

09.04.23 V3 - DRAFT

Cool-ER Changes workshop outcomes report

Macedon Ranges Shire Council

**LET ME
BE FRANK.** **Once upon tomorrow.**



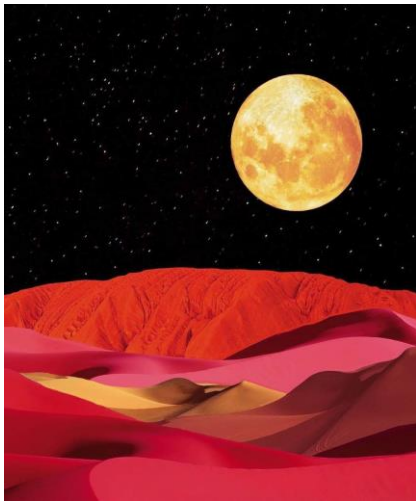


Image: 'Always' by Rachel Derum



This report was developed on Aboriginal lands of the Dja Dja Wurrung, Taungurung and Wurundjeri Woi-wurrung people of the Kulin Nation, whose sovereignty was never ceded.

We recognise that First Nations people have deep knowledge and experience of resilience and sustainability that is critical to heal country, people, and communities. Despite the ongoing impacts of colonisation, First Nations people are still generously sharing knowledge and working towards reconciliation and treaty. For this, we pay our respects and deep thanks to First Nations elders past and present, and extend this to all First Nations people. We endeavour to learn from and lift up First Nations expertise in our work.

We live, work and play on Aboriginal land. 1% of our income is paid to Traditional Owners. We encourage everyone to Pay the Rent.

Let Me Be Frank is a member of 1% for the Planet. We donate 1% of our annual income to environmental organisations. We are proud to be part of a global network that is accelerating smart environmental giving.

Disclaimer

This document and the information it contains was current at the date of publication and may not reflect events or circumstances which occurred at a later date. The content of this document was developed using the best available information and in good faith. Let Me Be Frank, Once Upon Tomorrow and our collaborators cannot be held liable for the accuracy of the information presented in this document.

Health and Wellbeing

The Health and Wellbeing workshop was held on Thursday 4 May 2023 at the Romsey Mechanics' Institute.

Number of workshop attendees: 13

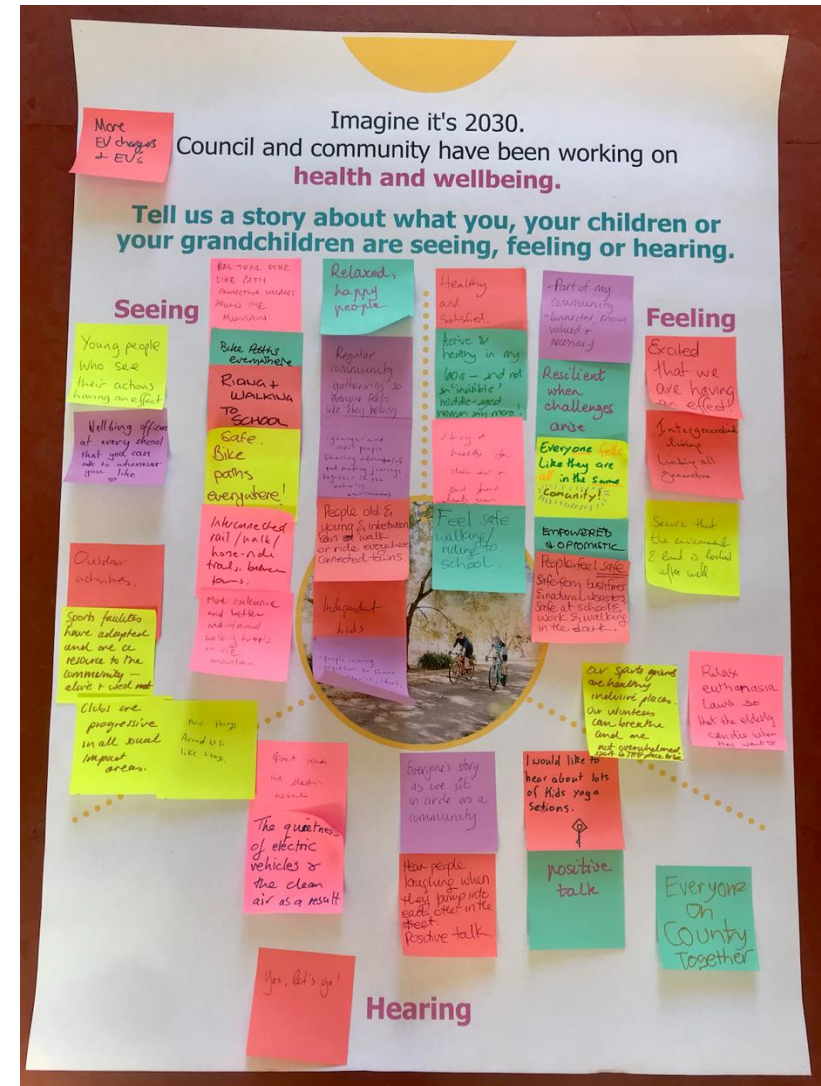
Health and Wellbeing Community Statement

