



# Community Health Health Promotion Annual Action Plan

## 2023-2024



north richmond  
community health  
Wulempuri - Kertheba

# Acknowledgement of Traditional owners



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North Richmond Community Health (NRCH) is situated on Wurundjeri land. Staff and Board Members of Wulempuri – Kertheba acknowledge the Wurundjeri people, the traditional custodians of the land we work on.

We respect the land in honour of the Wurundjeri Ancestors, who cared for this land for thousands of years. Wurundjeri Senior Elder Doreen Garvey-Wandin named North Richmond Community Health Wulempuri-Kertheba, which means 'staying healthy together' in the Woiwurrung language.

# Introduction



The NRCH Health Promotion program sits within the Healthy Communities portfolio, which reports directly to the Executive Manager Community Services and Consumer Empowerment.

The Health Promotion team is comprised of four staff, three of whom live in the City of Yarra and represent the communities we work closely with:

- Manager Healthy Communities (1 EFT) – Chantelle Bazerghi
- Health Promotion Coordinator (1 EFT) – Recruited new member, commencing on 11th September 2023
- Health Promotion Concierge/Officer (0.4 EFT) – Lan Nguyen
- Health Promotion Concierge/Officer (0.2 EFT) – Maryan Mohamed

In 2023-2024, our Community Health Health Promotion (CHHP) focus areas will be:

1. Mental Health and Wellbeing
2. Physical Wellbeing (Healthy Eating and Active Living, Reducing Tobacco Related Harm)
3. Reconciliation

To support this work, we are applying two lenses across all our CHHP activities:

- Gender equity
- Climate change



# Our Vision

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To nurture and build a healthy community through evidence-based health promotion and prevention projects.

Using strength-based principles, NRCH is working with the community to create a place where each person feels that they belong, has meaningful connections to others, feels safe to be themselves and can get the support they need to live a healthy life.





# Six key principles underpinned this Annual CHHP Action Plan



## **Working at scale:**

By working collaboratively and in partnerships, our strategies, goals and objectives are intended to achieve longer-term outcomes for sustainability in population health improvements.

## **Evidence-informed priorities and collaborative planning:**

This Plan is based on evidence available about health is in alignment with those of government and local partners. One of the outcomes of this approach to planning is to inform future shared strategic planning in 2021-25 across the City of Yarra which will further create collaborative methods of working.

## **Inequities and the determinants of health:**

We recognise that the determinants of health influence the health status, behaviors and social issues of all individuals and populations. With our partners, we seek to impact those determinants we can influence. Therefore, while all the programs and projects aim to improve the health and wellbeing of the whole population, more focus is given to supporting vulnerable population groups such as newly arrived migrants, people from Culturally and Linguistically Diverse backgrounds, Aboriginal and Torres Strait Islander people, and communities living in socially disadvantaged locations such as the North Richmond housing estate.

## **Co-design and community engagement:**

We recognise that for health promotion work to be effective and sustainable, our communities must be engaged as active partners and stakeholders. NRCH uses the “Concierge model” and this is evident in the employment of Health Promotion Concierges from our public housing estates.

## **Partnerships and places:**

We recognise that the work of health promotion and prevention requires strong partnerships working to mutually reinforce the strategies and actions which will deliver outcomes. Working in partnerships enables the maximizing of partner resources by leveraging expertise and by implementing mutually reinforcing activities to generate improvements in health outcomes.

## **Systems change:**

By looking through the lens of systems change, we will increasingly understand the dynamics of prevention practice across populations and the linkages and relationships necessary to intervene effectively. We acknowledge that complex problems require solutions based on partnerships, engaged communities, mutually reinforcing activities and scaled up actions.

# Policy and Planning

Table 1 demonstrates a transparent line of sight to the policy and planning context at state and regional levels for the work of NRCH's health promotion and prevention work, aligning our Community Health - Health Promotion (CHHP) priorities for 2021-2025.

This Strategic CHHP plan is building on priorities and partnerships that are already established to ensure an integrated approach to health promotion across North Richmond Community Health's catchment.

