

# Health and Wellbeing Plan

**2021-2025**

**Easy English**



## About this book

This book is about our Health and Wellbeing Plan for 2021 to 2025.



It is written in a way that is easy to read.



You can ask someone to help you read this book.



Some words are in **blue**. You can find the meaning of these words at the end of the book.

Go to page 16.

# About our Health and Wellbeing Plan



This Plan is about how Council will work to

- improve people's health and wellbeing.
- make sure everyone can get support with their health if they need it.



- make places and spaces that help keep people healthy.



The Plan is for the next four years.



We made this Plan by

- looking at what other people do well and
- talking to people in Nillumbik.



When we work on the things in this Plan we will

- work with the community.



- look at people's health at every age.

- look at things that can affect health.

For example



- where people live
- and
- what people eat.



- work to make sure everyone can get the health support they need.



- work to make sure that everyone can be included if they want.
- make changes in the places where they are needed.

In the Plan we look at six things that affect health in Nillumbik. We look at



- social inclusion and connection



- community resilience



- gender equality and prevention of violence against women



- physical activity



- food



- reducing the bad things that can happen from alcohol, smoking and gambling.

We explain more about these things next.

# Social inclusion and connection



**Social inclusion and connection** means being included and doing things with other people.

This can be good for people's health and wellbeing.

To make sure everyone is included we plan to



- run activities to bring people together such as
  - arts
  - wellbeing
  - and
  - leadership**programs.**



- make inclusive places where everyone can
  - get to
  - get around in
  - be included.



- make a **Reconciliation Action Plan** for Council. This is a plan about how we will help to build
  - trust
  - respect
  - good **relations**between **Aboriginal and Torres Strait Islanders** and others.



- make a plan to make sure young people are included in the community.



- support and thank volunteers.



- support **diversity**. This means
  - all different kinds of people
  - the different ways people live their lives.



- work to make sure every child has a healthy start to their life.





## Community resilience

Community resilience is when a group of people cope well when bad things happen to them.

For example a

- bushfire
- **COVID-19**. COVID-19 is an illness that can make many people sick.

To build community resilience we will

- make sure we prepare well for any emergencies that may happen in the future.
- tell people about how **climate change** can affect everyone's health.
- help people recover from bad things that happened because of COVID-19.





- support ways for people to have good mental health and wellbeing.



- try to get more people to use and enjoy our bushland and green spaces.



# Gender equality and prevention of violence against women



**Gender equality** is when things are the same for women and men such as

- how they are treated
- the chances they have to
  - get a job
  - play a sport.



**Prevention of violence against women** is to stop a woman being hurt by a man.

To help improve gender equality and stop violence to women we will

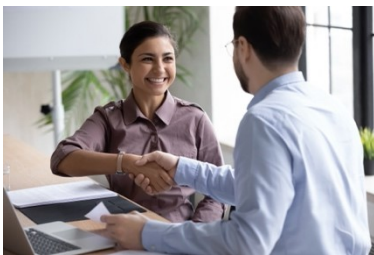


- support men and women to have the same chances and treatment at work.



We will

- make sure that women and men have the same chances to take part in Council activities.  
For example to play sport.

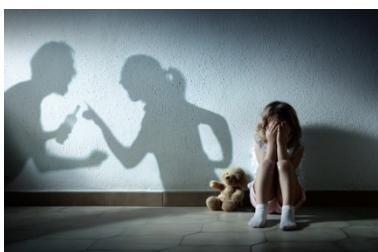


- work to make everyone understands how
  - to make sure women have the same chances as men
  - and
  - men should behave with women.



- tell people in the community that
  - gender equality is important
  - violence against women must stop.

We will do this through things like advertising and events.



We will also do more work to stop **family violence**. Family violence is when someone in a family hurts other people in the family.

# Physical activity



**Physical activity** is when people do exercise or are active. For example

- going for a walk
- playing sport.



Doing physical activity often can be very good for people's health and wellbeing.

We plan to support people to do more physical activity by



- making more ways for people to be active.
- making it easier for people to get around by
  - walking
  - cycling.



We plan to support people to do more physical activity by



- supporting people to enjoy being out in nature.



- making it easier for everyone to play sport if they want.



# Food

Being able to get fresh and healthy food is important to everyone's health and wellbeing.



We will work to make sure that everyone can get the food they need and want in the future.

We plan to



- make sure people can get healthy food easily.  
For example close to their home.



- make sure people can get foods they eat because of their **culture**. For example Jewish people may eat **Kosher** food. Kosher food has rules about how it is made and eaten.



- look at ways to help people
  - get food if they cannot afford it
  - eat more healthy food
  - grow food in Nillumbik.

## Reduce harm from alcohol, smoking and gambling



Drinking alcohol, smoking and gambling can be bad for your health and wellbeing.

We want to make sure that fewer people are hurt by these things.



We plan to

- make more public areas in Nillumbik where people cannot smoke.



- support clubs to make more spaces that are
  - safer
  - and
  - good for familiesbecause they have less alcohol.



- find out more about how alcohol does harm in Nillumbik.





We plan to

- work with other organisations to reduce the harm that gambling does to people in Nillumbik.

## **Find out more about the Health and Wellbeing Plan**

Contact us at

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## What the blue words mean

|   |  |
|---|--|
| <b>Aboriginal and Torres Strait Islanders</b> | The first people to live in Australia before others came from overseas to live here.   |
| <b>climate change</b>                         | The change in weather caused by humans using too much fuel such as coal or gas.  |
| <b>culture</b>                                | Things that are important to different groups of people. For example people who <ul style="list-style-type: none"><li>• are from the same country</li><li>• believe in the same religion</li><li>• work at the same place.</li></ul> |
| <b>programs</b>                               | Activities that Council organise. A program can run for one day or longer.   |
| <b>relations</b>                              | When people respect each other and work well together.   |

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