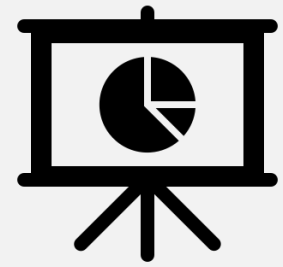
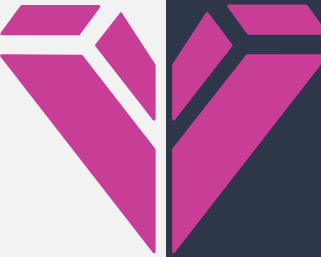


A stylized illustration of a woman with long black hair, wearing a red fedora, red-rimmed glasses, a purple jacket over a blue shirt, and dark pants. She is riding an orange bicycle on a grey path. The background features rolling green hills, several green trees of different shapes, and a light blue sky with white clouds. On the left side, there is a large, stylized pink and purple graphic that looks like a tree or a logo.

Mental Health Initiatives Town of Victoria Park



Strategic Community Plan



Strategic Outcomes

S1

A HEALTHY COMMUNITY

The principle behind this outcome is that good health is the cornerstone of a happy and connected community. Ultimately we want to create a local environment including affordable and accessible opportunities for all residents and visitors to achieve and maintain good health and wellbeing.



S2

AN INFORMED AND KNOWLEDGEABLE COMMUNITY

The principle behind this outcome is that people that have opportunities to learn and explore ideas are happier and more productive. This means providing options for people to access resources, knowledge and technology in a safe, nurturing environment.

S3

AN EMPOWERED COMMUNITY WITH A SENSE OF PRIDE, SAFETY AND BELONGING

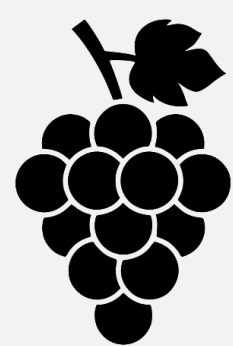
The principle behind this outcome is that people and/or community groups often have a more intuitive sense of what should happen in their community especially when it comes to creating a sense of pride, safety and belonging. It means empowering them so that the community can benefit.

S4

A PLACE WHERE ALL PEOPLE HAVE AN AWARENESS AND APPRECIATION OF ARTS, CULTURE, EDUCATION AND HERITAGE

The principle behind this outcome is that the arts, culture, education and heritage are incredibly important in helping to reiterate, reinforce and create a sense of place.





Healthy Vic Park Plan

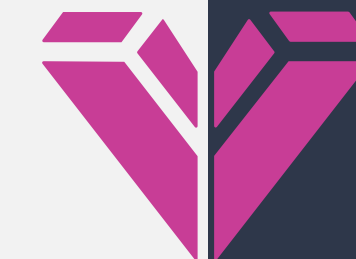


Table 5. Prevalence of psychosocial risk factors for adults (aged 16 years and over), Victoria Park LGA and WA, 2009 – 2014.

Risk factor	Victoria Park LGA		WA
	Persons (%)	Estimated population	Persons (%)
High/very high psychological distress	7.7	2,506	7.9
Lack of control over life in general (a)	*4.6	1,485	4.3

Source: WA Health and Wellbeing Surveillance System, Epidemiology Branch, Department of Health WA.

Community vision as a Vic Park resident...	Actions
I am connected and supported by my community.	<ol style="list-style-type: none">1. Deliver programs and initiatives that encourage resilience and positive mental health.2. Engage and partner with community to implement local capacity building initiatives.3. Partner, link and support local and state mental health programs and initiatives.4. Link and foster socially inclusive opportunities for all residents, including culturally and linguistically diverse community members, Aboriginal people, seniors, people with a disability, youth with complex needs and young families.
There are social events for me.	<ol style="list-style-type: none">1. Deliver events that create community connectedness and cohesion.2. Promote and encourage premier public events in the local community.
My local government leads by example when it comes to being a healthy business.	<ol style="list-style-type: none">1. Review (2018 – 19) and implement changes to the staff wellness program.2. Review (2018 – 19) and implement catering best practice for internal and external meetings and events.





Organisational approach

- Community development, library, healthy community, rangers, parking, leisure facilities, etc.
- Homelessness policy review
- Supporting People with Basic Needs Working Group
- Emergency relief support resource



Support for you
and your family



Contact information
for services supporting
people's basic needs in
the Town of Victoria Park.





