

Latrobe Health Assembly



ANNUAL REPORT 2021-2022

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 Valley. This report highlights how we worked towards this goal in 2021-2022.



ACKNOWLEDGEMENT OF **COUNTRY**

The Latrobe Health Assembly proudly acknowledges the traditional land of the Braiakaulung people of the Gunaikurnai nation and pay our respect to their Elders past and present.

TABLE OF **CONTENTS**

ABOUT US	04
OUR HISTORY	05
HOW WE WORK	06
MESSAGE FROM THE CHAIR	08
MESSAGE FROM THE EXECUTIVE OFFICER	10
OUR PEOPLE	12
OUR STRUCTURE	15
OUR PROJECTS	16
FINANCIAL STATEMENT	28



OUR HISTORY - We are young, but work with gusto

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.

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.

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 Valley. This is achieved by facilitating and enabling collaboration among the local communities, local organisations and state-wide agencies and government.

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 the Victorian Department of Health, Latrobe Community Health Service, Latrobe Regional Hospital, Latrobe City Council and Gippsland Primary Health

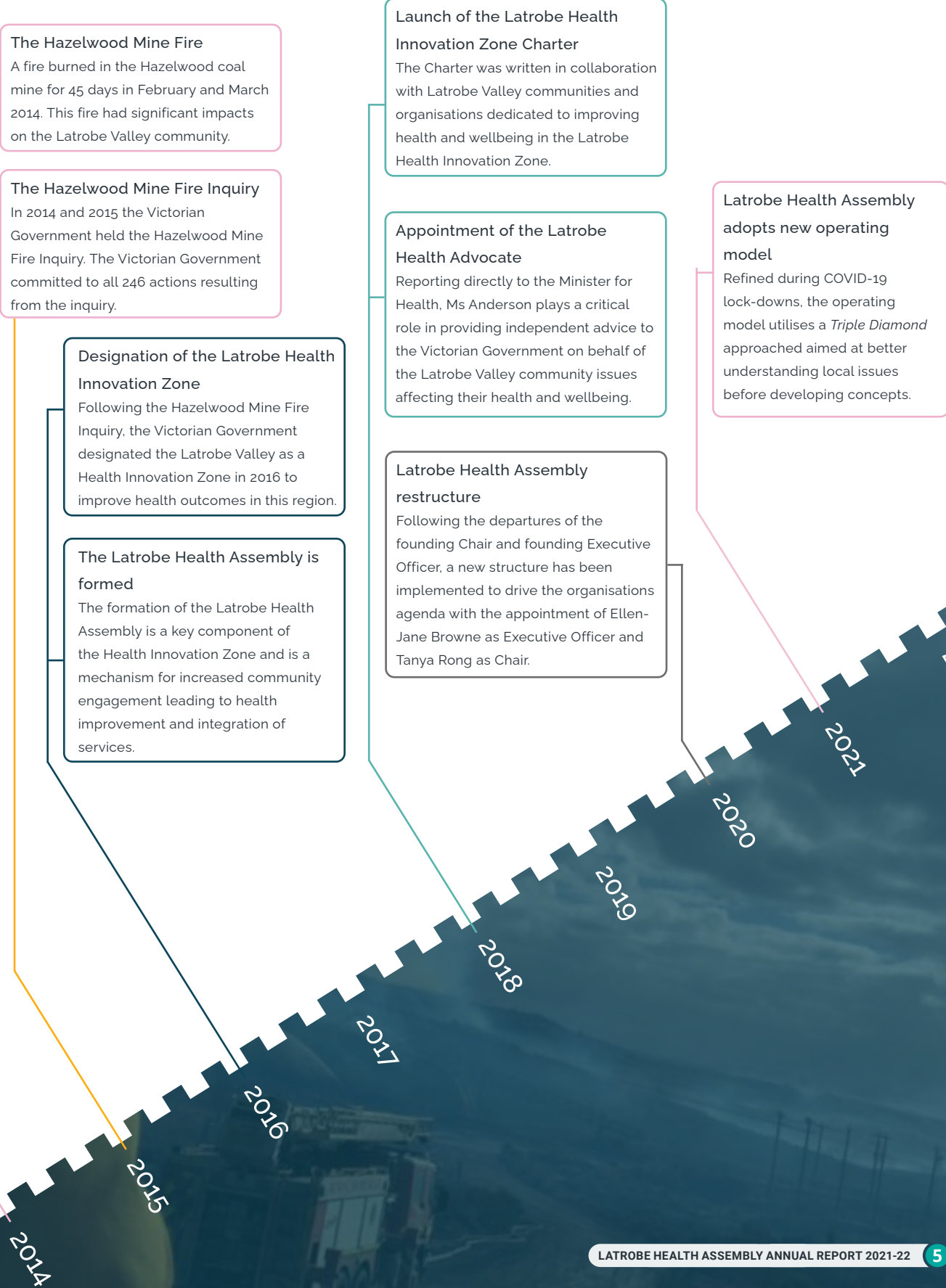
Network. These representatives are the CEO or the Board Chair.

- Representatives from relevant 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 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.



