

BETTER TOGETHER

A PLAN FOR THE FUTURE

**NRAGI YUNTULUN
– KUNGUL-URUMI
PALD-AMBI**



Alexandrina Council
**Community Wellbeing
Action Plan 2022–26**



In the spirit of Reconciliation Alexandrina Council and its communities acknowledge the Traditional Owners of this region and acknowledge their connections to the land, waters and community. We respect their rights, interests and obligations to speak and care for their traditional lands and waters in accordance with their lore (belief system), customs and traditions. The Alexandrina Council region intersects the traditional ruwi (lands) of the following Aboriginal Nations and Clans:

- Ngarrindjeri Kukabrak (Nation)
 - o Ramindjeri Lakinyeri (Clan) – Port Elliot – Middleton
 - o Tanganarin Lakinyeri (Clan) – Goolwa
 - o Koondarlindjeri Lakinyeri (Clan) – Murray Mouth (west side)
 - o Lungundi Lakinyeri (Clan) – Murray Mouth (east side)
 - o Turarorn Lakinyeri (Clan) – Mundoo Island
 - o Korowalie Lakinyeri (Clan) – Lake Alexandrina (north side)
 - o Punguratpular Lakinyeri (Clan) – Lake Alexandrina (Milang)
- Peramangk Nation
- Kurna Nation

We pay our respect to their Ngapaldar (Elders) past, present and future and extend that respect to all Aboriginal and Torres Strait Islander peoples.

First Nations Language in Plan: Ngarrindjeri,
translated by proud Ramindjeri Woman Kyla McHughes

Cover image: 'The Wave' mural at Middleton, by Barbary O'Brien
Image below: School holiday circus skills workshop

Published September 2022

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OUR COMMUNITY: A SNAPSHOT

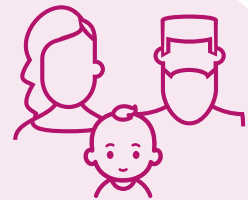
**OUR COMMUNITY LIVES, WORKS AND PLAYS IN
OUR BEAUTIFUL PART OF THE WORLD WHICH:**



Spans 1827 km²



Includes 11 villages each
with their own unique
identity



Is home to over
28,000 people born
in over 35 different
countries

WHO WE ARE

Council's Community Wellbeing portfolio is delivered by a team of experienced and passionate community professionals who play an essential role in influencing the way Council operates with and for the community. We do this by enabling our community to be empowered, connected and active in the life of our region.





Fringe event at Goolwa

OUR PRINCIPLES

Our team favours measures that aim to decrease or eliminate inequity; promote inclusiveness of diversity; and establish environments that are supportive of all people.

We ensure everything we do embodies the Social Justice Principles of:

- Participation
- Equity
- Access
- Rights

HOW WE WORK



ORGANISATION-WIDE INITIATIVES

We plan, participate in and coordinate organisation-wide initiatives, policies and actions to ensure Council is accessible and responsive to Alexandrina's diverse community.



CAPACITY BUILDING

We work in partnership with organisations and community groups to build our collective capacity through sharing knowledge, skills and resources. We support the delivery of projects that deliver on the wellbeing aspirations of our community through access to funding opportunities and expertise.



STRENGTHS-BASED APPROACH

We connect and build relationships with community members and organisations to identify strengths, resources and shared priorities that build community.



STRATEGIC ADVICE

We research and keep abreast of social and community trends, initiatives and priorities in order to provide strategic connections, advice, and information to both Council and community stakeholders.



CONNECTING COMMUNITY

We promote and support a network of Neighbourhood and Community Centres, Art Galleries and Recreation Facilities that connect and engage people in community life.



ACTIVE AND HEALTHY PROGRAMS

We facilitate opportunities for community members to engage with regular free and low-cost activities that enhance health, wellbeing, learning, connection and inclusion.

OUR ACTION PLAN

We developed this plan for:



OUR COMMUNITY

- To acknowledge and celebrate our community
 - To explain our role in Council
-



OUR COLLEAGUES

- To increase awareness about our community's aspirations
 - To share what we do and how
-



OUR TEAM

- To guide priorities and outcomes
- To be a source of inspiration and pride

Our action plan is framed by the following objectives which outline a holistic approach to improving the health and wellbeing of our community.

OBJECTIVES

- Encourage an active and healthy community
- Foster a connected and inclusive community
- Develop a vibrant and artistic community
- Enrich our places and spaces
- Stimulate our community's resources

ACTIONS

This key demonstrates the actions we will take to deliver our plan.

- A** Advocate
- C** Collaborate
- D** Deliver
- E** Explore
- P** Promote
- S** Support



CREATING OUR PLAN

Over a period of 12 months, we worked alongside our Community Wellbeing Advisory Forum (CWAFF) who connected with individuals, groups, organisations and networks across our community to have conversations about wellbeing.

COMMUNITY ENGAGEMENT TO ACTION



WE REACHED OUT TO:

- Our children and families
- Our young people
- Our older adults
- Our First Nations communities
- Our people living with disability
- Our CALD community
- Our LGBTIQ+ community

AND WE ASKED THEM:

What's strong?

What do people want?

Whose role is it...
What is our role?

How can we improve wellbeing?



“We are in the business of building community, let’s do this together!”

These conversations and workshops helped us learn more about the strengths and aspirations of the community.

We will maintain the connections built with our Community Wellbeing Advisory Forum members and our community to monitor and evaluate our progress together.

The content of our action plan is derived from the Community Wellbeing Advisory Forum’s community conversations about wellbeing, Village Innovation Conversations, Arts and Culture consultation, Disability Access and Inclusion Plan and other sources.

The Action Plan integrates and aligns with other relevant plans and approaches, including Alexandrina Council’s A2040 Community Strategic Plan for our community to thrive as Liveable, Green and Connected.

THE A2040 SUITE OF PLANS

Strategic Framework



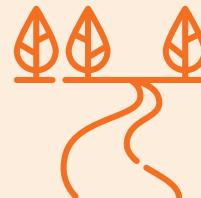
Our wellbeing is influenced by many things. This includes:



How we feel, how much exercise we do and what we eat



Whether we feel we belong to a community



What places we feel connected to



What activities we do



Where we live and how safe we feel



What resources we have access to e.g. transport, secure housing

“We have all spoken tonight about communities within communities, and what it has highlighted is that community is key to wellbeing!”

– Cliff Sweetman,
Community Wellbeing Advisory Forum member

OUR FIRST NATIONS WELLBEING

Nguldun (Health) and tumbi-walun (wellbeing) is important for First Nations Peoples as it makes our mi:wi (spirit) strong.

Our mi:wi is our spirit, our vibration and it connects to every living thing, the ruwi (land), prangwuthar (waters), animals, birds, trees, all people and even our Ngapaldar (Ancestors).

Our mi:wi (spirit) gets stronger when we live a balanced life. Having balance consists of being connected to, or practicing our five important cultural framework practices for a strong foundation to build from, and if even one is missing, we aren't balanced and we can suffer.

