CITY OF ROCKINGHAM

Community Plan Strategy

Health and Wellbeing Strategy
2024-2029

August 2024

city of
Rockingham
where the coast comes to life

Alternative Formats

This publication is available in alternative formats on request from the City of Rockingham on 9528 0333 or at customer@rockingham.wa.gov.au.

Community Engagement

Admin use only: Please select all special interest groups that may be interested in this strategy. Groups selected will be notified using Rock Port.

☒ Aboriginal and Torres Strait Islanders
☒ Arts and Events
☐ Coastal and Marine Environment
☒ Community Development
☒ Community Safety
☒ Disability Access and Inclusion
☐ Economic Development
☐ Emergency Management
☐ Environmental Interests
☒ Grants
☐ Heritage
☐ Karnup District Structure Plan
☒ Libraries and Education
☐ Local Planning Strategy

☒ New Community Plan Strategies
☐ New Infrastructure Projects
☐ Planning and Development
☐ Roads and Footpaths
☐ Safety Bay / Shoalwater Foreshore Revitalisation Masterplan
☒ Seniors Facilities and Activities
☒ Sporting Clubs and Facilities
☒ Strategic Community Planning
☐ Tenders and Quotations
☐ Tourism
☒ Volunteering
☐ Waste and Recycling
☒ Youth

Disability Access and Inclusion

Admin use only: Please consider the elements from the City's current Disability and Inclusion Plan (DAIP) and identify those that are relevant to, or will be impacted by this strategy as per the table below. If you would like to discuss the impacts and relevance of the DAIP to your strategy, please contact the Manager Community Capacity Building.

The Seven Outcome Areas of the DAIP	Will the Key Element be impacted by this strategy? "Y" or "N"	If "Y", please explain how the actions under this element will be impacted by this strategy
1. Access to City services and events	Y	All services and events will be made accessible through appropriate venue and communication channel choices.
2. Access to City buildings and facilities (including outdoor spaces)	Y	All facilities will be assessed for their accessibility features.
3. Access to information	Y	A range of communication tools and channels will be utilised.
4. Access to quality service from City staff	Y	All City staff undergo professional development and awareness raising opportunities to be best placed to provide quality service.
5. Access to equal complaints procedures	N	
6. Access to participation in public consultation	Y	All consultation opportunities will be widely communicated and promoted.
7. Access to City employment opportunities	N	

Acknowledgement of Country

Rockingham, ngala kaaditj moondang-ak kaaradjiny nidja boodja, Binjareb wer Whadjuk Nyoongar moort, wer baalabang kalyogool dandjoo boodja, kep wer moort.

The City of Rockingham acknowledges the Traditional Owners and Custodians of this land, the Binjareb and Whadjuk Nyoongar peoples and their continuing connection to the land, waters and community. We pay our respects to all members of Aboriginal communities and their cultures, and to Elders past and present.

The City acknowledges that it sits on the boundary of the Whadjuk and Binjareb Nyoongar peoples territories. Given the many plentiful resources in the area particularly around the lakes system, the land and water has sustained many people over many thousands of years.

Consultant Acknowledgement

The City would like to acknowledge Ms Sonia Nolan of Sonia Nolan Communications for her work on the research and community engagement components of the Strategy Development Process.

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1. Executive Summary

One of the key aspirations of the City of Rockingham Strategic Community Plan (2023-2033) is to create a family-friendly, safe and connected community. A strong and healthy community is one where people come together to make life better for themselves and one another - a community where individuals feel well connected and satisfied with their overall quality of life.

Following a review of actions contained within the previous Health and Wellbeing Strategy 2018-2022, and the Volunteering Strategy 2018-2022, and noting the synergies between volunteering and personal wellbeing, the two have been combined into a single overarching Health and Wellbeing Strategy for the 2024-2029 period. This strategy will guide the City's delivery and facilitation of health and wellbeing initiatives across various City departments.

Informed by extensive community consultation and research, the City identified the following main lifestyle risk factors and focus areas for Rockingham residents:

- Mental health issues
- Poor nutrition
- Sedentary lifestyles
- Obesity
- Smoking
- Excessive alcohol consumption.
- Loneliness and/or isolation
- Opportunities to volunteer/participate
- Provision of, and access to, quality facilities.

Addressing these focus areas, the new Health and Wellbeing Strategy 2024-2029 comprises five key elements:

1. **Sport, Recreation, and Physical Activity:** Facilitate diverse sport and recreation opportunities, enhancing physical health and overall wellbeing, while providing community facilities and infrastructure to promote physical activity, social connection and a sense of belonging.

2. **Mental Wellbeing:** Promote positive mental health, encourage social interactions, combat isolation, and foster a sense of belonging, while promoting the Act Belong Commit campaign and encouraging meaningful activities and active participation.

3. **Volunteering:** Support and empower local groups through guidance, capacity building and corporate volunteering, connect community members to volunteer opportunities, and ensure a best practice approach to volunteer management.

4. **Healthy Lifestyles:** Promote nutrition literacy, benefits of physical activity and healthier eating habits, while reducing harmful substance consumption through partnerships, targeted education and awareness campaigns.

5. **Connect, Communicate and Advocate:** Increase community health and wellbeing awareness through targeted messaging, facilitate community connection

and information provision, and advocate for the interests of local groups, clubs and services.

The Way Forward section of this Strategy provides further information about each key element, by outlining:

- The relevant informing research
- The relevant informing stakeholder feedback
- A brief overview of the programs and initiatives the City will facilitate in response to this research and feedback.

The Implementation Plan section of this Strategy lists the ongoing and new actions in alignment with these key elements, which will be implemented in the 2024-2029 period, in accordance with the outlined timeframes.

2. Strategic Objective

The strategic objective and vision of the Health and Wellbeing Strategy 2024-2029 is:

To support the development of an empowered, sustainable and healthy community that actively encourages healthy lifestyles, physical activity, volunteering, mental wellbeing and social connection.

The Health and Wellbeing Strategy 2024-2029 aims to deliver the following aspirations of the City's Strategic Community Plan (2023-2033):

Aspiration 1: Social - A family-friendly, safe and connected community

- Connected community: Provide opportunities for community engagement and participation
- Community Health and Wellbeing: Strengthen community health and wellbeing
- Community Health and Wellbeing: Provide healthy lifestyle opportunities
- Inclusive community: Build connectivity with our diverse community

Aspiration 2: Natural Environment - A place of natural beauty where the environment is respected

- Sustainable natural green spaces: Improve community open spaces

Aspiration 3: Built Environment - A built environment carefully planned for today and tomorrow

- Built infrastructure meets current and future community needs: Plan, build and maintain current and future assets
- Plan for sustainable growth: Create safe community places to live, recreate and work
- Accessible and connected: Plan and advocate for transport solutions

Aspiration 5: Leadership - Transparent and accountable leadership and governance

- Quality leadership: Active advocacy for the community

3. Background

3.1. City of Rockingham approach

The City of Rockingham plays a significant role in creating an environment for communities to prosper and enjoy good health. It influences many aspects of community life which contribute to health and wellbeing, such as urban planning, parks and facilities, transport, social support and community participation.

The City of Rockingham was the first local government in Western Australia (WA) to launch a Health and Wellbeing Strategy, with the first iteration being the 2007-2011 Strategy. Further strategies were then developed for the 2012-2017 and 2018-2022 periods.

The City's Volunteering Strategy 2016-2022 was the organisation's first structured approach to consolidating volunteer activity and paved a strategic approach for the future. The Volunteering Strategy successfully implemented a structure for, and understanding of, the place volunteering holds within the City of Rockingham.