HOW WE WORK - We are measured, yet innovative

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

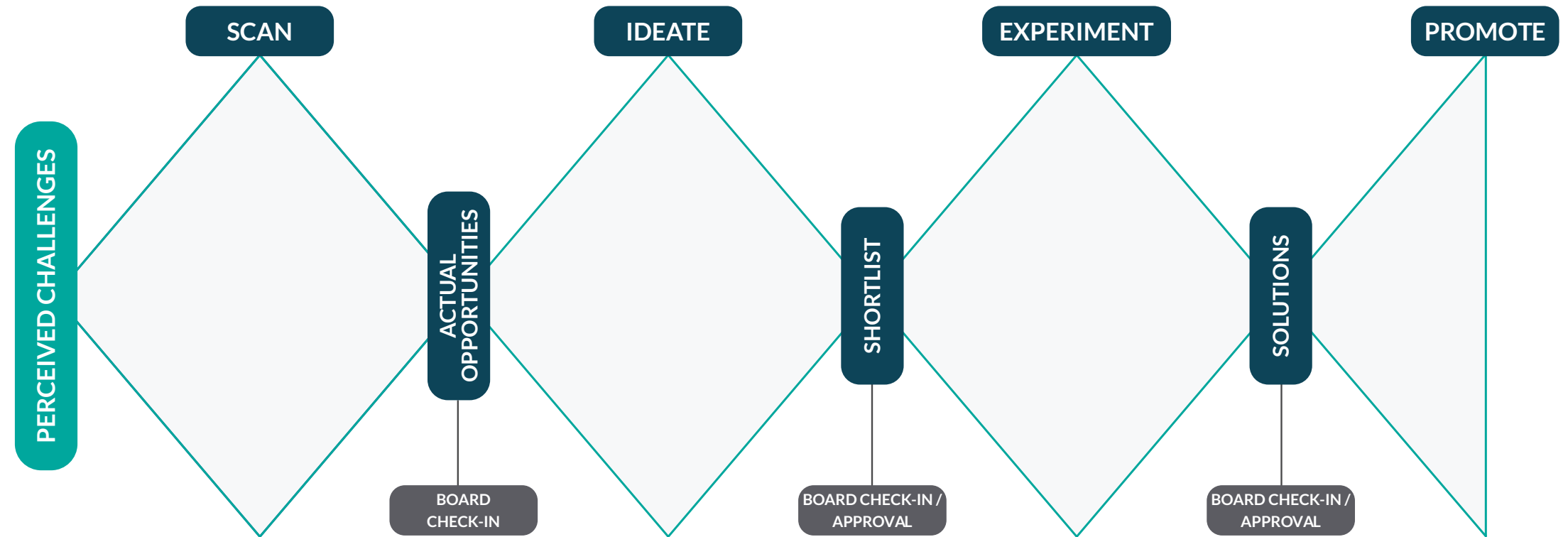
Drawing on the principles in the Latrobe Health and Wellbeing Charter, the Latrobe Health Assembly will:

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's need to be sustainable in the future after the initial funding has finished; the second being that the Assembly also needs 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 above). Designed to encourage collaboration on defined 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 development of 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.





MESSAGE FROM THE CHAIR - Ms Tanya Rong

I am pleased to present the Annual Report for 2021-2022. The past year has again been one of change. In 2021, our work was almost entirely virtual, we were living with ever-changing COVID-19 rules and lockdowns. 2022 has seen a shift back to face-to-face activities and the world has opened to a new 'normal'. For the Latrobe Health Assembly, we have settled into a hybrid model of working for both the staff and the Board. This is a trend that has emerged post-lockdowns in many workplaces and has continued to serve us well.

The year of 2022 commenced with uncertainty as we emerged from lockdowns and remote learning and working. Our conversations were focused on RAT tests, COVID-19 positive numbers, vaccinations and boosters, cancelled events and face masks. There was hesitancy and a level of anxiety about meeting in person, and most events remained online. At the Assembly, we continued to support our partners and foundation agencies with COVID-19 communication and wellbeing initiatives, while slowly emerging back to the office, and in-person meetings.

In March this year we held our first in-person Full Assembly meeting for 2022, and it was wonderful to connect with people again after a long period of virtual meetings. The Assembly meetings this year have provided a forum for discussion about projects, presentations from various key stakeholders, as well as consultation from organisations such as the Mine Land Rehabilitation Authority, and Latrobe Valley Authority. The Assembly membership is recognised by these groups and others as being a strong voice for community and Assembly input is highly valued.

The Board also came together in person for a day and a half for the first time since the pandemic. It was an opportunity to check in with the LHA Strategic Plan, to meet new board members in person and re-connect with each other. The session allowed the Board to explore key measures of success, how to enable community voice, and community leadership. The Board acknowledges the maturation and evolution of the Assembly and recognises there is a need to consider sustainability and

scalability of the work, as well as the importance of telling our story. Often, we forget how unique, inspirational and trailblazing we are until we speak with people who have not heard about us and who are truly amazed by what we do and how we do it. It is a good reminder for us all to celebrate our successes, recognise that change takes time, can be challenging, and that we are doing great work.

The strong foundational work in the previous 12 months has enabled the Assembly to achieve success in many key areas. Our projects are demonstrating success in improving health and wellbeing, the Assembly being recognised as "trailblazers" as a community-led organisation, and our profile in community has lifted. We have consolidated the triple diamond model of project design and continue to challenge our way of working to ensure that we are achieving the best outcomes for our community. Our partnerships and relationships with many organisations and community groups have strengthened over the past year, and we continue to share our work and lessons along the way.

A tremendous amount of effort and determination over the past year has seen some of our biggest projects ready to launch. Notably, we have partnered with Latrobe City Council to commence Creative Latrobe – the first stage of the Looking Forward Latrobe (or USI) work that began in 2018. This is an exciting partnership and has the potential to be truly innovative and transformative in its approach. It will be one to watch! Another project that is nearing launch is the Mental Health Café. Partnering with Lifeline Gippsland, this project has been co-designed with people with lived experience of mental illness. It

showcases the strengths of a community-led approach and is another exciting milestone for the Assembly.

The Board welcomed Jeanette Vannaprasedh as a Community Board Director in April, 2022 who replaced Board member Jonathan Armstrong. We thank Jonathan for his contribution to the Board and Assembly and wish him and his family all the very best. I also extend my thanks to members who have moved on from the Assembly and a warm welcome to our new members. I look forward to working with you.

On behalf of the Board, I thank the staff and Assembly members for their commitment, dedication and contribution to the success of the organisation over the past year. I am proud to work with an amazing team of staff and passionate members of the Latrobe Valley community. The Board congratulates Ellen-Jane Browne on the leadership, wisdom and guidance that she provides in her role as Executive Officer, and I personally thank Ellen-Jane for her support, commitment and her willingness to be bold and brave with me. Together we make a great team.

