

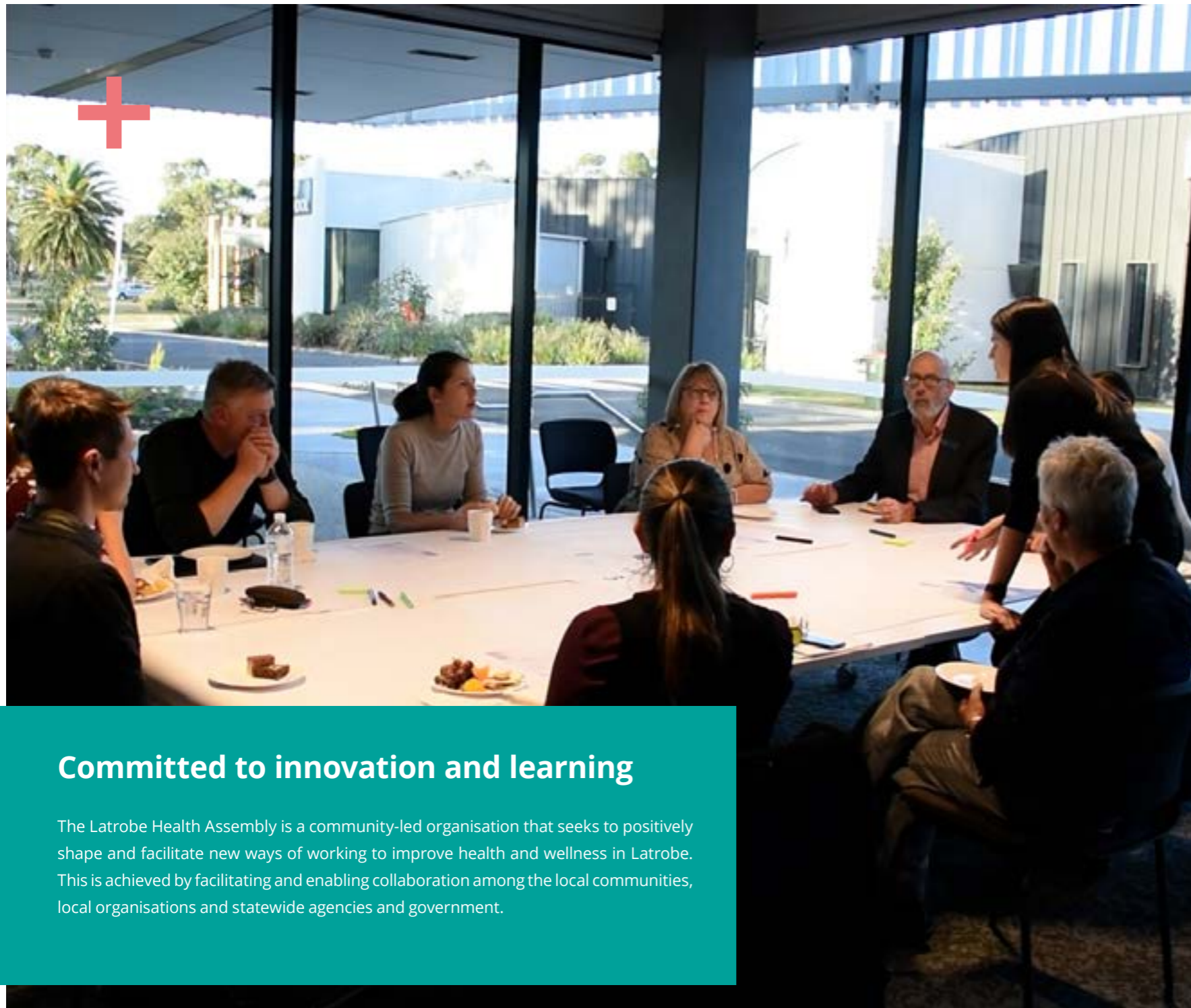
Latrobe Health  
Assembly

# Annual Report 2020/21



# Annual Report 2020/2021

# Annual Report Index



## Committed to innovation and learning

The Latrobe Health Assembly is a community-led organisation that seeks to positively shape and facilitate new ways of working to improve health and wellness in Latrobe. This is achieved by facilitating and enabling collaboration among the local communities, local organisations and statewide agencies and government.

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# About Us

## Who are we?

In response to the Hazelwood Mine Fire Inquiries, the Victorian Government designated the Latrobe Valley as a Health Innovation Zone, the first of its kind in Australia. The formation of the Latrobe Health Assembly is a key component of the Health Innovation Zone and is a mechanism for increased community engagement leading to health improvement and integration of services.

Comprising 45 members, the Latrobe Health Assembly is working with the population of Latrobe Valley to reach the long-term goal of 10,000 more people with better health and wellbeing in 10 years.

The Latrobe Health Assembly provides the opportunity for a much stronger community voice in identifying health and wellbeing issues and gaps and also identifying solutions that best meet the needs of Latrobe Valley residents.

The majority of members are from the community, with a diverse representation from various

locations, professions, demographics and connections to communities and groups.

Other members of the Assembly include:

- An independent Chair
- A standing representative from Department of Health and Human Services, Latrobe Community Health Service, Latrobe Regional Hospital, Latrobe City Council and Gippsland Primary Health Network. These representatives are the CEO or the Board Chair.
- Representatives from relative government departments and organisations

### Our areas of focus

The Latrobe Health Assembly has four key priority and focus areas which underpin all initiatives and activities. As voted by the full Assembly, the priority areas for 2020 are:

- **Mental health**  
We are committed to fostering and maintaining good mental health in Latrobe. This includes,

but is not limited to, projects helping people to receive better care, support and community understanding for their mental health issues.

- **Early childhood development and learning**  
We are committed to providing all children in Latrobe with a strong start to life. This includes, but is not limited to, projects related to early childhood development, equity, education and overall wellbeing.
- **Community connectedness and vulnerability**  
We are committed to creating opportunities for everyone in Latrobe to connect and participate. This includes, but is not limited to, activities focussed on social connection, pride of place, marginalised communities, accessibility, inclusion and safety.
- **Active living**  
We are committed to encouraging and enabling healthy, active lifestyles in Latrobe. This includes projects relating to physical activity, food security, nutrition and related service provision.

# Our History

In 2014, the Hazelwood Mine Fire Inquiry identified a strong need to improve health and wellbeing in the Latrobe Valley.

In responding to the recommendations and affirmations the Victorian Government committed to 246 deliverables, of which deliverables 46 -113 pertained to Health and Wellbeing in the Latrobe Valley. Integral to these deliverables was:

- The designation of the Latrobe Valley as a Health innovation Zone (Deliverable 48),
- The establishment of the Latrobe Valley Health Assembly (Deliverable 55), and
- The appointment of a Health Advocate (Deliverable 57).

In December 2016, the Latrobe Health Assembly was established and in May 2018 the Latrobe Health Advocate was appointed to listen to community and to help communicate their needs to the health system and governments.

Cumulatively, these initiatives provide the Latrobe Valley with a unique opportunity to collaborate on community-led change, to tackle inequity and to help pave the way to better health and wellbeing for all.

2014

The Hazelwood Mine Fire

2014

The Hazelwood Mine Fire Inquiry

2016  
JUNE

Designation of the Latrobe Health Innovation Zone

2016  
OCTOBER

The Latrobe Health Assembly is formed

2018  
MARCH

Launch of the Latrobe Health Innovation Zone Charter

2018  
MAY

Appointment of the Latrobe Health Advocate

2018  
MAY

Adoption of long term goal

10,000 more people with better health and wellbeing in 10 years

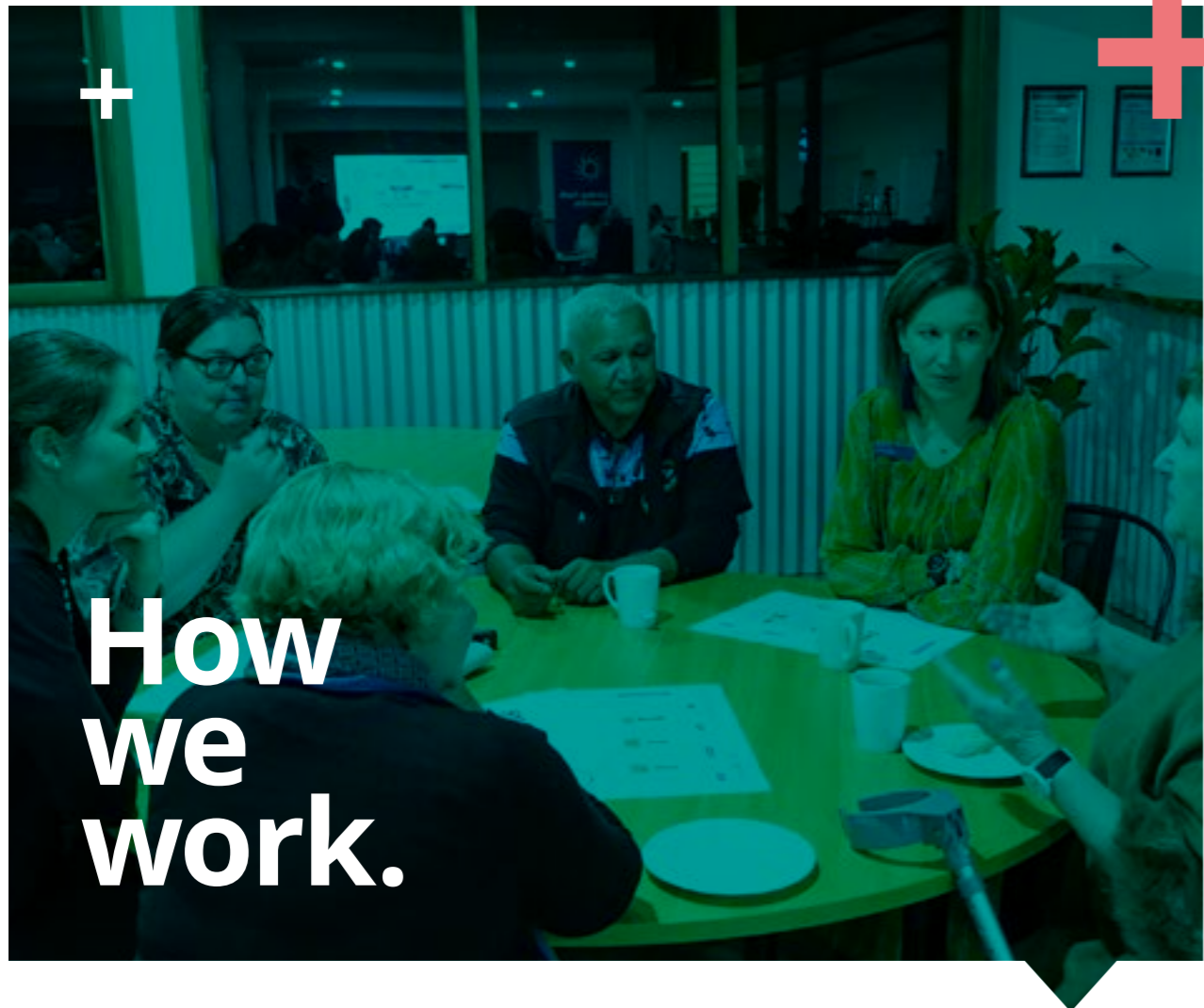
2020

Latrobe Health Assembly restructure

Ms Tanya Rong appointed Chair  
Ms Ellen-Jane Browne appointed Executive Officer.

