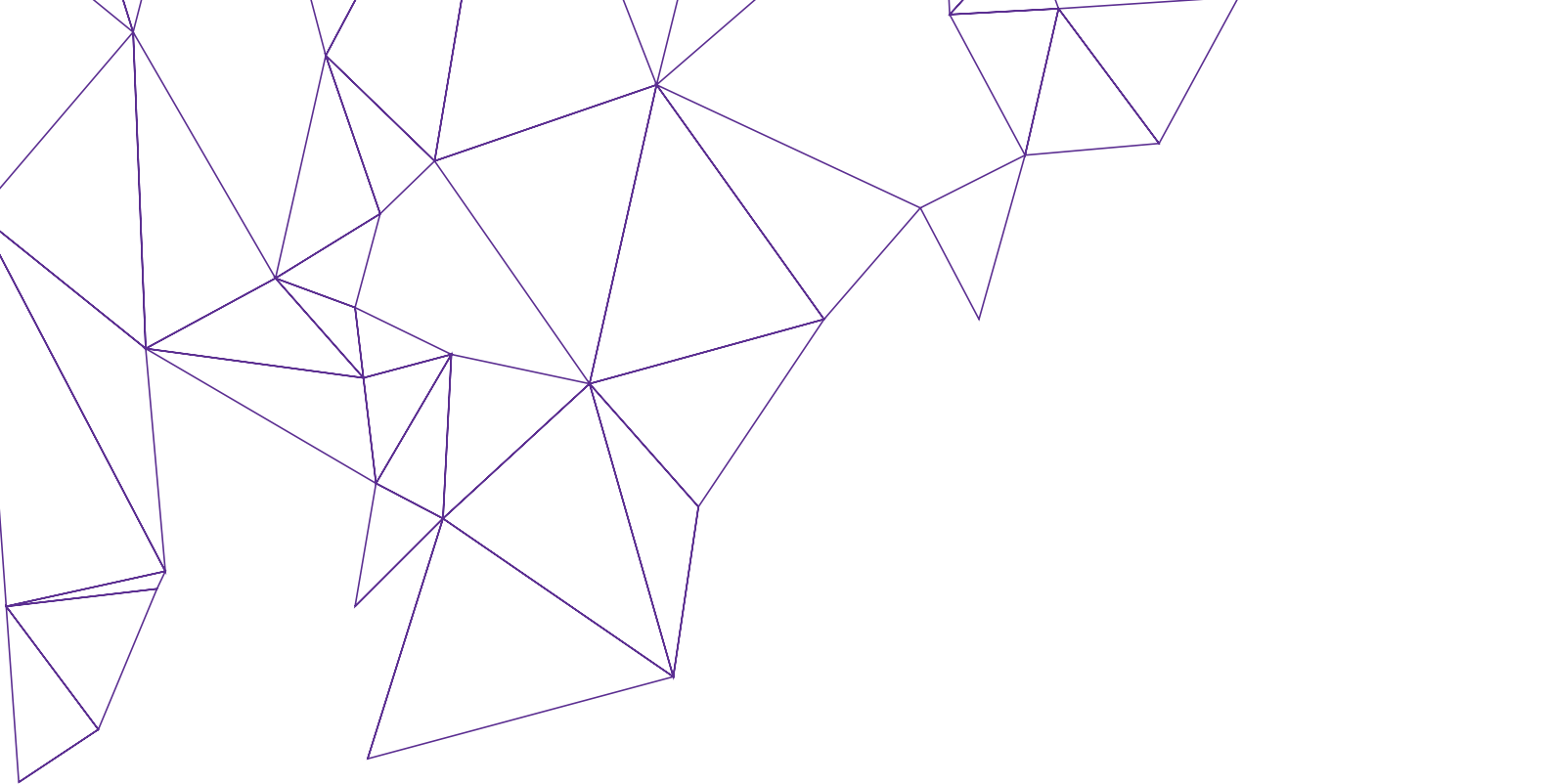




HEALTH PROMOTION  
**ANNUAL EVALUATION  
REPORT 2019-2020**



## ACKNOWLEDGEMENT TO COUNTRY

We begin by acknowledging the traditional custodians of the land on which we work, and we pay our respects to Elders past and present. We acknowledge the sorrow of the Stolen Generations and the impacts of colonisation on Aboriginal and Torres Strait Islander people. We recognize the resilience, strength and the pride of the Aboriginal and Torres Strait Islander Community and endeavor to encourage and support emerging leaders.







## INTRODUCTION

EACH is a national social and community health organisation providing a range of services including population focused health promotion in Knox and Maroondah. In this and all areas of EACH's work the vision is for a healthy and inclusive community. EACH's health promotion work is further informed by our commitment to addressing health and social inequities, partnership and collaboration.

We incorporate health promoting settings approaches within a broader complex systems thinking framework. Our aim is to make Knox and Maroondah, places where health and health equity is promoted across the settings where people live, study, work and play.

This Integrated Health Promotion Annual Report provides an update on the progress towards achieving EACH's Health Promotion Strategic Plan (2017-2021). The report summarises first the Strategic Plan to provide the context, then provides a "view from above" or snapshot of key areas of progress across the team for the year. It then provides more detailed discussion about our progress within the broad areas of focus:

- **Health Promoting Community Settings**
- **Health Promoting Educational settings**
- **Culturally Responsive and inclusive settings** Aboriginal Health Promotion

## OUR PRINCIPLES

- We maintain a focus on **equity and commit to addressing health inequalities**.
- We focus our efforts on **changing the local context** through a whole of system approach.
- We seek to use and contribute to the **evidence-base**.
- **Partnership and collaboration**

