

Healthy Towns: Enlivening Regional Communities

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Goulburn Play and Health Forum
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healthy PEOPLE

IN NORTH COAST COMMUNITIES

- ✓ Best practice commissioning
- ✓ Greater equity in health outcomes
- ✓ Co-design and working alongside communities
- ✓ Purposeful collaboration with local, regional and national stakeholders

Source: NCPHN Strategic Plan 2018-21



North Coast Region

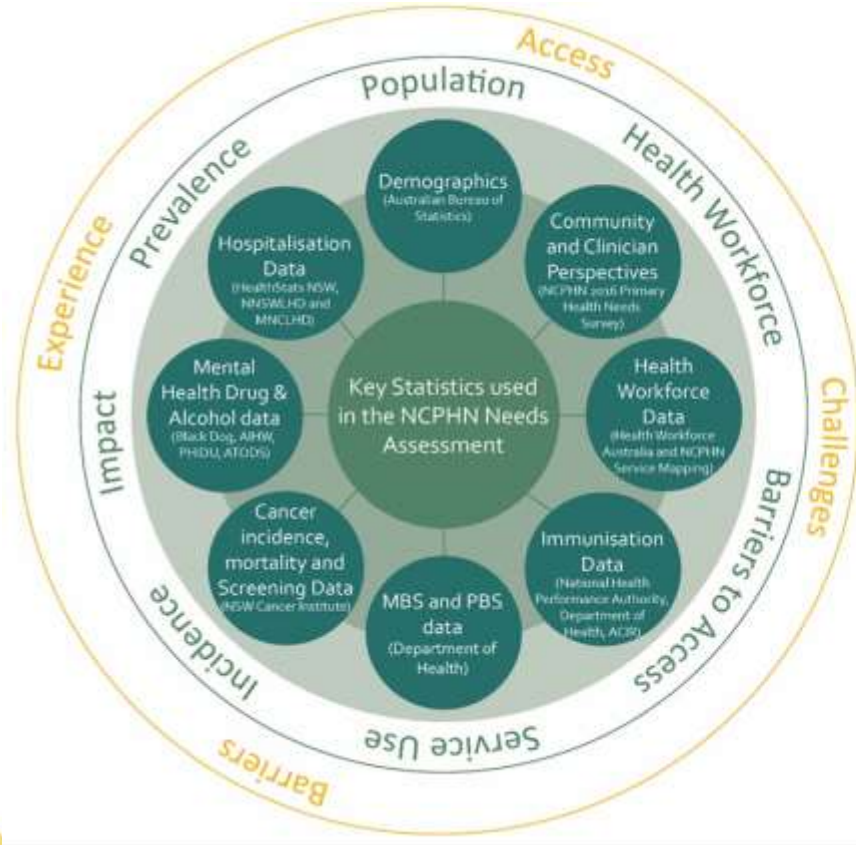


12 LGAs
Two Local Health Districts
Population 502,958
32,047 square kilometres

NCPHN Office
Staff located externally



NCPHN Needs Assessment



Healthy Towns **partners** with communities to design **local initiatives** that **improve health and wellbeing**.



