

BEING WELL AND STAYING WELL IN THE HEART OF TASMANIA



IMPLEMENTATION PLAN 2020-2022

for the Health and Wellbeing of
Central Highlands Residents 2020-2025

HEALTHY COMMUNITIES

AIM

To increase community leadership and Council support for community-led actions that build social support and address the SNAPS factors (smoking, nutrition, alcohol, physical activity and stress).

<p>Action 1: Engage a community development officer to build community leadership and facilitate tailored, community-specific programs that:</p> <ul style="list-style-type: none"> ▶ Reduce smoking ▶ Increase healthy eating especially fruit and vegetables ▶ Reduce alcohol use ▶ Increase physical activity ▶ Reduce stress ▶ Increase use of local facilities 			
ACTIVITIES	PROGRESS	BY WHOM	BY WHEN
1. Appoint a Community Relations Officer as part of existing role in council	Community Relations Officer appointed – Katrina Brazendale Recommend this position continue with the aim of a full-time position in the future	Council	Completed
2. Investigate and establish a Breakfast Club at Bothwell School	Spoke with Bothwell & Ouse Schools to understand how best to implement. Council to supply fruit & other food as required. Breakfast Club established in 2021 one day a week at each school	Council Schools HATCH	Completed & ongoing

3. Investigate options to implement Free2b Girls Program	Spoke with St Helens program founders to understand options for implementation and explored options for funding Decided this program was not the right fit for the Central Highlands. Will continue to look for other options for a girl's program	Council Schools HATCH	Completed Will look for other options
4. Plan and deliver Golf Day for young people in collaboration with older experienced golfers	Implemented Youth Golf Program in 2021 in partnership with Bothwell School Plan to start program again during warmer months. There is a new principal at the Bothwell School	Council Golf Club Bothwell School HATCH / HHC	Completed & ongoing
5. Develop Quit Smoking Program	Quit Smoking Workshop conducted in Ouse in June 2022 with Quit Tasmania Looking at strategies for a smoking cessation program in the Central Highlands	Council HHC	

Action 2: Implement Highlands Healthy Connect Project (HHC) targeting healthy eating and physical activity			
ACTIVITIES	PROGRESS	BY WHOM	BY WHEN
1. Continue to support Bothwell Wellness Group (BWG)	Partnered with BWS to implement the Live Well Live Long (LWLL) Program in Bothwell in 2021 & 2022	HATCH BWG	Aug 2021 Aug 2023
2. Implement the Highlands Healthy Connect (HHC) Project Plan	HHC Project includes a variety of activities and programs supporting increased physical activity, healthy eating and better mental health Refer HHC evaluation report	HATCH	2019 - 2022

Action 3: Connect older people with community activities to decrease social isolation and increase general wellbeing

ACTIVITIES	PROGRESS	BY WHOM	BY WHEN
1. Engage with CHATS to investigate bringing program to the Central Highlands	CHATS is a Commonwealth funded program that does not include the Central Highlands No action to date. Follow up in 2022	HPC (THS)	
2. Provide social activities for older people in the area	Provided through HHC. Programs include the Connect Coffee Club, Ladies Connect, Men's Eating with Friends, Yoga Program & Connect Walking Group	HHC	Completed & ongoing
3. Support the Social Hub at the Central Highlands Community Health Centre	Meet with coordinator of Social Hub to support their new program/s	Katrina THS - Tracey	Aug 2022

Action 4: Prioritise supportive infrastructure that increases walkability and liveability of towns and villages in consultation with local communities

ACTIVITIES	PROGRESS	BY WHOM	BY WHEN
1. Identify walkability project for consideration in the 2021-22 Council budget	Not progressed Refer UTAS Walkability Report (Ouse) 2021		

Action 5: Examine ways to better publicise and increase knowledge of activities taking place in towns and villages across the Central Highlands

ACTIVITIES	PROGRESS	BY WHOM	BY WHEN
1. Continue to improve communication across the Central Highlands for residents	Investigate process, add to and regularly update "What's On" on Council website & Facebook page Highlands Digest, email, word of mouth, council newsletter, notice boards	Council HATCH	Ongoing

Action 6: Partner with Volunteering Tasmania to increase volunteer participation in communities

ACTIVITIES	PROGRESS	BY WHOM	BY WHEN
1. HATCH Volunteer Program developed with Volunteering Tasmania as part of the Highlands Healthy Connect Program	6-month Volunteer Program in partnership with Volunteering Tasmania completed in 2021 Volunteers inducted and volunteering for roles for HATCH	HATCH	Completed 2021
2. Volunteers inducted and trained	Completed – volunteer positions filled for meal delivery program, driving, op shop, playgroup & general volunteering	HATCH	Ongoing

Action 7: Build bushfire resilience in local communities that recognises the unique location, risks, hazards and resources of each community

ACTIVITIES	PROGRESS	BY WHOM	BY WHEN
1. Meet with Emergency Management Coordinator to explore options	Council continues to work with Tas Fire Service & other relevant organisations Working on improving mobile phone coverage and internet services for the Central Highlands	Council	Ongoing

BETTER HEALTH

AIM

To increase knowledge of, and access to, services that are responsive, caring and supportive of good health.

