⁵ (unknown)
Percentage of students aged 11–17 who are physically active for at least 60 minutes each day.	15% (2008)	25%	Australian Secondary Students' Alcohol and Drug Survey, Cancer Council Tasmania (2013, 2016, 2019)
Percentage of people over the age of 18 who are physically active for at least 30 minutes on at least five days of the week.	27% (2007–08)	37%	National Health Survey, Australian Bureau of Statistics 1 (2012, 2015, 2018, 2021)

Appendix 2. Executive Summary – Evaluators Report – Glenorchy on the Go – May 2014 (Janine Coombes of Community Focus in Association with Romy Winter

The Program

Glenorchy on the Go (known as GOG) has provided four thousand eight hundred and eighty (4880) people within the Glenorchy community healthy lifestyle activities (e.g. walking groups, gentle exercise classes, Tai Chi, Adapted Games, GOLD: come and try sessions).

The funding provided by the Australian Government through the Healthy Communities Initiative has enabled Glenorchy City Council, working with its partners, to trial how best to engage people from particular target groups in a range of health and wellbeing programs. It enabled the Council to engage a full time Coordinator for the programs, to build upon earlier work within the Glenorchy community and to evaluate and document the elements of a successful model.

The Key Successes

The GOG Initiative was successful because it:

- developed a positive brand built upon the concept of 'Fun, Friends and Feeling Good'
- successfully recruited, trained and maintained a pool of peer 'Ambassadors' which promoted the program, added additional 'person power' to the program and increased the appeal to others because they were seen as people 'just like us'

- took the programs to communities rather than expecting them to travel to a central location
- engaged people who were not currently physically active and people with existing health issues (e.g. 34% of registered participants had an existing health issue at the time of joining)
- offered programs at a level which enabled people who have chronic health issues or are at risk of developing these conditions to participate
- offered programs for free to enable people to try out new activities and develop a new pattern of behaviours
- operated in a very flexible manner and responded to the interests and needs of community members (e.g. some programs that started as 'come and try' sessions became ongoing programs if there were enough people to support them)

- partnered with local community groups, clubs and businesses to promote what was on offer locally and encourage residents to take up these options (e.g. local archery, bowls, croquet and Canoe clubs)
- provided resources to existing groups and programs to add a health and well being component to their programs (e.g. adding healthy cooking and physical activity sessions to the Steps to the Future Program for young mothers and the Smoking Cessation Programs offered at Community Houses)
- kept up a high level of promotion throughout the Initiative by being at all high profile events in the community e.g. Taste of Moonah, Dads Day Out).
- increased the capacity within the local community to deliver health and wellbeing programs (e.g. trained volunteers across a range of programs including Tai Chi for Arthritis, Adaptive Games/Sports, Healthy Cooking, professional staff with qualifications in offering Beat It, Heal)
- strengthened partnerships between non-government organisations, local private providers, local government and state government personnel so that they can work together to promote health and wellbeing (e.g. GOG have built strong working relationships with State Government health promotion teams including Health Promotions South, who have been strong advocates for the programs and associate GOG campaigns)
- enabled Glenorchy City Council to develop a more comprehensive focus on promoting health and wellbeing within the LGA (e.g. through the development of the Healthy Communities Plan).

Target Markets

The program was more successful in reaching an older demographic with 65% of participants aged over 55 years. This was at least partly created by the requirement to focus on particular target groups and the need to avoid engaging those in the full-time work force. Glenorchy on the Go was also more successful in engaging women than men - a common issue for health and wellbeing programs. The data for the program shows that 76% of participants were female.



The findings of this evaluation show that GOG was very highly regarded by most of its participants. The program successfully overcame some of the key barriers to people in these target groups participating in physical activity and healthy eating programs, namely access, cost and not knowing anyone involved in such programs. While most people joined to do more physical activity and to feel healthier the momentum for joining for most came from the wish to meet others and be 'social'. The evaluation demonstrates that the social aspect of physical activity and healthy eating is central to successful programs.

The key reasons given for participants to continue their participation in the programs was their connection with other people in the group. 71% of those surveyed said that making friends was the most significant outcome for them from the program. Aside from the very real health benefits which come from strong social connections it is the social connection which gets people to the programs. Many of those interviewed talked about poor previous experience of physical activity programs, not feeling comfortable in such settings and not knowing if they could be successful in such programs. Offering opportunities to 'try out' new forms of physical activity through the Growing Old and Living Dangerously (GOLD) Program enabled many people to see if they liked a particular activity prior to joining a club or participating more frequently.

Outcomes

The outcomes for participants are significant and they are not just social outcomes. From a survey of 101 participants from the range of programs conducted we find that:

- 66.7% are more confident to be physically active
- 74.2% are more motivated to be physically active
- 70.9% had increased their level of physical activity



- 59% see themselves as more flexible
- 35.5% have joined other physical activity programs in their community
- 73.9% feel healthier
- 65% feel happier
- 39% have lost weight
- 18.5% have lowered their blood pressure
- 10.9% have lower cholesterol
- 51.7% have more knowledge about how healthy eating can help to prevent chronic disease
- 55% have more knowledge about the importance of physical activity for their health and wellbeing
- 28% know more about how to prepare healthy meals.