The next 12 months will see a concentrated focus on planning a Just Transition in Latrobe. We will continue to ensure that health and wellbeing are a priority in all aspects of planning, as well as enabling community to actively participate in re-imagining a future that is bright, healthy and prosperous for people in Latrobe Valley. The determination to succeed in improving health and wellbeing shines as brightly as ever, and I am excited to see what the next year will bring for our organisation, but more importantly, for our community.

Tanya Rong
TANYA RONG
Latrobe Health Assembly
Chair





MESSAGE FROM OUR EXECUTIVE OFFICER - Ms Ellen-Jane Browne

As I reflect on the year that has just passed, it would be fair to say that it marked a significant turning point for the work of the Latrobe Health Assembly. The Chair and I having both completed our second full year in our respective roles, with much of the foundation work we laid down the previous year now firmly embedded in the work of the Assembly.

This is not to suggest that everything is perfect — rather it has meant that a clear strategic plan has now been approved by the Board, delegations and risk frameworks are in place and an operating model is ready to be tested to ensure the Latrobe Health Assembly is prepared to continue, with renewed vigour, the work of improving health and wellbeing outcomes in the Latrobe Valley.

In reflecting on the last twelve months, we must also acknowledge that our work continued to be framed by the reality of COVID-19, with more lockdowns setting the tone for our engagement with the Assembly, our partners and the broader community. We watched as the case numbers spiralled seemingly ever upwards

and as increasing numbers of our own members, our staff and our partners fell by the wayside, only to recover and re-engage in the work of the Latrobe Health Assembly.

In this context, the Assembly continued to play an important role in the sharing of information and in working with others involved in the COVID-19 response to ensure that the Latrobe Valley community was supported — the intent being to limit the impact of COVID-19 for all who live, work and study in the Latrobe Valley. Thus, the Latrobe Health Assembly continued to tell the story of COVID-19, continued to develop new ways of communicating with the public, and continued to learn from the experience of others in how to better engage with community.

But our response also changed. As we marched towards the second half of the reporting year, we saw the response shift significantly as lockdowns ceased to be the norm and as we, as a community, learnt to live with COVID-19. For all of us, this proved to be a challenge, as for many we had to learn the art of re-engaging with each other on

a professional and personal level without the safety of a computer screen. It also meant factoring in travel time between meetings (yet to be mastered!) and reaching agreement with Assembly members, the Board, staff, and the broader community as to what this might look like. Despite the COVID-19 numbers remaining high, we seem to have mastered this additional complication in our lives and as we move forward are settling into a new normal — a hybrid world where technology and people come together in a variety of ways to inform the work of the Latrobe Health Assembly.

Also informing our work, and of special significance to the Latrobe Health Assembly, was the signing of a Memorandum of Understanding (MOU) with the Department of Health. This MOU has, at its centre, a focus on strengthening community voice, whereby wherever possible the program of work delivered by the Latrobe Health Assembly will be community-informed and community-led. The MOU also shifted funding decisions for the work we do to the Latrobe Health Assembly, away from the Department of Health. This is an important milestone, as it puts the Latrobe Health Assembly and its members one step closer to being truly community-led.

This past year has also seen the new operating model (described elsewhere in this report) fully implemented across a series of projects in the early childhood, physical literacy and food sustainability areas. Each project has had their highs and lows, but collectively they have informed and refined our way of working. Central to each of these programs, and indeed to all of our work, has been engagement with community. That is, not just our Assembly members, but those with lived experience, those who are experts in the field, and our partners across the health sector, government and community more broadly. It is important to acknowledge this aspect of our work and to publicly acknowledge the contribution each of these groups has made to our work.

Engagement is hard, but without the commitment and dedication of our Assembly members, our partners, and community, our work would not be what it is today.

This report is but a brief description of our work over the past twelve months. I would encourage you to explore our work and

consider how it may influence your own. After all what is contained within is not the work of a few, but rather it represents the collective efforts of the Board, the Assembly, our partners and the staff of the Assembly. My sincere thanks must go to all involved. It is also appropriate to acknowledge the work of Chloe, Kate and Richard in leading our various teams — thank you, it is deeply appreciated. Likewise, the support and dedication of Ashley, Catherine, Carey, Hope, Josephine, Olivia and Robyn in enabling our work is to be commended. Our thanks must also go to the Department of Health, the Department of Families, Fairness and Housing and the Latrobe Regional Hospital teams for enabling the back-of-house needs of the Assembly — without your in-kind support, the work of the Assembly would falter.

And finally, it would be remiss of me not to single out our Chair, Tanya Rong, for a special mention. I have said before that Tanya brings to the role of Chair unbridled enthusiasm, incredible ideas and much passion — but she also provides me with absolute support and makes each day of work enjoyable, for this you have my sincere thanks and deep appreciation.

ELLEN-JANE BROWNE
Latrobe Health Assembly
Executive Officer



OUR PEOPLE ASSEMBLY BOARD



TANYA RONG
LATROBE HEALTH ASSEMBLY
CHAIR



BEN LEIGH
LATROBE COMMUNITY
HEALTH SERVICE



STEVE PIASENTE
LATROBE CITY COUNCIL



DON MCRAE
LATROBE REGIONAL
HOSPITAL



AMANDA PROPOSCH
GIPPSLAND PRIMARY
HEALTH NETWORK



MARIA BUBNIC
VICTORIAN DEPARTMENT OF
HEALTH



ANGE GORDON
COMMUNITY BOARD MEMBER



LINDA REID
COMMUNITY BOARD MEMBER



LEN CAIRNS
COMMUNITY BOARD MEMBER



JONATHAN ARMSTRONG
COMMUNITY BOARD MEMBER
RESIGNED - FEBRUARY 2022



JEANETTE VANNAPRASEUTH
COMMUNITY BOARD MEMBER
INTERIM POSITION

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

MEMBERSHIP CAPACITY

The current Latrobe Health Assembly membership sits at 40 out of a possible 45 members.