Act Belong Commit MOU

- New mothers groups
- Post natal and Family Fitness programs – resources
- Living Longer Living Stronger – resources
- Mental Health Week
- Support local schools
- Support local organisations to become Act Belong Commit partners
- eNewsletters



#LOVEVICPARK | VICTORIAPARK.WA.GOV.AU

Healthy living tip of the month

Get active this August!

Active August is Act-Belong-Commit's new campaign, encouraging people across WA to get active for their mental health and wellbeing, not just physically active, but socially, culturally, spiritually and mentally active.

Kicking off Thursday 1 August, Act-Belong-Commit will be providing tips, resources and articles for the entire month to help motivate you to keep active for your mental health and wellbeing in as many ways as you can.

Act-Belong-Commit's Active August is one way we can start changing the narrative when it comes to mental health, by shifting the focus from treatment of illness to the prevention, promotion and preservation of good mental health. This means developing, keeping or changing habits as we go through life to keep mentally healthy.

ACTIVE AUGUST 2019

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1 Check out our Activity Finder for ways you can get Active this August!	2 At every chance, take the stairs instead of using the lift or escalator.	3 Plan an active outing with mates, such as a bush walk, horse or bike ride, or paddle.	4 Act green and head outdoors to do some gardening.	5 Be mindful this Monday. Slow down and take the day moment by moment.	6 Catch up with a friend for a walk.	7 Try a recipe from a different culture – Moroccan, Indian, Vietnamese... check out Pinterest for inspiration!
8 At the end of the day, reflect on 3 things you are grateful for today.	9 Turn up the music, sing and dance.	10 Try something new or do something you have never done before!	11 Head to the park to kick the ball with your kids, loved ones or mates.	12 Celebrate National Science Week in your workplace or school with activities, crafts, quizzes and baking.	13 Take regular breaks today, even if it's for 10 minutes. You will feel so much more refreshed!	14 It's hump day! Treat yourself (and your housemates if you have some) to a healthy home-cooked meal.
15 Get creative. Paint, draw, take photos or colour in.	16 Arrange a pot luck lunch at work where everyone brings in a dish representing their culture.	17 It's Book Week! What better way to start than to unplug and relax while reading a good book.	18 Watch a documentary or a TED talk from around the world.	19 Write someone an anonymous 'warm fuzzy' (aka a note of gratitude).	20 Share your knowledge and teach someone something.	21 Hit up an exercise class with a friend.
22 Unplug 2 hours before bedtime and get a good night's sleep.	23 It's Fri-yay! Treat yo' self to your favourite meal, a movie, a massage, or hit the shops for some retail therapy.	24 Reconnect with nature - spend time outdoors soaking up the fresh air... even if it's raining!	25 Spend time with someone over 60 or under 6 to get a different perspective.	26 Smile. It's contagious! Acknowledge people you walk past with a friendly smile or hello.	27 Enrol in a course, register for a class, or join a club or a group.	28 Offer to take your neighbour's dog for a walk for them.
29 Nurture your spiritual side by meditating, praying, doing some yoga or Tai chi - whatever works for you.	30 Who would you like to reconnect with? Make time to contact them for a chat or a meet up.	31 Reflect on how you can keep active throughout the rest of the year!				

Hashtags: #actbelongcommit #activeaugust
Tag us at @actbelongcommit



Keep an eye out on Act-Belong-Commit social networks too, as they will be providing tips, resources and articles for the entire month, as well as other fun stuff from communities around WA!



act
belong
commit



Mentally
Healthy WA

KEEPING MENTALLY
HEALTHY

A Guide For New Mums

actbelongcommit.org.au



Community Kindness Mental Health Week

Best week ever!

- Partnerships – local business, community groups
- Volunteers
- Social media presents, signage



Do a random act of community kindness – share your kind story

- Smile at someone
- Visit someone who may be lonely
- Leave a kind note for someone
- Buy a stranger a cup of coffee
- Pick up rubbish
- Congratulate a co-worker on a job well done
- Get a small gift for someone
- Be a good listener
- Thank the bus driver
- Hold doors open
- Let someone go in line in front of you
- Say 'hi' or 'good morning' to someone
- Introduce yourself to your neighbour
- Volunteer
- Be polite on the road