Program Principles

- ✓ Place-based
- ✓ Population health
- ✓ Participatory
- ✓ Partnerships



Program Inspiration

WHO Healthy Cities

https://www.who.int/healthy_settings/types/cities/en/

Collective Impact

<https://www.collectiveimpactforum.org/>

Collaboration for Impact

<https://collaborationforimpact.com/>





Our Partners



Health
Northern NSW
Local Health District



Health
Mid North Coast
Local Health District



Bulgarr Ngaru
Medical Aboriginal Corporation



clarence
VALLEY COUNCIL



**Woolgoolga
Neighbourhood
Centre**



www.ncphn.org.au/healthy-towns



Health
Mid North Coast
Local Health District



Health
Northern NSW
Local Health District



Bulgarr Ngaru
Medical Aboriginal Corporation



Our Objectives



Our Process



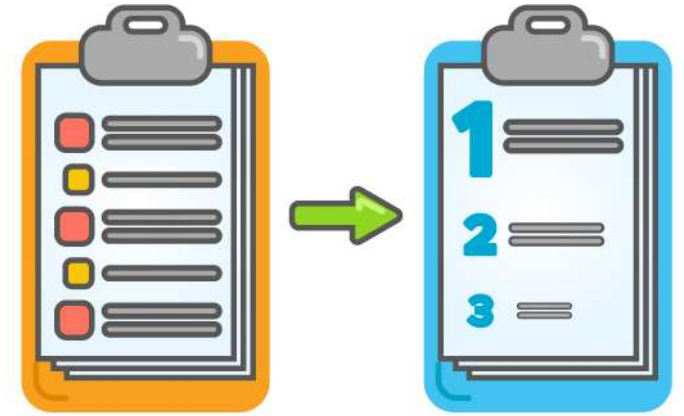
Community surveys



Face-to-face Consultations



Community Workshops



Initiative prioritisation



Our Projects



Healthy Towns Maclean



Macleean Community Overview

Community Demographics¹

	Macleean	Clarence Valley	NSW
Median Age	56	49	38
Aboriginal and Torres Strait Islander people as % of population	8.4%	6.3%	2.9%
Population 0 – 14 years	12.3%	16.4%	18.5%
Population 65 years and older	37.9%	25.7%	16.2%
Median gross weekly household income	\$824	\$910	\$1,486
Population 15 & over - Year 12 highest education level attained	9.0%	9.8%	15.3%
Working population in full time employment	42.4%	48.9%	49.2%
Total households in rental housing stress*	17.4%	11.7%	12.9%

* Rental stress: Households paying 30% or more of household income on rent

328 

people participated in the Macleean Community Survey²

On a scale of 1 to 10:

82.7%

survey respondents rated their overall life satisfaction above 7

81.4%

survey respondents rated their health above 7



Making Connections

- Community Mapping
- Introducing NCPHN
- Building partnerships
- Personal links



Early Challenges

- Defining the scope
- Defining the geographic area
- Accessing hard-to reach groups
- Engagement methods
- Building community ownership



Early Wins

- Building partnerships
- Connecting with community champions
- Identifying communication and coordination gaps



Maclean Projects

Key Action / Initiative



Maclean Service Centre

A weekly service hub where the community can access community and health services in a single location.
Planned commencement September 2019.



Maclean Youth Hub

A new drop-in space for young people in Maclean.
Planned commencement September 2019.



Gulmarrad Community Gatherings

Funding provided for monthly gatherings at Gulmarrad Community.
Commenced 2018 and ongoing.



Maclean Community Calendar

A free printed calendar of local program and events in Maclean. *Published May 2019*



Youth Camps

Camps for young people and Elders to learn about culture, health and wellbeing.
Planned commencement September 2019.



Intergenerational Exercise Equipment

Contribution to installation and activation of community exercise equipment. *TBC.*



PCYC Safer Driver Courses

Safe driving courses for young people.
Planned commencement June 2019.



Maclean Projects



Teen Mental Health First Aid

Mental Health First Aid training for young people at Maclean High School. *June 2019.*



Maclean Food Pantry

Community food pantry for Maclean residents. *Planned commencement September 2019.*



AOD Support Group

Support group for family members of people using alcohol and other substances. *TBC*



Closing the Gap Day

Support for Closing the Gap Day activities coordinated by Bulgarr Ngaru Medical Aboriginal Corporation. *May 2019.*



Tai Chi Classes

Weekly Tai chi classes at the Bowling Club. All welcome!



Heart Foundation Walking Group

Weekly walking group for all fitness levels. All welcome!



Maclean Projects



Key Learnings

- Communication
- Partnerships
- Community-led
- Local knowledge and regional focus
- Evaluation



Discussion and questions