# INTEGRATED HEALTH PROMOTION STRATEGIC GOALS

## STRATEGIC GOALS

Improve Mental Health and Physical Wellbeing of the Community

Improve Health Outcomes for Communities experiencing the greatest inequities

Prevent Violence against Women by Creating a Gender Equitable Society

## MAJOR PROJECTS & SETTINGS

### The Achievement Program

- Schools and Early Years

### Communities that Care

- Schools
- Sporting Club
- Local Communities

### Promoting Culturally Responsive Inclusive Schools and Early Years

- Schools and Early Years
- Aboriginal & Torres Strait Islander Communities

### Promoting the Health & Wellbeing of the Burmese Communities

- Schools
- Burmese Communities

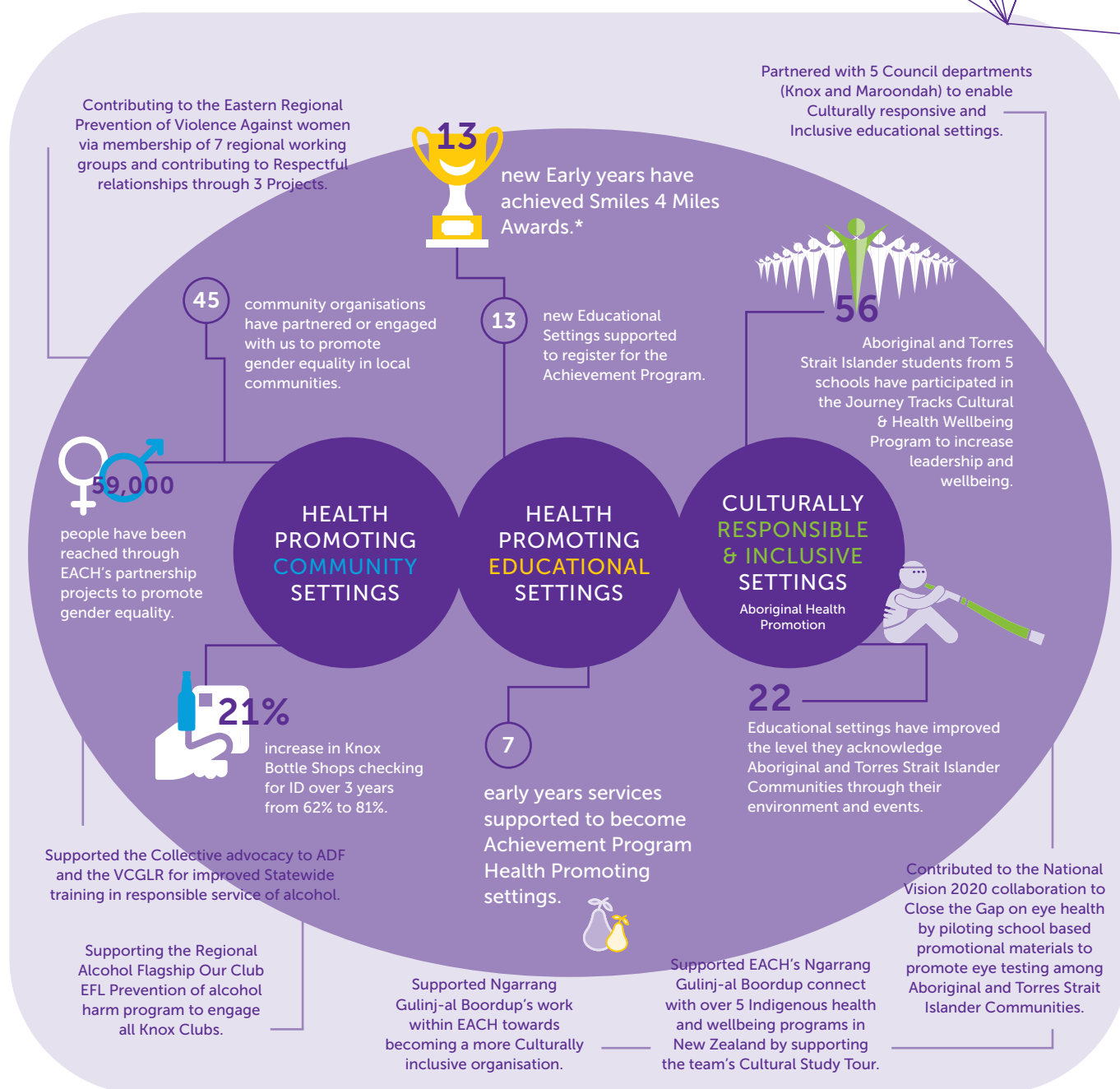
### Promoting Gender Equitable Communities

- Local Communities
- EACH Internal Organisation
- Schools and Early Years



# VIEW FROM ABOVE

EACH utilizes a settings based approach informed by complex systems thinking and socio-ecological theory to improve health across Knox and Maroondah and contribute to wellbeing in the Eastern region. The graphic (below) provides a snapshot of progress within the three key levels of ecological change. While not comprehensive, it highlights examples of changes that are described in more detail in the following sections.



# HEALTH PROMOTING EDUCATIONAL SETTINGS

## ENGAGING EDUCATION SETTINGS IN TAKING HEALTH PROMOTING ACTION

EACH's work in Educational settings is built on relationships with schools and early years across Knox and Maroondah developed over many years built around the health outcomes that those schools and early years are committed to. For many of these settings their commitment begins with an interest in becoming health promoting schools or early years settings. For others the engagement has come through our support for other health promoting settings programs such as the Respectful Relationships program led by the Department of Education and Training. Some settings have become engaged through our work as a site for the Communities that Care program, an international evidence based community focused program for addressing the determinants of problematic alcohol use by young people. While it is discussed later in the third section in greater detail, some schools and early years engage with EACH's health promotion work through their interest in becoming culturally safe and inclusive and addressing the determinants of health and wellbeing.

### SNAPSHOT

#### Engagement of Educational settings in becoming Health Promoting in 2019/20.



## ENGAGING EDUCATION SETTINGS IN TAKING HEALTH PROMOTING ACTION cont...

### SMART GENERATION YEAR 9 PEER PROGRAM @ ST JOSEPH'S COLLEGE

55 parents attended | Guest presenter, Dave Burt, SALT

Smart Generation Program is a social marketing and community mobilisation program designed to reduce alcohol consumption of young people under 18. This project has been piloted in three schools in Knox. Currently two schools in Knox participate. The program comprises of three key components:

- Delivery by teachers of three lessons to students in Year 6, 8, 10.
- Delivery of a social marketing campaign to students and parents about the National Health Medical Research Council Guidelines.
- The monitoring of alcohol supply by liquor outlets: testing the liquor outlets for compliance regarding identification (ID) for young people under 18.

St Joseph's college has evolved Smart Generation to become one of their signature programs for the Year 9 curriculum, engaging and empowering their students to educate their peers and their families. The structure of their program includes: Establishing a Smart Generation committee and delivering the Smart Generation education content to the Year 9 students (approx. 200 students).

The students hosted the parent event, facilitating an education presentation and fun games to illustrate key messages, supported the guest speaker and launched their documentary.

As a result of attending the parent event;

- 96% of parents agreed or strongly agreed that **they are more likely to talk to their child about alcohol.**
- All parents agreed or strongly agreed that **they were more likely to set a rule not to provide alcohol use in their home for anyone under the age of 18.**
- 70% of parents agreed or strongly agreed with the statement **"alcohol is harmful to brain development before the age of 18".**
- 95% of parents agreed or strongly agreed with the statement that **'the safest option for young people is to delay drinking alcohol until 18'.**





## SUPPORTING SCHOOLS AND EARLY CHILDHOOD SETTINGS TO BECOME HEALTH PROMOTING

In engaging with schools and early years, EACH Health Promotion's aim is towards ensuring that in the long term the schools and early years sustain a focus on environments, policies, learning materials and partnerships that promote health and wellbeing for all of their educational community. In other words we support them to become health promoting settings. EACH Health Promotion works closely with Cancer Council Victoria to support schools and early years across Knox and Maroondah to achieve Health Promoting Status based on the The Achievement Program. A particular focus in the current Strategic Plan has been on testing and promoting strategies for schools to achieve such status in Healthy Eating through the Healthy Eating Demonstration Project.

### SNAPSHOT

The achievement program: July 2019 – June 2020.



#### MENTAL HEALTH AND WELLBEING

- September – EACH Health Promotion successful in securing \$1000 grant from DEET to support Stories Beyond Stereotypes book launch event.
- Stories Beyond Stereotypes Launch night.
- Partnered with EDVOS to develop an action plan template which enables ECH Services to meet Achievement Program benchmarks while implementing DOET Respectful Relationships program.



#### SUN PROTECTION

- 6 Early Childhood services recognised as a Health Promoting Service.
- 6 Early Childhood Services reviewed and updated their Sun Protection Policy.



#### HEALTHY EATING AND ORAL HEALTH

- 1 ECH service recognised as a Health Promoting Service.
- 2 Long Day Care services menus assessed and approved by Healthy Eating Advisory Service.
- Rowville Primary School are currently nearly **60%** of the Healthy Eating and Oral Health Benchmarks as part of The Achievement Program.
- 5 successful schoolwide healthy eating activities and 5 promising canteen changes trialled as part of Rowville PS's Healthy Eating Demonstration project to trial strategies for rollout to other schools.



#### SAFE ENVIRONMENTS

- 2 ECH services recognised as a Health Promoting Service.
- Supported 18 ECH services and 1 school who are registered and actively working through The AP to apply The Aboriginal Small Grants Project work towards meeting measures for Safe Environments Health Priority area.
- Thursday 05th September – Co-facilitated Bush Tucker event with MCC @ Karralyka.
- 03rd December – Co facilitated Aboriginal Small Grants Project Story book launch.



