

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





wellbeingand

o leadership

programs.



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



- make a Reconciliation Action Plan for Council. This is a plan about how we will help to build
 - o trust
 - respect
 - o 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
 - o all different kinds of people
 - o the different ways people live their lives.



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









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
 - o get a job
 - o 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
 - o gender equality is important
 - o 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.

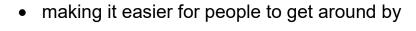


Doing physical activity often can be very good for people's health and wellbeing.

We plan to support people to do more physical activity by



• making more ways for people to be active.



- walking
- \circ 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
 - o get food if they cannot afford it
 - o eat more healthy food
 - o 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 families because they have less alcohol.



find out more about how alcohol does harm in Nillumbik.





 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

Aboriginal and Torres Strait	The first people to live in Australia before
Islanders	others came from overseas to live here.
climate change	The change in weather caused by humans
	using too much fuel such as coal or gas.
culture	Things that are important to different groups
	of people. For example people who
	are from the same country
	believe in the same religion
	work at the same place.
programs	Activities that Council organise. A program
	can run for one day or longer.
relations	When people respect each other and work
	well together.

The Easy English in this book is written by Nillumbik Shire Council and Clear Words.

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