



TOWN OF
VICTORIA PARK

Public Health and Wellbeing Impact Report

2023 – 2024



WE'RE OPEN
VIC PARK



The Town of Victoria Park recognises that good health and wellbeing is the cornerstone of a happy and thriving community. As the closest level of government to our community, we play an essential role in supporting the health and wellbeing of our residents.

Public health outcomes are guided by social determinants of health, including education, income, housing, and access to healthcare.

Determinants of health in a community may be assessed by considering:

- Features of community and socioeconomic life
- Modifiable health behaviours and
- Aspects of the environment in which people live.

Based on this research, the Town uses the following evaluation framework.

| | OBJECTIVE | MEASURES |
|--|---|---|
| Pillar 1: Healthy & Active | A Town that empowers and enables its community to achieve optimal mental, physical, and social wellbeing. | Opportunities for physical activity Capacity to seek and provide mental health support Opportunities to learn about healthy lifestyle choices |
| Pillar 2: Empowered & Connected | A Town that enables social connection and embraces equity, diversity, and inclusion in the community | Opportunities to use modes of active transport Opportunities for increasing community connection and belonging Volunteering opportunities |
| Pillar 3: Safe & Resilient | A Town that is adaptable and resilient to change and dedicated to a safe and sustainable community | Improved perception of safety Opportunities to learn about environmental sustainability Capacity to provide support to vulnerable community members |



Highlights 2023 – 2024



Healthy and Active

595 community health and wellbeing sessions delivered to
5,646 community participants

Programming for a range of audiences:
Walking group for seniors; Walking group for mothers; Post natal / Family
Fitness; Strength For Life; Healthy Eating & Activity Lifestyle Program

82 Well @ Work sessions delivered to **1,034** staff participants

1,574 Group Fitness sessions for staff

Mental Health First Aid sessions for **53** staff and community attendees;
Community "Suicide aware" presentation; Mindful May activities for staff.

Empowered and Connected

5 weekly walking groups to encourage active transport

Harmony Week Lunch 'n' Learn for **22** staff to celebrate multiculturalism

92% of post-program survey respondents said the programs made them feel
part of the community.

Safe and Resilient

John Macmillan Activation Event to improve perceptions of safety in the
precinct

Homelessness Week presentation for **25** staff to increase awareness and
knowledge about people experiencing homelessness;
Resilience presentations for **77** community and staff attendees

95% of post-program survey respondents said the programs made them feel
safe and welcome

Community Scorecard 2023 Results

| Pillar | Objective | Indicator | Overall Performance Index Score | Industry average |
|-----------------------|--|---|--|------------------|
| Healthy & Active | Physical activity | Access to health and community services | 62 (91% positive rating) | 57 |
| | Mental health | Wellbeing programs and education | 56 (76% positive rating) | 53 |
| | Healthy lifestyle choices | Diet and Nutrition | 61 (81% positive rating) | n/a |
| Empowered & Connected | Active transport | I can easily access parks, reserves , other open spaces | 87% agree | n/a |
| | Community connection and belonging | I feel like I belong in my local community | 62% agree | 57% agree |
| | Volunteerism | Involvement in volunteering, supporting social causes or philanthropic projects | 55% (18% for causes or projects within the Town of Victoria Park) | n/a |
| Safe & Resilient | Perceptions of safety | Community safety and crime prevention | 40 (52% positive rating) | 49 |
| | Support for vulnerable community members | I can readily access support and help when needed | 56% agree | 49% |

Impact Stories

Feedback from participants in the Post Natal and Family Fitness Program

"I thoroughly enjoyed the classes. The break up of cardio, core and strength each week was wonderful.... There were always options to adjust which I appreciated.
Thank you for offering this service."

"Engaging and flexible class which pushed me to be more active."

"Couldn't fault it. Thank you so much Lisa for your energy and knowledge to get us back to being active and confident in our bodies! "



Feedback from participants in the HEAL Program

"Loved the program, variety of exercises, each week was different. Very positive experience."

"I was very happy with the program and instructor (Jamie) . I would love to do this program again. Thank you!"



Impact Stories



Feedback from participants in the NOM! Children program

"I enjoyed the interactive discussions with Tori, the cooking and sitting down to eat the meal together. Bonus that I can bring my baby to the venue and Kitty/Lisa had provided a playmat for them to play on. Thank you I have been inspired to expand my style of cooking."

"It exceeded my expectations and made me feel part of a community. It was so great to discuss food openly and cook together. Very enjoyable and educational."

"It was fantastic. Many of us have babies and Tori/staff from Town of Vic Park were so accommodating. The time was great and being next door to playgroup was also very helpful."



Well@Work – Lunch n learn sessions for staff

"Thank you for arranging this, it was an unexpected positive break in my day!"

"Great insight to initiate mindful workplace stress management techniques."

"It was really fun to try all of the games and to go away with a booklet of them. It was a nice opportunity during the day to have some yummy lunch and come together as a group to celebrate Harmony Week. Thank you 😊"