#### SEXUAL HEALTH AND WELLBEING

- 1 primary school 50% progressed through SH&WB benchmarks to become recognised as a Health Promoting School for this priority area.
- Holy Trinity PS successful in applying to be a partner school for Respectful Relationships which will contribute to their Sexual Health and Wellbeing benchmarks. EACH Health Promotion acting as a critical friend.



#### PHYSICAL ACTIVITY

- 1 ECH service recognised as a Health Promoting Service.
- 7 ECH services 50 % progressed through Physical Activity benchmarks over the last year.

## SUPPORTING SCHOOLS AND EARLY CHILDHOOD SETTINGS TO BECOME HEALTH PROMOTING cont...

Snapshot of the Healthy Eating Demonstration Project: a focus on engaging more schools and successfully supporting them to achieve healthy eating within the Achievement Program.

One of the EACH Achievement Program Projects has been intensive work with Rowville Primary School to achieve healthy eating, while capturing learnings and ideas for promoting successful healthy eating focused work across schools in Maroondah and Knox. The Project aims to address barriers which have led to a low rate of schools undertaking Healthy Eating as an Achievement Program Priority area.

In its second year the Demonstration Project is bringing about important structural and environmental changes, with the school taking leadership and becoming proud of the results of their efforts over time. The following infographic shows changes in the canteen as a result of implementing Smarter Lunchroom over the 2019/2020 period.

### ROWVILLE KIDS CAFE Smarter lunchroom Developments

Healthy atmosphere  
and student involvement:



Product placement  
and advertising:



Cooktop and rangehood installed to accommodate cooking fresh food.



## SUPPORTING SCHOOLS AND EARLY CHILDHOOD SETTINGS TO BECOME HEALTH PROMOTING cont...

### THE HEALTHY EATING DEMONSTRATION PROJECT

The Canteen changes shown in the previous page reflects school led environmental changes so far implemented as part of the Demonstration Projects' adaption of the US Smarter Lunchrooms Model. Key achievements across the school fully instigated and conducted by the Principal and School Council:

- School Health Promotion Policy adopted.
- Fundraising money reoriented into the refurbishment of the canteen.
- Grant application to contribute to the refurbishment of the canteen.
- Senior school maths curriculum encompassed a project to guide future changes to the school canteen environment.
- Home learning weekly school communication included healthy food promotion in the canteen.

### NUTRITION WEEK ACTIVITIES

*“Students were very enthusiastic and we witnessed a big increase in the amount of healthier food options that students were bringing to school. It was a wonderful week and some students have since continued to eat healthier options.”*

– Classroom teacher, Rowville P.S

*“Parents have been saying that students have been asking for more fruit and veggies at home.”*

– Classroom teacher, Rowville P.S





# SUPPORTING SCHOOLS AND EARLY CHILDHOOD SETTINGS TO BECOME HEALTH PROMOTING cont...

## ROWVILLE P.S 2019-20 Healthy Eating Demonstration Project

### JUL to AUG

- **Health and Wellbeing Team established**
  - Fortnightly meetings commenced
  - Action plan developed
  - Commenced fortnightly newsletter articles to parents
- **Canteen developments**
  - Canteen art mural commenced
  - 'Green' foods displayed prominently on front counter



### SEP to OCT

- **Health and Wellbeing Team action plan launched; Nutrition Week celebrations**
  - 12 interactive activities conducted
  - 90% classes (353 students) participated in veg class challenge
  - 415 students and 19 staff engaged
  - 6 student parliamentarians actively engaged and leading activities
  - Increased students veg consumption



### NOV to DEC

- **Oral health and healthy eating incursions conducted**
  - 5 classes (101 students) participated from junior school
- **Canteen developments**
  - School commitment to canteen refurbishment with grant money and fundraising
  - 3 new 'green' items trialled



- **Canteen developments**
  - Special assembly to reveal canteen art mural and celebrate Nutrition Week
  - School canteen project incorporated into senior school curriculum
  - Increased advertising of 'green' items

### APR to JUN

- **Health and Wellbeing Team**
  - Some activities postponed to term 3
  - Focused on opportunity to re-visit recipe book initiative
  - Cooking Collective initiative developed and approved
- **Canteen developments**
  - Joint grant submission for canteen refurbishment
  - Canteen menu re-designed to highlight 'green' food items
  - Canteen refurbished with all 'red' food advertising removed



### FEB to MAR

- **Health and Wellbeing Team**
  - Membership increased by 116%
  - 4 working groups formed
  - First year evaluation conducted; student nutrition survey
  - COVID; meetings moved online
- **Canteen developments**
  - First year evaluation conducted; canteen sales monitored

# HEALTH PROMOTING EDUCATION SETTINGS

## SUMMARIES & LINKS

A report of the first year evaluation of EACH's Healthy Eating Demonstration Project, adapting and implementing the US Smarter Lunchroom model at Rowville Primary School. The project aims to pilot processes and tools which will be integrated into work with other schools in the future to encourage more schools to choose to and successfully complete the Healthy Eating Priority within the Achievement Program. The presentation provides findings relevant to the current stage in this 4 year Achievement Program Project.

[https://www.each.com.au/wp-content/uploads/2020/09/Presentation\\_first\\_year\\_evaluation\\_Rowville\\_Healthy\\_Eating\\_AP\\_2020.pdf](https://www.each.com.au/wp-content/uploads/2020/09/Presentation_first_year_evaluation_Rowville_Healthy_Eating_AP_2020.pdf)

Smiles for Miles Activity Report: a prevention program funded outside of Integrated Health Promotion Program aimed at improving the oral health of preschool aged children in high risk areas across Victoria. It aims to create environments that support and promote the oral health of young people and is recognised in the Achievement program within relevant categories of Healthy Eating and Oral Health

<https://www.each.com.au/service/smiles-4-miles/>

Stories about Creating Culturally Safe and Inclusive Environments in Local Childhood Services shared on EACH Website

<https://www.each.com.au/creating-culturally-safe-inclusive-environments-local-childhood-services/>

Action plan, promotions and stories from Gender Equality in Early Childhood Services shared on EACH Website

<https://www.each.com.au/action-support-gender-equality-early-childhood-centres/>

[https://www.each.com.au/wp-content/uploads/2020/09/Respectful-Relationships-Action-Plan\\_Early-Childhood\\_Template\\_2019-FIN...pdf](https://www.each.com.au/wp-content/uploads/2020/09/Respectful-Relationships-Action-Plan_Early-Childhood_Template_2019-FIN...pdf)

<https://www.each.com.au/wp-content/uploads/2020/09/Beyond-Sparkles-and-Superheroes-Infographic-2.pdf>

Stories and reports about Stories Beyond Stereotypes shared on EACH Website

<https://www.each.com.au/stories-beyond-stereotypes/>

### STORIES BEYOND STEREOTYPES

EACH Health Promotion in partnership between Eastern Regional Libraries Corporation, Knox City Council, Maroondah City Council, Yarra Ranges Council, Women's Health East, Inspiro, EDVOS, Level Playground developed and launched the Stories Beyond Stereotypes booklist. This booklist has been designed as a guide for teachers, educators, families and carers of children aged 7 to 12 years.