2021

Latrobe Health Assembly adopts new operating model



# How we work.

As part of the evolution process, the Latrobe Health Assembly has undergone a number of restructures and changes in operation since establishment in 2016. This has reflected a commitment to growth and adaptability, and has been responsive to Assembly feedback and the Deloitte evaluation.

## Principles

Drawing on the principles in the Latrobe Health and Wellbeing Charter, the Latrobe Health Assembly will:

1. Enable and support the community-led approach to ensure all people, including

those who are marginalised and underrepresented, have choice, control and a voice in developing the supports and services they need in their lives.

2. Work with First Nations communities and health service providers to improve health and wellbeing.
3. Do something different, try new approaches and learn from mistakes to create new and innovative health and wellbeing models and programs.
4. Be fair and transparent and follow through on commitments to Latrobe Valley communities.
5. Communicate in plain language to build trust and respect among individuals, families, communities and service providers.

6. Work to improve the lives of everyone, especially the most vulnerable and disadvantaged people in the Latrobe Valley community.

7. Develop equitable access to the most appropriate supports and services for all people in Latrobe Valley.
8. Grow and nurture collaboration and coordination between agencies to develop new ways of delivering services that cut across boundaries to best meet the needs of each person.
9. Use a co-design model to reshape and reimagine health services in the Latrobe Valley, and create innovative approaches to their design and delivery.

## Values

The Latrobe Health Assembly adheres to the core values identified by the Latrobe Valley community in the Latrobe Health and Wellbeing Charter. These values are:

- Collaborative enablement of engagement,
- Integrity,
- Innovation,
- Access,
- Inclusion, and
- Equity

## Ways of working together

In addition to these values, a number of defining principles were identified by stakeholders. The Assembly works in ways that are:

- Responsive, dynamic and agile; as well as sustainable.
- Sustainability needs to be

considered in two ways: the first being that programs that the Assembly implement need to be sustainable in the future after the initial funding has finished; the second being that the Assembly also need to consider environmental sustainability and impact in program design and adaptation.

## Our operating model

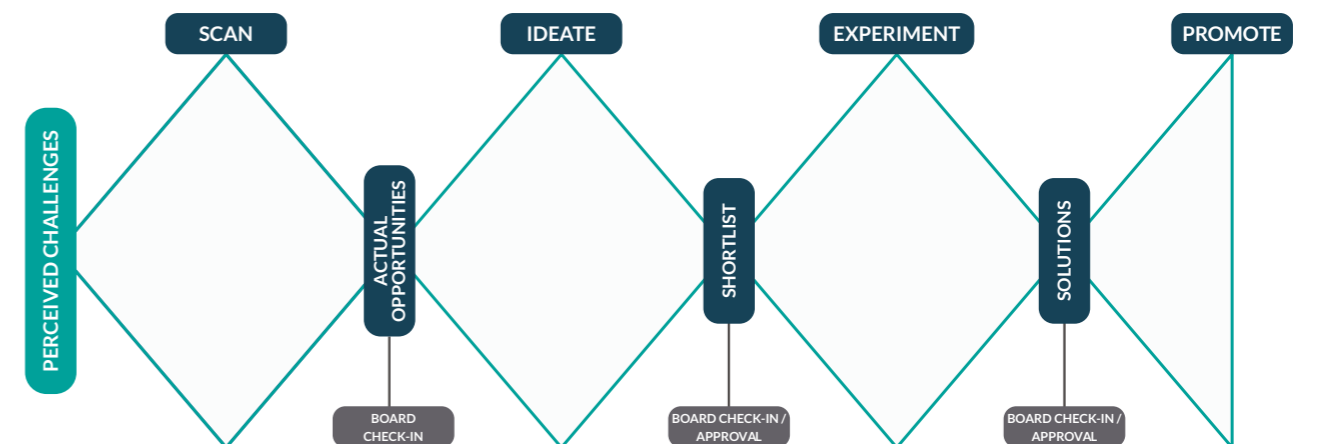
In April 2021, the Latrobe Health Assembly launched its 'Triple Diamond' operating model (shown below). Designed to encourage collaboration on refined areas of opportunity, the 'Triple Diamond' operating model has provided the organisation with a sophisticated approach to managing perceived problems within Latrobe Valley, identifying the actual opportunities and bringing together subject matter experts along with community.

**How does it work?**  
We begin with our 'Perceived Problem', entering the SCAN diamond (first diamond) we explore the current situation within the community.

Before progressing to the IDEATE (second diamond), we refine the 'Perceived Problem' to identify the 'Actual Opportunities'. Using our 'Actual Opportunities' as a framework, the 'IDEATE' diamond investigates possible expansions of concepts or develop new concepts.

We then progress to EXPERIMENT (third diamond) where we trial our initiatives while exploring opportunities for expansion.

Finally, we enter PROMOTE (half diamond). Here we tell the story, including promoting the initiative with community and sharing our learnings to other organisations.



# Executive report

## Latrobe Health Assembly Chair

On behalf of the Latrobe Health Assembly (LHA) Board, I am pleased to present the Latrobe Health Assembly's annual report for 2020-2021. The Board and I have been incredibly impressed by the hard work, dedication and flexibility of the Latrobe Health Assembly staff in another year that has tested the strength, resilience and tenacity of our community and our Assembly. We have had floods, storm damage, and power outages, along with the ongoing threat of COVID-19 and multiple lockdowns that have again changed the way we live, work and play.

Despite the fact that lockdowns and working from home have continued to be a feature, the Latrobe Health Assembly has continued to achieve fantastic results and has a number of exciting projects in development or underway. Some of the bigger milestones over the past year include the Looking Forward Latrobe project that offers innovative concepts to improve mental health and wellbeing through seven core principles; the Mental Health Café in its consultation phase and the

Social Prescribing Initiative that has recently commenced.

At the beginning of the year, I worked with Executive Officer Ellen-Jane to develop a conceptual framework for the Assembly's way of working, and we adapted a Triple Diamond Model for project design. This model was tested and piloted with Assembly members, Stakeholders, staff and the Board and the final iteration is now being tested with two pilot projects: Morwell Neighbourhood House Food Bank, and Physical Literacy. In their infancy, these projects are both highlighting the ability of the Triple Diamond Model to research the issue deeply and gather insights, identify gaps and create prototypes (ideas) for testing. In this way, the model intends to develop an initiative that is sustainable, innovative and one that will lead to long-term behaviour change and health improvement.

In the past 12 months, the Board meetings have mostly been held online, and we have adopted a hybrid model in those times when we were able to gather face-to-face

with COVID-19 rules in place. The online format, using innovative and interactive tools has enabled us to engage in rich discussion and continue to execute the Board role to a high standard. The Board recognises the importance of community connection and welfare at this time, and appreciates the input from Community Board Members in providing updates about current areas of concern for our community. With strong foundations now in place, the Board has strengthened the governance and oversight of the organisation by the commencement of the Finance and Risk Committee, with a focused approach to strategy and reporting. Partnership and collaboration have remained a prominent feature of the organisation, with Assembly representation across many Latrobe Valley projects and initiatives. In addition to strong partnerships with our Foundation Agencies, the Assembly has worked closely with Latrobe Valley Authority, Federation University, and the Latrobe Health Advocate to align priorities and identify opportunities for collaboration.

The Board composition has recently changed with the retirement of Latrobe Regional Hospital CEO Peter Craighead. We thank Peter for his continued support, leadership and involvement in the Hazelwood Mine Fire Inquiry and his subsequent Board position. We welcome new LRH CEO Don McRae to the Board and look forward to his contribution. We also farewell Merrin Bambert from the Department of Fairness, Families and Housing and we extend our thanks and gratitude for Merrin's input. We welcome Maria Bubnic from the Department of Health onto the Board and we look forward to the opportunity to work with Maria and her team in scaling the Assembly's work and influencing systems change. I also extend my thanks to members who have moved on from the Assembly, and extend a warm welcome to our new Assembly members. I do refer to our Assembly as a big family; a wonderful community where there is warmth, caring and compassion that can be felt even through a computer screen.

To our Assembly members, partners and collaborators – thank you for your support and tremendous contribution to the success of our organisation and initiatives over the past year. Your dedication and commitment during a time of stress and pandemic fatigue is to be commended. We appreciate your ongoing input and passion to the Latrobe Valley community.

The achievements in this annual



**“ To our Assembly members, partners and collaborators – thank you for your support and tremendous contribution to the success of our organisation and initiatives over the past year. ”**

report reflect the visionary leadership of the Executive Officer, Ellen-Jane Browne, and the outstanding guidance that she has provided to the staffing team. Despite the disruptions of COVID-19, the Assembly has grown in its performance, function and credibility, and I want to thank Ellen-Jane and each and every staff member for the dedication, commitment and their trust in adopting and adapting throughout this challenging time in our history.

In the next 12 months we will continue to build on the framework and structure of the Assembly models, with a focus on sustainability and systems

change. We will increase our profile in the community in order to share our learnings, celebrate our successes and engage strongly with our community. Latrobe Valley is primed and ready for transformation and transition, and we look forward to taking a strong leadership approach in building pride and good health and wellbeing in our community.

**Tanya Rong**  
Latrobe Health Assembly Chair

# Executive report Latrobe Health Assembly Executive Officer

It would be fair to say that the past twelve months have been a period of significant change for the Latrobe Health Assembly, with the work of the preceding year providing a strong foundation upon which to build a dynamic and responsive Health Assembly. To the Board, the Health Assembly members and the staff must go much thanks. Collectively we continue to build something that is unique in an Australian context and for this the Health Assembly and its members can be very proud. You will discover, when you read through this report, that much has been achieved and we can all be proud of the range of projects and initiatives that have been completed or which are currently under development.