The five cultural framework practices are: being connected to our ruwi (land) and prangwuthar (waters), practicing talkuni (ceremony), lore (sharing culture and knowledge), speaking Thunggari (language) and telling stories and being connected with kin (families and connections).

Our Ngapaldar (Elders) always say, "healthy ruwi (land), healthy Murrundi (Murray River), healthy palak (people)".

Kyla McHughes, proud Ramindjeri Woman



First Nations journey stick

ENCOURAGE AN ACTIVE AND HEALTHY COMMUNITY



WHAT PEOPLE WANT

YAR-ITJI PALAK-INDAU

- Access to programs and activities that support active and healthy lifestyles.
- Strong mental health to cope with life challenges in positive ways.
- Support to proactively respond to climate change and live a sustainable lifestyle.

OUR PRIORITIES

NAMAWI YAMALAITJI KUNGUL-URUMI

- **Collaborate** with others to support diverse programs, activities and events that enhance health and wellbeing.
- **Collaborate** to deliver initiatives that promote mental health and wellbeing.
- **Collaborate** with others to reduce climate change impacts and encourage sustainable lifestyles.





KEY ACTIONS

YAMALAITJI NGOPAN

- **Collaborate** to seek grant opportunities that enable people of all ages and abilities to engage with health promoting activities. 
- **Support** our community to be active in both structured and unstructured ways, for example through promoting sporting programs and local play spaces. 
- **Support** community education and behaviour change programs to advance climate change resilience and sustainable lifestyles. 



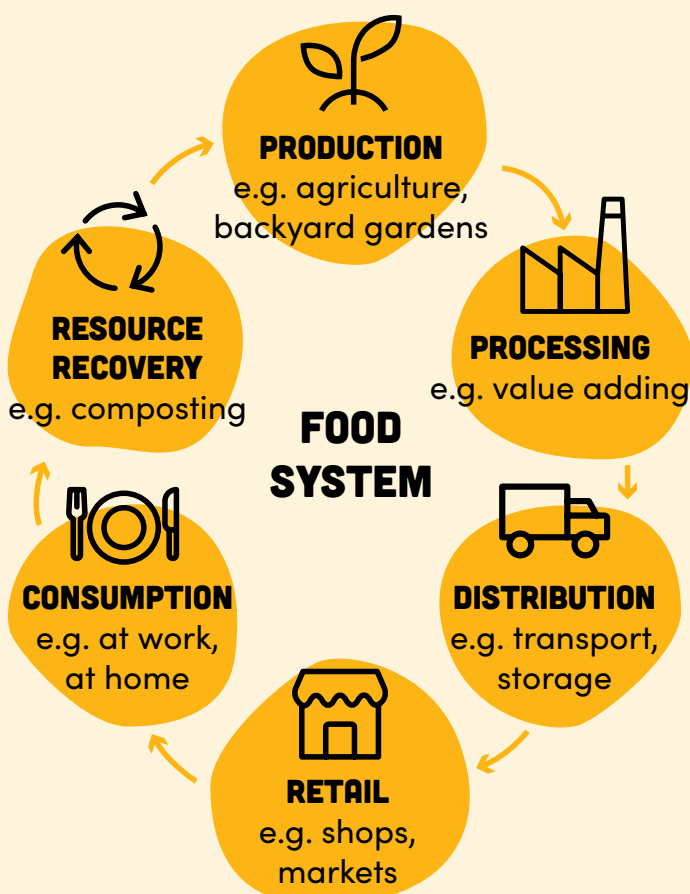
OUR STORIES

NAMAWI THUNGARAR

The food system includes everyone and everything it takes to get food to our plates, from food production through to resource recovery and more (see diagram).

However, our current food system isn't working very well - some people are going hungry, farmers are going out of business and our lands and waters are being degraded. We need to look at new ways of providing food that is good for our people, economy and environment. We need a food system that is regenerative and resilient.

'Local Government: Enabling Resilient Food Systems in South Australia' was a collaborative multi-council project exploring the role of local government in supporting a resilient local food system. Together we developed a process and resources for working with key food system stakeholders and community to develop a vision and actions for a resilient food system in Alexandrina.



We gathered valuable feedback to inform council's work and opportunities for community action to improve our food system. We look forward to working alongside our community to bring our vision to life.

FOSTER A CONNECTED AND INCLUSIVE COMMUNITY



WHAT PEOPLE WANT YAR-ITJI PALAK-INDAU

- Information on a range of topics which is easy to understand.
- Programs and activities that build social connections and a sense of belonging.
- Opportunities for people of diverse backgrounds to be involved in decision-making processes.



OUR PRIORITIES NAMAWI YAMALAITJI KUNGUL-URUMI

- **Deliver** information about social opportunities, volunteering, services, facilities and council plans in a way that is easy to understand. **I**
- **Collaborate** with others to promote and deliver diverse programs, activities and events that enhance learning, connection and inclusion. **C**
- **Support** opportunities for people to be involved in decision-making and explore pathways for leadership development. **S**





KEY ACTIONS

YAMALAITJI NGOPAN

- **Promote** social opportunities and volunteering within the community, for example through Council's website, social media, networks and events. **P**
- **Explore** partnerships to provide inclusive social activities, recreation and sports programs within Council facilities and reserves, for example by facilitating inclusive school holiday activities. **E**
- **Explore** ways to support people of diverse backgrounds and abilities to grow as leaders. **E**



OUR STORIES

NAMAWI THUNGARAR

The Fay Fuller Foundation offered an exciting opportunity for 10 years of funding focussed on improving mental health and wellbeing. The Community Wellbeing team reached out to the Growing Life Connections (GLC) Partnership Group with an offer to support them to submit an application. We shaped a project across Strathalbyn through to Milang and Clayton Bay based upon the community's input. The Community Wellbeing team contributed further funds to assist with the project.

The project officer trained to provide mental health and wellbeing training to communities, building the capacity of community members to support each other and themselves.

DEVELOP A VIBRANT AND ARTISTIC COMMUNITY



WHAT PEOPLE WANT

YAR-ITJI PALAK-INDAU

- Increased visibility of artists, storytellers and projects to educate about First Nations culture and heritage.
- A well-resourced Alexandrina Arts, Culture & Events (AACE) program with increased activity in the region.
- Diverse opportunities to engage with arts and cultural experiences that are inclusive.



OUR PRIORITIES

NAMAWI YAMALAITJI KUNGUL-URUMI



- **Collaborate** with our First Nations communities to progress their skills, abilities and culture. **C**
- **Deliver** a high quality AACE program. **D**
- **Support** delivery of the Arts and Culture Strategy by encouraging people of all ages, abilities and backgrounds to be involved in arts and culture. **S**





KEY ACTIONS

YAMALAITJI NGOPAN

- **Collaborate** with others to develop opportunities for increased visibility of First Nations artists and storytellers, for example through public art and interpretive signage. 
- **Support** our vibrant and artistic community to thrive by funding creative arts and culture projects and events through our Vibrant Communities Grant and Community Events Grant. 
- **Collaborate** with local artists of diverse backgrounds to showcase their work. 