Learning to care for Country at Holy Trinity PS

<https://www.each.com.au/learning-care-country-holy-trinity-ps/>

Stories and reports about Health Promoting School –s work including Holy Trinity Primary School shared on EACH Website

<https://www.each.com.au/health-promoting-school-holy-trinity-primary-school/>

Prevention Blog Stories page feature story by the Department of Health and Human Services: *EACH Child advocates for a safer Patterson street*

<https://prevention.health.vic.gov.au/blog/posts/each-child-advocates-for-a-safer-patterson-street>

Prevention Blog Stories page feature story by the Department of Health and Human Services *Isolation Activities for Kids*

<https://prevention.health.vic.gov.au/blog/posts/isolation-activities-for-kids>

Smart Generation Program: a social marketing and community mobilisation program designed to reduce alcohol consumption of young people under 18. This project has been piloted in three schools in Knox. Currently two schools in Knox participate. The program comprises of three key components

<https://www.each.com.au/ctcknox/priorities-programs-and-evidence/reports-projects/>

- Delivery by teachers of three lessons to students in Year 6, 8, 10
- Delivery of a social marketing campaign to students and parents about the National Health Medical Research Council Guidelines highlighting the safest option for young people under 18 is not to drink alcohol and for parents to establish clear standards of behaviour regarding alcohol consumption by setting family rule
- the monitoring of alcohol supply by liquor outlets: testing the liquor outlets for compliance regarding identification (ID) for young people under 18



Early years network creating GE settings



Bush Tukka for Early Childhood partnership event with Maroondah Council



Holy Trinity PS receiving HPS Sign

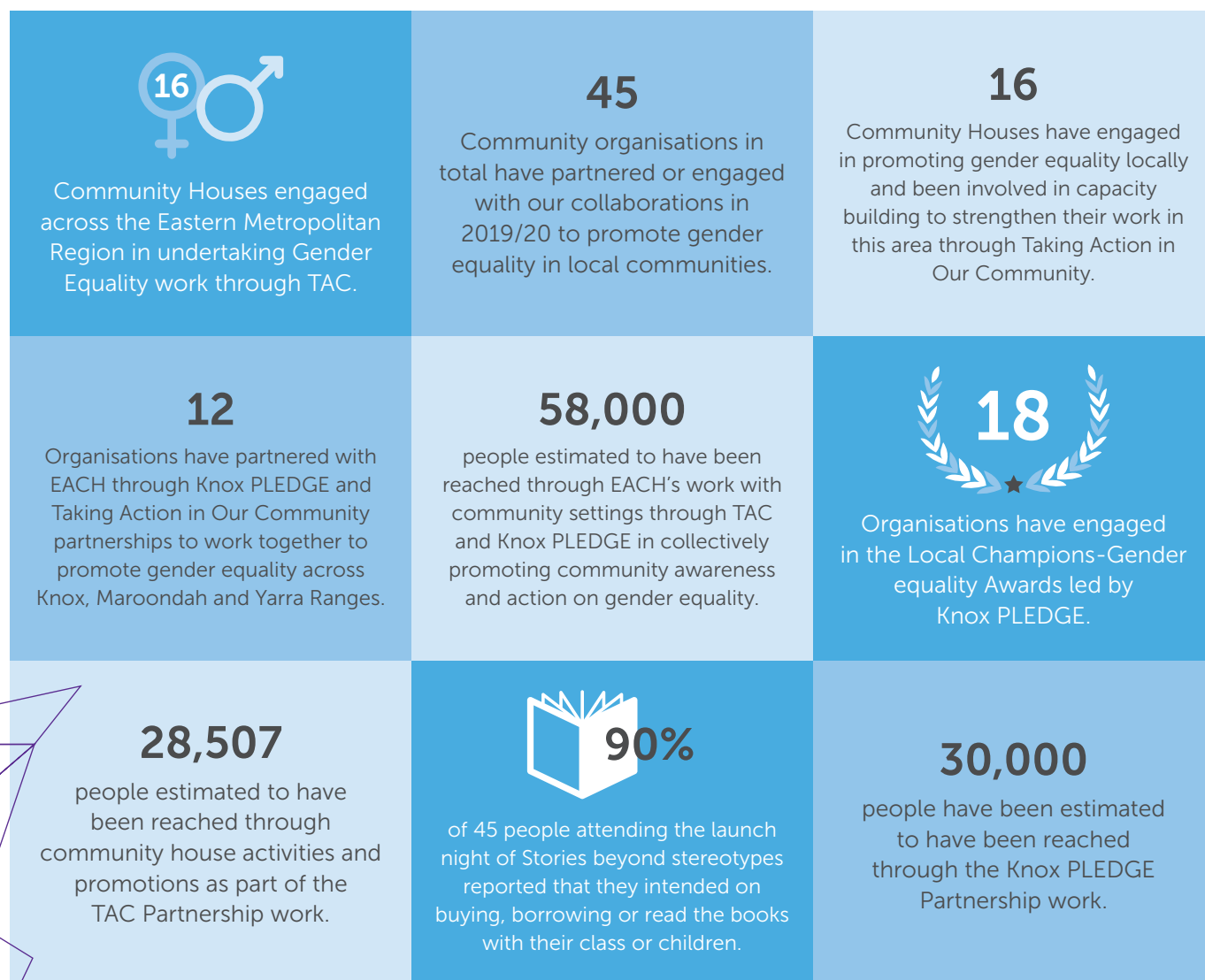
# HEALTH PROMOTING COMMUNITY SETTINGS

## SUPPORTING COMMUNITIES TO TAKE ACTION ON THE DETERMINANTS OF HEALTH AND WELLBEING

In our work towards health promoting community settings, EACH is establishing and facilitating partnerships which engage Community settings in addressing gender inequality as a key driver to violence against women and in addressing the protective and risk factors leading to problematic alcohol use by young people. This work reinforces and interconnects with our work on health promoting educational settings (discussed previously, such as the Resilient Families program at Fairhills and Beyond Sparkles and Stereotypes). This work is further reinforced by our work to support local, regional and State collaboratives such as Together for Equality and Respect and Communities that Care Australia (discussed in the next section).. It goes alongside the Community setting focused Aboriginal Health Promotion work also discussed in later sections.

### SNAPSHOT

#### Engaging Community Settings in Addressing Gender inequality as a key driver to violence against women.





# SUPPORTING COMMUNITIES TO ADDRESS THE DETERMINANTS OF HEALTH AND WELLBEING

## COMMUNITIES THAT CARE

Communities that Care (CTC) is an International evidence based approach to involving communities in promoting health and wellbeing for young people. EACH is facilitating the CTC Knox partnership to promote the healthy social development of children and young people. Using the evidence of risk factors and protective factors that are associated with alcohol use by for Young people under the age of 18, CTC Knox plan and implement local evidenced based strategies.

One focus of Communities that Care is supporting licensed premises in Knox and sporting clubs in Knox to become more health promoting by complying with laws regarding sales to underaged people (CTC Supply Monitoring Program).

In communities where the community laws and norms are favourable to substance use is relatively high, young people find it easy to access alcohol. Our data in Knox suggest that community and parental attitudes favourable to alcohol are higher compared to the national data on these risk factors. Communities that Care Knox selected community mobilization and social marketing to address this local trend. Since 2016 the CTC Knox have implemented the Supply monitoring of packaged liquor outlets in the Knox LGA. The program requires young people who are 18 but deemed to look under 18 to attempt to purchase alcohol and document if they are checked for ID. In 2019 we demonstrated a 21% increase in compliance with ID checks. See report in the links at the end of this section.

### SNAPSHOT

**Communities that Care: Supporting Communities to address the determinants of problematic alcohol use by young people.**



Advocacy with ADF towards improved  
**"GOOD SPORTS PROGRAM"**

as part of collaborative presentation regarding continuing low compliance with laws regarding underaged alcohol sales across CTC sites.

# 100%

uptake of relevant Knox sporting clubs in Our Club program compared to Maroondah and Yarra Ranges.