Cool-ER Changes was launched with our community on 2 March. Attendees were invited to imagine what success looks like for this theme in 2030. This is a synthesis of what we heard:

In 2030 our community is witnessing the benefits of our actions and feeling satisfied that the changes we are making are having a strong impact.

Our lifestyles are more active and we are inclusive and community minded. There are bike paths utilising disused infrastructure connecting our towns and people feel safe and more connected to nature. The community feels resilient and well prepared for threats like bushfires and flooding.

We value people of all ages and intergenerational living helps community members feel supported and included. People are healthier and positive, happier as a result.



Cool-ER Changes Launch Visioning activity

Health and Wellbeing Action Rankings

The table below provides the synthesised results of the small group assessment activity and the large group prioritisation activity. The Actions are provided in a table in order of their score (between 1-10, with 10 being the most effective responses to climate change while 1 the least) plus the number of sticky dots or votes each action received.

0 Represent the number of sticky dots each action received.

Action name and ratings	Notes provided for the action
Small group action score: 9.5	
Sustainable Transport Strategy (physical health)	<ul style="list-style-type: none"> No notes left by group
Small group action score: 9	
Macedon Ranges Sustainability Group Veg action group (Physical health)	<ul style="list-style-type: none"> This action was recommended for an extension of scope and partners The proposed collaborators include: BATAs, SCCH, Macedon Ranges Health, Foodbanks, Church groups, Primary Care Partnerships and gardening groups/community gardens The action aims to incentivise, promote and build capacity in community to grow and source locally produced food, through a coordinated "healthy, low environmental impact, local food campaign" (referencing vegetarianism to educate how to eat with less impact) The action could include ideas such as: <ul style="list-style-type: none"> "Eat more veg month": with schools promoting a "Edgy veg-a-thon" where students seek sponsorship for them eating x number of seasonal vegetables during the month (i.e. like the Book-a-thon model). Money raised could go back to the program Form connection between local food producers and gardening groups to form a "local healthy network". Existing groups include Healthy Loddon Campaspe Mallee food campaign, Primary Care Partnerships, SCC Health, Kyneton secondary school Encouraging and removing barriers to verge plantings to improve local food production and community connection, remove barriers to farmgate sales Urban Food Forests: encourage fruit trees and edible landscapes on council land The benefits include reduced emissions (food miles), improved resilience, health, food security, local economy

<p>Youth action support (new)</p> <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> • This is a newly proposed action to “Create a network of young people who are fired up to do something”. It aims to invite, include and activate young people in the Shire to get involved in climate action and add to advocacy • Post COVID, youth engagement is low – organisations are having difficulty engaging young people • In collaboration with Macedon Ranges Sustainability Group and MRSC. Given there were no young people at the workshop it is suggested that Cool-ER Changes should consult with the Youth Program about this • Include events that are fun like; a night walk for teens, disco planting days and more • Explore Cool-ER Changes in schools, school sustainability groups, intrepid Landcare • Link with existing youth groups
<p>Active transport investment (physical health)</p> <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> • Include pedestrians in the description, i.e. Increase security and infrastructure of bicycles and pedestrians • Need good infrastructure/shared paths to enable people to walk/cycle and get health benefits • Check with MRSG bike group re maps, paths (woodend?) • Pilot projected and painted pop up lanes. Have pop up bike lanes painted on roads leading to the primary schools in Woodend, drawing on the study done by some MRSG members, around identifying best routes for the pilot • Advocacy to State Government for \$ to install level crossings • Need safe pedestrian crossings at schools and to/from PT points. Gather evaluation / monitoring data to demonstrate the need for or value of crossings so they can be delivered across the shire • This action to be a sub-set of Integrated Sustainable Transport Strategy