OUR STORIES

NAMAWI THUNGARAR

The Alexandrina Youth Theatre & Film group meets to learn foundation skills in theatre making, acting to camera, writing and devising plays and productions. This opportunity came via a successful grant through Regional Arts Australia to provide a creative outlet for local youth between the ages of 12 to 18 years old.

The program has yielded a successful intergenerational mentorship and skills transfer as the tutor is a semi-retired professional in the film, television and theatre realm. A local university graduate has begun working with the tutor to learn from their extensive skill set, gain skills, and assist in running the group. The two people now facilitating this group are in their late seventies and early twenties.

A valuable outcome has been to connect young people who have shared interests and provide access to future creative career pathway opportunities for regionally based young people.

ENRICH OUR PLACES AND SPACES



WHAT PEOPLE WANT YAR-ITJI PALAK-INDAU

- Community facilities and public spaces that support people to meet and connect.
- Well-maintained sport and recreation facilities that offer diverse experiences.
- Safe, accessible and inclusive places and spaces.



OUR PRIORITIES NAMAWI YAMALAITJI KUNGUL-URUMI

- **Support** activation of council-owned facilities and spaces to ensure maximum community use. **S**
- **Collaborate** to enhance our places and spaces to cater for different ages and abilities. **C**
- **Collaborate** to improve the safety of places and spaces, using a universal design lens. **C**





KEY ACTIONS

YAMALAITJI NGOPAN

- **Deliver** professional management of recreation and arts venues to enhance community use, supported by a simple booking system.
- **Explore** potential for a Sport and Recreation Strategy that provides long term planning for our community's future recreation.
- **Collaborate** with others to seek funding opportunities to support infrastructure upgrades that include universal design goals.



OUR STORIES

NAMAWI THUNGARAR

A grant in partnership with two other local councils was delivered, building awareness, skills and knowledge across the region.

The Accessible Events pilot project enabled two local community members with lived experience of disability, to help design, develop and deliver an Accessible Events training package.

This training package was based on their experiences and access needs. It focused on models of disability and motivations for accessibility and inclusion, plus actions for before, during and after events. Thirty event organisers attended the two training sessions in Alexandrina.

Before the training, some attendees had minimal exposure to an inclusive approach to conducting an event. They found the training relevant and immediately useful, and was enhanced by locals with lived experience delivering the sessions and providing real-life examples.

STIMULATE OUR COMMUNITY'S RESOURCES



WHAT PEOPLE WANT YAR-ITJI PALAK-INDAU

- Information and support that enables community-led initiatives for the benefit of our community.
- Improved transport services to enable better connection and access to services that meet community needs and contribute to staying connected.
- Adequate supply of safe and secure housing, including for the most vulnerable in our community.
- Local businesses that provide products and experiences our community wants and needs.



OUR PRIORITIES NAMAWI YAMALAITJI KUNGUL-URUMI

- **Deliver** a community grants program and support community to seek external funding to enable community-led solutions and build capacity. **D**
- **Advocate** for cross-regional public transport that provides links to Adelaide and regional centres, and work with communities to find local, viable transport solutions. **A**
- **Advocate** to relevant bodies to resource affordable housing suitable for families and individuals at-risk of, or experiencing, homelessness. **A**
- **Collaborate** with others to support local business and social enterprise to respond to community need. **C**





KEY ACTIONS

YAMALAITJI NGOPAN

- **Deliver** the Community Grants program where local community-led projects are funded to benefit communities. **D**
- **Explore** pathways to advocate to relevant stakeholders for action to improve transport networks. **E**
- **Advocate** to relevant bodies for our region's housing needs, including through regional organisations and partnerships. **A**
- **Support** community and neighbourhood centres to develop social enterprise that respond to community demand. **S**



OUR STORIES

NAMAWI THUNGARAR

With the support of Community Wellbeing staff, Goolwa Community Centre developed a social enterprise called 'Green Thumbs' which offers low income residents of Goolwa and Port Elliot with low cost gardening support and provides income towards the running of the Centre. This 'no noise, no ladder' service attends to the small jobs around the garden. If the request is identified as being outside of the scope of the program, it is referred onto local business operators.

The volunteers who support the program feel the benefits are mutual and enjoy the chance for a cuppa and chat.

OUR CHILDREN AND FAMILIES



QUICK STATS

29%

of households include dependent children, about the same as Regional South Australia ¹

3,104

children aged under 12 years and 1,876 children aged 12-17 years live in Alexandrina ¹

27%

of children aged 5 years are experiencing developmental challenges ³



WHAT'S STRONG

Our children and families are... active, well connected and eager to engage with new opportunities to connect and play.

Our region... offers built and natural spaces where children and their families can be active and enjoy nature.

OUR CHILDREN AND FAMILIES RECOGNISE AND VALUE

- Our built and natural spaces, especially those that support outdoor activities such as water-based play and sport.
- Our connected communities, where everyone knows everyone.
- Our local businesses, who are supportive and contribute to a thriving community.
- Our active and healthy lifestyles, built around sport and outdoor play.

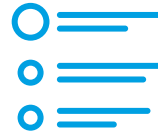






WHAT CHILDREN AND FAMILIES WANT YAR-ITJI PALAK-INDAU

- Well maintained sport and recreation facilities that are inclusive of different ages and needs.
- Access to programs, activities, and events that support active, healthy lifestyles and build social connections.
- Diverse opportunities to engage with the arts through performing arts, dance, music and creative arts.
- Local businesses that provide products and experiences for children and their families.
- Adequate supply of safe and secure housing, including for the most vulnerable in our community.



OUR PRIORITIES NAMAWI YAMALAITJI KUNGUL-URUMI

- **Collaborate** to enhance our sport and recreation facilities to cater for different ages and abilities. **C**
- **Collaborate** with others to support diverse programs, activities and events that enhance health and wellbeing. **C**
- **Support** delivery of the Arts and Culture Strategy to encourage children's involvement in the arts. **S**
- **Collaborate** with others to support local businesses and social enterprise to provide products and experiences for children and families. **C**
- **Advocate** to relevant bodies to resource affordable housing suitable for families and individuals at-risk of, or experiencing, homelessness. **A**





KEY ACTIONS

YAMALAITJI NGOPAN

- **Support** improvements to our sport and recreation facilities through sourcing funding and community engagement. **S**
- **Collaborate** with others to develop strategies and initiatives that improve early childhood development, for example by delivering training for organisations to better support parents. **C**
- **Collaborate** with schools to enhance opportunities for children, young people and families to participate in the AACE program. **C**
- **Support** the Economic Development team to identify areas of demand and gaps in our local product and experience offerings relevant to the wellbeing of our community. **S**
- **Collaborate** with others to investigate different models of social housing and short term crisis accommodation, and innovative ways to resource housing for our community. **C**