The outcomes are more pronounced from some specific programs, for example 94.4% of participants of Go Cooking programs surveyed said they knew more about how to prepare healthy meals. Participants of programs like FoodCents are more able to read the labels on food packaging in order to make healthy choices when shopping.

Participants of the more intensive time limited lifestyle modification programs with an individual 'testing' component like the HEAL, BEAT IT and Feel Good Challenges were more likely to experience a range of benefits and their perception of change was supported by external 'testing' by a trained facilitator. These programs also created pathways into ongoing programs like Go Movement and Go Walking. 100% of participants of the most recent Feel Good Program reported feeling more confident to be physically active, more motivated to be physically active and having increased their level of physical activity. Almost all (86%) of this group had joined other physical activity programs in their community and all indicated they had more knowledge about how to keep themselves healthy in the future.

The GOG program has achieved its project objectives of promoting the importance of physical activity and healthy eating, providing affordable opportunities to participate, increasing participation, using existing resources and developing a pool of trained program facilitators.

Key Challenges

The key challenges have been:

- Branding – the association with an older demographic may have prevented younger people from joining programs
- The relatively low level of referrals from health professionals⁸
- Balancing the need for high quality training/facilitation with the costs of paying qualified facilitators
- Reaching those people in the community who would benefit from the programs but are as yet unengaged
- Creating affordable ‘pathways’ for participants from the Council run free programs to commercial options in the local community
- Not being able to use television and radio advertising for promotional purposes (as these cover Tasmania/southern Tasmania rather than just Glenorchy LGA. To use them would have meant managing demand from potential attendees from a much wider catchment area than the program was to cover).

- Limited capacity to offer an individualised approach to those who require intensive support to make the lifestyle changes necessary to achieve health changes.
- Because Council has well established partnerships at the local level it has been able to achieve more over the last 3 years than if it were starting from ‘scratch’. The partnerships and existing expertise enabled the reach of the Program to be greater than it might otherwise have been.

The Glenorchy on the Go (GOG) initiative enabled greater capacity within the Glenorchy community to promote the importance of physical activity and healthy eating as it provided resources to have a program Coordinator to reach out into communities and engage residents, health promotion resources for events and conducted information sessions.

Having the funding enabled Glenorchy City Council (GCC) to engage professional facilitators to run local physical activity and healthy eating programs which were affordable and highly accessible. Participants built social networks within their local communities which are likely to be sustained into the longer term.

⁸ Although this level of referral has built over the life of the program. Despite considerable promotion to GPs, Nurses and other health professionals most participants enter the GOG program via word of mouth (27%) rather than by referral from a health practitioner (7%). This impacted on the viability of programs such as HEAL and BEAT IT.



The GOG implementation plan provided a framework for Council to work with a wide range of local community groups and use Council owned infrastructure to offer a wide range of programs. Importantly it enabled GCC to develop a pool of trained volunteer facilitators (Glenorchy on the Go have Ambassadors) who have been trained to be mentors, to facilitate Sports Ability sessions, to offer Tai Chi for Arthritis, to run healthy cooking sessions. It also enabled professional facilitators of programs to up-skill to be able to run specific programs (e.g. Beat It, Heal).

While the Healthy Communities Initiative was intended as a time limited Initiative the momentum of interest built within the local community has been considerable. There has been a high level of appreciation from the local community for the programs and there is concern that the programs commenced through the HCI will end once the funding ends in June 2014.

The Council has developed a sustainability plan for Glenorchy on the Go which includes the following strategies:

- Continuing to promote a range of endorsed physical activity opportunities within the local community
- Operating some programs with trained volunteers leading groups and activities (e.g. Go Adaptive Sports, Go Cooking, Go Walking, Go Tai Chi)
- Continuing to support the Go Ambassadors and linking them with other community organisations (e.g. Community Houses, U3A, YMCA)
- Promoting healthy eating through developing healthy catering policies, working with other groups on displays at events
- Supporting a community gardens network within Glenorchy
- Delivery of a number of weekly exercise classes and assisting local organisations to secure funding to run such programs within their own communities
- Supporting Heart Foundation Walking groups by acting as the Local Coordinator



- Online promotion of active recreation opportunities within local parks, recreational facilities and walking tracks, trails and sites within the Greater Hobart Area
- Working with local small businesses to hold activities, classes and events in parks
- Developing health promotion kits for use by GCC staff and other organisations at public events
- Working to create safe and accessible walking areas in Glenorchy.

The key challenge for GCC will be to maintain momentum in the absence of a full time Coordination role for Glenorchy on the GO. With an investment of \$150,000 per annum Council could run the core elements of the Program (e.g. gentle exercise programs, coordinate walk groups, support volunteers involved in the program and develop an endorsement program). It would also enable Council to help 'seed' new programs and work with others in the community to take them on in the longer term. The risk is that without this investment, given the financial pressure on Councils, there will be a loss of momentum and the level of energy generated within the community in relation to health and wellbeing will diminish.

The Glenorchy on the Go HCI enabled Glenorchy City Council to build upon the work it was already doing in promoting health and wellbeing within its community as it provided a clear focus, resources to extend programs, engage more people and build a profile for GOG.