



## **RESPOND WANGARATTA**

### **A SUMMARY REPORT**

**July 2023**

Using an exciting approach, community members and organisational representatives came together in three workshops held March, May and June 2023 to better understand the health and wellbeing of children and their families living in the Rural City of Wangaratta. Local factors influencing childhood health and wellbeing were identified and explored, and based on this information, community led action ideas were developed.

The organisations working in partnership that have facilitated this process and will support action ideas are Gateway Health, the Rural City of Wangaratta and Northeast Health Wangaratta. The theory underpinning this process is called RESPOND. Deakin University is behind RESPOND as the funded research body and is supporting the partnership group to deliver it. The project has been delivered in many areas of North East Victoria, and provides the opportunity for community members and organisations to work together to support local children's health and wellbeing.

#### **Workshop Outcomes**

- Development of a 'systems map' outlining underlying factors that influence children's health and wellbeing locally (see Figure 1.)
- Identification of five key themes in the map that the factors lie under; Food, Physical Activity, Family Factors, Pressures and Safety
- Identification of 46 action ideas, with 22 of those deemed as priorities (i.e., ideas that were considered to be do-able and have high impact) (see Table 1.)
- Within the 22 priority ideas, many community members committed to lead/support/keep up to date.

## **Categorising Action Ideas**

Following the workshop, all action ideas were collated into a spreadsheet and the partnership group worked together to categorise the actions, these are outlined in the Table 1 below. Please get in touch if you would like a copy of the spreadsheet, contact details below.

Top Action Ideas: Actions that were considered of high priority by the community at the workshop and also have community members willing to lead them with support. These action ideas will be supported over coming months through the establishment of working groups.

Medium Action Ideas: Actions that weren't considered of high priority and don't currently have community members willing to lead them but have interest from the community to be involved will be reviewed by the partnership group in eight months (March 2024). These may be actioned sooner if there is interest or resources available.

Lower Action Ideas: Actions that weren't considered of high priority and don't currently have community commitment or interest to be involved will be reviewed by the partnership group at a later date (July 2024). These may be actioned sooner if there is interest or resources available.

Please note:

- some action ideas cover a group of action ideas (as some were similar)
- action ideas have been categorised using information from the workshops but these are not 'set in stone' and can be worked on at any time
- there may be activity already happening in the community regarding some of the action ideas, this information will be captured over time
- Further community engagement will take place with some community members and groups that were unable to attend the workshops.
- Additional ideas were captured in a participant survey that was sent after the third workshop. These will also be considered and include:
  - school holiday activities (low cost)
  - need for educators (childcare, kindergarten, primary schools) to support each other and share ideas
  - support/activity group for parents/young families

## **Where to from here!**

The partnership group have enjoyed gathering insights from our community and exploring community led action ideas. From here, the partnership group will guide the establishment of working groups to support local action on the top priorities as well as review initiatives over time. The partnership group looks forward to working with organisations and communities to further promote the health of children and their families in the Rural City of Wangaratta.

For more information and to stay up to date about RESPOND Wangaratta, please visit the Gateway Health website [here](#) or get in touch at:

[HealthPromotion.Team@gatewayhealth.org.au](mailto:HealthPromotion.Team@gatewayhealth.org.au)

**Table 1. Action Ideas Categorised**

Theme	Top Action Ideas	Medium Action Ideas	Lower Action Ideas
<b>Physical Activity</b>	<p>Community Come and Try/Expo Days for recreational activities (e.g., scouts, gardening, drama)</p>	<p>Support non-traditional physical activity e.g., ride to school groups</p> <p>Installation of tower lights for hockey pitch</p> <p>Explore a car-pooling system for people to get to sporting activities (e.g., Facebook page)</p> <p>Central collection space for second hand sports gear and buy/swap/sell events</p> <p>Resources to proactively find grants, help community to apply for grants and build awareness of what is available</p>	<p>Active travel to school – activating pathways (e.g., children’s drawings to make decals on safe routes to schools, hopscotch, leap frog etc.)</p> <p>Develop community identity as one that prides itself on physical activity as part of daily life</p> <p>Build a hockey facility in Wangaratta with clubrooms, lights and rain water tanks</p> <p>Indoor Play and Activities Centre – for under 10s, climb, jump, play, trampolines, toddler gym etc.</p> <p>Indoor Sports Centre – soccer, cricket, roller derby/skating, badminton etc.</p> <p>Boxing or Martial Arts tournaments</p>
<b>Food</b>	<p>Cooking skills classes with kids/parents/families/older people (partner with schools, early childhood and aged care services and community groups)</p> <p>Set up community gardens/food growing spaces in public areas/playgrounds/early childhood or aged care settings to share, learn skills and connect</p>	<p>Set up the Tone Road GoTAFE campus as a growing hub/market/education/garden (move community garden to a safe space)</p> <p>Normalise nutritious foods in early childhood services and schools, local cafes, home cooking etc. and make social eating fun</p>	<p>Food swaps (e.g., school gate sessions, encourage families to bring foods to swap)</p> <p>Morning tea club – food literacy, nutrition education and social connection in schools and early childhood services</p> <p>Implementation of community-wide ‘traffic light’ healthy choice guidelines/support for canteens/water trailers</p>

<b>Family Factors</b>	Mobile recycle art bus/nature play for schools and community groups	Access to public transport on weekends to improve access to recreation activities/work  Health services/programs that visit education settings/kindergartens (e.g., delivered by nurses, allied health staff, like the Smiles 4 Miles program)	One stop disability hub – information about all services that provide support  Parent and baby early help support group for new parents, (e.g., group chats, early parenting advice, invited speakers)  Parents and friends network/exchange that supports parents/carers/friends to build stronger networks when accessing recreational activities
<b>Family Factors/ Food/Physical Activity</b>	Community Directory/App/ /Information Hub – online directory for community to find out what activities/services are available and to support easier navigation of information		
<b>Safety</b>		Youth Drop in Centre to offer programs for life skills, cooking, health, nutrition, finance and to encourage connection/safety	‘Lighting the dark’ – map/app of where it is safe to run/walk/travel at night, identify safe routes
<b>Pressures</b>		Hands on learning/basic life skills in schools, including cooking/gardening	Pride guest speakers in schools and App. that could answer young people’s questions about gender identity/sexuality  Guest speakers to attend schools on disability, LGBTQIA+, Auslan, mental health
<b>Other</b>	Make any action idea accessible for everyone (i.e., accessibility framework so that principals of accessibility underpin any project)		Community support in schools for education about health topics, resources and programs in Wangaratta  Knowledge sharing between schools about health programs that work



## Community Workshop Photos