# 21%

increase in compliance from Knox Bottle Shops demonstrated through CTC Test purchasing over 3 years from 62% to 81%.

For the 2019 Winter sports season, post intervention testing showed **NO CHANGE** to Knox sport Clubs regarding their compliance with ID checks for people who look under 18.

# 9

Knox sports clubs found to fail compliance with the licensing regulations regarding checking for ID of a person who looks under 18 in the first round of checks in this setting.



Report prepared in partnership with CTC Geelong, CTC Knox and CTC Cardinia and Maroondah demonstrating the trend for non compliance with their liquor licensing obligations related to ID checks sports clubs, particularly the AFL code. This report was provided to ADF Good Sports program as part of our collective advocacy on this issue .

Of the 22 purchase attempts made across the 9 sports clubs, 17 purchase attempts either failed to ask for ID or failed to comply with the regulation to refuse service if ID wasn't presented on request.

# HEALTH PROMOTING COMMUNITY SETTINGS

## SUMMARIES & LINKS

Chin Men's Health Group report: EACH Health Promotion was part of a partnership with Migrant information centre to engage with the Burmese community of Knox and Maroondah in running a program for at men from the Chin Burmese Community. This popular program had an average of 11 men attending 6 sessions focused on wellbeing, connection to services.

<https://www.each.com.au/wp-content/uploads/2020/09/Chin-Mens-Health-Group-Report-FINAL.pdf>

A Snapshot Report of The Gender Equality Clothesline Project: A Project of the Taking Action in Our Community Partnership

<https://www.each.com.au/wp-content/uploads/2020/09/Taking-Action-in-Our-Community-2019-Snapshot-Report.pdf>

The focus for the TAC Partnership is on sustainable long term outcomes, with embedded into this focus at various stages. this report only captures those areas where evaluation results are currently available. It aims to tell the stories, share photos and what we have so far learned at this stage in the partnership work.

PLEDGE (People Linking to Embrace and Develop Gender Equality) is a coalition of seven Knox based organisations. Our vision is 'a Knox community that upholds and embraces gender equality, respect and fairness, where everyone has equal rights and access to opportunities in a gender equal world' PLEDGE Vision Statement. In November 2019 PLEDGE held the 2nd annual Knox Local Champions Gender Equality Awards. Awards were handed out by the Knox City Council Deputy Mayor.

<http://pledge.org.au/index.php>

In the first half of 2020 the PLEDGE committee reworked the PLEDGE Strategic Directions, Vision Statement and refreshed the PLEDGE webpage and created PLEDGE twitter and Instagram account. A series of three workshops, funded from a Knox Community Development Grant were planned for July 2020. Entitled Strong Women these workshops have been postponed twice and are now being moved online.

A short film of the finalists was shown at the Awards Ceremony. Distributed through all channels with a potential reach of **30,000**.

<http://pledge.org.au/index.php/local-champions>

Knox PLEDGE Strong Women Workshops

<http://pledge.org.au/media/attachments/2020/07/03/strong-women-workshops-promotional-flyer.pdf>

Smart Generation Program is a social marketing and community mobilisation program designed to reduce alcohol consumption of young people under 18. This project has been piloted in three schools in Knox. Currently two schools in Knox participate. The program comprises of three key components:

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- the monitoring of alcohol supply by liquor outlets: testing the liquor outlets for compliance regarding identification (ID) for young people under 18

<https://www.each.com.au/wp-content/uploads/2020/09/Smart-generation-Year-9-report.pdf>

CTC Smart Generation Supply Monitoring report 2019. Communities that Care Supply Monitoring in Sports Clubs While clubs are spaces for socialising and connection they are also places where access to alcohol is a commonplace feature or 'social norm'. The Communities that Care Knox project on supply monitoring, which has focused on packaged liquor outlets, extended the scope of the research to include other areas where alcohol is perceived to be easy to access in the community. The primary focus of this monitoring activity was to establish the level of compliance by sports club holding liquor licenses to check the ID of young people attending sporting club events, in particular game days. produced.

<https://www.each.com.au/wp-content/uploads/2020/09/CTC-Supply-Monitoring-report-2020-general.pdf>

OUR CLUB program: a program designed to support club members to address the negative consequences of normalised and harmful alcohol consumption. This program is a partnership led by Knox and Maroondah Councils. It builds on learnings from work piloted in Knox through Communities that Care.

<https://oepcp.org.au/portals/ourclub/>



# CULTURALLY RESPONSIVE & INCLUSIVE SETTINGS - ABORIGINAL HEALTH PROMOTION

## PROMOTING CULTURAL INCLUSION & THE DETERMINANTS OF CULTURAL, SOCIAL & EMOTIONAL WELLBEING FOR ABORIGINAL & TORRES STRAIT ISLANDER COMMUNITIES

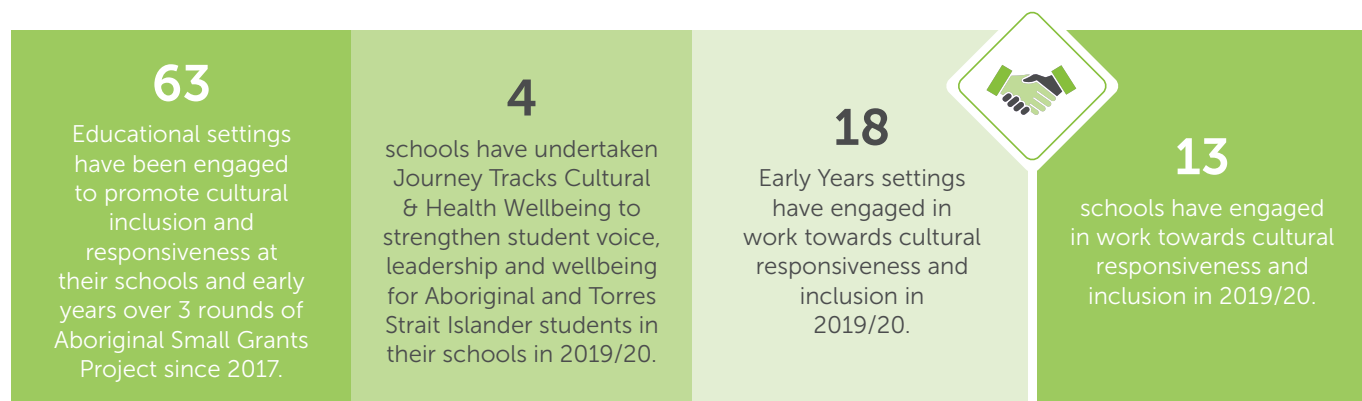
The work of promoting Cultural inclusion and the determinants of Cultural, social and emotional wellbeing for Aboriginal and Torres Strait Islander communities is led by Vanessa Murdoch, Aboriginal Health Promotion Officer who is part of the Ngarrang Gulinj-al Boordup Team.

Program descriptions for the work being done can be found in the links below. This section provides overview of progress towards achieving this vision of Culturally responsive and inclusive settings across the whole of Knox and Maroondah.

The Aboriginal Small Grants Project has continued this year to engage schools and early years in work that will lead towards a whole of school focus on promoting cultural responsiveness and inclusion for Aboriginal and Torres Strait Islander Community. Journey Tracks Cultural & Health Wellbeing is a program partnering with schools to provide leadership, engagement and wellbeing focused program for Aboriginal and Torres Strait Islanders students within schools. Indigenous Led Program is a partnership project with Knox City Council Youth Services which has been connected to Journey Tracks Cultural & Health Wellbeing Program to engage the schools and their Aboriginal and Torres Strait Islander students in creating changes in the school environment which supports belonging and recognition of Aboriginal and Torres Strait Islander Culture.