Our members community connections include:








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

BOARD MEETING ATTENDANCE

2021						2022					
JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN
	9	9	8	10	7		9	8	8	9	7

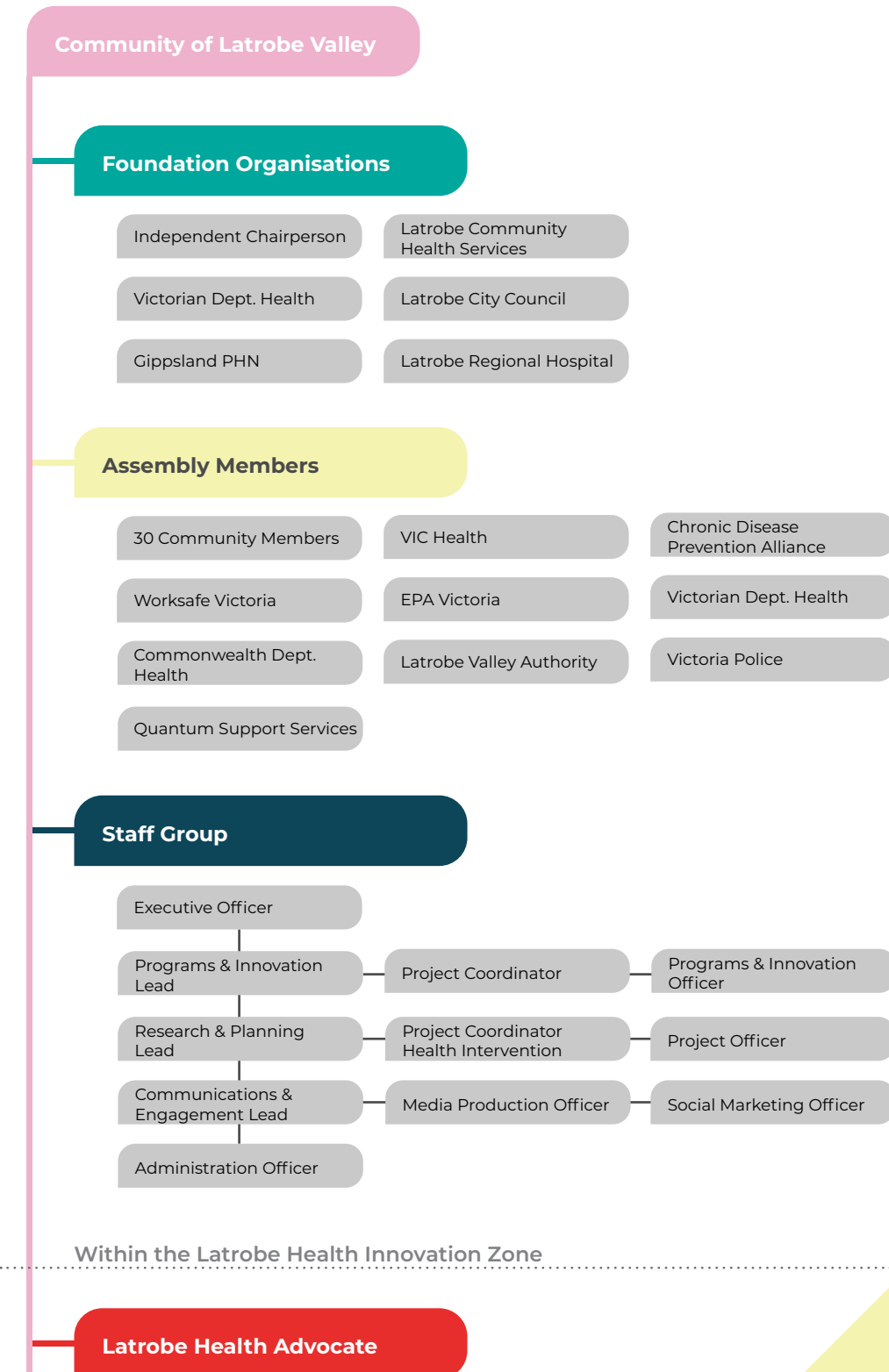


OUR PEOPLE DIRECT INVITE MEMBERS

		
<p>Barbara Hill Worksafe Victoria</p>	<p>Danny O'Kelly Victorian Department Of Health</p>	<p>Kristine Cooney Vic Health</p>
		
<p>Chris Buckingham Latrobe Valley Authority</p>	<p>Roni Beauchamp Heart Foundation</p>	<p>Nicola Stuart Department Of Education & Training</p>
		
<p>Natalie McDonald Quantum Support Services Delegate: Lisa Simpson</p>	<p>Stacey Clarke Environment Protection Authority Victoria</p>	<p>Paul Huggett Victoria Police</p>

OUR STRUCTURE

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





ABC – ADOLESCENTS BUILDING CONNECTIONS

PROJECT STATUS: **ACTIVE**

LEAD AGENCY: **QUANTUM SUPPORT SERVICES**

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:

- 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;

OUR PROJECTS

ABC – Adolescents Building Connections	P17	Mental Health Cafe	P23
Chronic Disease Forum	P17	Morwell Neighbourhood House People's Kitchen Project	P23
Community engagement: Hazelwood Long Term Health Study	P17	My Food Swaps	P23
Community Health Nursing in Primary Schools	P18	Open Book	P24
Early Childhood Development	P18	Permanent Outdoor Table Tennis Structure	P24
Federation University IPP Mapping Project	P18	Physical Literacy	P25
Food For All Latrobe Valley	P19	Shared Value	P25
Gender Equity Campaign	P19	Social Prescribing	P25
Healthy Supermarkets	P20	Suicide Prevention Place Based Trial	P26
Hello	P21	Looking Forward Latrobe	P26
Incentives for Healthy Workplaces	P21	Volunteering in the Valley - Hands Up Latrobe	P27
Men's Shed Field Officer	P22	16 Days of Activism 2021	P27

CHRONIC DISEASE ACTION PLAN

PROJECT STATUS: **ACTIVE**

LEAD AGENCY: **LATROBE HEALTH ASSEMBLY**

Following extensive research and consultation, a series of reports focussed on chronic disease in Latrobe Valley were produced throughout 2020-21.