Action 1: Implement the Community Education of Available Health Services Project to increase community knowledge and understanding of available health services			
ACTIVITIES	PROGRESS	BY WHOM	BY WHEN
1. Conduct audit of defibrillators in the Central Highlands	Conduct audit of defibrillators in the Central Highlands Defibrillators have been placed at council offices in Ouse & Bothwell	Council	2022
2. Provide First Aid Training	Courses conducted in Bothwell & Hamilton 2021 Council contributed funds through community grant	THS HATCH	Completed & ongoing
3. Conduct Mini Health Expos	On hold due to COVID Live Well Live Long Program (10 weeks) held in Bothwell in 2021. Another program planned for June 2022 (postponed due to difficulty engaging service providers)	THS HATCH	LWLL Completed
4. Support Meal Delivery Program	Provided financial support to assist in reimbursement of volunteers	HATCH	Ongoing

Action 2: Collaborate with Primary Health Tasmania and Corumbene Care to maintain and expand in-home care for chronic conditions

ACTIVITIES	PROGRESS	BY WHOM	BY WHEN
1. Provide support to Corumbene in their delivery of in-home care	Regular discussion with Corumbene through the HHC program Corumbene provided presentations at LWLL Programs Corumbene have commenced a monthly physiotherapy clinic in Ouse	THS Corumbene	Ongoing
2. Explore options with Primary Health Tasmania to provide appropriate care to Central Highlands residents needing care	Ongoing	PHT Council	Ongoing

Action 3: Advocate for increased in-home care services that meet the needs of older Central Highlanders

ACTIVITIES	PROGRESS	BY WHOM	BY WHEN
1. Map aged care providers operating across the Central Highlands	Not achieved to date		

Action 4: Continue to support, and where needed, subsidise general practice and allied health services at Ouse and Bothwell to ensure Central Highlanders get clinical and home-based care based on need

ACTIVITIES	PROGRESS	BY WHOM	BY WHEN
1. Engage with and support the Bothwell General Practice	Ongoing	Council HATCH	Ongoing
2. Engage with and support the Central Highlands General Practice in Ouse	Dr Swart finished at CHGP in October 2021 due to State Government Vaccination Mandate. Moreton Group took over practice in late 2021 and provided GPs until April 2022. No GP as of June 2022. New committee recently established to investigate options for GP service in Ouse with council representation	Council HATCH	

Action 5: Advocate for increased bus services between Central Highlands' towns and between these towns and major centres (Hobart, Launceston)

ACTIVITIES	PROGRESS	BY WHOM	BY WHEN
1. Advocate for improved transport services across the Central Highlands		Council	
2. Continue and where possible, expand Council and community-based transport services		Council	

Action 6: Identify and collaborate with an aged care training providers to deliver certified training locally to increase trained aged care support workers in the Central Highlands

ACTIVITIES	PROGRESS	BY WHOM	BY WHEN
1. Liaise with the South-Central Workforce Coordinator to identify and develop aged care support worker training	Not achieved to date	Council	

Action 7: Lead development of a strategic services plan to map health services and quantifies service type and demand as the basis for future service planning

ACTIVITIES	PROGRESS	BY WHOM	BY WHEN
1.	Not achieved to date	Council	

Action 8: Collaborate with Ambulance Tasmania, the Tasmanian Fire Service and Volunteering Tasmania to increase the number of trained volunteers to respond in emergencies

ACTIVITIES	PROGRESS	BY WHOM	BY WHEN
1. Partner with Emergency Management Coordinator and the Emergency Management Committee to understand barriers to new volunteer recruitment and identify solutions to address them	New ambulance paramedics & ambulance based in Ouse 2021	Council	

FUTURE WELLBEING

AIM

To ensure children and young people are invested in life in the Central Highlands and are connected to education and employment opportunities that capitalise on our natural assets.

Action 1: Engage with young people to develop a Youth Policy that increases their participation in, and commitment to, the Central Highlands			
ACTIVITIES	PROGRESS	BY WHOM	BY WHEN
1. Review youth policies from other organisations and distil key messages	Commenced review of youth policies	Council	
2. Explore options with HATCH to undertake consultation with young people in the Central Highlands	Has not commenced to date Council successful in application to the Premiers Fund for Children & Young People to develop the Ouse Recreation Ground. This will include Basketball area, remote car track and shaded area with seating	Council HATCH	
3. Draft Policy framework based on policy review and consultation outcomes	Has not commenced		

Action 2: Develop an information resource, together with a visiting employer and work experience program, to engage upper primary and secondary school students in local employment options and opportunities

ACTIVITIES	PROGRESS	BY WHOM	BY WHEN
1. Consult with South-Central Workforce Coordinator and Bothwell High School to identify and develop desired resource	Not commenced	Council	

Action 3: Develop and seek funding for an innovative collective impact project that engages young people in new ways in the life of the Central Highlands

ACTIVITIES	PROGRESS	BY WHOM	BY WHEN
1.			

Action 4: Develop a whole-of-Central Highlands program for children and their parents that creates strong community connections between towns, drawing on previously successful programs and community-led activities

ACTIVITIES	PROGRESS	BY WHOM	BY WHEN
1. Map activities across the Central Highlands	Include full listing in next rates mail-out to residents and in What's On section of website / Highland Digest		

Action 5: Report on and renew the <i>Central Highlands Destination Action Plan 2016-2019</i>			
ACTIVITIES	PROGRESS	BY WHOM	BY WHEN
1. Consult with Destination Southern Tasmania regarding development of a new Action Plan	No longer relevant	Council	Completed

Action 6: Support tourism infrastructure and development that align with the qualities, strengths and values of the Central Highlands			
ACTIVITIES	PROGRESS	BY WHOM	BY WHEN
1. Encourage and consider tourism development that aligns with the values of the Central Highlands	Council undertook advertising campaign in Mercury	Council	Completed & ongoing
2. Promote the Central Highlands to tourists	Ongoing		

HATCH – Health Action Team Central Highlands

HHC – Highlands Healthy Connect Project

THS – Tasmania Health Service