### SNAPSHOT

#### Promoting Culturally responsive & inclusive Educational Settings.



### SNAPSHOT

#### Working with schools and Early years on Aboriginal Small Grants Project.





# PROMOTING CULTURAL INCLUSION & THE DETERMINANTS OF CULTURAL, SOCIAL & EMOTIONAL WELLBEING FOR ABORIGINAL & TORRES STRAIT ISLANDER COMMUNITIES



Indigenous students painting their Wominjeka sign in their Cultural Outdoor Yarning Space



Gathering Circle Artwork created with Amanda Wright for Boronia Heights PS



Simone Thomson's designed Rainbow Serpent artwork at Boronia K-12 College



Wantirna College Indigenous Students painting artwork



School Letters in Aboriginal Design by Amanda Wright



Indigenous students creating their group Aboriginal artwork



Mural at Boronia West PS by Amanda Wright



Simone Thomson's designed Rainbow Serpent at Wantirna College



Bunjil's Story artwork by Amanda Wright at Boronia Heights PS



## PROMOTING CULTURAL INCLUSION & THE DETERMINANTS OF CULTURAL, SOCIAL & EMOTIONAL WELLBEING FOR ABORIGINAL & TORRES STRAIT ISLANDER COMMUNITIES




### SNAPSHOT

Working with Schools and Early Years Services to promote Student Leadership, Student voice and wellbeing for Aboriginal and Torres Strait Islander Students.

<p><b>4</b></p> <p>schools have undertaken Journey tracks Cultural &amp; Health Wellbeing project.</p>	<p><b>56</b></p> <p>Aboriginal and Torres Strait Islander Students have participated in Journey Tracks Cultural &amp; Health Wellbeing Project.</p>	<p><b>4</b></p> <p>schools have, through their involvement in the Indigenous Led Project, achieved school improvements led by Aboriginal and Torres Strait Islander Students, aimed at enhancing the students' school engagement, health and wellbeing.</p>
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### What Has changed as a result of the Aboriginal Small Grants Project in Round 2 which completed in 2019/20?

Building on the changes occurring in Round 1 (reported in the Aboriginal Small Grants Project Stories Booklet in the links below) The following figures relate to round 2 of the Aboriginal Small Grants which have completed their small grant period over 2019-20. While the third round schools were engaged over this period, their progress will be reported in the next report (2020-21) when their round has been completed.

<p><b>22</b></p> <p>Schools and Early Years have increased in some way their acknowledgement and celebration of Aboriginal and Torres Strait Islander Australia through their environment and events.</p>	 <p><b>22</b></p> <p>Schools and Early Years are displaying or flying the Flag.</p>	<p><b>17/22</b></p> <p>Schools and Early Years have improved their physical environment by planting a garden, hanging cultural wall hangings, art work or installing outdoor sculptures.</p>
<p><b>22</b></p> <p>schools and early years are displaying cultural resources from their Grant starter pack Embedding Cultural responsiveness and Inclusion in learning.</p>	<p><b>21</b></p> <p>of the schools and early years have embedded aspects of Aboriginal and Torres Strait Islander Community into their education culture.</p>	 <p><b>21/22</b></p> <p>educational services have introduced Acknowledgement of Country.</p>
 <p><b>5/22</b></p> <p>schools are running cultural activities and events, such as Welcome to Country, Smoking Ceremony.</p>	<p><b>4/22</b></p> <p>utilised their grants to source and integrate resources such as books, equipment, educational resources, posters, toys etc. which raise understanding about Aboriginal Australia.</p>	<p><b>12/22</b></p> <p>have embedded education about Aboriginal and Torres Strait Islander Community into curriculum, annual plans, or other policy/procedures relevant to education.</p>

## PROMOTING CULTURAL INCLUSION & THE DETERMINANTS OF CULTURAL, SOCIAL & EMOTIONAL WELLBEING FOR ABORIGINAL & TORRES STRAIT ISLANDER COMMUNITIES

### SNAPSHOT

Increasing confidence and capability in relation to Cultural Responsiveness and Inclusion.

15/22

services reported an increase in confidence and capability in regards to implementing Aboriginal and Torres Strait Islander perspectives within their curriculum.

Schools and Early Years are noticing that their Aboriginal and Torres Strait Islander students are reporting feeling more

### INCLUDED & WELCOMED

while school communities are gaining understanding and awareness.



Photos from Journey Tracks Cultural and Health Wellbeing Program at Boronia West & Boronia Heights Primary Schools and Boronia K-12 and Heathmont Colleges.



# PROMOTING CULTURAL INCLUSION & THE DETERMINANTS OF CULTURAL, SOCIAL & EMOTIONAL WELLBEING FOR ABORIGINAL & TORRES STRAIT ISLANDER COMMUNITIES

## CULTURALLY RESPONSIVE & INCLUSIVE SETTINGS - ABORIGINAL HEALTH PROMOTION SUMMARIES & LINKS

Links to information related to EACH's work to create Culturally Safe and inclusive settings which address the determinants of Wellbeing for Aboriginal and Torres Strait Islander Communities.

Prevention Blog Stories page feature story by the Department of Health and Human Services Creating culturally responsive and inclusive environments within Knox and Maroondah.

<https://prevention.health.vic.gov.au/blog/posts/creating-culturally-safe-and-inclusive-environments-within-knox-and-maroondah>

Aboriginal Small Grants Project Stories Booklet. The Aboriginal Small Grants Project is an initiative of the EACH Health Promotion Team. This initiative gives the team the opportunity to work with early years and schools in Knox and Maroondah to support and provide assistance to create culturally responsive and inclusive environments.

[https://www.each.com.au/wp-content/uploads/2016/03/EACH\\_Aboriginal-Small-Grants-Project-Stories-Report-VR3\\_14-11-19.pdf](https://www.each.com.au/wp-content/uploads/2016/03/EACH_Aboriginal-Small-Grants-Project-Stories-Report-VR3_14-11-19.pdf)

Stories about EACH's work to promote Cultural responsiveness and Inclusion in Education Settings including a post about Learning to care for Country at Holy Trinity PS shared on EACH Website.

<https://www.each.com.au/learning-care-country-holy-trinity-ps/>

Ngarrang Gulinj-al Boordup, Aboriginal Health and Wellbeing Team wanted to explore possibilities for providing health services to Aboriginal communities that were innovative, hold cultural integrity, and improve the social, emotional, cultural and spiritual and physical wellbeing wellbeing integral to First Nation people's frameworks of health. This report shares the journey and recommendations from journeying to Kaitia in the Far North of NZ. On the ancestral lands of Muri-whenua tribes the team was welcomed.

<https://www.each.com.au/ngarrang-gulinj-al-boordup-cultural-study-tour/>

A Video produced as part of EACH's Aboriginal Health Promotion for schools and Early Childhood services to inspire and resource them about the importance of Acknowledgement of Country

<https://www.youtube.com/watch?v=w9QguaUFMZ0>

Bunjils Mirring Nganga-djak Project: Eye testing for the Aboriginal and Torres Strait Islander Community. The Bunjils Mirring Nganga-djak Eye Health project is a joint project involving EACH Health Promotion and Ngarrang Gulinj-al Boordup - Aboriginal Health & Wellbeing team and the Australian College of Optometry. The aim of the project is to increase the number of Aboriginal and Torres Strait Islander people who have their eyes screened and then take the required actions to improve their sight. The project has two components, one addressing Aboriginal and Torres Strait Islander school students, the other addressing the need in the adult population.