In more recent years, it has become clear that both the Health and Wellbeing Strategy and the Volunteering Strategy share common goals relating to building community capacity and enhancing health and wellbeing. As a result, the two strategies have been combined, with the new Health and Wellbeing Strategy 2024-2029 now incorporating volunteering as a key element.

To achieve the vision of the Health and Wellbeing Strategy 2024-2029, the City is committed to delivering, facilitating, supporting and advocating for a range of programs, projects, activities and initiatives across these five key elements.

3.2. International Context

3.2.1 Health and Wellbeing

World Health Organisation

The World Health Organisation (WHO) is the United Nations (UN) agency dedicated to global health and safety, connecting nations, partners and communities to promote health and serve the vulnerable. WHO has identified the following social determinants which influence community health and wellbeing:

- Income and social protection
- Education
- Unemployment and job insecurity
- Working life conditions
- Food insecurity
- Housing, basic amenities and the environment
- Early childhood development
- Social inclusion and non-discrimination
- Structural conflict
- Access to affordable and quality health services.

Sustainable Development Goals

The UN *2030 Agenda for Sustainable Development* outlines 17 Sustainable Development Goals (SDGs) aimed at addressing various global challenges such as poverty, education, inequality, economic growth, climate change, and environmental preservation.

Goal three specifically targets Health and Wellbeing, emphasising the need for countries to ensure healthy lives and wellbeing for all ages. The UN notes that progress towards these goals has been hindered by the COVID-19 pandemic, which not only affected people's lives and livelihoods, but also reversed some of the achievements made. The UN is now encouraging prompt and widespread action on a global scale to counter these setbacks and achieve significant progress by 2030.

COVID-19 Pandemic

The COVID-19 pandemic changed the world and impacted decades of progress in global health, while giving rise to other significant health and well-being issues. For example, COVID-19:

- Infected more than 500 million people worldwide (by mid-2022)
- Led to 15 million deaths (2020-2021) including the lives of 115,500 front-line health care workers
- Disrupted essential health services in 92% of countries (end 2021)
- Halted progress on universal health coverage and resulted in 22.7 million children missing basic vaccines in 2020
- Decreased global life expectancy
- Decreased immunisation coverage
- Increased the prevalence of anxiety and depression
- Increased deaths from tuberculosis and malaria – signalling the first rise in tuberculosis deaths since 2005.

The threat of future global pandemics and the experience of COVID-19 in its profound and long-lasting effects on economies, societies, politics and mental health, have resulted in the establishment of a new fund for pandemic prevention, preparedness and response at the World Bank.

Mental Health

According to WHO's *World Mental Health Report (2022)*, mental health is the world's leading cause of disability, and the stigma around mental health remains high. Depression affects about one in 15 adults each year, and one in six people will experience depression in their lifetime. In 2019, 14% of the world's adolescents (aged 10-19 years) were living with a mental health disorder.

COVID-19 also triggered an unprecedented mental health crisis. WHO estimates that cases of depression and anxiety have increased by more than 25%, and the number of young people experiencing severe emotional symptoms has doubled since the start of the pandemic.

3.2.2. Volunteering

Volunteerism

In 2020 the United Nations Volunteers (UNV) produced a paper called *Volunteering Practices in the Twenty-First Century*, to enable the UN General Assembly to understand new trends and practices in volunteering. It showed that volunteering was shaped by social issues and patterns such as humanitarian and climate crises, technological advances, ageing societies and inequalities. It also noted that online technology had opened up new avenues for connectivity across countries and platforms, and enhanced engagement for people of all abilities.

The report acknowledged increasing individualism in decision-making, in terms of how, when, where and why people volunteer. Alongside more altruistic motivations, personal benefits such as improved employment prospects, wellbeing and mental health were reasons for volunteering. The trend was for short-term, episodic volunteering which aligned with a volunteer's availability, flexibility and lifestyle, rather than a long-term, loyal and regular commitment. Volunteers also tended to engage with specific causes which had a personal appeal or were popular and seen as fashionable, rather than committing to a specific organisation.

In 2022, UNV released its fourth State of the World's Volunteerism Report, titled *Building Equal and Inclusive Societies*. The report outlines the critical relationship between volunteers and the ability to respond to the profound changes and challenges of the 21st century. It further acknowledges volunteerism as an important part of society and a powerful force for shaping and advancing development.

3.3. National Context

3.3.1. Health and Wellbeing

Australian Bureau of Statistics (ABS)

According to ABS, Australia's mortality rate remained low in 2021 (507.2 per 100,000 people) and Australia's life expectancy is now 84.3 years - ranking third in the world behind the life expectancy in Japan 84.7 years and Monaco 86.5 years. Australian females have a life expectancy of 85.7 years, while Australian males have a life expectancy of 82.9 years. However, the *Closing The Gap Report 2020* outlined that the life expectancy for indigenous Australians was 8.6 years lower for males, and 7.8 years lower for women, compared with other Australians.

ABS also showed that over three quarters (78.6%) of Australians had at least one long-term health condition in 2020-2021, and nearly half had at least one chronic condition (46.6% or 11.6 million people). The most common chronic conditions were mental and behavioural conditions (20.1%), back problems (15.7%) and arthritis (12.5%).

Suicide was the 15th leading cause of death in 2021, with the median age at time of death being 44.8 years, and with males being 3 to 4 times more likely to take their own life. Psychosocial risk factors (e.g. marriage status, loneliness, bereavement, work environment, social support) were the most common type of reported risk factors, being present in almost two-thirds of suicide deaths. Mental and behavioural disorders were present in almost 63% of suicide deaths.

The rate for alcohol-induced deaths was the highest in 10 years. This was also noted in Organisation for Economic Cooperation and Development statistics, and quoted in the Australian Institute of Health and Welfare's *Australia's Health in Brief 2022* report.

Australian Institute of Health and Welfare (AIHW)

According to AIHW, in 2020-2021 an estimated three in 10 adults did not perform at least the recommended 150 minutes of physical activity per week, and 50% of people aged 65 years and over were insufficiently active. Nearly half (49.4%) of employed people aged 18-64 years described their day at work as mostly sitting. Two thirds (67%) of adults were overweight or obese.

The data also showed that most Australians did not consume the recommended serves of fruit and vegetables – potentially increasing their risk of obesity, high blood pressure and high cholesterol.

In specific relation to children (5-14 years old), some key data findings showed that:

- Most Australian children eat the recommended amount of fruit (72%) but not enough vegetables (4.4%).
- One in four (24%) children aged 5-14 are overweight or obese.
- The leading causes of disease burden for Australian children are asthma, anxiety disorders, depressive disorders, conduct disorder and autism spectrum disorder. Four out of five of these are related to mental health conditions.

And in relation to young people (15–24 years old):

- The leading cause of death was injury, and more than half of these were caused by intentional self-harm (suicide).
- 32% of Australians aged 12-24 years received a mental health specific service.
- In 2019, an estimated 97% of 14-17 year olds, and 80% of 18-24 year old young people had never smoked tobacco.
- Vaping (the use of electronic or e-cigarettes) is rising among Australian young people, exposing them to a toxic chemical that can harm adolescent brain development and lead to dependence. There is growing evidence that vaping nicotine is associated with later tobacco use among teenagers.

Australian Government Department of Health and Aged Care

The vision of the Australian Government Department of Health and Aged Care is "Better health and wellbeing for all Australians now and for future generations". To achieve this, the Department's *Corporate Plan 2022-2023* lists the following four outcomes:

- Health Policy, Access and Support (includes mental health)
- Individual Health Benefits
- Ageing and Aged Care
- Sport and Recreation.