OUR STORIES

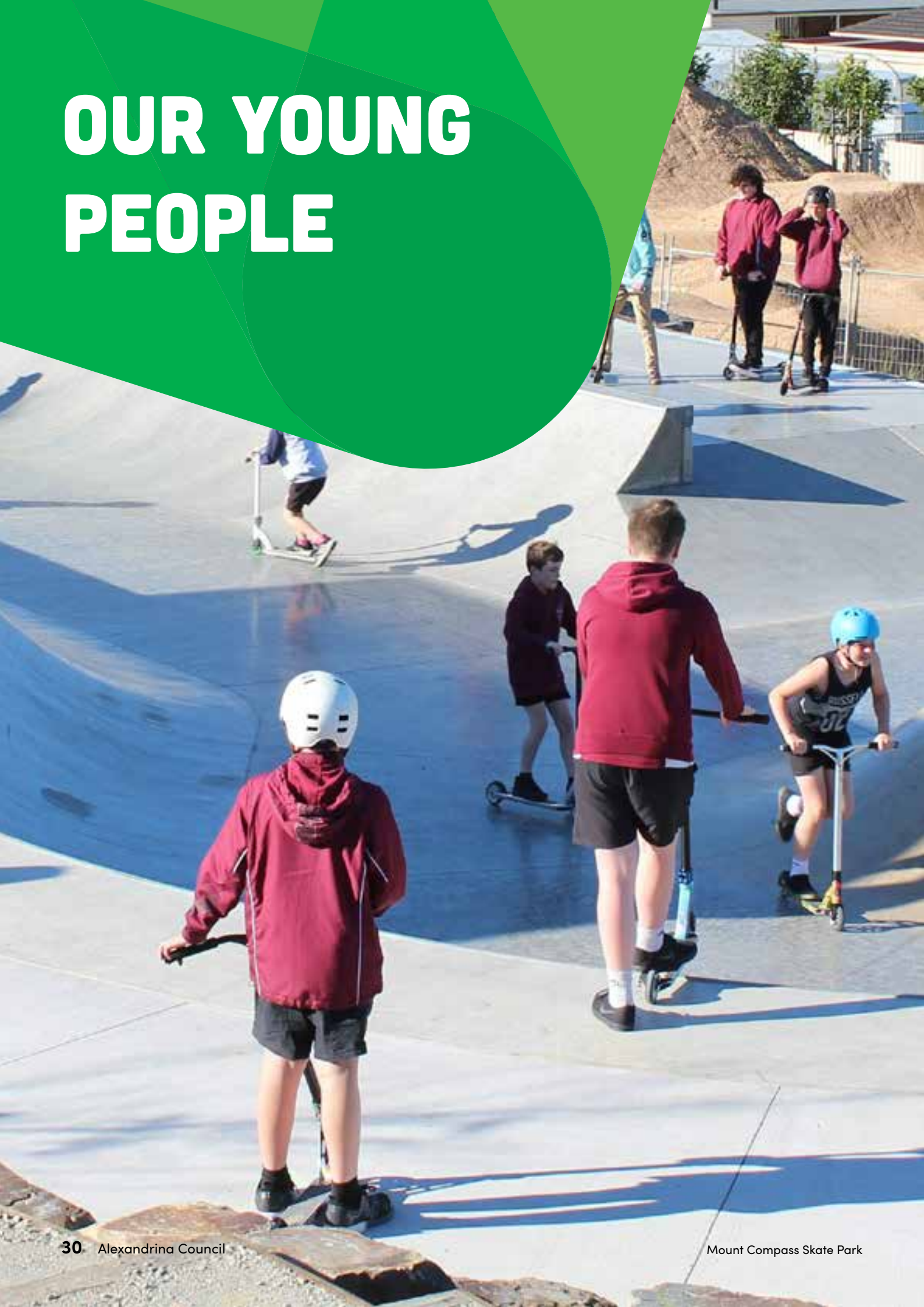
NAMAWI THUNGARAR

The Active Alex project has provided an opportunity to focus on activation strategies at the Goolwa Sports Stadium and the Goolwa Oval precinct.

This focused attention has provided increased activation of the stadium during school holidays with opportunities for 'Come and Try' events, inclusive circus skills development and a shooting hoops program aimed at increasing physical activity among children.

Future programming is looking to include events such as Wheelienet – wheelchair basketball.

OUR YOUNG PEOPLE



QUICK STATS

3,432

young people aged
12–24 years live in Alexandrina ¹

8.8%

of young people aged 15–24 years
are disengaged from education
and work ¹

**STUDENTS
IN YEARS
10–12**

were more likely to have lower
wellbeing relating to learning
readiness including expectations for
success, motivation to achieve goals
and feelings about after school study
and work compared to the rest of
South Australia ⁴

WHAT'S STRONG

Our young people are... creative, innovative and environmentally aware.

Our region has... an abundance of organisations and community groups interested in supporting the health, wellbeing and development of our young people.

OUR YOUNG PEOPLE RECOGNISE AND VALUE

- Our friendly and tight-knit communities.
- Our beautiful region, culturally-rich townships, and country lifestyle.
- Our sport and recreation activities and facilities.
- Our connection to nature - parks, bush, lake and beaches.

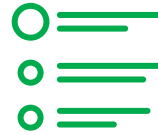






WHAT YOUNG PEOPLE WANT YAR-ITJI PALAK-INDAU

- Strong mental health to cope with life challenges in positive ways.
- Access to programs, activities and events that support active, healthy lifestyles and build social connections.
- Local job opportunities and experiences that build young people's employability.
- Local businesses that provide products and experiences for youth.
- Diverse opportunities to engage with arts and cultural experiences that are inclusive.



OUR PRIORITIES NAMAWI YAMALAITJI KUNGUL-URUMI

- **Collaborate** to deliver initiatives that promote mental health and wellbeing.
- **Collaborate** to deliver diverse activities, with and by young people, to enhance connection and wellbeing.
- **Collaborate** to enhance local training and employment opportunities for young people.
- **Collaborate** with others to support local business and social enterprise to provide products and experiences for youth.
- **Support** delivery of the Arts and Culture Strategy to encourage young people to be involved in arts and culture.





KEY ACTIONS

YAMALAITJI NGOPAN

- **Collaborate** with the Local Drug Action Team to deliver initiatives that support positive mental health in young people, such as mental health education and social opportunities. 
- **Support** the delivery of low-key events held with, for and by young people and supporting organisations. 
- **Collaborate** with partners to connect young people to local training, career development and networking opportunities highlighting diverse career pathways. 
- **Support** the Economic Development team to identify areas of demand and gaps in our local product and experience offerings relevant to the wellbeing of our community. 
- **Support** youth theatre and film in Alexandrina and explore innovative ways for young people to pursue creative projects. 