<https://www.each.com.au/bunjils-mirring-nganga-djak-project-eye-testing-aboriginal-community/>

This short film was created as part of the Bunjils Mirring Nganga-djak Project to promote eye screening among Aboriginal and Torres Strait Islander Communities

<https://youtu.be/otOMAwHOBXk>

# CONNECTIONS

## SUPPORTING LEVERAGING NETWORKS, PARTNERSHIPS & COLLABORATIONS TOWARDS ACHIEVING CHANGE

Supporting the collaborations that provide the basis of the Prevention of Violence Against Women Collaborations in the Eastern Metropolitan Region.

EACH Health Promotion is On the Following working groups for TFER Eastern Regional Partnership for Prevention of Violence Against women.

- The Leadership Group working groups for TFER Eastern Regional Partnership for Prevention of Violence Against women.
- Margins to Mainstream Partnership Advisory Group for TFER Eastern Regional Partnership for Prevention of Violence Against women.
- The Evaluation Working Group of the TFER Eastern Regional Partnership for Prevention of Violence Against women.
- Gender Equity Messaging Project (funded by VicHealth to create a messaging guide for Gender equity work).
- EACH is supporting a Student to develop a systems map as part of the Healthy Masculinities network In addition we are on the following regional Working groups.
- Stories Beyond Stereotypes.
- Masculinities Steering Group.
- Supporting the 2 working groups for partnering with Respectful relationships: Bystander Training and Student Voice Project as well as being critical friends to a number of schools in Respectful Relationships.

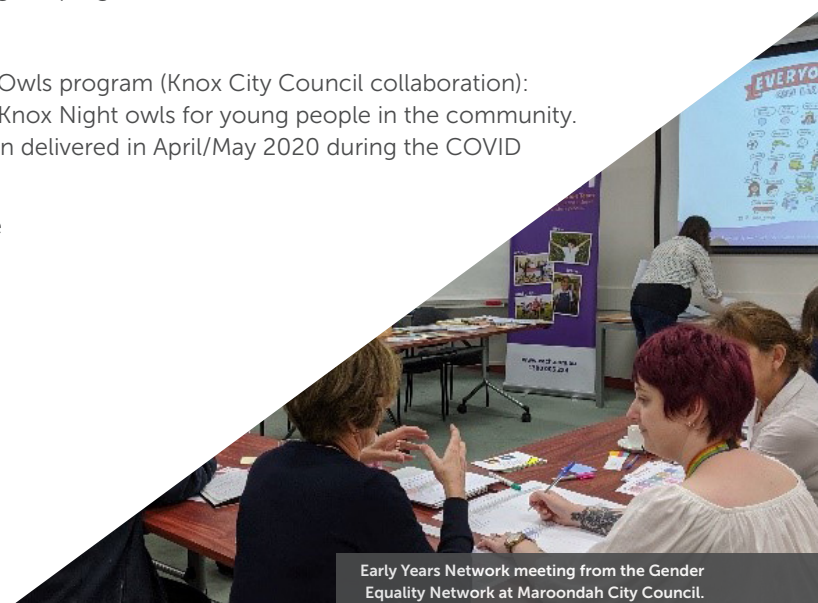
### CTC KNOX

EACH was a key partner in the Development of the Our Club program through the Eastern Action on Alcohol Flagship group. This program is informed by the Smart generation community mobilisation model and has been designed to include the Values Based messaging framework. A working group comprising of four organizations and the OEPCP as the secretariat and project management role facilitated the engagement of consultants to design images and styling of the VB messages and communications package and plans for distribution to sporting clubs within the EFL, a workshop with sporting clubs from the Eastern region provided by Common Cause (September 2019, launch of the program at the EFL club development day in Feb 2020 presented by consultants to assist in framing the program in the club context.

- <https://oepcp.org.au/portals/ourclub/>

EACH has been on the governance committee of the Night Owls program (Knox City Council collaboration): providing planning and oversight for the implementation of Knox Night owls for young people in the community. Full program delivered in October 2019 and an online version delivered in April/May 2020 during the COVID Stage three restrictions.

- Night Owls – CTC participation on governance committee
- <https://www.knox.vic.au/nightowl>



Early Years Network meeting from the Gender Equality Network at Maroondah City Council.

# SUPPORTING LEVERAGING NETWORKS, PARTNERSHIPS & COLLABORATIONS TOWARDS ACHIEVING CHANGE

## CONNECTIONS AS PART OF THE WORK IN HEALTH PROMOTING EDUCATION SETTINGS

EACH is a key member of the Healthy Children's Network, the large geographical focus includes a large proportion of metropolitan Melbourne including: Peninsula Health, Monash Health, Central Bayside Community Health, Inspiro, Caulfield Community Health, Latrobe Community Health, Star Health, Access Health. The network has progressed collaborative work to improve the work being done with education settings, shared resources while recently piloting a shared measurement tool for evaluation of change in the healthy eating indicators for long day care services.

EACH has partnered with EDVOS to develop an action plan template which early childhood Services can use to plan and report on their work in gender equity, to achieve milestones both in Respectful Relationships and the Achievement Program.

## CULTURAL INCLUSION

Engaging with and Supporting Aboriginal Community Controlled Organisations:

EACH's work towards creating Culturally and inclusive settings which address the determinants of Wellbeing for Aboriginal and Torres Strait Islander Communities is led by the Aboriginal Health Promotion Worker, Vanessa Murdoch who is a proud Kullilli Wakka Wakka woman who works in the Ngarrang Gulinj-al Boordup (Aboriginal and Torres Strait Islander Health and Wellbeing Team at EACH) while continuing to connect with other health promotion team members to embed a focus on cultural responsiveness inclusion across all of the team's health promotion work.

Relational partnerships and connection with Culture and Community is core to all the work and initiatives of the Ngarrang Gulinj-al Boordup (Aboriginal and Torres Strait Islander Health and Wellbeing Team). This has included over 2019/20 working closely with and supporting the work of the following Aboriginal Community Controlled organisations and Aboriginal Health Teams and services:

- Mullum Mullum Indigenous Gathering Place.
- Boorndawan Willam Aboriginal Healing Service.
- Local Aboriginal Network.
- Eastern Health Aboriginal Health Team.

Partnered with 5 Council departments (Knox and Maroondah) to enable Culturally Safe and Inclusive educational settings.

- Indigenous Led Project (Knox City Council Youth Services and EACH).
- Knox Council NAIDOC and Sorry Day (EACH supporting Council in their Work to engage with and promote Aboriginal and Torres Strait Islander Community, Culture and learning).
- Maroondah Council Child and Family Services Teams (connecting with the work being done across early years and schools in Maroondah).
- Knox and Maroondah Children and family Services Teams (working collaboratively on whole of settings approaches across these services towards Cultural responsiveness and Inclusion).
- The short video created as part of the Bunjils Mirring Nganga-djak Eye Health Project was created with and shared across social media and newsletters of the 9 partner organisations making up the Eastern Region Aboriginal Eye Health Stakeholder Group. It was launched at Mullum Mullum Indigenous Gathering Place with attendance of over 100 people.