However it has not all been plain sailing. Regretfully 2020-21 has not been kind to Victorians, with COVID-19 impacting on every aspect of lives... be it at home, work or play. Reflecting on last year's annual report I said then, that it was amazing that much of what had been achieved had been completed in the most difficult of years. At the time I had thought

that the year ahead would be much easier and that it would not be too long before we would see everyone working together in ways we were all comfortable with. Unfortunately COVID-19 had other plans and so the world of Zoom, Microsoft Teams and the like continue to be our main means of communication, whether it be for meetings, social connection or many other aspects of our lives. In this regard the way we work has changed forever, and so the team at the Assembly, like so many of you, continue to work from home. Going forward a combination of working from home and working in the office will be our new reality. There is emerging evidence to suggest that this is a positive step, the challenge for the Health Assembly will be balancing these new found freedoms and the need to engage fully with community.

On the positive side, COVID-19 has required all of us to be creative and without exception the Board, the Assembly and the staff have worked together to ensure that the work of the Latrobe Health Assembly has kept going. COVID-19 also continues to provide the Assembly with the



opportunity to better connect with our communities and our partners. We lead the Latrobe COVID-19 Communications and Engagement Steering Group and it has been a great experience to work with the Department of Health and Human Services (from January 2020 machinery of government changes saw this department disband and the creation of the Department of Health and the Department of Families, Fairness and Housing), Latrobe Health Advocate, Latrobe City Council, Latrobe Community Health Service, Latrobe Regional

Hospital, Gippsland Primary Health Network and the Central and West Gippsland Primary Care Partnership. Together this group has ensured consistency of messaging across Latrobe and as a group we have been able to inform the work of others working not just in the Latrobe Valley, but also across the rest of Gippsland and the State more broadly.

Of special note, it was pleasing to receive funding from the Department of Premier and Cabinet to work with the Multicultural community on accessing culturally appropriate food during the pandemic. Though small, projects such as this show first-hand the power that sits with community and the importance of placed based approaches to managing complex health issues in timely and informed ways. The Assembly can be justifiably proud of having played a small role in ensuring that our community is part of the solution to this most insidious of diseases and the role it plays in improving health and wellbeing more broadly.

Significantly, 2020-21 saw the release of the final recommendations from the Deloitte evaluation of the Latrobe Health Innovation Zone (LHIZ). These recommendations, along with work undertaken with Health Futures Australia (HFA), highlighted the need for a transition towards greater community control and an increased level of autonomy for the Latrobe Health Assembly and its Board with regard to the

management of the LHIZ priority investment funds. As a result 2020-21 saw the Department of Families, Fairness and Housing, along with their Department of Health colleagues, work with the Health Assembly to reset the authorising environment for the Latrobe Health Innovation Zone, and its future areas of focus, funding, and oversight. This will be expressed through a Memorandum of Understanding (MOU) which, at the time of preparing this report, is close to finalisation. Central to the MOU is a strengthening of Community voice, whereby the program of work to be delivered through LHIZ investment will be community informed and community led. And in terms of funding, greater control will sit with the Latrobe Health Assembly.

2020-21 also saw the introduction of a new operating model. The new triple diamond operating system provides a framework for the development of new models and approaches to improving health and wellbeing in the Latrobe Valley. The engagement of Health Assembly members and our partners with this operating model has been one of joys of the past year. The model is described elsewhere in this report and I would encourage the reader to explore its possibilities.

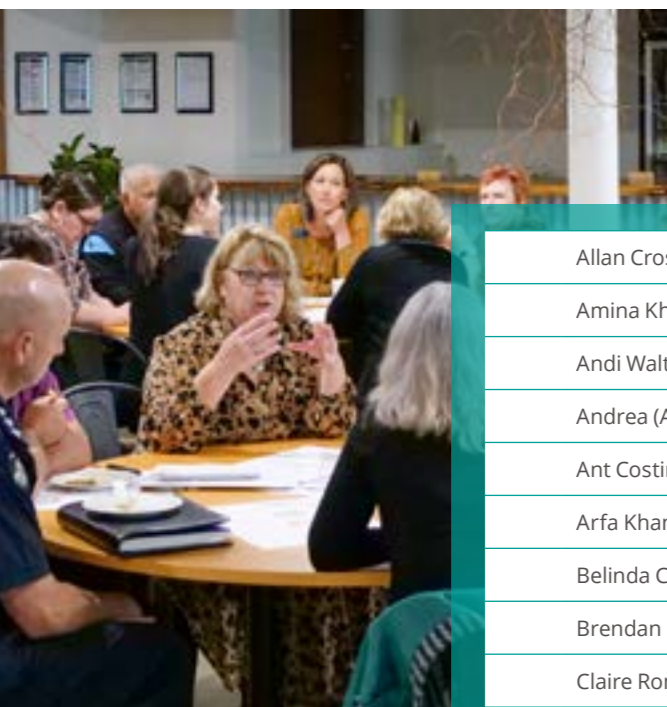
Once again I have only touched the surface of what has been achieved this past year, but hopefully I have provided a brief insight into the incredible efforts

of all involved in our work. To the Assembly members, the Board and the staffing team of Chloe, Kate, Richard, Jo, Damen, Carey, Steph, Hope and Robyn (and not forgetting those who have joined after July 2021; Anita, Catherine, Ashley and Olivia) my sincere thanks. To the Latrobe Regional Hospital team, the teams at the Department of Health and the Department of Families, Fairness and Housing, and all our partners must also go our thanks... your support and assistance is very much appreciated.

And finally to our Chair, Tanya, thank you... your support, wonderful ideas, and unbridled enthusiasm continues to make my role a joy, and so much easier.

  
**Ellen-Jane Browne**  
*Latrobe Health Assembly Executive Officer*

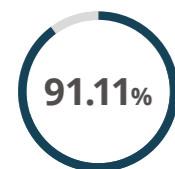
# Our people Assembly members



Members of the Latrobe Health Assembly include community members, directly invited representatives from key service providers within the Latrobe Valley and a Board of Directors which comprises of CEOs/Directors of the five Foundation Agencies, four elected Community Board members and an independent Chairperson.

Allan Crosthwaite	Jo Ayres
Amina Khatun	Joanne Parker
Andi Walters	Jonathan Armstrong
Andrea (Ange) Gordon	Kathryn Bartlett
Ant Costin	Kristine Travers
Arfa Khan	Leanne Potter
Belinda Carolan	Len Cairns
Brendan Bowler	Linda Reid
Claire Ronaldson	Lynda Bertoli
Dan Poynton	Malou Ortega
Danielle Killeen	Mark Munnich
Danny O'Donnell	Mathew Cooper (Resigned)
Darryl Mayberry	Melissa Ferguson
Den Lim	Ron Lambert
Denise Stranger	Roseana Tira
Diane Wilkinson	Shaun Mallia
Emily Fenech	Tanya Rong
Eunice Donovan	Tony Bailey
Ilona Laurie-Rhodes (Resigned)	Tracie Lund
Jane Barr	Wendy Farmer
Jeanette Vannaprasedth	

## Membership capacity



The current Latrobe Health Assembly membership sits at 41 out of a possible 45 members.

Our members community connections include:

- Multicultural communities
- Health
- Local Primary/High Schools
- Regional service providers
- Industry

# Our people Assembly Board



**Tanya Rong**  
Board Chair



**Ben Leigh**  
Latrobe Community Health Service



**Steve Piasente**  
Latrobe City Council



**Peter Craighead**  
Latrobe Regional Hospital



**Amanda Proposch**  
Gippsland PHN



**Merrin Bamert**  
Victorian Department of Health



**Ange Gordon**  
Community Board Member



**Linda Reid**  
Community Board Member



**Jonathan Armstrong**  
Community Board Member



**Len Cairns**  
Community Board Member

## Board Meeting Attendance

2020						2021					
JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN
10	11	10	9	10	10		10	10	9	9	9

# Our people

## Direct invite members



# Assembly Structure

We are one Assembly... But we all have different roles to play.



**Claire Amies**  
Worksafe Victoria  
Delegate: Barbara Hill



**Danny O'Kelly**  
Department Of Health and Human Services



**Jerril Richter**  
Vic Health  
Delegate: Kellie Horton



**Karen Cain**  
Latrobe Valley Authority  
Delegate: Andrew Waller



**Roni Beauchamp**  
Heart Foundation



**Andrew Eastcott**  
Department Of Education & Training  
Delegate: Nicola Stuart



**Nial Finegan**  
Environment Protection Authority Victoria  
Delegate: Stacey Clarke



**Elizabeth Pearson**  
Quantum Support Services

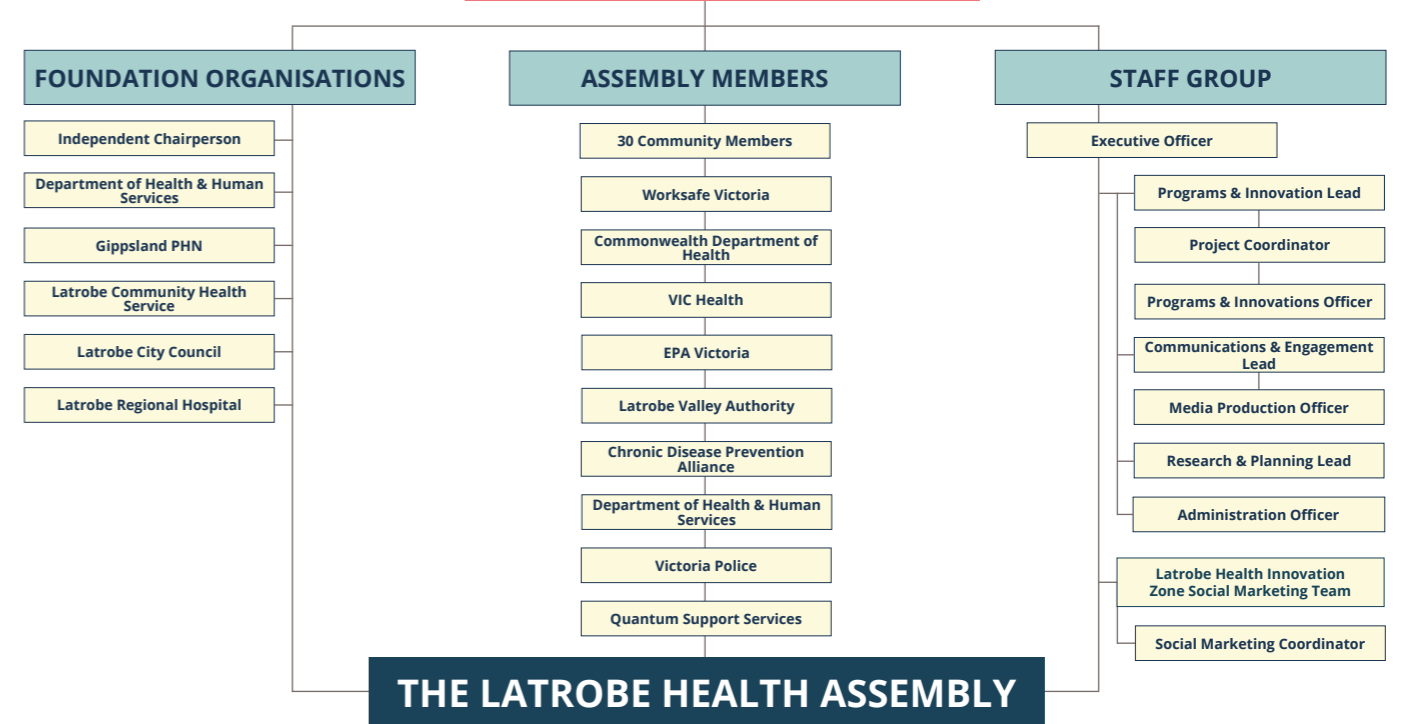


**Shane Cashman**  
Victoria Police

# Meeting attendance

2020						2021					
JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN
		30		36				33	28		

## COMMUNITY OF LATROBE VALLEY



## THE LATROBE HEALTH ASSEMBLY



## Our COVID-19 response

**As the COVID-19 pandemic and resulting lockdowns turned our lives upside down, the Latrobe Health Assembly stepped up to promote a connected, supportive community.**

During 2020-2021, Victoria experienced some of the most severe restrictions in the world. During this time, the Latrobe Health Assembly initiated an extensive number of COVID-19 specific projects focusing on community connectedness, mental health and general health and wellbeing.