OUR STORIES

NAMAWI THUNGGARAR

Community Wellbeing staff liaised with South Coast Suicide Prevention Team and identified an opportunity to capitalise on a renowned mental health advocate traveling to Adelaide. By contributing funds we were able to engage Nic Newling to speak at Mount Compass Area School (years 10-12) and hold a community session at the Mount Compass War Memorial Hall.

FEEDBACK

Following the session, 76% of students reported they were more likely to be involved in a conversation about mental health with someone they knew.

“Without your push to get funding it would not have been possible. The feedback from the students was amazing...so positive.”

South Coast Suicide Prevention Team

“Nic Newling was a fantastic speaker tonight and I think the 60 plus who attended were of the same opinion; I recognised a number of locals who have been directly affected by family mental health issues and suicide. This was an event that was very much worthy of support from Alexandrina Council. Congrats to all involved.”

Alexandrina Cr Bill Coomans

Nic Newling went on to deliver a session in Milang to support youth in their community.



OUR OLDER ADULTS



QUICK STATS

9407

residents are aged 65+ years,
which is 33% of the population ¹

15%

of residents aged 65+ years
need assistance with 'core
activities' for self-care, mobility
and/or communication ¹

20%

of residents aged 65+
years live alone ¹

29%

of residents aged 65+ years
have two or more long term
health conditions ¹



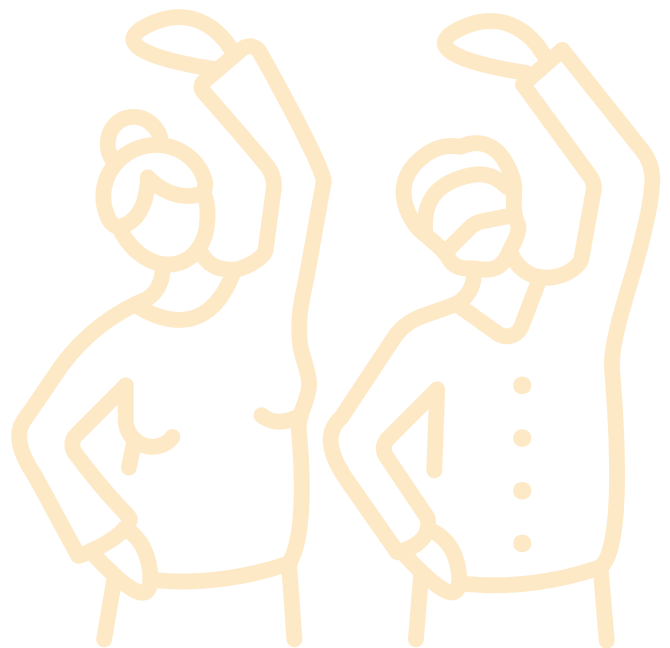
WHAT'S STRONG

Our older adults have... knowledge, experience and skills and are committed to giving back to their community.

Our region... boasts a range of groups that enable our older people to connect.

OUR OLDER ADULTS RECOGNISE AND VALUE

- Their social connections, and friendly and supportive community groups.
- The health and social services available when people need them.
- The varied programs and activities on offer that meet the interests of a wide range of people.
- Our unique townships, with people enjoying the peaceful country lifestyle.
- The culture of inclusion, and that diversity is embraced.







WHAT OLDER ADULTS WANT YAR-ITJI PALAK-INDAU

- Improved transport services to enable better connection and access to services that meet community needs and contribute to staying connected.
- Accessibility and safety - in the built environment, accessible buildings, seating and footpaths.
- Information which is easy to understand, including about services and opportunities to connect.
- Access to programs, activities and events that support active, healthy lifestyles and build social connections.
- Community facilities and public spaces for community to gather and socialise.

OUR PRIORITIES NAMAWI YAMALAITJI KUNGUL-URUMI

- **Advocate** for cross-regional public transport that provides links to Adelaide and regional centres, and work with communities to find local, viable transport solutions. **A**
- **Collaborate** to improve the environment where people live and visit to enhance safety and accessibility using an age-friendly lens. **C**
- **Deliver** information about services, learning and social opportunities, which is easy to understand. **D**
- **Collaborate** and engage with older adults to foster connection utilising existing groups and networks. **C**
- **Promote** opportunities to gather and socialise in community facilities and public spaces. **P**





KEY ACTIONS

YAMALAITJI NGOPAN

- **Explore** community interest in developing innovative and sustainable community-led transport solutions. **E**
- **Collaborate** with others to seek funding opportunities to support infrastructure upgrades that include universal design goals. **C**
- **Support** information sharing networks and hold events that support community groups to network and promote themselves. **S**
- **Support** COTA SA to promote the Fleurieu Neighbourhood Network. **S**
- **Explore** potential to increase use of council-owned facilities for community to meet and connect, for example through a shared online booking system. **E**



OUR STORIES

NAMAWI THUNGGARAR

Feedback received from people wanting accessible information resulted in Community Wellbeing staff developing Coastal Activities and Transport guides. Older people are not always able to access the internet and may face challenges in navigating and searching for information. This printable resource is available both online and at Alexandrina's Libraries.

Future work will be in co-designing a project to improve digital literacy. This will be made possible by a grant received from the Office of Ageing Well.

OUR FIRST NATIONS COMMUNITIES





QUICK STATS

The Ngarrindjeri Kubarak (Nation), Peramangk Nation and Kurna Nation are the traditional custodians of our ruwi (land)

467

residents identify as Aboriginal and / or Torres Strait Islander ¹

27 YEARS

is the median age of First Nations residents



54 YEARS

for other residents ¹

23%

of First Nations residents completed year 12 schooling or equivalent



37%

for other residents ¹

YANNUN (YARNING) WITH FIRST NATIONS ABOUT WELLBEING

WHAT WE HEARD

Good strong respectful relationships and trust are at the heart of building strong culture.

We have a shared past, present and future – let's work together.

LAND AND WATER

WHAT WE HEARD

- Land, Sea and River
- Sustainable practices
- Food and plant education
- Listening to the Land

FIRST NATIONS WELLBEING

LORE

WHAT WE HEARD

- Need to have a Reconciliation Action Plan and embed in Council
- Need to work with all the organisations to build trusting relationships
- Cultural knowledge within Council is required to improve practices
- Aboriginal lore – value and beliefs
- Speak to the right people

KINSHIP – FAMILY

WHAT WE HEARD

- Access to information which is easy to understand
- Support for families to connect
- Meaningful community spaces
- Embedding pride in culture is important. This is done through Nunga playgroups
- Culturally relevant services for older people
- Support for young people to develop
- Need places to connect with each other
- Transport support required to get people to places

CEREMONY AND EVENTS

WHAT WE HEARD

- NAIDOC events on Country
- Reconciliation Week movies
- More events on Country throughout the year

LANGUAGE – STORY TELLING AND ARTS

WHAT WE HEARD

- Local First Nations peoples are proud of their culture and heritage
- First Nations peoples are creative and knowledgeable
- Need opportunities to promote artists and storytellers
- Projects to educate community about First Nations culture
- Places lack visible First Nations history and stories

Our community has expressed support for the Uluru Statement From the Heart.