<p>Extreme weather support (Community support networks)</p>	<ul style="list-style-type: none"> • Led by MRSC in partnership with places of faith (churches), neighbourhood houses, libraries, aged care/NDIS providers, food banks, and men’s sheds. Explore the existing MRSC Neighbours Connect Program • This action would include a simple education program on how to look after yourself in the heat combined with agreed places of refuge or safe places in extreme weather (like heatwaves) that could include: libraries, neighbourhood houses, local pools and recreation centres. Are there other “safe houses” e.g. SCCH Kyneton (which has showers, kitchen, laundry etc)? • Include extension of Vulnerable Persons list, if appropriate, and link with the MRSC Neighbours Connect Program so that vulnerable people are checked in on during extreme weather (phone tree and/or door knocking) • This action could connect with the Macedon Ranges Sustainability Group House Project, MASH renewal and off grid Emergency Relief Centres. This would couple services to the community to retrofit their homes for improved energy efficiency and comfort
<p>Amplify benefits of participation (Community support networks)</p>	<ul style="list-style-type: none"> • This actions centres around increasing volunteerism for local groups which in turn facilitates improved local connections and sense of purpose • Many existing volunteers are at capacity and attracting new volunteers to aid connection with isolated residents and social services would be beneficial • This action would be led by MRSC in partnership with walking groups, aged care services, NDIS services, environment groups, community wellbeing, schools and cooperatives • It could involve the development of Volunteer Days provided by local employers (like Council) who allow staff to have volunteer days (like “sick days” or “annual leave days”). Council could manage a register of interested community groups who are seeking volunteers, so that local employers can “match make” opportunities for their staff • Explore Rec Link, Vic Health, a Gardens for Wildlife Program, movement related activities, and Go Volunteer
<p>Small group action score: 8.5</p>	

Green sports (physical health)

4

- Opportunity for green canteens in Romsey and Lancefield. Focus on healthy eating and buying local
- The big barrier seems to be that junk food is a big income stream for the community sports clubs, and volunteer time is stretched for people to prepare fruit patters, salad rolls, etc
- Council policy for healthy choices e.g. at rec centres and plastic free trial (recycled plastic). Opportunity for Council to subsidise healthy options. Consider banning fast food advertising at sporting events/venues
- Names and logos should not be permanently printed on club gear, so the gear can be re-used even if sponsorship arrangements change. The benefits would be less textile waste, and more volunteer time being freed up to do other stuff for the clubs, instead of organising new uniforms to be made every year
- Other benefits of Green Sports include saving money, healthier food, less general waste, stronger community connectivity
- There is already some momentum behind this action. Green Planet Sport is active locally. A couple of local clubs are involved in the program. E.g. a Hanging Rock club is working on more sustainable uniforms and the Woodend Golf Club has done some rewilding/revegetation work with support from the local Landcare group. They are planning the next stage of rewilding the surrounds of course, enhancing a wetland
- Aim to get a champion at each club with support through workshops etc
- There are great programs for green sport activities e.g. Moorabool and Brisbane councils
- Council could "audit" clubs. Survey and drive change via leases and licences
- It was noted that this action could support many other actions as sporting clubs are huge community connectors with strong influence