During the pandemic, in a sign of the strength of the community organisation, the Latrobe Health Assembly was tasked with leading a multi-agency Communications Steering Group which provided localised COVID-19 health messaging and fostered collaborative approaches to supporting our community.

- Extra Time newsletter
- A discussion with Dr Rob Gordon
- COVID-19 Support Directory
- Kindness Lives Here
- Complimentary Hand Sanitiser for Day Care Centres and Kindergartens
- Cafe table mask reminder cards
- COVID-19 Fitness Challenge
- Mask requirement posters for businesses
- Latrobe Youth Survey

### Extra Time newsletter

At the beginning of the first stage of community restrictions, the Latrobe Health Assembly embarked on an ambitious task of producing a daily newsletter called the Extra Time Newsletter. The newsletter provided readers with key health information relating to the pandemic, support articles for people having a hard time with the isolation and fun activities for individuals, families and children to fill in the extra time they were experiencing at home.

The newsletter was issued seven days a week for 126 consecutive days. On July 23, the newsletter moved to twice-weekly edition which has continued uninterrupted right up until the final edition on December 18.

The newsletter has been shared far and wide, well beyond the borders of Latrobe Valley and is an amazing example of how small initiatives can progress and build momentum within our community.

COVID-19 Initiative

### A discussion with Dr Rob Gordon

COVID-19 has been particularly cruel on the community's mental health. In an effort to provide supportive information, the Latrobe Health Assembly sat down with Dr Rob Gordon, a clinical psychologist with decades of experience in trauma psychology to look at some of the emotions we may have been experiencing. The four recordings were shared with the community and looked at themes such as human responses to a pandemic, identifying stress fatigue and managing financial stress.

Dr Rob Gordon is a clinical psychologist who has been working in the field of disaster recovery since Ash Wednesday in 1983. He is a consultant to Red Cross and the Victorian Department of Health and Human Services and has worked with people and communities

after the Port Arthur shooting, the Bali Bombing, Black Saturday, the Christchurch Earthquake as well as numerous floods, fires, cyclones and other events throughout Australia and New Zealand.

COVID-19 Initiative



### COVID-19 Support Directory



In unprecedented times, it's helpful to know where to turn for support when you need it. That is why The Latrobe Health Assembly compiled two editions of the COVID-19 Support Directory during 2020.

The Latrobe Health Assembly, in partnership with Latrobe City Council, the Latrobe Health Advocate, Central West Gippsland PCP and Gippsland PHN developed and posted two rounds of over 31,000 copies each of the localised support directory booklets which features support available to community members in these challenging times in areas such as financial supports, psychological/social support and much more.

The booklets were a fantastic demonstration of what can be achieved when local support organisations come together and partner in the development of helpful resources for our community.

COVID-19 Initiative

## Kindness Lives Here

COVID-19 Initiative



You may have noticed an eye-catching splash of black and white across Moe, Morwell and Traralgon during 2020!

No it's not rogue Collingwood supporters run amok, it was the Latrobe Health Assembly and We Are Latrobe helping to spread messages of hope and kindness

across the Latrobe Valley. Kindness Lives Here posters were distributed to businesses throughout the region to promote kindness, social connectivity and hope. As restrictions eased in Victoria, the posters remained in many venues as local businesses embraced the messaging.

## Complimentary Hand Sanitiser for Day Care Centres and Kindergartens

COVID-19 Initiative

During the early months of the COVID-19 pandemic, hand sanitizer became extremely difficult to source. As a result of a large donation, the Latrobe Health Assembly was able to distribute 500 bottles of hand sanitiser to all day care centres and kindergartens in the Latrobe Valley area.

The sanitiser was manufactured by Carlton United Breweries and donated to the Pharmacy Guild of Australia – Victorian Branch for them to share with organisations who are remaining operational during COVID-19 restrictions.

Chair of the Assembly, Ms Tanya Rong, said "the Latrobe Health Assembly is committed to the health and wellbeing of all members of our community and as such, we are pleased to have been able to supply early childhood centres with hand sanitiser for their use".



## Cafe table mask reminder cards

COVID-19 Initiative

During the 2020 Victorian "Second Wave", as mask wearing requirements began to ease slowly, there remained confusion about when masks could be removed at hospitality venues and when they should go back on.

A new initiative was launched in Latrobe Valley to keep our community COVIDsafe while dining out by providing hospitality venues with small table tent-cards that could be positioned on tables, at counters and entry points advising patrons of the need to follow the restrictions

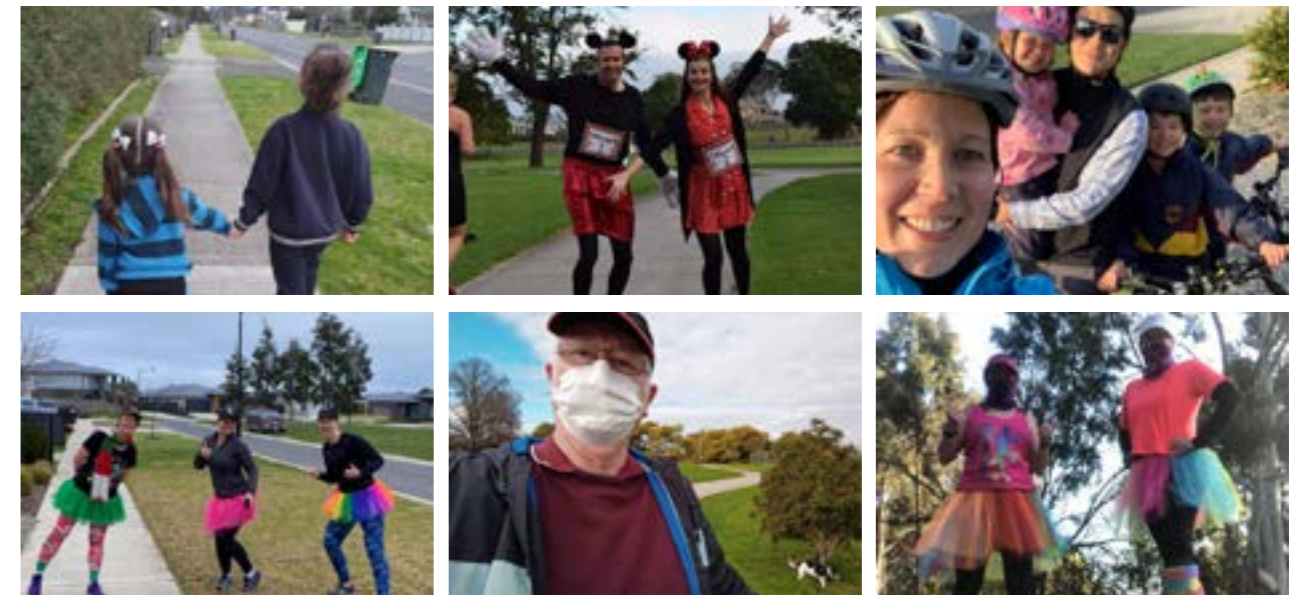
in their premises. The table cards outlined when it was acceptable to remove masks, when they should be placed back along with other safety tips like storing their mask in a paper bag while enjoying their coffee or lunch. These small cafe table cards provided a great reminder for customers to pop their mask back on as they move about the venue, pay their bill or visiting the restroom.

The table cards were delivered throughout the Latrobe Valley in November and were met with joy from many hospitality venue owners who had experienced some unwelcomed encounters while trying to ensure their staff and other customers remain COVIDsafe.



## COVID-19 Fitness Challenge

COVID-19 Initiative



The Latrobe Health Assembly found that creating an online platform to set fun and engaging fitness challenges can not only help people stay fit and keep motivated, but it can also create a supportive and encouraging environment to keep people connected during the challenges of living through a pandemic.

The COVID-19 Fitness Challenge was designed to encourage Latrobe Valley residents to get outdoors for their physical and mental health wellbeing.

The Assembly's COVID-19 Fitness Challenge catered for all fitness levels. The Latrobe Health Assembly provided incentives in the form of weekly fitness related prizes to

encourage and reward participation. A closed Facebook group was created, allowing the Latrobe Health Assembly to post three challenges a week, involving a variety of activities. These included outdoor scavenger hunts, seeking out street signs to spell out words, mixing strength training into walking and running challenges, and even encouraging dress ups.

At it's peak in 2020, the COVID-19 Fitness Challenge Facebook group had 205 participants who shared photos of themselves undertaking the challenges which acted as entertaining encouragement for others to get involved.

## Mask Requirement Posters For Businesses

COVID-19 Initiative

As all Victorians were required to wear face coverings when leaving their own home during the “Second Wave”, the Latrobe Health Assembly supported local businesses in protecting themselves, their customers and their community by ensuring that anyone entering their workplace was using suitable face coverings. The Latrobe Health Assembly and the Pharmacy Guild Of Australia – Victoria Branch produced a helpful, print

yourself poster for all local businesses and community organisations. The posters also included a helpful guide for how to place and remove a face covering along with contact information for the COVID-19 Hotline.

As mask wearing requirements came in and out of affect, these posters have remained present throughout the community in numerous locations.

## Latrobe Youth Survey

COVID-19 Initiative

The COVID-19 pandemic response has provided a challenge to the delivery of community services, in particular, the engagement with youth in Latrobe. Community services are having to adapt service delivery models to meet the rapidly changing environment. To date there has not been a review of these services in order to inform future practice delivery and address engagement strategies with youth in Latrobe.