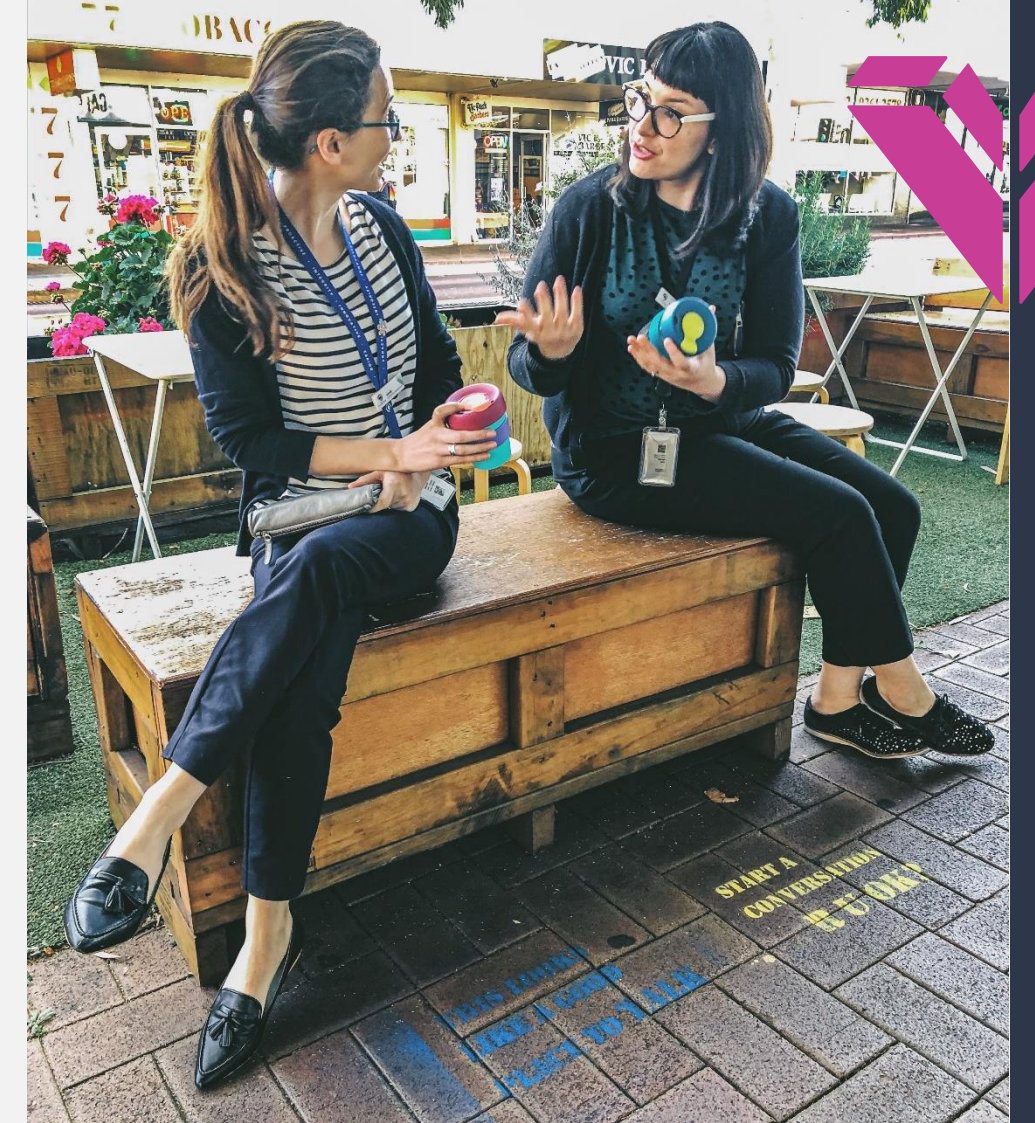


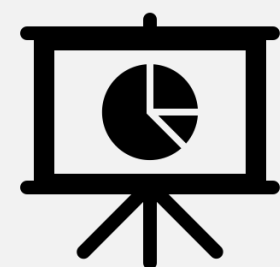




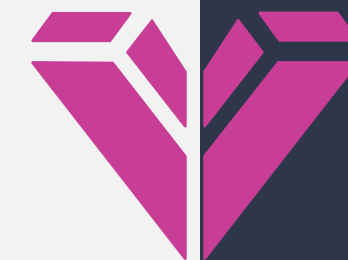
R U OK Day & PANDA Week

- 80 stencils throughout Vic Park and East Vic Park
- Curtin University Volunteers
- Messaging shift by placing more emphasis on the receiver of the question 'RUOK?'
- Morning tea at the Library between rhyme times and post natal fitness classes
- Resource sharing and local organisations to be involved