To ensure that our efforts are aligned not only with external partners but also across NRCH, our CHHP work will be strengthened by the health services work undertaken across other areas of the organisation, such as Allied Health and Dental Services, which work along the continuum from primary prevention through to early intervention and chronic disease care.

Table 1: Alignment Document

National Level	<ul style="list-style-type: none"><li>• Australia's Long-Term National Health Plan 2019-2030.</li></ul>
State Level	<ul style="list-style-type: none"><li>• Victorian Public Health and Wellbeing Plan 2019-2023.</li><li>• Korin Korin Balit-Djak – Aboriginal Health, Wellbeing and Safety Strategic Plan 2017-2027.</li></ul>
LGA Level	<ul style="list-style-type: none"><li>• Municipal Public Health and Wellbeing Plan 2021-2025 (City of Yarra)</li></ul>



# Community Engagement

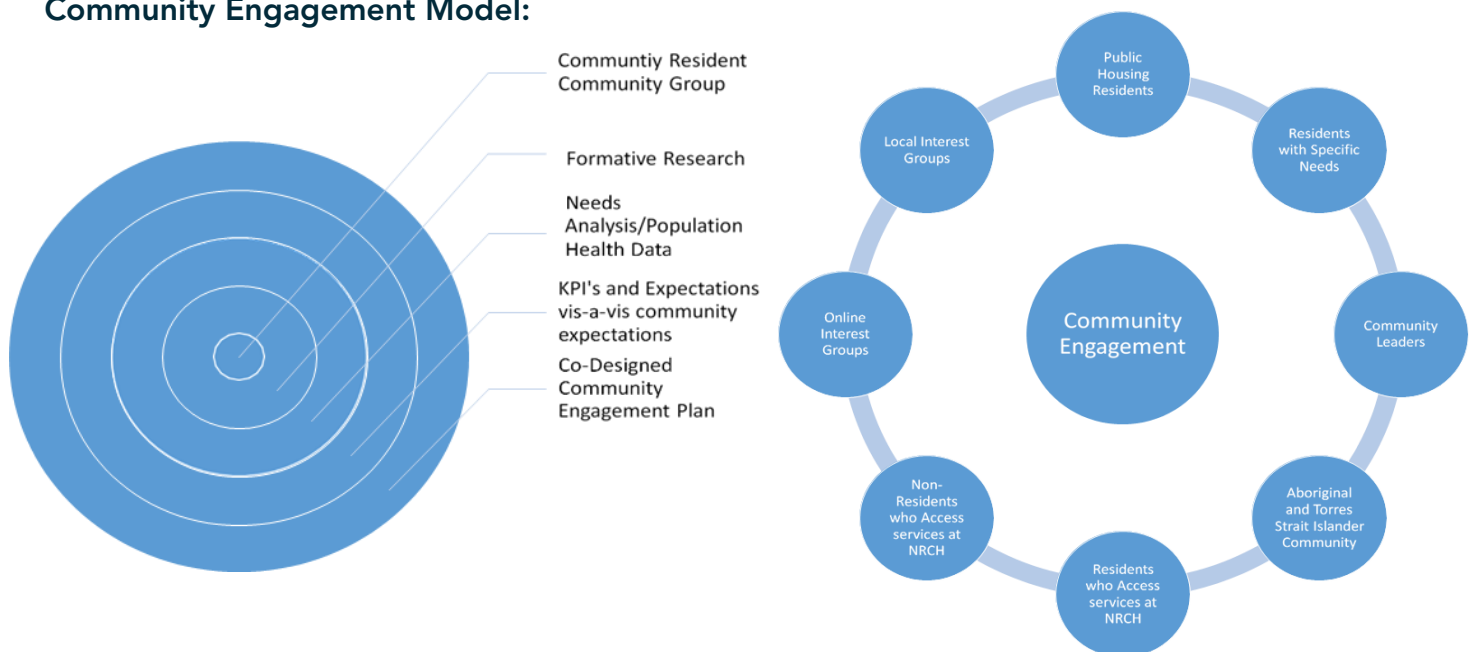
This diagram represents NRCH's Community Engagement Strategy with community at the centre and co-design being our core principle when delivering Health Promotion.