To understand more about the impact COVID-19 has had on the youth in Latrobe the Local Learning and Employment Network partnership conducted an in-depth analysis of the attitudes and experiences of youth agencies in the hope to identify the current and future needs of this vulnerable population.

The evaluation aimed to identify:

- The specific strategies that have resulted in an increase in youth engagement;
- Develop an understanding of what is working and not working from the perspective of the youth agency;
- The enablers and barriers to maintaining current and future youth engagement practices;
- Identify priority areas for future development and funding;

The current environment provides an opportunity to learn from the positive outcomes coming from the emerging models and understand the barriers that are presented. Services are interested in maintaining the changes to service models where there are positive outcomes, review practices that had negative outcomes and to plan for the future service delivery needs of youth agencies.

## Changes to service provision due to COVID-19 evaluation

COVID-19 Initiative

The response by governments to the emergence of the COVID-19 global pandemic in 2020 required a rapid and innovative response to the significant disruption of service provision by the Department of Health and Human Services (DHHS). To understand more about the adaptations to service models and emerging practices the Latrobe Health Assembly together with the DHHS commissioned a first stage rapid evaluation conducted by Federation university Collaborative Evaluation Unit.

data from a survey of a defined group of service providers in the Inner Gippsland Region.

Key findings include:

- Organisational support influences the ability to adapt to policy changes
- Updated technology and equipment are required to ensure quality service delivery
- Not all services can be delivered remotely
- Innovative policy changes to be embraced

The evaluation analysed how successful organisations have been in adapting to the new environment using



## Our projects

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• Incentives for Healthy Workplaces	P29	• Social Prescribing	P38
• Reducing Social Isolation	P30	• Urban Scale Interventions/LHA Collaboration: Looking Forward Latrobe	P38
		• Volunteering in the Valley - Hands Up Latrobe	P39

## ABC – Adolescents Building Connections

**Ongoing** *Community connectedness & vulnerability*

ABC aims to engage young people within Latrobe Valley that have been identified as displaying concerning patterns in relationship behaviours. The program has them participate in structured activities aiming to decrease disrespectful behaviours and violence towards intimate partners, family members and members of the local community. The project goal is being achieved through delivery of the ABC program across the local government area, utilising referrals and relationships with education facilities and other agencies (intervention services).

This project works with adolescents to:

- Foster healthy relationships and interactions;
- Contribute to positive change;
- Provide family violence education; and
- Educate on anger and conflict management

Key achievements to date, include:

- Traralgon Secondary College (junior campus) and Lowanna Secondary College years 7-9 sign on to program;
- Positive outcomes identified in each term via school feedback and participant program evaluations;



- Female school participant reported reduced self-harming behaviours due to strategies and discussions had during ABC group time. Participant was also supplied journal and creative writing resources and reported these further assisted her;
- Male school group participant identified he had learned new skills and felt more confident regarding bullying behaviours towards him;
- Male school group participant identified he felt more in control of managing his anger;
- Multiple female participants identified the experience as positive and most commonly reported the opportunity for a safe and positive place to share and reflect on their challenges;

## CALD Culturally Appropriate Food Access Project

**Complete** *Community connectedness & vulnerability; Active living*

The Latrobe Valley region is home to a growing and varied CALD community, with over 3,000 residents from non-English speaking backgrounds. This project sought to improve access to culturally appropriate food in Latrobe Valley and to build capacity for improved health, wellbeing, and resilience into the future by appointing two community connectors to work directly with local businesses and CALD communities.

Highlights of the project included:

- Insights gathered from Over 50 local CALD community members;

- 40+ local businesses directly engaged;
- Online workshop held with 32 participants;
- Wide reach of project messaging achieved by local press coverage, including two articles in the Latrobe Valley Express and a radio interview on ABC Gippsland; and
- Important conversations and connections have been initiated by this work across Latrobe Valley.

## Chronic Disease Forum

**Ongoing** *Active living; Mental health*

Following extensive research and consultation, a series of reports focussed on chronic disease in Latrobe Valley were produced throughout 2020. Planning is currently underway to bring together a working group

which will develop and support implementation of a chronic disease plan for the region, based on the recommendations that have emerged through the consultation.

## Community Health Nursing in Primary Schools

**Ongoing** *Active living; Mental health; Community connectedness & vulnerability; Early childhood learning & development*

CHNiPS uses a health and wellbeing outreach model. It utilises a community health nurse within the school setting with an emphasis on supporting vulnerable children who are at an increased risk of poor health and wellbeing outcomes.

It aims to:

- Improve health outcomes for disadvantaged students;
- Support health and wellbeing outcomes;
- Build sustainable relationships within the school

- community;
- Provide support and education to the staff, wellbeing teams and principals where required; and
- Promote the health and wellbeing of students.

The program has been running successfully in seven schools, providing a range of health supports, including, but not limited to, assistance with behaviour, vision, hearing, asthma, first aid, continence and head lice.

### Insight Community Health Nursing in Primary Schools

Student X is 5-year-old boy in grade prep. X lives at home with his parents and siblings. Student X was noted in initial interactions with the School Nurse as having poor speech and difficulty in gauging what information he was taking in when providing instructions.

Student Support Services were engaged for cognition testing. The School Nurse provided support to promote fine motor activities such as teaching X how to brush his teeth and provided education on self-care activities such going to the bathroom to promote independence in performing activities expected of

his age group. The School Nurse also conducted gross motor skill work groups during play time to promote coordination and balance to assist X and other children in developing more fluid movement via balance activities that promoted linking mind to body in everyday movement.

The School Nurse consulted with student X's family who described X as being mostly non-verbal leading up to commencing prep and his development was noticeably below the level of his siblings. This was the first time investigations had been made into X's development to date. The School Nurse's assessment

identified X as not meeting expected milestones prompting GP review to refer to a paediatrician while the Student Support Services commenced cognitive testing in the classroom.

Without the School Nurse assessment and liaising between teams, there would have been further delays in identifying X as having higher needs in comparison to his peers across multiple domains that may have impacted on his ability to learn in the class room and achieve general independence expected of his age.

## Connect to call - CATCH program

**Complete** *Mental Health*

The CATCH program was funded by LHA to enable Latrobe Valley residents to navigate personal crisis via phone or text support. The CATCH Coach provided ongoing empathic support for a period of twelve weeks to assist individuals in building resilience, containing and alleviating emotional distress, and affirming self-efficacy. The project was successful in achieving its objectives, including:

- Increased safety of people experiencing a crisis;
- Increased social connection and networks, including family, friends, and community and service providers where required;
- Increased resilience and containment and alleviation of emotional distress; and
- Increased engagement with community-based support services.

The project was proposed and approved before the onset of the global COVID-19 pandemic. Despite the program not being delivered face-to-face, the pandemic still presented some barriers and challenges to its success. This included a reduction in external referrals and a number of similar programs emerging in response to the pandemic.

Every participant who engaged with CATCH indicated their 100% satisfaction with the service. However, in the current climate, where similar services exist, an extension of the program was not sought.

## Early Childhood Development Forum

**Ongoing** *Early childhood learning & development*

The Early Childhood Development Forum unites a range of individuals and agencies working in the early years' sector. This network meets regularly to discuss challenges and opportunities for improving early childhood literacy. In 2021, the Early Childhood Development Forum expanded upon the Little Libraries project that was implemented back in 2018. The Little Libraries project saw the installation of 10 street libraries throughout neighbourhoods in Latrobe Valley which increased access to reading materials for children and families.

This expansion resulted in the Children's Service Libraries project; an initiative that placed bookshelves in service provider locations (e.g., GP clinics, Maternal Child Health Nurses) throughout Latrobe Valley that are frequented by families and children. Highlights of this project include:

- 920 books distributed;
- Nine participating agencies;
- 10 bookshelves and five mobile book tubs created; and

- 4,000+ people reached via social media launch posts, and close to 300 engagements.

In addition to supporting the development of literacy skills, providing the ability to bring books home also encourages parents and children to bond while sharing a book together – encouraging a lifelong love of reading.



## Family Violence training video

**Complete** *Community connectedness & vulnerability; Early childhood learning & development*

With funding from Latrobe Health Assembly, a 22-minute training video was developed and distributed by Quantum to strengthen local service responses to family violence in Latrobe Valley. The video focussed on helping agencies align with the Multi Agency Risk Assessment and Management Framework (MARAM), an initiative introduced by the Victorian State Government.

The video was distributed to practitioners through local networks, to help support their understanding of the MARAM Framework. At the time of writing, the video has had approximately 200 views.

The project was successful in achieving its objectives, with 25 responses to an evaluation survey indicating:

- 84% of respondents stated the resource had either increased or somewhat increased their understanding of the safety planning process;
- Confidence engaging the safety planning process with clients was increased on average by 10%; and
- 80% of respondents stated they would recommend the resource to others.

## Food for all Latrobe Valley

**Ongoing** *Active Living; Community connectedness & vulnerability; mental health; early childhood learning & development*



Food security can be defined as “when all people, at all times, have physical and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life”. The Victorian Population Health Survey has found that 6.6% of the population within Latrobe Valley experience food insecurity with hunger. This is significantly higher than the Victorian average of just 3.6%.

In response to this growing issue, a local Food Security Coalition, known as Food For All Latrobe Valley (FFALV), was established in 2018 to increase access to fresh nutritious food across Latrobe Valley. The Coalition is an initiative of the Latrobe Health Innovation Zone, and

is supported by the Latrobe Health Assembly, Central West Gippsland Primary Care Partnership and many other organisations and community members.

Food For All Latrobe Valley aims to strengthen local partnerships and work collaboratively to support local organisations, community groups and community members to deliver effective, place-based solutions to address this complex issue. Over its first two years, the initiative has engaged 78 organisations, community groups and schools; delivered 273 interventions; and had over 15,000 people participating in initiatives.

Throughout 2020–21, FFALV implemented a plan which

outlines 47 actions aiming to:

- Improve access to, and efficiency of food relief services across Latrobe Valley;
- Increase healthy food preferences and food literacy skills within Latrobe Valley;
- Support local food production and a sustainable food economy; and
- Improve community engagement and support capacity building initiatives.

- 1,293 people participating in food interventions;
- 1 million+ impressions across Latrobe Valley raising awareness of the Mood and Food Campaign;
- 10,000 community cookbooks distributed across 60+ locations;
- 11 FoodCents facilitators trained to deliver the food literacy program in local schools; and
- Development of the Latrobe Valley Food Declaration.

Highlights of the past 12 months' activity include:

- Implementation of 93 food interventions;

To read more about these and FFALV's other great initiatives, you can read their 2021 Collective Impact report at: [www.centralwestgippslandpcp.com/projects/food-security](http://www.centralwestgippslandpcp.com/projects/food-security)

## Feasibility Study: Gippsland Archive and Interpretative Discovery Centre

**Complete** *Community connectedness & vulnerability*



There has and continues to be strong concerns that Gippsland is undergoing major economic and social transformation and that the region's industrial and social history needs to be appropriately captured and, if possible, leveraged to deliver economic, job creation and social development outcomes. The primary aim of this project was to explore the feasibility of establishing an archive and discovery centre in Latrobe Valley.