VOICE TREATY TRUTH

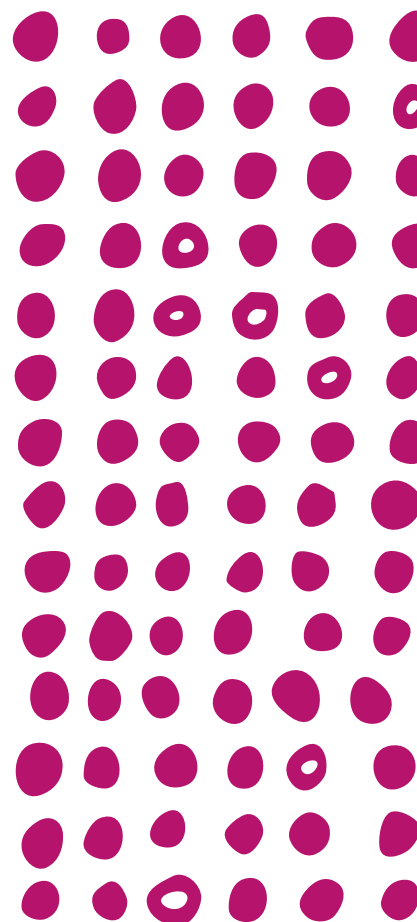
WHAT'S STRONG

Our First Nations communities are... proud of their culture and heritage and connection to Country.

Our region... has a rich history of First Nations stewardship and our communities recognise the importance of learning about country, culture and language from First Nations peoples and working together for a better future.

OUR FIRST NATIONS COMMUNITIES RECOGNISE AND VALUE:

- Land and Water, Lore, Kinship, Language, Ceremony and Events.
- Their culture and heritage and connection to Country.
- Creative and knowledgeable artists and storytellers.
- NAIDOC events on country and Reconciliation initiatives.







WHAT FIRST NATIONS PEOPLES WANT YAR-ITJI PALAK-INDAU

- Cultural knowledge within Council to improve practices and build safe and trusting relationships. (Lore)
- Local places where people can access easy-to-understand information and support to find culturally safe services and connect with each other. (Kinship – Family)
- Increased local acknowledgment and recognition of First Nations history, through language and storytelling. (Language – Story Telling and Arts)
- First nations-led ceremonies and events on country. (Ceremony and Events)
- Opportunities to educate community about First Nations culture, heritage and sustainable environment practices with food and plant education. (Land and Water)



OUR PRIORITIES NAMAWI YAMALAITJI KUNGUL-URUMI

- **Collaborate** to build stronger relationships with First Nations organisations and individuals to increase cultural knowledge and understanding within Council. (Lore) **C**
- **Explore** local spaces, which could be used to provide information about culturally safe services, information and support opportunities to connect with each other. (Kinship – Family) **E**
- **Collaborate** with First Nations peoples to educate and promote culture and heritage through storytelling, signage and events such as NAIDOC. (Language – Story Telling and Arts; Ceremony and Events) **C**
- **Collaborate** with others with the aim to encourage sustainable lifestyles. (Land and Water) **C**





KEY ACTIONS

YAMALAITJI NGOPAN

- **Collaborate** with First Nations peoples to develop and implement a Reconciliation Action Plan within Council. **C**
- **Explore** opportunities to create a Cultural Liaison role within Council to build stronger relationships with First Nations communities. **E**
- **Support** and participate in First Nations events and initiatives such as NAIDOC, and opportunities to connect with each other. **S**
- **Collaborate** with partners to seek grant opportunities for projects that educate community about First Nations culture. **C**
- **Explore** opportunities for learning from First Nations peoples about native foods and plants and caring for Country. **E**



OUR STORIES

NAMAWI THUNGGARAR

In 2021, NAIDOC Week was led by the Ramindjeri people on Country at Ratalang (Basham) Beach. The Community Wellbeing Team historically led NAIDOC Week celebrations across the region annually with a working group made up of First Nations peoples and community members. Working together we were able to transition from this being Council-led to First Nations-led. Council continues to contribute financially to each event and our team provides in-kind and volunteer support to assist on the day (as invited).

The outcome was transformative for NAIDOC celebrations in Alexandrina and the achievement is to be celebrated by both First Nations people and Alexandrina Council.

OUR PEOPLE LIVING WITH DISABILITY



QUICK STATS

24%

of residents live with some form of disability ⁵

8%

of residents need assistance with 'core activities' for self-care, mobility and/or communication ¹

15%

of residents provided unpaid assistance to a person with disability, health condition or old age ¹



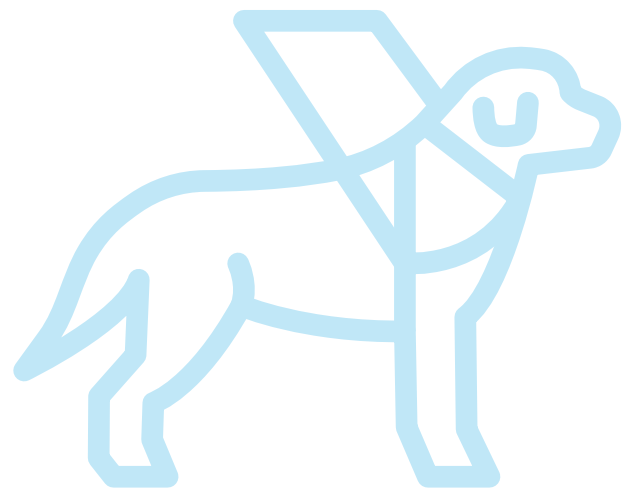
WHAT'S STRONG

Our people living with disability have... a strong sense of community and feel connected to others.

Our region... Recognises people living with disability are active and engaged citizens in a caring community.

OUR PEOPLE LIVING WITH DISABILITY RECOGNISE AND VALUE

- The broad range of options for connection within our community.
- Opportunities to be involved in community activities that create meaningful connections and purposeful roles.

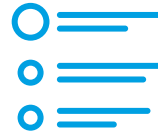






WHAT PEOPLE LIVING WITH DISABILITY WANT YAR-ITJI PALAK-INDAU

- To feel connected and a sense of belonging by being involved in decision-making and participating in community life.
- To be informed with information that is easy to understand.
- Council to support people living with disability and share information about how we have done this, including about the Disability Access and Inclusion Plan.
- Accessible places and spaces, complemented by a culture of inclusivity.