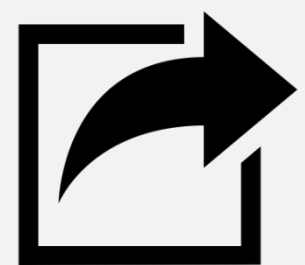


Mental health community workshops



- Helping Minds
- Community information sessions
 - Stress Management
 - Understanding Anxiety
 - Self-care
 - Managing stress and anxiety
 - Find your Happy – Happiness Co





Indirect programs and services

- Heart Foundation Walking Groups
- Living Longer Living Stronger group sessions
- Family fitness and Post natal fitness programs
- Community grants and operating subsidies
- Cooking programs
- Community events



We're open to providing our community with free public events where everyone is welcome!

Nov

Remembrance Day

Monday 11 November | 10.15am
Memorial Gardens, Harvey St, Victoria Park

Join us for the Field of Remembrance and a short service before the one minute silence to remember members of the armed forces that have served in the line of duty since World War 1.



Summer Street Party 25th Anniversary edition

Sunday 24 November | 1-9pm
Albany Highway between Sussex Street and Dane Street, East Victoria Park

Free street party for all ages including food and retail stalls, stage programs, ride and activities.

Dec

Bad Santa Christmas market

Friday 13 December | 6.30-9.30pm
Memorial Gardens, Harvey St, Victoria Park

Inspired by the German Christmas market, grab some friends and get into the festive season with market food and drink stalls. This is a licensed event.

Jan

LiveLighter Twilight Trio concert series

Summer outdoor music concerts for all ages.



Enchanted Dance Party

Twilight Trio 1 - Disney songs

Sunday 19 January | 5.30-8pm
John Macmillan Park, Kent St, East Victoria Park



Feb

Jazz in the Park

Twilight Trio 2 - Adam Hall and Velvet Playboys

Sunday 2 February | 5.30-8pm
Higgins Park, Playfield St, St James

Music by lantern light

Twilight Trio 3 - Lunar New Year celebration

Sunday 9 February | 5.30-8pm
Carlisle Reserve, Cohn St, Carlisle



Apr

ANZAC Day Dawn Service

Saturday 25 April | 6am
Memorial Gardens, Harvey St, Victoria Park

Join us at first light to commemorate the Australian and New Zealand forces who have served in armed conflicts.



Mar

Arts Season

1-31 March
Various locations within the Town

Enjoy a month of creativity in Victoria Park with exhibitions, workshops, events and more!

We also host smaller community events including international and national celebrations such as:

- Disability Awareness Week (December)
- Harmony Week (March)
- Homelessness Week (August)
- NAIDOC Week (July)
- National Volunteer Week (May) and Thank a Volunteer Day (December)
- Seniors Week (November)

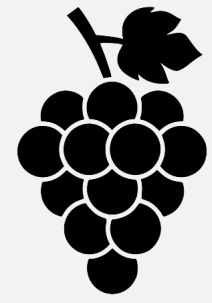
Would you like to host your own event? The Town's Street Meet 'n' Greet program provides funding for residents to host a neighbourhood get together or street celebration! Any event is eligible for funding, as long as it's with your neighbours. For more information, visit the Town's website.



Looking for a fun drawcard or fundraising idea for your next event or party? Why not hire our Healthy Community Blender Bike or Activity Bundle for your next event? For more information, visit the Town's website.

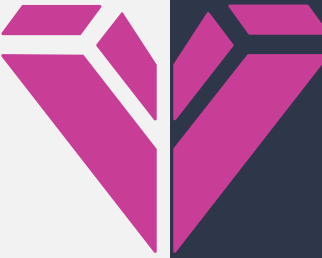
Visit victoriapark.wa.gov.au for further information on events happening near you.

Details subject to change.



Well@Work program

- Employee Assistance Program
- Mental Health First Aiders
- Lunch and Learn sessions – Mental Health Awareness, Stress management
- Resilience training
- Weekly lunchtime yoga and walking groups
- Mindful colouring in (Act Belong Commit)





Thank you

kschubert@vicpark.wa.gov.au



TOWN OF
VICTORIA PARK