With support from the Latrobe Health Assembly and Latrobe Valley Authority, Federation University, Powerworks and the RMIT Centre for People, Organisations and Work jointly appointed SED Advisory to conduct a feasibility study for the Gippsland Archive and Interpretative Discovery Centre.

A significant level of community and stakeholder engagement was undertaken to better understand the region's heritage, archives, culture, and demand for such a centre.

The study's final report was completed in late 2020 and outlined the anticipated funding required to establish the centre, along with a series of recommendations, including that:

- The project proceed and formalise a governance model;
- Project engagement continue with individual LGA's, Gippsland Local Government Network and State government to pursue funding support for the shared services model; and
- Ongoing engagement be pursued with Public Records Office Victoria (PROV), Victorian Archives Centre (VAC) and National Gallery of Victoria (NGV) to determine their long-term storage and archiving needs and how the Gippsland region can partner with these institutions to realise these opportunities.

## Pharmacy Traineeship Program

**Ongoing** *Community connectedness & vulnerability*

In April 2019 the board of the Latrobe Health Assembly approved funding for the development and delivery of up to four internships/traineeships with a health focus.

Following significant engagement with local service delivery agencies, the Latrobe Health Assembly in partnership with the Pharmacy Guild of Australia -Victorian Branch have embarked on a pilot Traineeship Program to assist with employment and career pathways for the Latrobe Valley community.

In early 2020, five participants undertook a Certificate III in Community Pharmacy. As 2020 progressed and the pandemic began interfering education opportunities and specifically placement within pharmacies, the pilot project was suspended. In early 2021, the attempts were made to resume the pilot program and the project is now being led by Latrobe Valley Authority and Pharmacy Guild of Australia -Victorian Branch. The Latrobe Health Assembly have remained involved as a support partner.

## Community engagement: Hazelwood Long-term Health Study

**Ongoing** *Active living; mental health; Community connectedness & vulnerability; Early childhood learning & development*

The Latrobe Health Assembly is now operating as a vehicle for facilitating community input into the Hazelwood Health Study.

as well as a number of external partners including the University of Tasmania and Federation University.

The Hazelwood Health Study is a multidisciplinary long-term study into the potential health effects of the 2014 Hazelwood coal mine fire in Latrobe Valley. The study is funded by the Victorian Department of Health and brings together an experienced team of researchers from the School of Public Health & Preventive Medicine and the School of Rural Health at Monash University,

The purpose of the community sub-committee is to ensure the study hears directly from and works in partnership with Latrobe Valley community members, health and community service providers and local government in undertaking the research program and ultimately to improve health services and health outcomes for the local community.

## Healthy Supermarkets

**Ongoing** *Active living*

The food environment plays a critical role in determining our dietary behaviours and the food choices we make. Research shows that supermarkets can greatly influence consumer food purchasing behaviour by using the four marketing Ps: product, placement, promotion and pricing. Supermarket interventions that change aspects of the four Ps to favour healthier food purchasing ("healthy supermarket initiatives") show great potential for improving healthy food purchasing behaviours,

and therefore improving overall diet quality and health outcomes at a population level.

The Healthy Supermarkets initiative aims to work in partnership with local supermarkets to co-design and implement healthy food retail strategies and interventions that support healthy food-purchasing behaviours.

An initial scoping project was completed in 2020 to help determine whether there is sufficient supermarket interest in rolling out the program. The scoping study highlighted a range of promising things, including that:

- An evidence-base exists: A literature review concluded that healthy supermarket initiatives which are co-designed with the retailer and have interventions based on information, access and availability of healthy foods, combined with engaging materials can help customers to buy and consume healthier foods;

- There is community support for the concept: A series of focus groups found supermarket customers from Latrobe Valley were quite supportive of the project model and proposed interventions; and
- Retailers are interested: Strong interest in the Healthy Supermarkets Latrobe project was received from a number of retailers.

Following the positive outcomes of the project’s scoping study, a pilot is currently in development for implementation in Latrobe Valley.

## Hello

Ongoing

Community connectedness & vulnerability

The Hello. campaign encourages people to say hello to each other in an effort to help foster kindness and highlight the importance of social connections in Latrobe Valley.

Hello. has been a successful initiative bringing the community together since 2019. Over the past 12 months, the campaign’s growth and sustainability were a top priority for the project team. Hello. Day was established in 2021. This annual event has been created to help secure a scalable, community-led future for the campaign that is owned and celebrated by the diverse people of Latrobe Valley.

In its first year, Hello. Day has already proven a popular success, with:

- 489 unique views of the Hello. Day webpage, which hosted a range of downloadable resources along with the registration form;
- 43+ specific locations, across 17 towns hosted visible Hello Day celebrations. This included: Traralgon Lions Club Farmers’ Market, Latrobe Valley Hockey Association and Yallourn North Football Netball Club match day;
- 100+ individuals and organisations provided with Hello. merchandise to support their participation in the day;
- 99.97% of those who completed the post-event survey agreed or strongly agreed that Hello. Day made them feel proud of their community;
- 75% of those who completed the post-event survey

strongly agreed with the statement that participating in Hello. Day led to more people saying “hello” to them than usual; and

- 100% of those who completed the post-event survey said they would participate in Hello. Day again.

Other community connectedness initiatives within the Hello. campaign also continued, including a wide-spread poster campaign highlighting the need to say hello and the sharing of local stories that celebrate community kindness and social connection.



## HopeFull Institute

Complete

Mental Health

Young people today are faced with a number of pressures in daily life, which can negatively impact on mental health and wellbeing. Factors including studying, family life, working, social media and social life can all impact an individual if they don’t have the skills and techniques required to handle pressures in a positive way.

In 2019 the Latrobe Health Assembly funded a series of seminars from the HopeFull Institute. Following the success of this project, in 2020 the HopeFull Institute was re-engaged to deliver further support to Latrobe Valley high school students.

Due to COVID-19, the seminars were unable to be given in person and had to be presented virtually.

Three virtual seminars were delivered:

- The Hope Express – aimed at high school students;
- Gifted for Greatness – aimed at primary school’s students; and
- Positive Parenting – aimed at parents.

The aim of the seminars was to assist with the development of coping skills and techniques in the youth participants and to help develop self-awareness and build resilience and self-confidence. The Positive Parenting seminar aimed to assist with the development of skills to better connect with your children and to empower them to tackle a complex world.

The virtual seminars attracted 1,100+ views and 84% of those who completed the feedback survey reported satisfaction with the seminar they viewed.

## Incentives for Healthy Workplaces

Ongoing

Active Living; Mental Health

This project offers financial incentives, up to the value of \$1000, to Latrobe Valley workplaces to assist in the development and implementation of health and wellbeing initiatives as part of the Achievement Program, a state-wide initiative supported by LCHS.

COVID-19 had a significant impact on the project, resulting in a slower uptake of the incentives by workplaces. However, despite these delays, the project has contributed to the following Achievement Program outcomes to date:

- Four new Achievement Program (AP) registrations;
- 11 AP benchmarks achieved across four workplaces:
  - Four X Foundations benchmarks;
  - Two X Physical activity benchmarks;
  - Two X Healthy eating benchmarks;
  - One X Mental health and wellbeing benchmark;
  - One X Alcohol and other drugs benchmark; and
  - One X Smoking benchmark.
- Four workplaces eligible for Incentives for Healthy Workplaces program; and

- One workplace has achieved all five HPA benchmarks within 2020–2021 financial year – only the second workplace within the Latrobe LGA to have achieved this.



## Reducing Social Isolation

**Ongoing** *Community connectedness & vulnerability*

When the global coronavirus pandemic reached Latrobe Valley in March 2020, part of Latrobe Regional Hospital's safety-first response was to temporarily close Macalister Unit to visitors.

The on-site residential facility provides care for people over the age of 65 years with mental health or behavioural issues, many of whom are in the high risk category when it comes to COVID-19. While the steps were necessary, the potential for social isolation of residents was immediately recognised and of concern to staff.

To help reduce the residents' social isolation, the Latrobe Health Assembly worked with the ward to coordinate and facilitate a virtual social meeting between volunteers and the residents. The project aims to ensure some of the community's most vulnerable members are provided an opportunity to connect, have social interactions and establish new friendships in a safe and supported environment, while minimising the negative effects of being disconnected from family, friends and the community. To date, over 28 social opportunities have been facilitated.

## Increasing Access to Sport

**Complete** *Active Living*



The Increasing Access to Sport project saw GippSport work with community, clubs and young people aged 12-18, to identify barriers to accessing and participating in traditional sports in Latrobe Valley, as well as possible solutions for overcoming these barriers.

Phase one of the project involved an extensive stakeholder engagement process to identify barriers to youth sport participation, as well as possible solutions.

Based on the identified challenges and learnings outlined in phase one, the project team narrowed its

focus throughout 2020-2021 to three key objectives:

- Improving the culture of youth sport in Latrobe Valley;
- Changing the perception of sport among youth and parents of youth in Latrobe Valley; and
- Providing co-design and leadership opportunities for youth in Latrobe Valley.

A range of activities were undertaken to support these aims. Highlights of the past 12 months included:

- Production of a WIN Gippsland advertisement focussed on youth sport participation, that reached 345,000+ across commercial television and social media;
- Participation in Latrobe Valley Authority's successful Positive Coaching Webinar Series, in collaboration with rotating special guests from Collingwood Football Club, Collingwood Netball Club, Melbourne Victory Soccer Club and Melbourne Boomers Basketball Club;
- Development of resources to support clubs with marketing to young people; and
- Showcasing the power of young people's stories through the #YOUthSportLatrobe Feature series.

## Insight

**Increasing Access to Sport**

One of the key objectives of the final phase of the Increasing Access to Sport project was to change the perception of sport among youth and parents of youth in the Latrobe Valley.

Project findings noted that some youth were unable to see people like them at some sport opportunities and identified a potentially growing negative sport culture in the area, underscored by a focus and pressure on winning or performance ahead of fun and participation.

A series of feature stories were produced highlighting

young people participating in sport despite facing identified barriers, such as long-term injury or illness, low self-esteem and time constraints.

GippSport has since applied for funding to appoint a youth media trainee to help expand on this work and further influence local media and the sports community when comes to the way youth sport is promoted and perceived in the Latrobe Valley.