Djirri Djirri Wurundjeri women's dance group at the launch of the Aboriginal Small Grants Project Stories Booklet



Promoting Health and Wellbeing at Mullum Mullum Healthy Mob Day



# COVID-19

## EACH HEALTH PROMOTION ADJUSTMENTS TO COVID 19

### What we have done extra in response to COVID 19

#### HEALTH PROMOTING EDUCATION SETTINGS

- Development and distribution of Isolation Activities Resource booklet. <https://www.each.com.au/health-promotion-isolation-activities-for-kids/>. This resource was developed for families in the first lock down/home learning environment when parents were reporting high levels of stress and schools were seeking tools to support parents with this work. The tool was developed from the lived experience of Belinda Vaughan, who as an EACH Health Promotion team member and parent of two small children came up with her own well researched process for engaging children in developing healthy routines as a stepped process for families. The resource has had enormous reach, being distributed across all family departments of EACH, all school and healthy children's networks, across the Oral Health Team's Melbourne wide networks as well as being published in the 30th of June edition of the Prevention Victoria newsletter.
- As part of the regional partnership across Knox, Maroondah and Yarra Ranges, In response to the Covid-19 lockdown restrictions, the Beyond Sparkles and Superheroes Live Story Time Project was developed. The project involved:- 4 x 30 minute story times - 3 books per session - Songs, rhymes & movement The results from the project are in the following link, with further details also included at the end of this report. <https://www.each.com.au/wp-content/uploads/2020/09/Virtual-Beyond-Sparkles-and-Superheroes-Storytime-Evaluation-2020.pdf>

#### PROMOTING CULTURALLY RESPONSIVE & INCLUSIVE SETTINGS - ABORIGINAL HEALTH PROMOTION

- May 2020 - EACH Health Promotion successful in receiving \$500 grant to support poster competition among primary schools. To continue to increase awareness of how to prevent the spread of COVID-19, as well as being culturally inclusive, the Health Promotion Team from EACH Community Health launched a poster competition in July 2020 calling on all primary school aged children within the LGA of Knox and Maroondah to design an Indigenous inspired poster that conveys at least one key message (text and/or picture) to slow the spread of COVID 19. Children encouraged to yarn with their friends, teachers, families or even better a local Aboriginal and/or Torres Strait Islander Community member to develop a poster that conveys at least one key message on how we can slow the spread of COVID in our community but also how we can also use a cultural lens to incorporate learnings and perspectives of Aboriginal Culture and history. Poster competition launched in August 2020 and is currently on-going. Winner to be announced September 8th.
- EACH Health Promotion partnered with The Aboriginal Health and Wellbeing Team (Ngarrang Gulinj-al Boordup) and Diana Roggenbucke (Smiles4 Miles Coordinator, Oral Health) to identify key champions in the Early Years Settings to trial the Your Mob Learning - Foundations and Work Ready Courses in their services. Your Mob Learning Foundations and Work Ready courses launched in August 2020 and is currently on-going.

### What planned programs or activities (if any) have you stopped due to coronavirus (COVID-19)?

#### ACHIEVEMENT PROGRAM (Smarter Lunchroom Demonstration Project at Rowville P.S):

- Annual data collection scheduled for winter 2020 has been cancelled. No further data can be collected this year. This will hopefully resume in 2021.
- Project was due to end June 2021, but due to losing the ability to conduct planned activities that will greatly impact on project outcomes, we would like to ask for an extension to carry over the last year of planned activities until June 2022.

#### TAKING ACTION IN OUR COMMUNITY PARTNERSHIP PROJECT

(promoting action on gender equality through Community Houses)

- The Partnership had planned to share the report on the first year project, introduce the next year's planned focus on deeper community conversations which engage in conversations with diverse groups and explore intersectionality at the CHAOS Annual General Meeting, but this was cancelled.
- Face to face events and activities were off the table for the year's scheduling (a different program plan was developed instead with a focus on video).

*Continued...*

# EACH HEALTH PROMOTION ADJUSTMENTS TO COVID 19

## PROMOTING CULTURALLY RESPONSIVE & INCLUSIVE SETTINGS - ABORIGINAL HEALTH PROMOTION

- While Journey Tracks Cultural and Health Wellbeing Program did occur online at Boronia K12, we had to cancel the launch of the artwork they had created with local indigenous artists and an excursion planned to participate in Cultural activities in Melbourne.
- 3 schools which had been scheduled to run Journey Tracks Cultural and Health Wellbeing Program at their school decided to postpone until after lockdown (Scoresby Secondary College, Dorset Primary and Rowville Secondary College).
- Postponement of two conference presentations to 2021.
- Presentation on the Bunjils Mirring Nganga-djak at the Close the Gap for Vision by 2020 National Conference 2020 The Gap and Beyond in Adelaide.
- A joint presentation with Knox City Council on the Indigenous Led Project in Schools at the Doing School Differently Conference (Adelaide) which has been rescheduled to 24/25 2021.
- Bunjils Mirring Nganga-djak Eye Health project has been postponed until the Australian College of Optometry Eye Outreach Clinics re-open. This is temporary and both EACH and the ACO plan to re-start this project when it is possible.

## COMMUNITIES THAT CARE

Providing planning and oversight for the implementation of Knox Night owls for young people in the community. Full program delivered in October 2019 and an online version delivered in April/May 2020 during the COVID Stage three restrictions.

- The planned continuation of the Chin Burmese Men's Group has been postponed until the group can meet physically. Unsure if this is a temporary measure or permanent.

## What planned programs or activities (if any) have you changed due coronavirus (COVID-19)?

### HEALTH PROMOTING COMMUNITY SETTINGS

- The PLEDGE Strong Women workshops were postponed once and have now been moved on-line.
- The Wise Minds Wise Choices evaluation methodology initially consisted of collecting qualitative data through focus groups and interviews and quantitative data by utilising the WHO Quality of Life questionnaire. Due to COVID restrictions, the evaluation was limited to phone interviews only.

### CULTURALLY RESPONSIVE & INCLUSIVE SETTINGS - ABORIGINAL HEALTH PROMOTION

Journey Tracks Cultural & Health Wellbeing Program has been run online in Boronia K-12. Care Packs have been sent to all of the participants which includes products for wellbeing and cultural connection to address potential isolation.



## EACH HEALTH PROMOTION ADJUSTMENTS TO COVID 19

**For deadly sight  
For all your life  
get your **eyes**  
checked so you  
know they're  
right**



**If you would like to get your  
eyes tested please phone the  
Australian College of Optometry  
on 9349 7400.**



For more information about this  
project please contact EACH  
Health Promotion on 9757 6200



The Bunjils Mirring Nganga-djak project  
has been supported by a grant from the  
Knox City Council Minor Grant Program.



This artwork was created by school students in the east of Melbourne as part of the Bunjils Mirring Nganga-djak Aboriginal Eye Health Project.

One of the Student developed posters created as part of the Bunjils Mirring Nganga-djak Eye Health project and shared Nationally for use in other school based eye health projects.



## EACH HEALTH PROMOTION ADJUSTMENTS TO COVID 19



In response to the Covid-19 lockdown restrictions in 2020, the Beyond Sparkles and Superheroes Live Story Time Project was developed.



The project involved:

- 4 x 30 minute story times
- 3 books per session
- Songs, rhymes & movement



The results from the project are below:



5913 Views  
205 interactions



38 promotional posts  
1 event  
83,616 reach



17 promotional posts  
256 likes



54% of people who interacted with the event were women aged 35-44



13 books were read



265 Level Playground Views



191 new Level Playground Visitors



69 resources uploaded to Level Playground website

IMAGINE DISCOVER  
CREATE  
EASTERN REGIONAL LIBRARIES





Our team comprises of health promotion practitioners working across Knox and Maroondah Local government areas. We have a multi disciplinary team made up of people who work across a range of settings and health areas. We are based at Ferntree Gully and cover Knox and Maroondah local government areas.

This Report has been developed in the context of collaboration with both Knox and Maroondah City Councils. Our Report reflects our continued collaborative work with both Councils across all areas of shared focus. This includes for both Councils: promoting healthy eating, physical activity, mental health and supportive, inclusive settings. It also includes our shared focus to address the underlying factors leading to violence against women, the problematic use of alcohol and as (as an emerging issue) potentialscreen time concerns for teenagers in Maroondah and Knox.

## CONTACT

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