The Department's *National Mental Health Policy 2008,* also continues to set the vision for a mental health system that:

- Enables recovery
- Prevents and detects mental illness early
- Ensures that all Australians with a mental illness can access effective and appropriate treatment and community support to enable them to participate fully in the community.

'Head to Health' is an online resource provided by the Department, which points to digital mental health services from some of Australia's most trusted mental health organisations. It brings together apps, online programs, online forums, phone services and a range of digital information resources.

Australian Unity Personal Wellbeing Index

Australian Unity Personal Wellbeing Index (PWI) tracks a person's satisfaction with factors such as their health, personal relationships, feelings of safety, standard of living, life achievements, sense of community belonging and future security. In 2020, the average PWI score was 76.3, with Western Australia scoring the lowest wellbeing (75.0), and Tasmania scoring the highest (76.1).

Of note, the Index highlighted that volunteering was a recipe for happiness, which brought community and connection. It notes that each year nearly six million volunteers formally contribute more than 596 million hours to charities and community organisations.

3.3.2 Volunteering

Australian Sports Commission

The Australian Sports Commission (ASC) is responsible for supporting and investing in sport at all levels. ASC acknowledges the significant value of sport volunteers and developed a vision for sport volunteering, drawn from the *Future of Sport Volunteering Report (2021)*. This report noted that, nationally, sport volunteers provided approximately $4 billion per year worth of labour. However, it also acknowledged that there are significant challenges in attracting and retaining volunteers, such as busy lifestyles, desire for more flexibility, constant technology distractions, COVID-19 impacts and other lifestyle changes.

The report also noted positive trends and influences, such as increasing gender equality, the focus on community cohesion, growing interest in health and wellbeing, and the increasing spotlight on cultural diversity and inclusion.

In terms of a continued positive way forward, the report suggests the following key focus areas for sports and other relevant organisations:

- Make it feel like I belong – inclusion and finding volunteers outside 'mates' and internal circles.
- Make it easy to get involved – open doors and sign up for all community, not just club members.

- Tailor roles to my needs – must cater to the needs of the volunteer, not just the club.
- Support me – training and tools to do the role.
- Create value for me, the club and the community – join the dots so all can see the value created for the community at large.

Volunteering Australia

Volunteering Australia launched its *National Strategy for Volunteering 2023-2033* at the 2023 National Volunteering Conference in Canberra on 13 February. The Strategy seeks to engage and re-engage volunteers to support the delivery of critical social services and contribute to the wellbeing of both individuals and the community. According to the Strategy, future trends show that volunteers are becoming more selective in the roles they are looking for, and that volunteering opportunities need to align with their skills. Internal resourcing to coordinate volunteers and suitable programs are also key to re-engaging and retaining volunteers.

COVID-19 impact on volunteering

Volunteering Australia notes that COVID-19 had a major impact on volunteering, accelerating the decline already being seen in Australia's volunteering rates. Many organisations stopped volunteering programs, or reduced them, while others adapted them to an online environment where possible. However, the costs of technology and required hygiene protocols impacted the volunteering landscape. Additionally, volunteer organisations and supervisors faced increased pressure and challenges in terms of managing their volunteer base throughout the pandemic period, which brought with it increased administrative and occupational health and safety requirements.

Volunteering Australia further notes that there has been a decrease in adults volunteering, with a drop from 36% in 2019, to 26.7% in April 2022, as well as a reduction in the number of hours people devote to volunteering.

3.4. State Context

3.4.1. Health and Wellbeing

Department of Health WA

As outlined in the *WA Health Promotion Strategic Framework 2022-2026,* Western Australians are living longer, healthier and more injury-free lives due to a range of factors, including effective health promotion campaigns, better living and working conditions, and advances in medicine and healthcare.

However, Western Australia (WA) faces challenges such as the prevalence of obesity and an ageing population, set to put increased demands on the health and community services sector. Some population groups in WA, such as Aboriginal people, regional and remote community members, those from non-English speaking backgrounds, and people who identify as Lesbian, Gay, Bisexual, Transgender, Intersex, Queer, Asexual and other terms (LGBTQIA+), are at greater risk of chronic disease and injury due to their increased prevalence of risk factors.

WA Health is Western Australia's public health system. It is the largest health jurisdiction in the world, covering 2.5million square kilometres. WA Health delivers

hospitals and health services, and preventative public health programs to ensure Western Australians enjoy a standard of health that is among the highest in the world. Latest health campaigns include heatwave awareness, workforce recruitment, looking for signs of Monkeypox, palliative care, and vaping awareness.

The *WA Health Promotion Strategic Framework 2022-2026* (HPSF) sets out the following priority areas:

- Reducing tobacco use and making smoking history
- Healthy eating and active living to halt the rise in obesity
- Reducing harmful alcohol use
- Preventing injury and promoting safer communities.

The framework specifically notes that the global pandemic has highlighted the importance of a healthy lifestyle, as smoking and being overweight were associated with worse health outcomes from COVID-19. In addition, community lockdowns limited how far people could travel, reiterating the importance of liveable neighbourhoods that have areas for physical activity and recreation. Responding to the COVID-19 pandemic has also highlighted the need for Western Australians to have easy access to reliable, easily-understood and culturally-appropriate health information.

Western Australian Primary Health Alliance (WAPHA)

In 2015, the Australian government established the Primary Health Network (PHN), to engage with local communities to support General Practitioners (GPs) and primary health care workers to continuously improve and provide better patient care and outcomes, and to bring health services and decision making closer to the community. There are 31 PHNs in Australia. Three are in Western Australia, and are overseen by the WAPHA. WAPHA has a Memorandum of Understanding with the WA Mental Health Commission, to integrate care across their mental health and alcohol and other drugs activities.

WAPHA's WA *Foundational Plan for Mental Health, Alcohol and Other Drug Services, and Suicide* identifies the following three priority areas:

- Area 1: Enhancing Aboriginal social and emotional wellbeing
- Area 2: Suicide Prevention, Physical Health, Psychosocial Support for People with Severe Mental Illness
- Area 3: Regional Services Development, Service Navigation, Lived Experience CoDesign.

The Plan states that in WA, mental illness and substance use account for more than half of the burden of disease in those aged 15–25 years, while 50% of mental health disorders that will affect people across their lifespan emerge by 15 years of age, and 75% by the age of 24.

WAPHA notes that mechanisms to prevent mental health issues often lie outside of the health system, and that initiatives from across multiple sectors, including local government, are important.

Mental Health Commission

The WA Mental Health Commission provides an integrated approach to mental health, alcohol and drug issues. The Commission's Strategic Plan, *Better Choices, Better Lives*, outlines a 10-year focus (2015-2025) for mental health, alcohol and other drugs.

Drilling down from this Strategic Plan is a Strategic Priorities document, titled *WA State Priorities, Mental Health, Alcohol and Other Drugs, 2020-2024*. It identifies the following six priority areas:

- Prevention
- Community Support
- Community Accommodation
- Treatment Services
- Sector Development
- System Supports and Processes.

Education campaigns and resources are also fundamental to the Mental Health Commission's health promotion approach, including resources and toolkits for local governments to use, such as, *Managing Alcohol in Our Communities: A Guide for Local Government*. This guide provides a step-by-step, best practice approach to developing an alcohol policy and management plan.

Healthway

Healthway funds sport, arts, community activities, health promotion projects and research to inspire Western Australians, especially young people, to live healthier lives. Healthway's vision is to create a healthier Western Australia, by focussing on the following priority health areas:

- Promote healthy eating
- Promote active living
- Promote mental wellbeing
- Prevent and reduce use of tobacco, e-cigarettes and other novel tobacco products
- Prevent and reduce use of alcohol.