The stories can be found at: [gippsportcs.com.au/category/youth\\_series](http://gippsportcs.com.au/category/youth_series)

## Latrobe Streetgames

**Complete** *Active Living*

Latrobe Streetgames is a door-step sports program that seeks to increase young people's engagement in sport, social sport & active recreation across Latrobe Valley. Between November 2019 and March 2021 in Latrobe Valley:

- 254 free Streetgames events were delivered;
- Approximately 2,324 young people participated in events;
- Activities took place across 11 towns;
- Diverse activities were delivered, including: soccer, basketball, skate, scoot, bmx, TikTok dances, Zumba, yoga, table tennis, hockey and walking; and
- Streetgames were also awarded a Vic Health award in 2019 for improving the health and wellbeing of young Victorians.

The Latrobe Health Assembly provided financial support to GippSport to pilot and establish the Latrobe Streetgames program.

Although the project ceased to be a Latrobe Health Assembly funded initiative in March 2021, the program's great work continues in the community. In addition to activities in Latrobe Valley, Streetgames is also active in a range of towns across Gippsland.





## Latrobe Health Innovation Zone Social Marketing Initiative

Complete

Active living; mental health; Community connectedness & vulnerability; early childhood learning & development

The LHIZ Social Marketing initiative was established in 2018 to encourage healthy lifestyles and local pride in Latrobe Valley. The project aimed to encourage healthy lifestyles whilst celebrating the assets of Latrobe Valley and building a sense of hope, optimism, unity, and pride in the community.

The social marketing team, in collaboration with key partners, designed and implemented health promotion social marketing campaigns that aimed to improve population health outcomes in Latrobe Valley through:

- Creating a greater sense of “pride of place” using positive messaging, local case studies and storytelling; and
- Promoting health and wellbeing through promotion of healthy lifestyles, particularly around healthy eating, active living, and social and community connection.

Highlights of the last twelve months’ activity include:

- Collaboration with partners on a range of online activities designed to support the community during lockdown, including mindfulness sessions, exercise-related tips and tricks, and movie recommendations;
- Showcasing of local stories, including a range of volunteer stories during National Volunteer Week;
- 19,500+ reach on posts across 2020–2021; and
- Partnering with local organisations on a range of place-based behaviour change programs. These programs had varying focusses, such as physical activity, gender equity, prevention of chronic disease and community filmmaking.

## Latrobe Health Innovation Zone Storytelling for Impact

Complete

Community connectedness & vulnerability

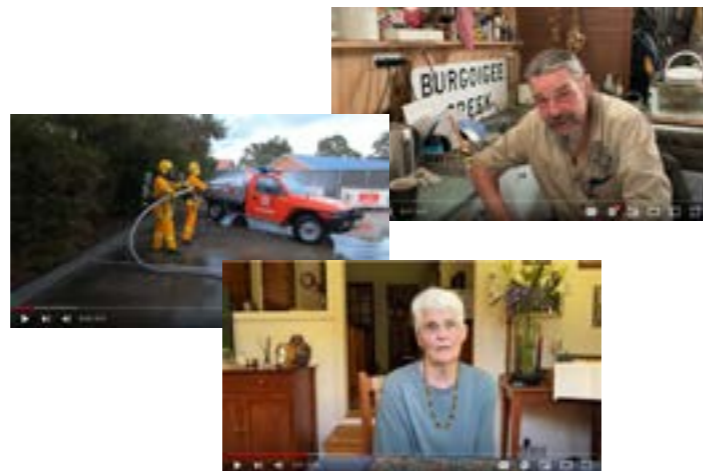
The Latrobe Health Assembly recognises that there is amazing work being undertaken within the Latrobe Health Innovation Zone. While the impacts on community wellbeing, connectedness and overall health are a fantastic achievement, sharing these stories is crucial to the success of future programs.

For this reason, the Latrobe Health Assembly offered 15 fully funded positions on an innovative Stories for Impact Bootcamp that sought to empower community members to creatively find, capture and share stories of the amazing work happening within the Latrobe Health Innovation Zone.

The project upskilled participants with the goal to have them share their learnings and upskill others in the community so that, in time, our stories will begin to come to life on film for the world to see.

Highlights of this project included:

- Seven videos created to showcase Latrobe Valley stories;
- A celebratory screening of the films at the Latrobe Health Assembly Offices; and
- Videos showcased on social media, reaching approximately 3,000, with 500+ engagements.



## Make Your Move Latrobe

Complete

Active Living; Early childhood learning & development

The Make Your Move Latrobe project was developed to help create more vibrant, healthy and active communities across Latrobe Valley that are empowered to increase activity through knowledge and enjoyment.

The program was developed by GippSport, in collaboration with the Latrobe Health Assembly and a range of community stakeholders. The first two years of the program focussed primarily on programming physical activity opportunities in Latrobe Valley workplaces.

A key learning that emerged through work with the community was that a strong demand existed for children and family centred activities. Throughout 2020–21, the program was extended and a new focus on children’s physical literacy was embedded into the project’s deliverables.

To address this, the KIDDO program was launched in

Latrobe Valley. KIDDO is built around the principles of physical literacy, which is about building the skills, knowledge and behaviours to lead active lives. Participants are provided with a fun and active session designed to build their confidence and skills.

Highlights of the past 12 months include:

- 48 workplace physical activity opportunities provided across virtual and face-to-face programming;
- 333 participants in workplace physical activity sessions, with 59% of those returning for more than one session;
- 103 KIDDO sessions delivered; and
- 1,290+ children and families participated in sessions geared towards physical literacy development and took home a resource that would help them continue the habits at home. 80% of those participants returned for more than one session, continued to build their knowledge and had positive, proven outcomes.

## Men’s Shed Field Officer

Ongoing

Community connectedness & vulnerability

Community organisations and Men’s Sheds have become an integral part of Latrobe Valley communities and are continuing to work with men, and at times women, assisting them to re-engage with the community and feel valued.

The project seeks to employ a Latrobe Valley Field Officer to work with local men, Men’s Sheds and other men’s groups across Latrobe Valley to achieve healthier outcomes. The Officer will focus on assisting and engaging with men who have been affected by the downturn of employment in Latrobe Valley, and their families.

The Field Officer will work closely with Men’s Sheds in Toongabbie, Traralgon, Traralgon South, Boolarra, Churchill, Moe, Newborough and Morwell. The officer will liaise with Men’s Sheds that have had men referred from Latrobe Valley or who have worked in Latrobe Valley and been made redundant or depressed due to the industrial and other changes in Latrobe Valley.

Recruitment for the Men’s Shed Field Officer was disrupted significantly by COVID-19. However, excitingly, a field officer has now been appointed and will be initiating this project throughout 2021–2022.

## Mental Health Cafe

Ongoing *Mental Health*

People in our community struggle to access mental health support after hours. The Latrobe Health Assembly is exploring whether an afterhours “drop-in centre” or “safe space” might meet some of these needs.

The mental health cafe (temporary name) idea was initiated by members of the local Mental Health Forum, which brings together local and state-wide providers, experts, and the community to focus on strategies and opportunities to enhance the mental health of the Latrobe Valley community.

The mental health cafe concept was identified as a way to provide a safe and welcoming space for people

experiencing isolation or distress after hours, where they might have access to respite, peer support and advice. Cafes in other locations have found this kind of support can reduce emergency department presentations for non-emergency mental health issues, increase opportunities for peer support and social connection, improve experiences of mental health support and achieve better mental health outcomes.

Throughout May–August 2021, Larter Consulting was engaged to work with key stakeholders on co-designing a cafe model suitable for piloting in Latrobe Valley. We look forward to this project progressing throughout the 2021–2022 year.

## My Food Swaps

Ongoing *Active Living*

Research by Monash University has shown more than half of men and women in the Hazelwood Health study did not meet recommended intakes of fibre, while 60% of men and 42% of women exceeded recommended dietary sodium intakes. It is clear that what we are doing now, at a population level, is not working well enough. Led by academics from Monash University, this project seeks to disrupt the current state of public health communication by widening access to online personalised dietary recommendations.

Throughout 2021–2022, this project will co-design a personalised dietary feedback system by adapting an existing tool, Intake24. This tool will be fit-for-purpose and consider the local food environment in Latrobe Valley. The tool will be accessible to the Latrobe Valley community when and where they need it and will support the actions of the Latrobe Health Assembly to make healthy options the desirable and easy option by improving dietary literacy.

## My Valley, My Home

Complete *Community connectedness & vulnerability*

The My Valley, My Home project was a collaboration between the Latrobe Health Assembly, Play It Forward, and the Latrobe Valley Community Choir. The initiative brought together a virtual choir to rehearse and record a music video to accompany the world premiere of Jonathon Welch’s original song, My Valley, My Home.

The project sought to bolster local pride and provide opportunities for social connection during the COVID-19 lockdown. Highlights of the project included:

- 270+ people participated in creating the video;
- 20,000+ views of the video on social media;
- A positive online response from community with 280+

- post shares;
- The video was embraced by Latrobe City Council and showcased at the 2021 Australia Day Ceremony; and
- Positive feedback from choir participants who responded to the evaluation survey (n=19), including:
  - 84% agreed or strongly agreed the rehearsals helped them feel more socially connected to others during the COVID-19 situation;
  - 68% agreed or strongly agreed they had learnt new skills by participating in this project; and
  - 95% agreed or strongly agreed they felt proud when they saw the video online.



## Nutrition Workshops

Complete *Active Living*

In August 2020, Latrobe Health Assembly delivered four workshops focussed on exploring nutrition-related issues with our community assembly members. These workshops stemmed from a presentation at the June 2020 Full Assembly Meeting on findings from the Hazelwood Health Study that highlighted dietary impacts on local wellbeing. Each workshop focussed on a key setting: school, home, work, and the supermarket.

The students collated and analysed data from these workshops and undertook further research, mapping existing nutrition initiatives and helping identify areas for further discussion. Connections were established with the Healthy Supermarkets project, which will help address several issues identified by our members.

Key themes that emerged across the workshops included: cost, nutrition skills, knowledge and education, food security, access to facilities and storage, time, and intergenerational influences. This work was supported by two Monash Nutrition students during their 10-week placement with the Latrobe Health Assembly.

The students also put this data into action by using what was heard to develop a social media campaign to celebrate National Nutrition Week (October 11–17). The campaign showcased a range of healthy eating tips and messages, including nutritious snack ideas, cost-saving tips, and advice on how to read food labels. Cumulatively, the seven posts attracted 2,272 views.

## Open Book

Ongoing *Mental Health*

The vision of The Open Book Project is to support workplaces to develop an understanding of mental health, and assist them to develop confidence in having safe, confident conversations about mental health in their workplace. The skills and increased knowledge this project offered to the business may help reduce absenteeism, presenteeism — staff attending work while sick — and build higher staff engagement levels.