At the very end of the reporting period for this annual report, KPMG were appointed to develop a chronic disease plan for the region, based on the recommendations that have emerged through the consultation. Updates on the progress of this work will be included in future Annual Reports.

COMMUNITY ENGAGEMENT: HAZELWOOD LONG TERM HEALTH STUDY

PROJECT STATUS: **ACTIVE**

LEAD AGENCY: **LATROBE HEALTH ASSEMBLY / MONASH UNIVERSITY**

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

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

OUR PROJECTS

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.

COMMUNITY HEALTH NURSES IN PRIMARY SCHOOLS

PROJECT STATUS: **ACTIVE** LEAD AGENCY: **LATROBE COMMUNITY HEALTH SERVICE**

Community Health Nurses in School Program (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.

In 2018 and 2021 the Latrobe Health Assembly supported the expansion of the Community Health Nurses in School Program (CHNiPS), initially to 4 schools and later to 7 schools. The expansion was based on the level of disadvantage in the schools and a further extension of the program was announced in June 2022, seeing the service funded until 31st December 2023.

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.

EARLY CHILDHOOD DEVELOPMENT

PROJECT STATUS: **ACTIVE** LEAD AGENCY: **LATROBE HEALTH ASSEMBLY**

During 2021 and 2022, the Latrobe Health Assembly engaged Ninety Mile Consulting to work towards identifying challenges and opportunities across Latrobe Valley, informed by a data-driven process, to improve early childhood development outcomes. This process resulted in a co-designed five pillar model which will act as a guide and framework for future work undertaken by the Latrobe Health Assembly in the priority area of early childhood learning and development.

The five pillars include pregnancy, confident parents, safe and healthy children, value of education and great start to school. There were a total of 82 suggested outcomes across the five pillars. These have been grouped into:

1. Outcomes to go through the Triple Diamond Model. Each area of work contains a mixture of short term, medium term, and long-term outcomes to be achieved;
2. Identified projects for Board approval;
3. Outcomes that could be incorporated into existing bodies of work that LHA or other members of the Latrobe Health Innovation Zone are already delivering; and
4. Projects for future consideration.

Utilising this and further research conducted in the 2022-23 financial year, project development has begun and will be reported upon in future Annual Reports.



FEDERATION UNIVERSITY IPP MAPPING PROJECT

PROJECT STATUS: **COMPLETE** LEAD AGENCY: **LATROBE HEALTH ASSEMBLY**

Due to the Hazelwood Mine Fire Inquiry Report, in 2016 the Latrobe Health Innovation Zone was established. Since the LHIZ has been established, a wide variety of projects have been undertaken to achieve improvements in health and wellbeing in the Latrobe Valley. It was identified that there was a need to capture the projects completed within the LHIZ to date.

To address this issue, two Federation University students were taken on to undertake a mapping exercise analysing the work that has occurred in the LHIZ since 2017 as part of their Industry Placement Program. All projects that were funded by the LHIZ were analysed. The aim of this project was to provide an in-depth thematic analysis of the various projects funded by the Latrobe Health Innovation Zone (LHIZ) to identify health service gaps and health promotion opportunities that exist within this health setting, agency collaboration within the LHIZ can be enhanced in the future.

FOOD FOR ALL LATROBE VALLEY

PROJECT STATUS: **ACTIVE** LEAD AGENCY: **LATROBE COMMUNITY HEALTH SERVICE**

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 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, Latrobe Community Health Service 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.

The Coalition has been in operation since 2018 and to date has achieved the following collective impacts:

- Four years of collaboration;
- 88 organisations, community groups and schools engaged;
- 392 interventions delivered;
- 17,359 people participating in interventions;
- 91% estimated population reach of interventions and FFALV food messaging.

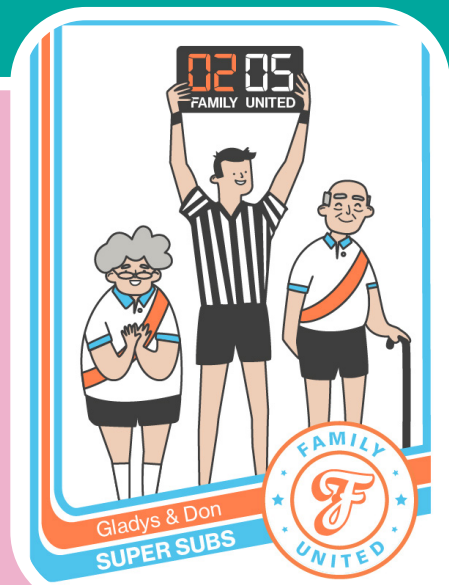
GENDER EQUITY CAMPAIGN

PROJECT STATUS: **ACTIVE** LEAD AGENCY: **LATROBE HEALTH ASSEMBLY**

Following extensive research completed in early 2022, Family United is to be launched in September 2022 — a gender equity campaign designed to help families maintain a healthy relationship once a new baby arrives by using an interactive website that embraces real advice from Latrobe Valley parents.

The campaign was developed with the help of Central West Gippsland Primary Care Partnership (CWGPCP), healthAbility (formerly Carrington Health), Monash University, Latrobe City Council and Gippsland Women's Health, and is aligned with the work of the Latrobe Prevention of Men's Violence Against Women





Network (Latrobe PMVAW), healthAbility (Baby Makes 3) and Monash University (What Were We Thinking!) were invited to partner on the project as subject matter experts in gender equity and the transition to parenthood.

Over 400 local parents were asked what advice they had for other parents bringing home a new baby. Common challenges included lack of sleep, not getting a break and relationship breakdowns – with the theme of ‘teamwork’ ringing through consistently in responses like “It takes a community” and “Share the load”.