The City of Rockingham has been the recipient of Healthway funding in recent years, including funding for the Healthy Venues project, which enabled the City to provide increased healthy food options, healthy eating education, as well as promotional signage and campaigns at all four of its leisure facilities.

Act Belong Commit (Mentally Healthy WA)

Act Belong Commit is a state-wide mental health promotion campaign born out of Curtin University and designed and directed by Mentally Healthy WA. It encourages people to take action to improve and protect their mental health and wellbeing, and is centred around the following three imperatives:

- ACT (Do something) - Keep active in as many ways as possible - physically, socially, mentally and spiritually.

- BELONG (Do something with someone) - Keep connected to friends and family, get involved in groups, join in local community activities.
- COMMIT (Do something meaningful) - Commit to a cause, become a volunteer, learn a new skill, take up a challenge.

Act Belong Commit stands out as the world's inaugural comprehensive, community-wide preventive mental health promotion initiative. It motivates individuals to proactively enhance and safeguard their mental health and well-being. The program advocates for effective mental health strategies both at the personal and community levels. It operates across diverse settings, such as health services, local governments, schools, workplaces, community organisations, and local clubs, to instil these principles and promote mental well-being on a broad scale.

A comprehensive review of protective behaviours for mental and psychological wellbeing in Australian adults found the behaviours promoted by Act Belong Commit were effective. In 2020, a study showed that the more often WA adults took part in Act Belong Commit activities, the higher their mental wellbeing.

The City of Rockingham has been a supporting partner of Act Belong Commit, regularly delivering campaigns and programs that align with its messaging, such as Mental Health Month each year.

Department of Local Government, Sport and Cultural Industries

The Department of Local Government, Sport and Cultural Industries (DLGSC) aspires to create a vibrant, inclusive and resilient WA community. The Sport and Recreation portfolio aims to promote participation and achievement in sport and recreation to support a healthy lifestyle for all Western Australians through physical activity.

In addition to providing funding directly to state sporting associations and peak bodies, DLGSC also funds the Community Sporting and Recreation Facilities Fund, the Club Night Lights Program, the State Sporting Infrastructure Fund and the KidSport program, which celebrated its 10th anniversary in 2021 and has supported more than 100,000 children to participate in club sport and swimming lessons. The City of Rockingham currently receives annual KidSport funding.

DLGSC also offers funding through its Every Club Grant Scheme, which provides three-year funding to support sport and recreation clubs to build their capacity and capability in governance, planning and management practices. Funding is provided to local governments to deliver capacity building programs in conjunction with local sporting clubs and groups. The City of Rockingham has been a long-time recipient of Every Club Funding.

3.4.2. Volunteering

Volunteering WA

Volunteering WA is the peak body for volunteering in Western Australia, with a vision for a society where everyone is inspired to make a difference. Its 2022-2025 Strategic Plan is based on the following three elements:

- Engage (Connect, Communicate, Celebrate): Promote volunteering and foster opportunities for participation and partnerships.
- Lead (Research, Policy, Advocacy): Unearth the latest trends in volunteering, and champion the needs and interests of the sector.
- Advance (Training, Advice, Support): Support people and organisations to strengthen volunteering.

Volunteering WA's report, *Volunteering in Aged Care Settings in WA – Good Practice During COVID-19 and Beyond*, highlighted that COVID-19 greatly impacted every sector. For example, the aged care sector was significantly impacted during COVID-19, due to the need to promptly establish urgent health, safety and infection control requirements. The pandemic coincided with the findings of the Royal Commission on aged care, of which one of the findings recognised the importance of volunteers in addressing social isolation and assisting aged care clients.

Emerging issues from the pandemic have highlighted the importance of volunteer management, communication, diversity and inclusion, and recognition of volunteers as well as volunteer managers. Volunteering WA has developed a set of Good Practice Guides for use by managers and volunteers, through funding from Lotterywest and Murdoch University.

The WA's State of Volunteering Report 2023 early insights released by Volunteering WA shows that 65.1% of WA's population over the age of 15 engages in a formal or informal volunteering, with a collective contribution of 400 million hours per year – adding an estimated $63.9 billion of social, economic and cultural value to WA.

Department of Communities

The Department of Communities aims to support volunteers by strengthening the volunteering sector. According to the department's snapshot, issues and trends for volunteering in WA are similar to those being experienced nationally and internationally, with more flexibility needed and divergent motivations emerging for volunteers and volunteer involving organisations.

The Department is also responsible for the *WA Volunteering Strategy*, which has the following four focus areas:

- Responding to emerging trends and issues
- Encourage and facilitate participation in community life through volunteering
- Support volunteer-involving organisations
- Recognise and value volunteers and volunteering.

In 2021, the Department also released its *Volunteering Development Services Program Review: Stakeholder Consultation Report,* which identified further key focus areas, including:

- Supporting volunteers and organisations to provide more flexibility
- Connecting volunteers with resources
- Building personal (face-to-face) relationships with volunteers which will encourage older and minority group engagement
- Ensuring services are aware of online supports (video conferencing, standardised template forms, training and feedback mechanisms)
- Looking for opportunities for collaboration in marketing, recruitment and service sharing.

3.5. City of Rockingham Context

3.5.1. Public Health Snapshot

South Metropolitan Health Service

The South Metropolitan Health Service (SMHS), through their Health Promotion team, works in collaboration with stakeholders such as Local Government Authorities (LGA), community groups, workplaces and schools to collectively address some of the community's challenges to help them live longer and stronger lives.

As outlined in the City of Rockingham Health and Wellbeing Profile (October 2023), the Rockingham population has a slightly lower life expectancy at 83.1 years than the rest of WA (84 years) or Australia's (84.3 years) population. Although Rockingham females are on par with Australia's female life expectancy at 85.7 years.

Health-wise, Rockingham's population eats more fast-food compared to the WA average, and less fruit and vegetables than the State and Australian average. The City's population also exercises less than the State average, but more than the majority of Australians. 44.5% of the City's population reports exercise levels that are deemed insufficient, as compared to 39.7% at the State level, and 54.6% at the National level. Significantly more of Rockingham's population is within the overweight or obese levels with 80.2% noted in these categories, compared to 69.4% in WA and 67% in Australia.

Risky drinking behaviour use was mostly on par with other Western Australians, with slightly less rates for long term harm. There are more daily smokers in Rockingham than WA but less than the Australian average.

Rockingham has higher rates of mental health illness (including depression and anxiety) - with 10% compared to the State's 8.3% and Australia's 8.8%. Rockingham also reported higher rates of chronic diseases such as arthritis, asthma and lung conditions and people requiring assistance with core activities.

In the past, the City has worked and will continue to work in partnership with SMHS to address some of the community's challenges to enable them to live a healthier and connected life.

3.6. The City's Role

It is important to note that the City does not provide medical services or facilities such as hospitals or medical centres, or other specialised services relating to mental health, or drug and alcohol support. The City's role in health and wellbeing is generally preventative – with a key focus on community capacity building and community support, through a range of programs and initiatives. The City is also active in shaping the physical environment to facilitate a range of health and wellbeing outcomes, including community facilities and public open spaces.

In addition to its Health and Wellbeing Strategy, the City has a number of other strategies which encompass programs and initiatives that support health and wellbeing. The intent is not to duplicate service delivery, but rather, to acknowledge that the City takes a holistic approach to addressing community priorities, and that strategic approaches often intersect. For example:

- The Community Safety and Support Services Strategy 2022-2027 includes actions and focus areas which relate to supporting mental health, community awareness, and providing information and service referral.
- The Strategy for Early Years, Children and Young People 2024-2030 (currently in draft form) contains actions and key elements relating to mental health, inclusion and volunteer opportunities for children, families and / or young people.
- The Cultural Development and Arts Strategy 2024-2030 (currently in development) will likely acknowledge the importance of arts and culture on a person's mental health.
- The Seniors Strategy 2024-2029, will likely include actions relating to active and healthy ageing, and address issues relating to overcoming isolation and staying connected.
- The Library and Information Services Strategy 2017-2021 notes that libraries form part of a community's culture, providing welcoming spaces for a range of activities – often reflecting and incorporating key elements which foster positive mental health.