OUR PRIORITIES NAMAWI YAMALAITJI KUNGUL-URUMI

- **Support** inclusion, connection and participation in the community for people living with disability. **S**
- **Deliver** accessible information about services, learning and social opportunities, in a way that is easy to understand. **D**
- **Deliver** information about the implementation of the Disability Access and Inclusion Plan. **D**
- **Collaborate** with others to enhance facilities and venues to be accessible and inclusive of all abilities. **C**





KEY ACTIONS

YAMALAITJI NGOPAN

- **Promote** awareness of disability access and inclusion, for example by celebrating International Day of People with a Disability and supporting other community education initiatives. **P**
- **Deliver** accessible versions of key Council documents. **D**
- **Promote** opportunities for people living with disability to participate in relevant advisory groups. **P**
- **Explore** and conduct community consultation for 'Changing Places' - Adult Change Facility. **E**



OUR STORIES

NAMAWI THUNGGARAR

'If everyone is treated equally the world would be a better place'.

Kym, a published author, volunteer and a passionate advocate for improving literacy has recently been the catalyst for a successful application for a community wellbeing grant.

Kym approached the Goolwa Community Centre with a request to access an Auslan Course. As there were no courses available locally the Centre submitted, and was awarded the grant to provide a community-based course. This will increase the number of people in our community who will have skills in communicating using Auslan. This community-led initiative will support people to learn sign language to better communicate with people who are hearing impaired or have a communication disability.

OUR CULTURALLY AND LINGUISTICALLY DIVERSE (CALD) COMMUNITY



QUICK STATS

16%

of residents were born overseas ¹

32%

of residents have one or more
parent born overseas ¹

4%

of households speak a language
other than English at home ¹

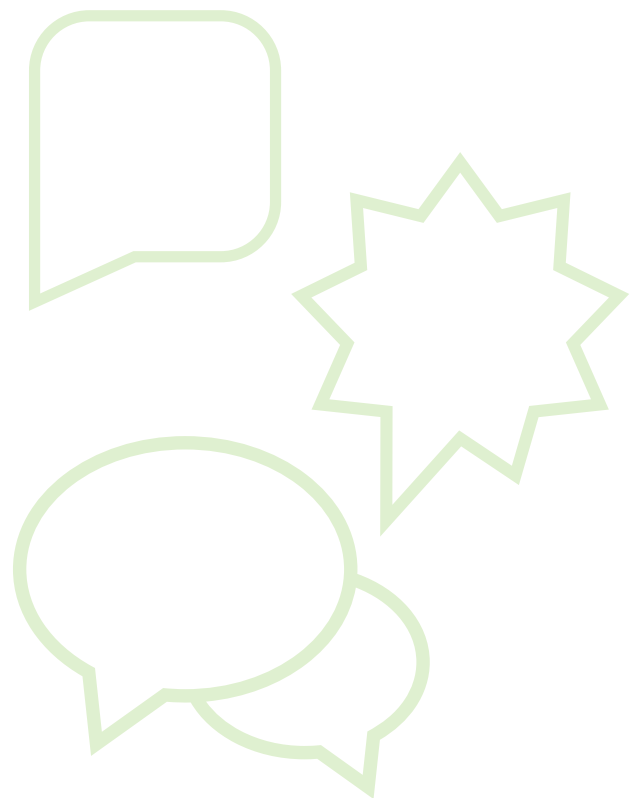
WHAT'S STRONG

Our culturally and linguistically diverse people are... eager to contribute to the community and exchange cultural knowledge and experiences.

Our region has... local opportunities to learn other languages and engage in multicultural learning.

OUR CULTURALLY AND LINGUISTICALLY DIVERSE PEOPLE RECOGNISE AND VALUE

- Our friendly, supportive and diverse community.
- Our vibrant intercultural events.

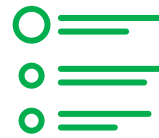






WHAT PEOPLE WANT YAR-ITJI PALAK-INDAU

- Programs and activities that offer opportunities for cross-cultural learning and connection.
- Support for CALD residents in learning our local language, culture and customs.
- Multicultural events that celebrate diversity.
- Information about local support services, groups and volunteer opportunities.
- Business mentoring for entrepreneurs who speak English as a second language.



OUR PRIORITIES NAMAWI YAMALAITJI KUNGUL-URUMI

- **Promote** health, wellbeing, learning, connection and inclusion within our community. **P**
- **Promote** mental health and wellbeing and assist with cultural integration. **P**
- **Support** delivery of the Arts and Culture Strategy to celebrate our diverse community. **S**
- **Deliver** information about services, learning and social opportunities in a way that is easy to understand. **D**
- **Support** CALD residents to develop their ideas for business and enterprise through Business Alexandrina. **S**





KEY ACTIONS

YAMALAITJI NGOPAN

- **Explore** opportunities to connect CALD residents with other residents through language and cultural exchange programs. **E**
- **Collaborate** with others to assist cultural integration and promote mental health and wellbeing, for example through facilitating a community storytelling project. **C**
- **Support** community groups such as Cittaslow to host multicultural food events. **S**
- **Explore** ways to improve sharing of community and Council information in digital and paper formats to encourage social connection. **E**
- **Support** the Economic Development team to ensure Experts in Residence at the Business Hub have access to and are familiar with interpreter and translation services. **S**



OUR STORIES

NAMAWI THUNGARAR

Marko was seeking an outlet for his love of vegetable gardening in a place where he felt he belonged. The Cittaslow Community Garden provided that opportunity - Marko has tended a garden bed there since 2015.

With English as a second language Marko faced challenges in communicating as he felt his English was not good enough.

With the support of volunteer members of the garden he has shared his knowledge and passion of gardening. He can regularly be seen tending his bed and contributing to the friendly culture of the garden.

OUR LGBTIQA+ COMMUNITY



QUICK STATS

IT IS ESTIMATED THAT

3.5-11%

of Australian adults identify as LGBTIQA+ ^{6,7}

61%

of LGBTIQA+ people feel accepted at work, while 35% feel accepted at social and community events ⁸



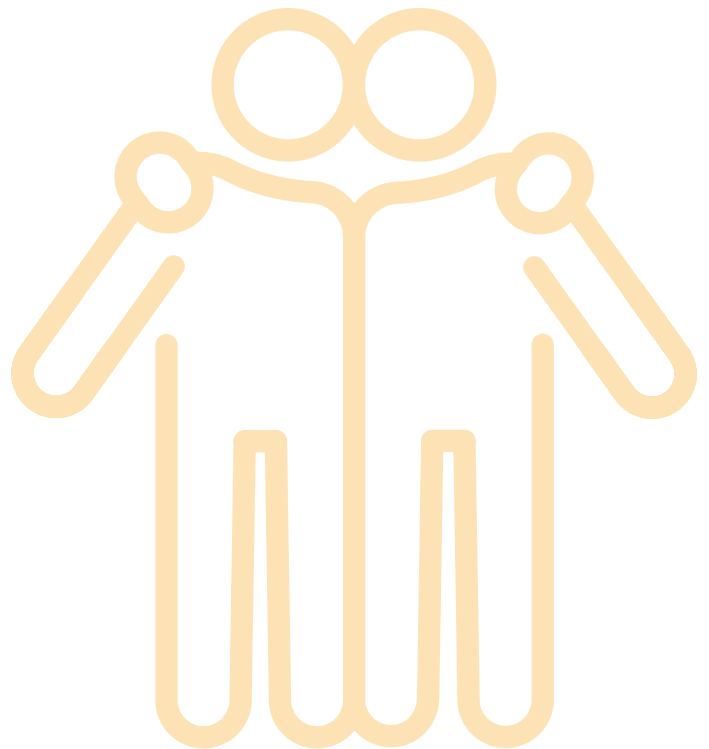
WHAT'S STRONG

Our LGBTIQ+ people are... diverse, engaged and community-minded.