Family United pairs real stories and tips from Latrobe Valley parents with expert advice to encourage other families to work together as a team, while acknowledging that everyone’s team looks a little different. Visiting the website, parents can interact with digital trading-style cards, flipping them to reveal advice on how new parents can take care of their wellbeing, their connection with each other, and those around them.

Family United merchandise packs will soon be distributed to local families through Latrobe Regional Hospital’s antenatal services and Latrobe City Council’s Maternal Child Health services, allowing us to reach families when they need it the most. Smaller merchandise packs will also be shared at local events, with activities based around teamwork within family units, and the gathering of further advice and stories from parents to build on the current resources.

An initial evaluation of the pilot will take place 3-months post-launch.

HEALTHY SUPERMARKETS

PROJECT STATUS: **ACTIVE** LEAD AGENCY: **LATROBE COMMUNITY HEALTH SERVICE**

The food environment plays a critical role in determining our dietary behaviours and the food choices we make. Research shows that supermarkets can 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 immense 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 was sufficient supermarket interest in rolling out the program. The scoping study highlighted that there was evidence to support the concept as well as interest demonstrated by community and local retailers.

Following the positive outcomes of the project’s scoping study, the program was launched across three pilot sites under the campaign name Reach for the Stars, with an eight-week trial to start from August to October 2022. Moe IGA launched 8th of August, while Morwell and Glengarry IGA both launched 22nd of August. It is expected that the trial for the Moe IGA will continue until the 2nd of October, while the two other locations will continue until the 16th of October. Afterwards it is planned that analysis of these pilot sites will be finalised in December with the potential for a second phase depending on the success of the pilots.



HELLO CAMPAIGN

PROJECT STATUS: **ACTIVE** LEAD AGENCY: **LATROBE HEALTH ASSEMBLY**

The Hello. campaign encourages people to say hello to each other 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. Hello. Day was established in 2021 as an annual event to help secure a scalable, community-led future for the campaign that is owned and celebrated by the diverse people of Latrobe Valley. For 2022, a 6-month event campaign was implemented in addition to the initial Hello. Day which took place on May 22nd.

In its second year, the Hello. campaign has rolled out 6-months of themed events including:

- The June theme was based around “How do you say Hello?”. This took shape in form of a social media campaign which highlighted how easy it was to socially connect with those around us by providing simple suggestions on how to initiate social connection;
- In July, the Latrobe Health Assembly will join with Men’s Sheds Victoria to host the Men’s Shed Winter Festival. The festival will be targeted toward decreasing isolation in socially isolated men and/or families caring for men who are socially isolated;
- In August, the Hello. campaign will launch a small-scale Pen Pal project which is designed for students at local primary schools and residents at local aged care homes to write letters back and forth to promote positive intergenerational communication. It will allow students and residents to say Hello. to members of the community who they otherwise may not get the chance to communicate with;
- In September, Hello. will host a board game event running over two sessions during the September school holidays at Latrobe Youth Space. The focus of this month will be to engage a younger audience that may not engage in sport or other social activities.
- In October the Latrobe Health Assembly focused on promoting the social benefits of pets. The Latrobe Health Assembly will partner with the Ted Basarke Mercy Foundation to host the Jane Morrey Celebration of Pets Rail Trail Pets Walk taking place on the 16th of October 2022.
- November will see the initiation of Social Inclusion Week mini grants. The Latrobe Health Assembly will launch a small grants program to support community members in hosting their own social inclusion week event. These grants will be designed to help encourage and support people to host their own events to raise awareness for social inclusion.



INCENTIVES FOR HEALTHY WORKPLACES

PROJECT STATUS: **COMPLETE** LEAD AGENCY: **LATROBE COMMUNITY HEALTH SERVICE**

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:

- Three new Achievement Program (AP) registrations;
- Seven AP benchmarks achieved across four workplaces:
 - two X Alcohol and other drugs benchmarks;
 - one X Physical activity benchmark;
 - one X Healthy eating benchmark;
 - one X Smoking benchmark;
 - one X Mental health and wellbeing benchmark;

OUR PROJECTS

- one X Foundations benchmark.
- Seven workplaces eligible for Incentives for Healthy Workplaces program; and
- One workplace has successfully met all of the benchmarks in the AP, becoming the second workplace in Latrobe to do so. GippSport met all five benchmarks in the 20/21FY period and were awarded the maximum two incentives in this time.

MEN'S SHED FIELD OFFICER

PROJECT STATUS: **ACTIVE** LEAD AGENCY: **VICTORIAN MEN'S SHED ASSOCIATION**

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.

In September 2021, the Latrobe Health Assembly and Victorian Men's Sheds Association (VMSA) launched the Men's Shed Field Officer project by appointing Cameron Thomson to the role.

The Men's Shed Field Officer works closely with Men's Sheds in Toongabbie, Traralgon, Traralgon South, Boolarra, Churchill, Moe, Newborough and Morwell. The Men's Shed Field Officer project's primary aim is to work with local men, Men's Sheds and other men's groups across Latrobe City to achieve healthier outcomes, both mentally and physically.

Following a detailed analysis of each of the sheds within the Latrobe Valley catchment to gain their input on their needs and wants, the Men's Shed Field Officer identified four focus areas. The areas identified were:

- Increasing Shed Visibility – Sheds felt that not a lot of people knew they were there or what they do and wanted help in promoting their Shed. Increasing membership could provide social connection for men in Latrobe. The Men's Shed Field Officer aimed to raise awareness of Men's Sheds as a resource for men in the area;
- Building Better Pathways – Some Sheds felt that they did not know how to assist someone in crisis, or what options were available. Increasing Sheds' capacity to respond to vulnerable men could lead to better health outcomes. The Men's Shed Field Officer planned to increase the Sheds' understanding of the issues men may experience, and the resources and supports available in their locality;
- Improving Digital Literacy – Difficulty using technology, particularly mobile devices, was a common issue identified by shed members. Improving this could increase individual confidence and increase social connectivity for some men. The Men's Shed Field Officer looked at building the capacity of Shed members to utilise technology;
- Encouraging Healthier Communities – There was an identified lack of community involvement for some Sheds. Increasing connection with their surrounding community could lead to increased membership opportunities for the Sheds, and improvements in social isolation for men that engage with the shed through this avenue. The Men's Shed Field Officer would arrange community events with sheds to build a positive profile of Sheds in their local community to foster lasting community links.