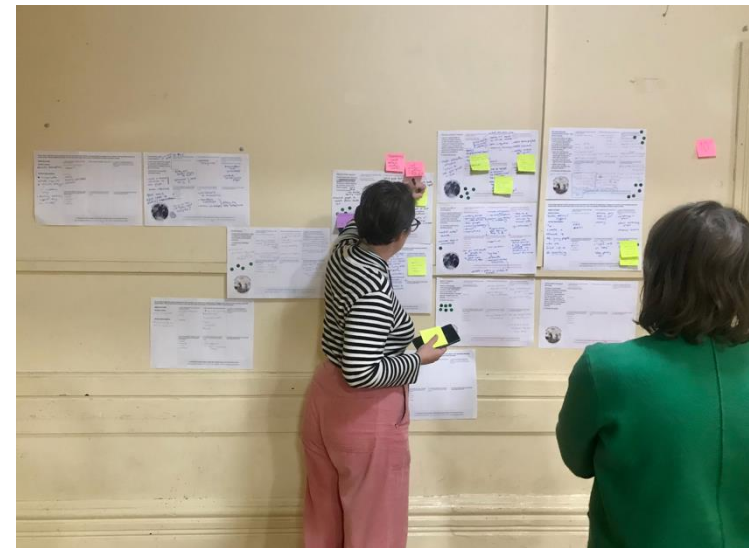
Small group action score: 8

<p>Mental health support (mental health)</p> <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> • It was proposed to update the action description: Provide dedicated resources for those acutely affected by climate impacts e.g. farmers, youth, First Nations people, young mums/new families, sporting clubs • This action should include connecting people to experts (e.g. community health orgs) • Sunbury Cobaw Health, Salvos, and HMS Community were identified as potential collaborators • Benefits include finding people that don't know how to access help. Building resilience and bridging isolation • We have strong community health org (need support). SCCH already provide priority access services for people affected by crisis. There are existing resources available in other organisations that Council could leverage. • The CFA used to hold regular programs on preparedness • Could working groups with particular groups bring in new volunteers? • This action was identified as medium effort • Notes left by individual participants included: <ul style="list-style-type: none"> ○ Support, listen and consult residents of Mount Macedon and Macedon regarding autumn leaves. There is a serious mental issues with residents as a result ○ MRSC Autumn Festival promotes unsustainable practices (e.g. traffic congestion, mental health problems, promotes trees which don't belong and don't work here). Needs to promote natural not introduced. Council should lead by example • Normalising – climate anxiety is actually normal • Climate anxiety and getting experts in to talk about it
<p>Beating social isolation (new action)</p> <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> • This is proposed as a pilot project, aiming to connect people in Macedon Ranges who might be unwell, older, disconnected, to know what groups and opportunities there are out there • This could be coordinated by HMS community in collaboration with NDIS, Rec Link and aged care providers • It is considered that this is low effort for high impact as it links to existing programs of community support • The benefits noted in the workshop included: <ul style="list-style-type: none"> ○ Mental health improvements ○ Provide a sense of purpose to individuals feeling isolated ○ Develop new skills for volunteers • This action's success would depend on groups wanting to get involved • Review and explore options within MRSC Neighbours Connect Program
<p>Small group action score: 7</p>	

Urban food forests (new)	<ul style="list-style-type: none"> • The proposed action description was: Allowing planting of fruit trees on Council land • Key organisations identified were schools and MRSG • The benefits are seen to include veg and fruit grown locally, food security, community connections, skills, biodiversity and shade • Resources need include land, urban forest and new element to biodiversity strategy
Connection and conversation (Community support networks)	<ul style="list-style-type: none"> • This action could help amplify participation in climate action and it is proposed that existing environmental groups could lead this action. A broader collective of environment groups including online collectives could assist • There were discussions about climate anxiety and “eco-grief” and that by connecting and telling stories via facilitated conversation, people can feel supported and inspired • There are exiting programs and materials that could be used including “Bridging the Divide” videos, cards and factsheets, Facebook Macedon Ranges Nature page • Include in person and online workshops
Small group action score: 6	
Health education (new)	<ul style="list-style-type: none"> • The proposed action description was: Incorporate address impacts of climate change is a positive way. Identify service / support they can access • Cobaw Health was proposed as the key organisation with MRSC, service provides and schools as collaborators

Overarching insights from Health and Wellbeing workshop:

- It was obvious from the workshop conversations that many actions responding to the climate emergency more broadly, also have health and wellbeing community benefits. Also, many of the health actions align with reducing greenhouse gas emissions, adapting, and building resilience
- Many of the actions shared the purpose of connecting community members with each other to build on a community culture of looking after each other, particularly during extreme weather events. Participants explored how some existing organisations and programs could extend their remit to include notification of extreme weather and safe places of refuge, energy efficient home improvements to improve comfort and liveability (particularly for vulnerable people)
- During the workshop participants learned about HMS Community, a charity operating Community Paramedics, Nurses, Support Partners & Care Companions keeping people safe in their community. There were multiple opportunities identified for linking social connection and health and wellbeing activities related to the climate emergency, so we add value to the services already being delivered
- It was suggested that a climate emergency category could be added into Council's awards. It could cover youth, sport etc.
- Consider acknowledging climate anxiety in the front of the Cool-ER Changes Climate Emergency Plan. It will help normalise climate anxiety and also help if readers get overwhelmed when they see the scale of the problem and action needed



Health and Wellbeing Cool-ER Changes workshop

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