Our region has... supportive, creative communities and opportunities to connect with the arts.

OUR LGBTIQ+ PEOPLE RECOGNISE AND VALUE:

- Our vibrant community events and festivals.
- Our diverse activities and community facilities.
- Our library services and support for community groups.





WHAT LGBTIQ+ PEOPLE WANT YAR-ITJI PALAK-INDAU

- Easy access to information about community facilities, activities and groups.
- Improved transport services to enable better connection and access to services that meet community needs and contribute to staying connected.
- A well-funded, well-resourced and varied AACE program with increased state-wide festival activity in the region.
- Inclusive communities where gender and sexuality diversity is understood and supported.



KEY ACTIONS YAMALAITJI NGOPAN

- **Explore** ways to improve sharing of community and Council information in digital and paper formats to encourage social connection. ③
- **Explore** community interest in developing innovative and sustainable community-led transport solutions. ③
- **Deliver** cultural programs, including a focus to secure local performances from artists involved in state festival programs. ④
- **Collaborate** to deliver education and awareness-raising initiatives that build understanding and support for gender and sexuality diversity across our community, for example by celebrating Pridevember. ④



OUR PRIORITIES NAMAWI YAMALAITJI KUNGUL-URUMI

- **Explore** ways to improve the accessibility and availability of community information. ③
- **Advocate** for cross-regional public transport that provides links to Adelaide and regional centres, and work with communities to find local, viable transport solutions. ④
- **Deliver** a high quality, diverse and inclusive AACE program. ④
- **Collaborate** with others to deliver initiatives that enhance wellbeing, connection and inclusion within our community. ④



OUR STORIES NAMAWI THUNGARAR

The Community Wellbeing Advisory Forums have provided an opportunity for people of diverse backgrounds to connect.

One participant, a member of Fleurieu Pride, a local LGBTIQ+ support group, stated “I came along to this event not thinking you would have a table for me”.

Through connections made at the forum, Fleurieu Pride were supported to access grant funding, develop relevant connections and promote their group within the Alexandrina community.

EVALUATING OUR PLAN

We will establish an evaluation framework to monitor our progress. We will report on our outcomes annually using qualitative and quantitative measures. We will know we are making a difference if we hear and see the following things happen in our community:

WE WILL ENCOURAGE AN ACTIVE AND HEALTHY COMMUNITY

Examples of how we will know we've made difference:



More people of all ages and abilities are engaging in health promoting activities.



People feel they have the supports they need to improve or maintain their mental health.



More people are actively engaged in climate action and live sustainable lifestyles.

WE WILL FOSTER A CONNECTED AND INCLUSIVE COMMUNITY

Examples of how we will know we've made difference:



People frequently access information about social opportunities, volunteering, services, facilities and council plans.



More people of all ages and abilities are engaging in learning and social activities.



People of diverse backgrounds are involved in decision-making and leadership roles.



We have stronger relationships with members of our First Nations communities.

WE WILL DEVELOP A VIBRANT AND ARTISTIC COMMUNITY

Examples of how we will know we've made difference:



First Nations peoples feel they have access to pathways to progress their skills and practice culture.



Our community is proud of our AACE program.



More people of all ages, abilities and backgrounds are involved in arts and culture experiences.

WE WILL ENRICH OUR PLACES AND SPACES

Examples of how we will know we've made difference:



Council-owned facilities are used more frequently by our community.



People feel they have sports, recreation and open space facilities that cater for their needs.



People of diverse abilities feel they can easily and safely access our places and spaces.

WE WILL STIMULATE OUR COMMUNITY'S RESOURCES

Examples of how we will know we've made difference:



More community-led solutions are supported by our Community Grants program or connected to alternative funding opportunities.



We have investigated solutions and undertaken advocacy activities to improve public transport networks and resource affordable housing in our region.



Local businesses and social enterprises are aware of and responding to community needs.



More young people are engaged in employment and training opportunities locally.



Business Alexandrina offer a CALD-friendly service.

ACKNOWLEDGEMENTS

The Community Wellbeing Action Plan was written and developed by Community Wellbeing Team in partnership with the Alexandrina community.


We would like to acknowledge the following people who assisted in its development:

- Cr Karyn Bradford for planting the seed of an idea for a Community Wellbeing Advisory Forum to be a voice to Council about wellbeing.
- Members of the Community Wellbeing Advisory Forum who assisted with the community consultation and analysis of feedback.
- Community members who provided their feedback on wellbeing in Alexandrina.
- Council staff and Elected Members who provided input.

REFERENCES

1. [Australian Bureau of Statistics, 2021 Census](#)
2. [Australian Bureau of Statistics, 2016 Census](#)
3. [Commonwealth of Australia, Australian Early Development Census 2021](#)
4. [Department for Education, Wellbeing and Engagement Collection 2021](#)
5. [Australian Bureau of Statistics, Disability, Ageing and Carers, Australia: Summary of Findings 2018](#)
6. [Wilson, Temple, Lyons & Shalley 2020, What is the size of Australia's sexual minority population?](#)
7. [Australian Human Rights Commission 2014, Face the facts: Lesbian, Gay, Bisexual, Trans and Intersex People](#)
8. [Hill, Bourne, McNair, Carman & Lyons 2020, Private Lives 3: The health and wellbeing of LGBTIQ people in Australia](#)



A photograph of a man and a woman sitting on a wooden bench, looking out at the ocean. The man is wearing a red jacket and a grey cap, and the woman is wearing a colorful striped shirt. A bicycle with a wicker basket is parked next to them. The background shows a vast ocean under a cloudy sky.

Connect with the Community Wellbeing team, and help us bring the Community Wellbeing Action Plan 2022-26 to life.

We will continue to engage with the community as we implement the plan, to maintain the voice of community throughout the next four years. We would love to hear your thoughts on the Community Wellbeing Action Plan or hear about how you might be able to help achieve some of our community's aspirations.

Visit alexandrina.sa.gov.au/wellbeing to find out what is going on and how you can get involved.

Contact the Community Wellbeing team on **8555 7000** or email **alex@alexandrina.sa.gov.au** or come and say hello when we are out in the community.



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The Wave' mural at Middleton, by Barbary O'Brien.