The City also plays a statutory health role under the Public Health Act 2016 in relation to various public health requirements and compliance. Additionally, the City has responsibility for managing environmental health risks to protect public health, such as monitoring for safe food, air and water. However, this strategy primarily focuses on the physical and mental 'wellbeing' aspects of health.

3.7. Community Consultation and Findings

Throughout April and May 2023, the City undertook extensive community consultation and engagement with a range of external stakeholders including service providers, local clubs, community groups, state government agencies and community members. This included:

- 10 community workshops and focus groups
- 11 one-on-one interviews
- An online survey attracting 300 responses.

The City also utilised relevant feedback from the recent community consultation process for the City's Strategic Community Plan 2023–2033.

Key consultation feedback and findings are outlined below. It should be noted that these are as reported by community members and stakeholders, and the City's ability to address certain factors may vary.

Cycling

- Cycling for recreation or for local trips (to school or the shops) are the most popular reasons to ride a bicycle in Rockingham. Commuting to work is rarely considered an option for residents due to the lack of a cycle network and safety concerns related to riding on roads.
- Access to bikes and improved cycle path facilities (including regular cleaning and safety checks, lighting and connectivity) and separating paths for different user groups were identified as ways to encourage cycling uptake.
- End of trip facilities and bike lockers or secure parking stations were noted as important factors for commuters when considering bicycle trips.
- Baldivis has a pump track and a similar facility in Rockingham, such as a BMX or pump track, would be a welcome facility.

Walking

- Recreation, exercise and dog walking were the most popular reasons for walking.
- Review and development of infrastructure, such as shade and seating, were noted as important, especially to older people or less confident walkers.
- Broader promotion of existing walking groups, as well as establishment of new groups, were considered important.

Exercise and fitness

- City provision of outdoor exercise equipment, free exercise programs (yoga, tai-chi, dance, fitness/Zumba) were well-received. Free access to these programs was also noted as important.
- Partnering with external organisations and delivery of programs tailored to non-sporty people, older people and/or people with disability, were suggested for consideration.

Dog parks

- The Rockingham community enjoys walking their dogs, and for many, walking their dogs to the local park provides not only physical activity, but also social and mental wellbeing opportunities.

Access to sport and recreation activities

- Programs such as KidSport, Equip Me for Sport and Every Club initiatives are considered very important.
- High costs and a perceived lack of transport options were highlighted as barriers to accessing sport and recreation activities.

Facilities

- Most respondents were complimentary of the City's vast array of parks, sporting grounds, indoor facilities and sporting complexes.
- There is concern that, despite the many facilities, the City will be unable to keep up with the continued and rapid population growth.
- Some older sport and recreation facilities are in need of refurbishment or upgrade, with new facilities close to capacity.
- It was noted that community halls, centres and other City of Rockingham facilities are underutilised, and there is a need/opportunity to activate these spaces more effectively for community benefit.

Act Belong Commit (ABC)

- There is a higher than average awareness and understanding of the Act Belong Commit (ABC) campaign in the City of Rockingham.
- ABC provides a range of tools and resources community members and groups can utilise to improve their mental wellbeing.
- The City has a crucial role to play in promoting the campaign.

Mental health and young people

- During the recent Strategic Community Plan 2023-2033 consultation process, more than one third (35%) of respondents believed it was critical that the City of Rockingham provided youth services and engaged with young people.
- There is a strong need for suicide prevention, drug rehabilitation, family support and youth services, as mental health facilities/services are limited and often have long waitlists. Baldivis was highlighted as a priority area.
- Reductions in federal funding for Rockingham based mental health services was flagged as a concern.
- Rockingham Youth Centre was noted as a safe space for many young people and of critical importance to young people who may be experiencing difficulties.

Social connection

- Several stakeholders and survey respondents expressed concern about loneliness and social isolation.
- Young people are interested in intergenerational programs and activities.
- Carers were noted as a specific group which requires consideration and support. Over 39% of survey respondents had undertaken unpaid carer duties in the past 12 months.

Wellbeing through art and environment

- Art, music, and nature were widely identified as enhancing good mental health and physical wellbeing, as well as improving the general environmental aesthetic.
- The importance of music and art based activities was emphasised as was the importance of scheduling these activities at user-friendly timeslots.

Volunteering

- During the recent Strategic Community Plan 2023-2033 consultation process, 15% of respondents believed it was critical that the City of Rockingham should encourage community engagement in culture, arts and volunteering.
- Services and support provided by the Rockingham Volunteer Centre are considered critical to success of many local volunteer involving organisations.
- The City's volunteer recognition initiatives are highly regarded.
- Support and capacity building of local organisations is well received and considered very important.

Medical facilities

- The community felt it is important for the City to undertake advocacy in relation to a shortage of GPs, specialists and mental health providers, fewer bulk billing doctors, and the issue of ambulance ramping.

Community infrastructure

- Safety was noted as an important consideration in encouraging people to be active outdoors and in the community.
- The community outlined a need for improved lighting in parks and along pathways to help people feel safer when going out at night.
- Community gardens were noted as having physical and mental health benefits, as well as contributing to a healthy lifestyle - especially for those who have downsized and no longer have access to a garden.
- Public transport and infrastructure were considered highly important.

Education and Events

- Respondents were interested in education opportunities, particular in relation to the following topics/areas:
  - Seniors' Health and Wellbeing: dementia, ageing, arthritis, diabetes, aged care, seniors fitness and strength exercises, self-defence courses, friend and partnership events, promotion at Autumn Centre, computer courses, memory courses.
  - Women's Health: female fitness/weight loss, emotional wellbeing, perimenopause and menopause, cholesterol.
  - Parenting, child behaviour and child mental health.
  - Access and inclusion – ways to support people with disability.
  - Mental health, depression, anxiety and PTSD.
  - Gentle exercise and meditation, relaxation, yoga, mindfulness, breathing and sleep.
  - First aid.
  - Cooking, nutrition, gut health, how to cook with fresh and healthy ingredients.
  - Permaculture, verge gardens, gardening, growing your own food.
  - The negative effects and impacts of vaping.
  - Volunteering.
  - Financial counselling.
  - Understanding bereavement.
  - Wills and Power of Attorney, guardianship and relevant legalities.

- Older people highlighted a need for upskilling and employment opportunities.
- Workshops/education relating to the impact of bullying on young people and their mental health were outlined as being important – particularly for parents.
- The City's Summer Series program of free events is well known, well-attended and continues to be very well-received. However, development of a multi-season based Series program was proposed - to offer participation and social connection opportunities at other times of the year.

Connection

- The City was identified as an important 'one-stop-shop' for information about what is available in community.
- The majority of stakeholder conversations highlighted a need for the City to develop and host an online Community Directory.

Communicate

- There is a need for a range of diverse and demographic-tailored communication channels (e.g. community radio for seniors, Instagram and TikTok for young people). Respondents expressed the view that one size does not fit all.

Advocacy

- The City has an advocacy role in relation to external stakeholders such as schools and private entities, on behalf of the local community (e.g. in relation to the establishment of shared use agreements).
- Advocacy is required to state and federal government for the provision of medical and mental health services and facilities.

4. The Way Forward

Key Element 1: Sport, Recreation and Physical Activity

Facilitate diverse sport and recreation opportunities, enhance physical health and wellbeing, and provide community facilities and infrastructure to promote physical activity, social connection and a sense of belonging.

