



# City of Kingston Public Health and Wellbeing Plan 2017-2021

Kingston Council has a plan to help people feel safe, healthy and included in the community. It is called the Public Health and Wellbeing Plan. A new Plan is made every four years.

This brochure tells you about the Public Health and Wellbeing Plan. It tells you what Council is going to do from 2017 to 2021 to help make people healthy and happy in their local town.

## What the Public Health and Wellbeing Plan does

The Public Health and Wellbeing Plan has four key goals. It wants people to be:

Goal 1 - Healthy and well

Goal 2 - Safe and secure

Goal 3 - Connected to others in the community

Goal 4 - Able to live well in their area

## What Council is going to do



**To help people be healthy and well, Council will try to:**

- Get more people exercising, more often
- Get people to eat healthier
- Improve mental health
- Reduce harm caused by alcohol, drugs, smoking and gambling



**To help people feel safe and secure, Council will try to:**

- Improve safety in the community
- Make places feel safer
- Reduce family violence



**To help people connect with others in the community, Council will try to:**

- Get more people to volunteer and take part in community activities
- Build strong communities where everyone belongs
- Make facilities, services and parks equally available and useable for all



**To help people live well in their area, Council will try to:**

- Make our city more environmentally friendly
- Have more affordable housing
- Increase employment
- Get more people to learn and study

# How Council is going to deliver the Public Health and Wellbeing Plan

Everything Council does will work towards achieving this Plan. We will do many different things at the same time for each key area of the Plan. For example:



## **To help Kingston be a nice place to live we will:**

- Work with local businesses to help them grow so they have more jobs to offer.
- Make sure our public spaces are designed well so people feel safe.
- At the same time we will run workshops about caring for the environment.

## **To get more people exercising we will:**

- Provide ovals and courts for sports clubs to use.
- Improve footpaths and bike tracks so people feel safer to walk and ride.
- Provide spaces for community groups to run activities like yoga.



For some things we are trying to do in the Plan, such as make the community safer, we will develop more detailed action plans that focus just on that one area. For example, we will develop and deliver a road safety strategy as one way to make the community safer.

Our normal everyday activities will also work towards the aims of the Plan. For example, we will work with health services to run cooking classes that help people to eat healthier.

Council will track and measure all of these actions each year to make sure they are working. If not we will change or adjust them.

## How you can improve your health and wellbeing

Try these three things to improve your health and wellbeing:



Get information and learn – make sure you have the right health information for you and your family. Speak with your doctors and use the State Government 'Better Health Channel'



Stay active – keep your body moving and your mind active. Visit a leisure centre, join the library, go to the park or learn something new.



Get involved – interact with others in your community. Say hello to your neighbours, join a club or group, go to local events or volunteer.

### Council Links

If you need ideas, you can visit Council's My Community Life website at [www.mycommunitylife.com.au](http://www.mycommunitylife.com.au). You can also contact Council's Social Development Team by phone on 1300 653 356 or email at [mycommunitylife@kingston.vic.gov.au](mailto:mycommunitylife@kingston.vic.gov.au)

You can download a full copy of the Public Health and Wellbeing Plan 2017-2021 from Council's website at [www.kingston.vic.gov.au](http://www.kingston.vic.gov.au), read a copy at any Kingston Library or call us on 1300 653 356 and we can send one to you.



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