Working towards these priority areas, the Men's Shed Field Officer has implemented several key initiatives including:

- Improving Digital Literacy sessions;
- Latrobe Valley Men's Shed marketing campaign;
- Creation of the Men's Shed Moonlight Market and Winter Festival;
- A series of Shed based drop-in health-related education sessions, custom selected based on individual Shed's needs.

Mental Health Cafe

PROJECT STATUS: **ACTIVE** LEAD AGENCY: **LATROBE HEALTH ASSEMBLY/ LIFELINE GIPPSLAND**

Many people in our community struggle to access support after hours. Evenings and weekends can be a lonely and distressing time. A mental health café model has been co-designed to help address these issues. With the support of Larter Consulting, a model tailored to the Valley has been developed. This model is a product of people with lived experience and service providers working together to design

the right service for our community.

This work was initiated by members of the 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 café concept was identified by the Forum as a way to provide a safe and welcoming space for mental health consumers to seek peer support and advice after hours.

The response to the co-design process has been strong, resulting in a model that reflects the needs and priorities of the Latrobe Valley community. LHA has now partnered with Lifeline Gippsland to develop and implement this service.

It is envisioned that the café will be launched in early 2023 and will:

- Increase opportunities for peer support and social connection;
- Improve mental health consumer experiences and outcomes;
- Reduce emergency department presentations for non-emergency mental health issues.

Morwell Neighbourhood House - Peoples Kitchen

PROJECT STATUS: **ACTIVE** LEAD AGENCY: **MORWELL NEIGHBOURHOOD HOUSE**

In 2021, the Latrobe Health Assembly undertook research with the Morwell Neighbourhood House to identify ways of expanding the service, its reach and, importantly, looking at ways of tackling food insecurity before the need even arises to seek the support of the People's Kitchen.

Following this research, the Morwell Neighbourhood House partnered with the Latrobe Health Assembly to enable MNH to utilise their People's Kitchen and related programs to implement an inclusive whole person approach to addressing issues of food security, health and wellbeing based on the following five potential solutions:

1. Enabling relevant community agencies to participate in Peoples Kitchen, Food Bank, and community garden activities (for implementation in 2022);
2. Reaching out to communities in the Latrobe Valley who are marginalised in relation to access to resources and services (for implementation in 2022);
3. Framing the Food Bank and Peoples Kitchen as a key point of access for clients and volunteers to government, health, and community services (for implementation in 2022);
4. Offering access for Peoples Kitchen participants to formal training, skills recognition, and vocational qualifications (planning July-Dec 2022 for implementation in 2023);
5. Investigating ways to engage secondary schools in addressing the question of food security and the feasibility for senior secondary students to participate in aspects of the People's Kitchen concept (planning July-Dec 2022 for implementation in 2023).

MY FOODSWAPS

PROJECT STATUS: **ACTIVE** LEAD AGENCY: **MONASH UNIVERSITY**

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.



JESSICA

"I'm really looking forward to this cafe going ahead, it is greatly needed in the community."



Throughout 2021–2022, this project began a co-design process to develop 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.

OPEN BOOK

PROJECT STATUS: **COMPLETE**

LEAD AGENCY: **LIFELINE GIPPSLAND**

The vision of The Open Book Project was 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 aimed 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

PROJECT STATUS: **ACTIVE**

LEAD AGENCY: **LATROBE HEALTH ASSEMBLY**

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 nine 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 August 2020 the Assembly installed the first 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".

During 2021-22, the Latrobe Health Assembly worked closely with Latrobe City Council to identify nine more permanent outdoor table tennis table locations, ensuring each town within the LGA has one installed in an appropriate location. Community engagement has been

undertaken to ensure the structures are wanted and plans are underway to allow community members to participate in the process of decorating the tables. Roll-out of the remaining eight tables is expected to begin at the end of 2022 with decorating activities expected in early 2023.

PHYSICAL LITERACY

PROJECT STATUS: **ACTIVE**

LEAD AGENCY: **LATROBE HEALTH ASSEMBLY**

Physical Literacy includes physical, psychological, social and cognitive development and works to maintain positive physical activity behaviours for life. Broadly, statistics are showing that children are increasingly vulnerable in all four domains of physical literacy, and this has been linked with parents and caregivers placing low priority on movement due to their own low confidence and motivation in movement. In Latrobe Valley, we have low physical literacy levels amongst children and adults. As a consequence, a range of poorer health outcomes are experienced that could be avoided were physical literacy levels increased.

A working group comprised of interested assembly members, LHA staff, GippSport and LCHS, is currently taking the issue of low physical literacy through the triple diamond process, with support from Federation University. The group have identified a range of key cohorts, including older people, people living with disability, and families with young children. Initial scanning and ideating is now focused on families, with a series of community consultation activities planned to help increase our understanding of the issue and to inform the ideation process.

SHARED VALUES INITIATIVE

PROJECT STATUS: **COMPLETE**

LEAD AGENCY: **KINDRED SPIRITS ENTERPRISES**

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.

SOCIAL PRESCRIBING

PROJECT STATUS: **ACTIVE**

LEAD AGENCY: **HAZELWOOD HEALTH CENTRE**

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 a client to a Community Connector. The Community Connector works with the client to determine their individual needs and they can refer them on to a range of local, nonclinical services.

A model developed specifically for Latrobe Valley is currently being implemented at a pilot site in Churchill and has been approved to expand to additional locations through Latrobe Community Health Services.