What the research told us

- Sport, recreation, and physical activity are highly valued by the community.
- Engagement in sports is crucial for promoting health and well-being, preventing chronic illnesses, and enhancing mental health.
- It is important to recognise the importance of both individual and team activities in promoting physical and mental well-being.
- Strategic direction and support from various levels of government is important.

What the local community and stakeholders told us

- There is perceived need for improved access to cycle paths, and enhanced safety for footpaths is sought (e.g. separating footpaths for different user groups).
- End-of-trip facilities and secure parking are needed, to support commuter based cycling.
- Walking is primarily for recreation, exercise, and dog-walking, and has positive impacts on mental health and well-being.
- It is important to promote existing walking groups and establish new ones, to encourage an active community.
- There is a perceived need for enhanced infrastructure, such as shade and seating, particularly for older individuals and less confident walkers.

What the City will do

- Continue to utilise Every Club funding (for the duration of the external funding contract/s), to assist to deliver and facilitate club development and capacity building initiatives for local clubs.
- Continue to administer the Kid Sport program to support low income families to access sport and recreation opportunities.
- Provide programs and workshops which promote, encourage and provide education about active methods of travel.
- Ensure that walking trails, cycle networks and pedestrian pathways are well planned, well-maintained, and considered in future infrastructure projects and planning.
- Continue to develop, manage and maintain parks and community infrastructure for sports-related and passive use.

Key Element 2: Mental Wellbeing

Promote the Act Belong Commit campaign and encourage meaningful activities to combat social isolation, and support positive mental health and active participation.

What the research told us

- Globally, mental health is the world's leading cause of disability, with depression affecting around one in 15 people every year, and with one in six people experiencing depression at some time in their life.
- In Australia, 20.1% of Australians have chronic mental and behavioural conditions, and suicide was the leading cause of death in 2021.
- In Australia, men are three to four times more likely to take their own life.
- In Western Australia, people with mental health issues experience a 20-year gap in life expectancy compared to the general population.
- Mental health is a strong focus at all levels of government in Australia.

What the local community and stakeholders told us

- Mental health is an ongoing concern.
- There are a variety of approaches to tackling mental health issues that are valuable to the community – from support services, through to community capacity building programs and opportunities.
- Current City initiatives and facilities, such as Youth Development programs, Rockingham Youth Centre Outreach, and various Recreation and Wellbeing programs, are acknowledged and highly commended.

What the City will do

The City will support agency and community initiatives in a collaborative manner, to support community mental health and wellbeing. This will include:

- Support and information referral for specific demographics (e.g. youth, seniors).
- Facilitating a variety of health and wellbeing programs.
- Delivering vibrant and inclusive community events.
- Providing community grants for local groups and clubs.
- Promoting and educating the community and the sector in relation to mental health messaging.
- Participating in professional networks focussed on mental health and suicide prevention. These will also assist to inform advocacy priorities.
- Delivering community training focussed on current trends and preventative needs (e.g. Applied Suicide Intervention Skills Training, and Mental Health First Aid).
- Continue to promote the Act Belong Commit (ABC) campaign, and incorporate ABC principles into a wide range of City programs and initiatives.

Key Element 3: Volunteering

Support and empower local groups through guidance, capacity building and corporate volunteering, connect community members to volunteer opportunities, and ensure a best practice approach to volunteer management.

What the research told us

- Volunteering continues to be an important part of society at all levels (from international through to the local level).
- People undertake volunteer roles for a myriad of reasons, including general health and wellbeing, improving employment prospects and assisting to address specific causes, issues or challenges.
- The Australian Sports Commission's *Future of Sport Volunteering Report (2021)* focuses on belonging, being involved, being supported and being valued within the community.
- Volunteering WA's strategic approach focuses on engaging, celebrating, leading, training, developing and supporting volunteers.

What the local community and stakeholders told us

During the recent consultation process for the City of Rockingham Strategic Community Plan 2023-2033:

- 15% of participants highlighted the importance of fostering community engagement in culture, arts, and volunteering.
- The Rockingham Volunteer Centre's services and support were identified as crucial for the success of numerous local volunteer involving organisations.
- The City's initiatives for recognising volunteers are highly valued.
- Support and capacity building provided to local organisations in addressing their volunteer needs are acknowledged and commended.

What the City will do

The City will continue to:

- Provide a comprehensive volunteer portfolio, with dedicated officers supporting and connecting volunteers and volunteer involving organisations.
- Provide the Rockingham Volunteer Centre as the central hub for volunteer information and enquiries.
- Deliver training and development opportunities for volunteers and volunteer involving organisations.
- Facilitate celebratory and recognition functions for volunteers and volunteer involving organisations.
- Promote the City's Volunteer Handbook and Work Health and Safety Volunteer Booklet for City Volunteers.

Key Element 4: Healthy Lifestyles

Promote nutrition literacy, benefits of physical activity and healthier eating habits, and reduce harmful substance consumption through partnerships, targeted education and awareness campaigns.

What the research told us

In Australia:

- Alcohol-induced deaths are at a 10-year high.
- The majority of children (72%) meet recommended fruit intake, but only a small fraction (4.4%) consume enough vegetables.
- One in four children aged 5-14 are classified as overweight or obese.
- There is a rising prevalence of vaping among youth.

The WA Department of Health is focused on these four key objectives:

- Reducing tobacco use and making smoking history.
- Healthy eating and active living to halt the rise in obesity.
- Reducing harmful alcohol use.
- Preventing injury and promoting safer communities.

Healthway's priority health areas include:

- Promote healthy eating.
- Promote Active living
- Promote mental wellbeing.
- Prevent and reduce use of tobacco, e-cigarettes and other novel tobacco products.
- Prevent and reduce use of alcohol.

What the local community and stakeholders told us

In Rockingham:

- A larger portion of the population is overweight or obese - 80.2% compared to 69.4% in greater WA and 67% in Australia.
- Risky drinking behaviour is mostly on par with the rest of the state, but with slightly less rates for long term harm.
- There are more daily smokers in Rockingham than greater WA, but less than the Australian average.

What the City will do

- Encourage and support community activities which are conducive to healthy lifestyles (e.g. Community Gardens).
- Support the sector to reduce harmful effects of drugs and alcohol.
- Promote all City events as smoke/vape free events.

Key Element 5: Communicate, Connect and Advocate

Increase community health and wellbeing awareness through targeted messaging, facilitate community connection and information provision, and advocate for the interests of local groups, clubs and services.

What the research told us

At international, national, state and local levels, key common themes and issues are:

- Mental health
- Poor nutrition
- Sedentary lifestyles
- Obesity
- Smoking
- Excessive alcohol consumption
- Loneliness and/or isolation
- Opportunities to volunteer/participate
- Provision of, and access to, quality facilities.

The research shows that all levels of government, and a range of agencies and organisations, have the ability to deliver initiatives, provide support and guidance, raise awareness, and/or advocate in relation to positive outcomes in these areas.

What the local community and stakeholders told us

- The ability to access information quickly and easily is crucial for facilitating access to programs and services that support health and well-being.
- The concept of a City-hosted Community Directory is widely supported.
- Collaboration and connection between agencies and organisations is vital for providing diverse, inclusive, welcoming, and culturally appropriate programs and services for all community members; especially diverse/marginalised groups.
- The City is well-placed to facilitate collaborative community approaches to community health and well-being.