Leveraging the success of Chapter One of The Open Book Project, which delivered important outcomes for our community, despite being significantly impacted by COVID-19, Chapter Two of this project aims to:

- Improve understanding of, and response to, mental health within Latrobe Valley businesses through the provision of tailored recommendations guided by data and staff input with up to 10 businesses;

- Improve understanding of, and response to, mental health within the Latrobe Valley community by empowering staff within workplaces who undertake the program to respond to mental health concerns among their professional, personal and social networks;
- Develop Latrobe Valley specific mental health benchmarks for businesses;
- Decrease mental health stigma in participating workplaces;
- Provide mental health training to staff where financial constraints are a barrier to access and where identified as a gap; and
- Provide community members (management and staff) with the skills to respond to people experiencing a mental health crisis.

## Permanent Outdoor Table Tennis Structure

Ongoing

Active Living



Permanent outdoor table tennis tables are an exciting addition popping up throughout Europe and across Australia. They have been shown to promote an active and healthy lifestyle as well as improve mental health and wellbeing. Tables in public spaces provide a great opportunity for the community to get outside and get active.

This project aims to install eight permanent outdoor table tennis tables across Latrobe Valley to:

- Provide a free or low-cost opportunity for physical activity and social engagement; and
- Allow parkland to be activated and increase usability of outdoor spaces.

In March 2021 the Assembly installed a permanent outdoor table tennis table in Newman Park, Traralgon. This pilot site was selected in consultation with community and Latrobe City Council. A QR code was situated at the site to gather community feedback on the table.

Overwhelmingly, the response to the pilot table was positive, including feedback like the following:

- “What a nice treat to find paddles and a ball for the kids to play!”;
- “Really fun and great at getting people outside”; and
- “Love this!!! Great addition”.

Promotion of the table on social media was also well-received. A launch video published on the Latrobe Health Assembly Facebook page was viewed more than 400 times. Latrobe City Council also promoted the table on their Facebook page, attracting 55 shares, 80+ comments and almost 180 likes.

Following the success of the Newman Park pilot, planning is currently underway to scale this initiative up and roll out additional tables across the Valley.

## 16 Days of Activism Campaign 2020

Complete

Community connectedness & vulnerability

The Assembly is a member of the Latrobe Prevention of Men’s Violence Against Women (PMVAW) Network, alongside representatives from Central West Gippsland Primary Care Partnership, Department of Education and Training, Gippsland Centre Against Sexual Assault, Gippsland Community Legal Service, Gippsland Women’s Health, GippSport, Latrobe City Council, Latrobe Community Health Service, Latrobe Regional Hospital and Save the Children. Collectively, this network seeks to drive and lead the implementation of actions that contribute to reducing family violence through primary prevention and gender equity approaches.

Each year, members of the Latrobe Prevention of Men’s Violence Against Women (PMVAW) network mark the 16 Days of Activism by delivering initiatives across Latrobe Valley. The 16 Days of Activism is a global campaign that calls for action against one of the world’s most persistent violations of human rights – violence against women.

In 2020 the Latrobe PMVAW partnered with the Baw Baw Our Watch Our Issue (OWOI) network to create and promote a 16 Days of Activism social media campaign.

Members from the networks created and collated gender equity messaging to encourage discussions around gender equity in the community.

Highlights of the campaign included:

- 23 social media tiles and messages created;
- 125 tiles published by 15 social media influencers across Baw Baw and Latrobe Valley;
- 58,000+ reported reach on social media; and
- 1,370+ reported engagements on social media.

A range of additional initiatives also took place during the 16 Days of Activism, including the Freedom from Gender Stereotypes Film Campaign. Led by the Gippsland Centre Against Sexual Assault, in partnership with the Latrobe and other PMVAW networks, this project asked community members to create a short film.

Highlights of the filmmaking campaign included:

- 28 workshop registrations;
- Eight film submissions; and
- 478 film views on YouTube.

## Shared Values Initiative

Ongoing

Mental Health

The Shared Value initiative explored the financial impact of mental health training in Latrobe Valley businesses. It aimed to increase understanding of workplace mental health and determine the social and financial return on investment (ROI) of businesses investing in workforce mental health.

The project collected baselines and used these to monitor the impact of mental health training in economic terms.

Highlights of the project included:

- 46 people participating in mental health training sessions; and
- About 93% of participants surveyed post-session reported they would recommend the workshop they had attended to others.

A final report outlining the effectiveness of the training and the financial impact of the mental health investment is in development.

## Social Prescribing

Ongoing

*Community connectedness and vulnerability; Active living; mental health; Early childhood learning and development*



The Latrobe Health Assembly is currently piloting a social prescribing model, designed to meet the needs of Latrobe Valley residents. Social prescribing, sometimes referred to as community referral, enables clinical professionals such as general practitioners, nurses, nurse practitioners and other primary care professionals, to refer people to a range of local, non-clinical services. A model developed specifically for Latrobe Valley is currently being implemented via a pilot site in Churchill.

This phase of the project aims to:

- Pilot the co-designed social prescribing model in Churchill that was developed in phase 1; and
- Gather all the necessary data required to thoroughly monitor and evaluate the pilot and, following the pilot's completion, inform a potential scale up of the initiative.

Two community connectors have been appointed to deliver the project throughout 2021–2022.

## Urban Scale Interventions/LHA Collaboration: Looking Forward Latrobe

Ongoing

*Active Living*

Throughout May–June 2021, the Latrobe Health Assembly partnered with Urban Scale Interventions to draw on their expertise in creative engagement and innovative cultural and health interventions. The aim of this project was to explore the context, challenges and opportunities around community safety and wellbeing in Latrobe Valley, with a particular focus on public spaces and design.

In just six weeks, the project managed to:

- Engage 170+ members of our community via a series

of workshops, interviews and surveys;

- Review 40+ policy documents from across relevant departments, from health and education to tourism;
- Develop four wellbeing principles for informing projects in Latrobe Valley, based on key policy and community feedback;
- Highlight three key opportunity areas; and
- Outline six project concept opportunities.

For the full report, visit [www.lookingforwardlatrobe.com](http://www.lookingforwardlatrobe.com)

## Volunteering in the Valley - HandsUp Latrobe

Ongoing

*Community connectedness and vulnerability*

HandsUp Latrobe Valley aims to build capacity for relevant organisations to develop appropriate volunteering opportunities and resources to adapt their volunteer engagement to the changing needs and expectations of volunteers in Latrobe Valley.

Throughout the project's first phase in 2019–2020, the Volunteering Development Officer developed an extensive library of volunteer stories (video and text) that were disseminated via the Latrobe Health Assembly social media channels. HandsUp Latrobe Valley also created and distributed a Volunteer Management Toolkit which was provided to 13 organisations throughout the region. The goals of phase one were partially met, however some aspects of the project needed to be postponed due to the pandemic.

In 2021, the Volunteering Development Officer has been brought back on board to re-initiate this work and deliver

those activities that were delayed during the pandemic.

This phase of the project seeks to:

- Deliver two volunteering training sessions;
- Update existing Volunteer Opportunity Boards in LCC Libraries and implement strategies for their longer-term sustainability;
- Further develop and promote the HandsUp Volunteer Management Toolkit;
- Publish a series of volunteer stories; and
- Develop and implement a sustainable communications strategy for the HandsUp resources.

Highlights of the current phase so far include:

- Six volunteer stories published on social media, with 3,580+ reach on social media and 580+ engagements; and
- 15 volunteering opportunities currently promoted in Latrobe City Council Libraries.

## Financial statement

All monies directly associated with the operation of the Latrobe Health Assembly are managed by Latrobe Regional Hospital (LRH) under an agreement established between LRH and the Department of Health and Human Services (DHHS) on behalf of the State Government.

The Assembly does not hold any monies in its own right. LRH treats any surplus Assembly funds as restricted within its Balance Sheet, meaning these funds are not available to fund LRH operations and purposefully set aside to exclusively fund Assembly operations and activities.

All of the costs associated with the Assembly are formally audited and reported to DHHS and the community as part of LRH's annual reporting requirements. Future reports will include a separate audit of all Assembly funds.

For the purpose of this report, information on the costs associated with the Assembly are consolidated into an Operating Statement and a Statement of Changes in Equity for the Financial Year Ended 30 June 2020.

As at 01 July 2020, the Assembly had unspent funds of \$1,081,892. In 2020-2021, the Assembly recorded a surplus result of \$1,823,314, leaving unspent funds of \$2,905,206 as at 30 June 2021.

These unspent funds are fully committed and include:

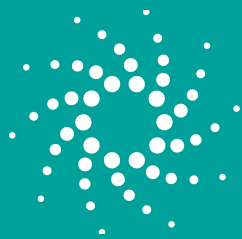
- Operations - funding for fixed term staffing until June 2023, with \$629,301 to be carry forward until the 2022-2021 financial year.
- Innovation Funds - funds provided to the Assembly to support innovative projects and programs decided upon by the Assembly.
- Community Engagement - funds provided to support community engagement activities by the Assembly.
- Specified Funded programs - funding provided to support projects previously approved by the Assembly for commencement in the 2021-22 financial year.

Operating Statement for the Financial Year Ended 30 June 2021	TOTAL 2021	TOTAL 2020
<b>REVENUE</b>		
<b>Operating Revenue</b>		
Grant Revenue	3,523,756	1,798,076
Other Revenue	104,122	12,807
<b>Total Operating Revenue</b>	<b>3,627,878</b>	<b>1,810,883</b>
<b>TOTAL REVENUE</b>	<b>3,627,878</b>	<b>1,810,883</b>
<b>EXPENDITURE</b>		
<b>Employee Costs</b>		
Human Resources	72,283	31,148
Long Service Leave	15,117	-23,236
Payroll Costs	968,402	905,043
Superannuation	88,408	79,427
Workcover	12,253	8,880
<b>Total Employee Costs</b>	<b>1,156,463</b>	<b>1,001,262</b>
<b>Non-Salary Costs</b>		
Administration / Program Grants / Projects	512,101	312,313
Computer Expenses	19,497	40,265
Domestic Charges	4,975	7,301
Food	1,870	8,681
Rental - Buildings	83,018	80,964
Repairs & Maintenance	15,297	3,068
Utilities	11,343	14,706
<b>Total Non-Salary Costs</b>	<b>648,101</b>	<b>467,297</b>
<b>Capital Purchases</b>	<b>0</b>	<b>0</b>
<b>TOTAL EXPENDITURE</b>	<b>1,804,564</b>	<b>1,468,560</b>
<b>SURPLUS / DEFICIT</b>	<b>1,823,314</b>	<b>342,324</b>

### Statement of Changes in Equity for the Financial Year Ended 30 June 2021

Accumulated Funds as at 30 June 2020	1,081,892
Net result for 2020-2021	1,823,314
Accumulated Funds as at 30 June 2021	2,905,206





Latrobe Health  
Assembly



Shaping  
The Valley