The second phase of the project aims to:

- Continue piloting the co-designed social prescribing model in Churchill that was developed in phase 1, which has been approved to run until 2023;
- Establish a delivery model with Latrobe Community Health Services that will allow a community connector to refer out to a range of

services that will run until 2024; 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.

One community connector has been appointed to deliver the project throughout 2021–2023 at Churchill and will work between the Hazelwood Health Care Centre and the Churchill Neighbourhood Centre. A community connector is to be appointed for the Latrobe Community Health Services expansion and is expected to deliver the project throughout 2022–2024.

SUICIDE PREVENTION PLACE BASED TRIAL

PROJECT STATUS: **COMPLETE**

LEAD AGENCY: **GIPPSLAND PHN**

The Place Based Suicide Prevention Program is a project funded jointly by the Victorian Department of Health and Human Services and Gippsland PHN to work with communities, including the wider population, health agencies, local governments, emergency services, schools and media outlets to contribute to the reduction of the suicide rate within the Latrobe Valley and Bass Coast Local Government Areas.

Objectives of the initiative included:

- Reduced rates of suicide;
- Reduced suicide attempts;
- Improved individual resilience and wellbeing; and
- Improved system to prevent suicide in an ongoing way.

LOOKING FORWARD LATROBE

PROJECT STATUS: **ACTIVE**

LEAD AGENCY: **LATROBE HEALTH ASSEMBLY**

The Latrobe Health Assembly partnered with Urban Scale Interventions (USI) throughout May–June 2021 to draw on their expertise in creative engagement and innovative cultural and health interventions. This work explored the context, challenges and opportunities around community safety and wellbeing in Latrobe and identified a set of design principles and a range of concepts for local interventions.

Over the past year, a number of these concepts have been developed into projects. A working group of interested assembly members and Latrobe Health Assembly staff spent time reflecting on and prioritising the different interventions. This group identified three of the concepts as top priorities: Creative Latrobe, Connecting Up, and Inclusive Latrobe.

The working group continued collaborating with USI throughout the first half of 2022 to develop and refine these projects for Latrobe Valley. This included identifying local sites for interventions, exploring creative ideas that have been implemented elsewhere around the globe for inspiration, and mapping potential walking and cycling routes through Moe, Churchill, Morwell and Traralgon that will form the starting point for the Connecting Up project.

A partnership has now been formalised with Latrobe City Council to roll out Creative Latrobe in 2022–2024. This will see a range of creative interventions co-designed with communities in Moe, Churchill, Morwell, Traralgon and another smaller town.



VOLUNTEERING IN THE VALLEY - HANDSUP LATROBE

PROJECT STATUS: **COMPLETE**

LEAD AGENCY: **LATROBE HEALTH ASSEMBLY**

Latrobe Health Assembly appointed a Volunteering Development Officer in May 2019 who created HandsUp Latrobe Valley, an initiative focused on the development and coordination of volunteering opportunities in Latrobe Valley.

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

Highlights of this project include:

- The Volunteering Development Officer developed 36 written stories and 15 videos about local volunteers. This fed into a social media campaign across the Latrobe Health Assembly social media channels;
- HandsUp Latrobe Valley created and distributed a Volunteer Management Toolkit which has gone out to 13 organisations. Hardcopies are available from Latrobe City Libraries, Latrobe City Council offices, Latrobe Health Assembly office and the Baw Baw Latrobe LLEN; and
- The implementation of Volunteering Opportunity Boards with volunteering opportunities in the 4 Latrobe City libraries.

16 DAYS OF ACTIVISM - 2021

PROJECT STATUS: **COMPLETE**

LEAD AGENCY: **LATROBE PREVENTION OF MEN'S VIOLENCE AGAINST WOMEN**

The Assembly is a member of the Latrobe Prevention of Men's Violence Against Women (PMVAW) Network, alongside representatives from other organisations, including DET, GCASA, GCLS, GWH, GippSport, LCC, LCHS, LRH 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 PMVAW network mark the 16 Days of Activism by delivering a number of initiatives across Latrobe. 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 2021, Gippsland Women's Health coordinated a Gippsland-wide approach to 16 Days with the Let's Chat Campaign. This was a great way for all of the PMVAWs to work together on generating important conversations across the whole region. Latrobe Health Assembly proudly supported this initiative through active partnership on a range of the activities, including the campaign's social media and visual presence, a filmmaking project, and the Let's Chat Gippsland Leaders film series.

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 Latrobe Health Assembly.

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 the Victorian Department of Health 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 2022.

Operating Statement for the Financial Year Ended 30 June 2021		TOTAL	TOTAL
REVENUE		2022	2021
Operating Revenue			
Grant Revenue		4,835,438	3,523,756
Other Revenue			104,122
Total Operating Revenue		4,835,438	3,627,878
TOTAL REVENUE		4,835,438	3,627,878
EXPENDITURE			
Employee Costs			
Human Resources		28,114	72,283
Long Service Leave		18,992	15,117
Payroll Costs		1,100,170	968,402
Superannuation		107,415	88,408
Workcover		17,729	12,253
Total Employee Costs		1,272,420	1,156,463
NON-SALARY COSTS			
Administration		51,459	101,374
Program Grants/Projects		2,139,244	410,727
Computer Expenses		20,101	19,497
Domestic Charges		2,746	4,975
Food		3,946	1,870
Rental - Buildings		85,084	83,018
Repairs & Maintenance		44,471	15,297
Utilities		9,777	11,343
Total Non-Salary Costs		2,356,828	648,101
Capital Purchases		0	0
TOTAL EXPENDITURE		3,629,248	1,804,564
SURPLUS / DEFICIT		1,206,190	1,823,314

Statement of Changes in Equity for the Financial Year Ended 30 June 2022	
Accumulated Funds as at 30 June 2021	2,905,206
Net result for 2021-2022	1,206,190
Accumulated Funds as at 30 June 2022	4,111,396





Latrobe Health Assembly

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