What the City will do

- Where appropriate, advocate and provide input into broader state and federal level policy relating to health and wellbeing focus areas.
- Promote information relating to significant health and wellbeing campaigns – both City-led, and external.
- Promote funding opportunities which provide outcomes in relation to community health and wellbeing; both City-run and external.
- Reinforce the importance of health and wellbeing through continued community development initiatives.
- Advocate on behalf of sporting clubs to facilitate requirements in relation to future sporting and recreation facilities.
- Support community-led and accessible information sharing through initiatives such as a new Community Directory.

5. Measuring success

The implementation of the actions will be measured utilising a range of evaluation techniques such as:

- City of Rockingham Health and Wellbeing Profile
- Community Development Measurement Model
- Annual Resident Perception Survey
- Uptake of programs, services and events
- Budget expenditure
- Feedback
- Organisational partnerships.

Progress updates will be provided to Council through monthly Bulletins.

To ensure suitability of proposed actions, in addition to annual review through the City's team plan process, a minor review of the strategy will be undertaken and reported to Council following the completion of year three of the strategy, being 2026/2027 financial year.

6. Risk Management

A review of strategy planning and implementation risks has been conducted in line with the City's Risk Management Framework. The project management and customer service program/event risks are either at a low or medium level and will be managed by City staff as part of the planning and implementation of the Health and Wellbeing Strategy 2024-2029. This is in line with the City's Risk Management requirements.

Two Operational Risks have been identified as medium and have been outlined below.

Risk	1193	*City volunteers sustain major injury or death while undertaking volunteer duties.*		
Overall risk level		Medium	Impact area	Personal health and safety
Action Required		Regular review and assessment of volunteer locations, all City volunteer procedures, including the review of Role Statements, their Risk Assessments, training and support provided to Volunteer Supervisors and regular cooperation with the City's Human Resource Development team.		

Risk	1194	*The City is held liable for a volunteer's injury or death.*		
Overall risk level		Medium	Impact area	Financial
Action Required		Regular review and assessment of volunteer locations, all City volunteer procedures, including the review of Role Statements, their Risk Assessments, training and support provided to Volunteer Supervisors and regular cooperation with the City's Human Resource Development team.		

7. Implementation Plan: Actions

7.1 Key Element 1: Sport, Recreation and Physical Activity

Facilitate diverse sport and recreation opportunities, enhancing physical health and overall wellbeing, while providing community facilities and infrastructure to promote physical activity, social connection and a sense of belonging.

No	Task	Type	Annual cost	2024/2025	2025/2026	2026/2027	2027/2028	2028/2029	Team
1.1	Deliver and support programs and initiatives that encourage and facilitate access to physical activity.	Ongoing	$20,000	✓	✓	✓	✓	✓	**CCB** CaLF
1.2	Deliver and support programs and initiatives that encourage the use of active travel.	Ongoing	$16,500	✓	✓	✓	✓	✓	**CCB** DoT TS CIP
1.3	Deliver the City's Long Term Cycle Network Plan based on priority and funding availability.	Ongoing	Varying cost	✓	✓	✓	✓	✓	**TS**
1.4	Develop a Walking and Cycle Plan.	New	$100,000		✓				**TS** CCB
1.5	Continue to implement and review the provision of outdoor recreation equipment to meet community needs.	Ongoing	$65,000	✓	✓	✓	✓	✓	**SAM** CCB CaLF
1.6	Activate and promote the use of outdoor exercise equipment.	New	$5,000	✓	✓	✓	✓	✓	**CCB** CaLF SAM SMC

No	Task	Type	Annual cost	2024/2025	2025/2026	2026/2027	2027/2028	2028/2029	Team
1.7	Promote, enhance and maintain local walking trails as a way to encourage low impact physical activity.	New	$10,000	✓	✓	✓	✓	✓	**CCB** SAM SMC
1.8	Engage professional and volunteer surf lifesaving providers during summer seasons at identified beaches.	Ongoing	$100,000	✓	✓	✓	✓	✓	**CCB** CS
1.9	Partner with relevant state government departments and groups to deliver Every Club and KidSport programs, for as long as the funding is available.	Ongoing	Officer Time	✓	✓	✓	✓	✓	**CCB** DLGSC
1.10	Continue to implement and review the provision of indoor and outdoor recreation facilities to meet community needs.	Ongoing	Officer Time	✓	✓	✓	✓	✓	**CIP** CaLF SAM CCB
1.11	Ensure adequate provision of dog exercise areas throughout the community.	Ongoing	Officer time / Varying amounts		✓	✓	✓	✓	**SP** SAM EH CCB
1.12	Recognise local sport and recreation achievements and contribution at the annual Sports Star Awards event.	Ongoing	$50,000	✓	✓	✓	✓	✓	**CCB**
1.13	Develop, implement and support programs and initiatives that activate and	Ongoing	Officer Time	✓	✓	✓	✓	✓	**CaLF** CCB

No	Task	Type	Annual cost	2024/2025	2025/2026	2026/2027	2027/2028	2028/2029	Team
	encourage ongoing use of the City's leisure facilities.								

7.2 Key Element 2: Mental Wellbeing

Promote positive mental health, encourage social interactions, combat isolation, and foster a sense of belonging, while promoting the Act Belong Commit campaign and encouraging meaningful activities and active participation.

No	Task	Type	Annual cost	2024/2025	2025/2026	2026/2027	2027/2028	2028/2029	Team
2.1	Facilitate programs and initiatives that encourage resilience and mental wellbeing.	Ongoing	$5,000	✓	✓	✓	✓	✓	**CCB CSSS**
2.2.	Imbed and promote the Act Belong Commit campaign in City of Rockingham programs and the wider community.	Ongoing	Officer Time	✓	✓	✓	✓	✓	**CCB** MHWA SMC
2.3	Build capacity of local sport and recreation clubs to plan and implement their own wellbeing initiatives and practices.	New	$5,000		✓	✓	✓	✓	**CCB** CSSS
2.4	Deliver a range of events and initiatives that facilitate community connections.	Ongoing	Officer time / Varying amounts	✓	✓	✓	✓	✓	**CCB CSSS** SMC
2.5	Partner with local community groups and service providers to raise community awareness of mental health and wellbeing.	Ongoing	$8,000	✓	✓	✓	✓	✓	**CCB** CSSS LS SMC
2.6	Promote the positive impact of natural environment and sustainable living on community's wellbeing.	Ongoing	$3,000	✓	✓	✓	✓	✓	**SPE** CCB

7.3 Key Element 3: Volunteering

Support and empower local groups through guidance, capacity building and corporate volunteering, connect community members to volunteer opportunities, and ensure a best practice approach to volunteer management.

No	Task	Type	Annual cost	2024/2025	2025/2026	2026/2027	2027/2028	2028/2029	Team
3.1	Continue to operate and promote the Rockingham Volunteer Centre service to connect and support local Volunteer Involving Organisations and Rockingham residents seeking volunteer opportunities.	Ongoing	$6,000	✓	✓	✓	✓	✓	**CCB** SMC VWA
3.2	Provide professional development opportunities to local Volunteer Involving Organisations on topics related to National Standards for Volunteer Involvement.	Ongoing	$8,000	✓	✓	✓	✓	✓	**CCB** VWA
3.3	Provide professional development and capacity building opportunities to local sport and recreation clubs to assist with developing governance practices.	Ongoing	$50,000	✓	✓	✓	✓	✓	**CCB** CSSS
3.4	Develop and implement awareness raising initiatives focusing on the value of volunteering.	New	$20,000		✓	✓	✓	✓	**CCB** SMC VWA LGPWAVN DC

No	Task	Type	Annual cost	2024/2025	2025/2026	2026/2027	2027/2028	2028/2029	Team
3.5	Deliver the annual Community Volunteer Recognition Evening event during National Volunteer Week.	Ongoing	$40,000	✓	✓	✓	✓	✓	**CCB**
3.6	Deliver the annual City of Rockingham volunteer recognition event to recognise Years of Service.	Ongoing	$15,000	✓	✓	✓	✓	✓	**CCB**
3.7	Implement the City's Volunteer Program, including regular review to ensure its efficiency and compliance.	Ongoing	$15,000	✓	✓	✓	✓	✓	**CCB** HRD
3.8	Investigate a new volunteer management software system for the City's volunteer program, to ensure efficiency and compliance.	New	$5,000	✓	✓	✓	✓	✓	**CCB** IT
3.9	Provide professional development opportunities for City volunteers and volunteer supervisors to build their skills, knowledge, capacity and confidence to undertake their volunteer duties.	Ongoing	$10,000	✓	✓	✓	✓	✓	**CCB** HRD
3.10	Provide Corporate Volunteer Program activities for City staff.	Ongoing	$5,000	✓	✓	✓	✓	✓	**CCB** HRD
3.11	Provide support, assistance and recognition of bushfire	Ongoing	$10,000	✓	✓	✓	✓	✓	**CEL GMS**

No	Task	Type	Annual cost	2024/2025	2025/2026	2026/2027	2027/2028	2028/2029	Team
	and State Emergency Services (SES) volunteers as required.								
3.12	Develop a plan for the management of spontaneous volunteers during recovery activities, following a disaster.	New	Officer Time	✓	✓	✓			**CEL** CCB HRD

7.4 Key Element 4: Healthy Lifestyles

Promote nutrition literacy, benefits of physical activity and healthier eating habits, while reducing harmful substance consumption through partnerships, targeted education and awareness campaigns.

No	Task	Type	Annual cost	2024/2025	2025/2026	2026/2027	2027/2028	2028/2029	Team
4.1	Support service provision at, and promotion of, community gardens.	Ongoing	Officer Time	✓	✓	✓	✓	✓	**CCB** SPE
4.2	Facilitate provision of programs and initiatives that encourage healthy eating.	Ongoing	$25,000	✓	✓	✓	✓	✓	**CCB** CSSS
4.3	Implement the City's Alcohol Management Plan.	Ongoing	Officer Time	✓	✓	✓	✓	✓	**CSSS** CCB
4.4	Develop and implement educational and awareness raising initiatives focusing on reducing harm from alcohol use, drug use, smoking and vaping.	New	$5,000		✓	✓	✓	✓	**CSSS** CCB SPE PDS SMC
4.5	Develop, implement and review catering and food provision best practice options for City led meetings and events as well as relevant City facilities.	Ongoing	Officer Time	✓	✓	✓	✓	✓	**CCB** CaLF GCS
4.6	Provide awareness raising campaigns focusing on beach/water safety and being sun smart.	New	$2,000	✓	✓	✓	✓	✓	**CCB** CSSS PDS CCWA

7.5 Key Element 5: Communicate, Connect and Advocate

Increase the community's health and wellbeing awareness through targeted messaging, facilitate community connection and information provision, and advocate for the interests of local groups, clubs and services.

No	Task	Type	Annual cost	2024/2025	2025/2026	2026/2027	2027/2028	2028/2029	Team
5.1	Advocate and provide input into health and wellbeing policies and practises relevant to Local Government Authorities and local Volunteer Involving Organisations.	Ongoing	Officer Time	✓	✓	✓	✓	✓	**CD**
5.2	Promote internal and external funding opportunities to local sport and recreation clubs and other Volunteer Involving Organisations.	Ongoing	Officer Time	✓	✓	✓	✓	✓	**CCB** RVC
5.3	Implement an online City of Rockingham Community Directory to provide a centralised resource for local community members, groups, clubs and service providers.	New	$42,000	✓	✓	✓	✓	✓	**CCB** CSSS LS CaLF SMC IT
5.4	Ensure all programs and initiatives are inclusive, welcoming and culturally appropriate to all members of the community including people with disability, First Nations people, young	Ongoing	$2,000	✓	✓	✓	✓	✓	**CCB**

No	Task	Type	Annual cost	2024/2025	2025/2026	2026/2027	2027/2028	2028/2029	Team
	people, people from culturally and linguistically diverse backgrounds and those from LGBQITA+ communities.								
5.5	Facilitate opportunities for local health and wellbeing services and providers to connect with each other and the community.	Ongoing	$3,000	✓	✓	✓	✓	✓	**CCB** **CSSS** SMC
5.6	Partner with external stakeholders to utilise existing marketing campaigns that are relevant to active transport, physical activity, mental health and wellbeing, and volunteering.	New	$8,000	✓	✓	✓	✓	✓	**CD** SPE SMC DoT MHWA
5.7	Regularly liaise with sport and recreation clubs to ensure their needs are considered as part of refurbishment or development of sport and recreation facilities.	Ongoing	Officer Time	✓	✓	✓	✓	✓	**CCB** CaLF
5.8	Investigate and implement actions to support individuals and groups that are at higher risks to the impacts of heatwaves to increase resilience within the local community.	New	$10,000	✓	✓	✓	✓	✓	**CEL** CSSS CCB

8. Stakeholder Engagement

8.1 Key Stakeholders within this Strategy

Acronym	Stakeholder	Internal/External
CSSS	Community Safety and Support Services	Internal
CIP	Community Infrastructure Planning	Internal
CCB	Community Capacity Building	Internal
SAM	Strategic Asset Management	Internal
TS	Technical Services	Internal
LS	Library Services	Internal
SMC	Strategy, Marketing and Communications	Internal
CELT	Compliance and Emergency Liaison	Internal
GMS	General Management Services	Internal
PDS	Planning and Development Services	Internal
CaLF	Community and Leisure Facilities	Internal
CS	Corporate Services	Internal
GCS	Governance and Councillor Support	Internal
SP	Strategic Planning	Internal
IT	Information Technology	Internal
ED	Economic Development	Internal
TS	Technical Services	Internal
SPE	Strategic Planning and Environment	Internal
CD	Community Development	Internal
HRD	Human Resource Development	Internal
RVC	Rockingham Volunteer Centre	Internal
DoT	Department of Transport	External
DLGSC	Department of Local Government, Sport and Cultural Industries	External
DC	Department of Communities	External
MHWA	Mentally Healthy WA	External
VWA	Volunteering WA	External
LGPWAVN	Local Government Professionals WA Volunteering Network	External
CCWA	Cancer Council WA	External

8.2 Key stakeholders invited to participate

Key Stakeholders invited to participate	Contributed? (Yes/No)	Engagement method used
City of Rockingham Internal Teams	Yes	Survey One on one consultation
Sport and Recreation Clubs	No	Previously provided feedback through Annual Club Surveys and meetings with City officers was used to inform the way forward for the strategy.
Volunteers	Yes	Community Consultation workshop
Community members	Yes	Community Consultation workshop Survey
Volunteer Involving Organisations	Yes	Community Consultation workshop
Sports Advisory Committee	Yes	Focus Group
Seniors	Yes	Focus Group
Young people	Yes	Focus Group
Carers WA	Yes	One on one interview
South Metropolitan Health Service, Health Promotion	Yes	One on one interview
Department of Communities	Yes	One on one interview
National Heart Foundation of Australia	Yes	One on one interview
Mental Health Commission	Yes	One on one interview
Naemi National	Yes	One on one interview
Headspaces in line with	Yes	One on one interview
Rockingham General Hospital – South Metropolitan Health Service, Peel Group Mental Health Service	Yes	One on one interview
Department of Local Government, Sport and Cultural Industries	Yes	One on one interview
Volunteering WA	Yes	One on one interview
Mentally Healthy WA – Act Belong Commit	Yes	One on one interview

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