**Community Engagement Strategy:** Community-lead and co-designed

**Future Directions:** Community Engagement Strategy

- Community Engagement Policy
- Community Engagement Plan (Connecting to our service users and community by listening, learning, involving, and empowering community)

## Community Engagement Model:



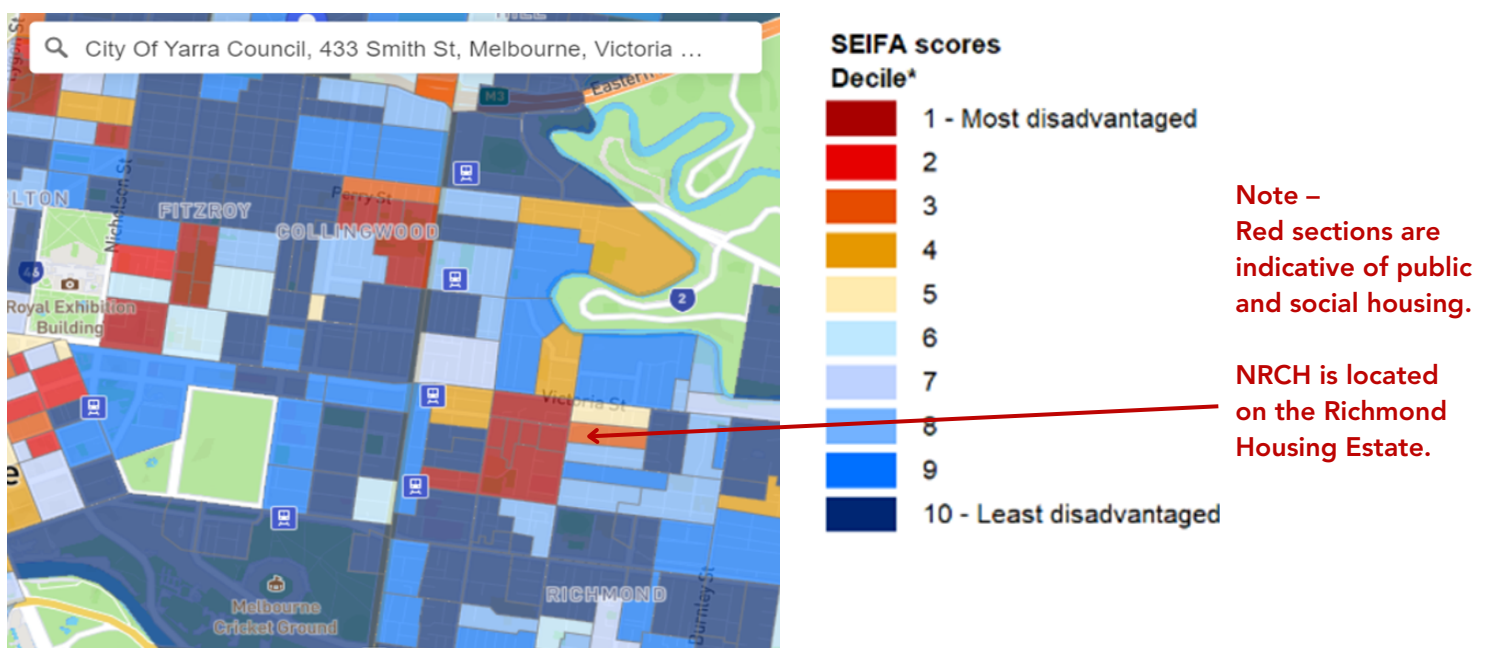
# Our Priorities

## Public Housing Tenure & Disadvantage

NRCH is located on the North Richmond Housing Estate, the most densely concentrated public housing precinct in the southern hemisphere. In 2021, 8.1% of residents in the City of Yarra lived in social housing, which included public housing, compared to 2.3% in Greater Melbourne (Homes Victoria 2022).

The ABS Socio-Economic Indexes for Areas (SEIFA) measures the relative level of socio-economic disadvantage based on a range of Census information including low income, low educational attainment, high unemployment, and jobs in relatively unskilled occupations. The 2021 Census illustrates that levels of disadvantage in Yarra are highly concentrated in the main public housing areas within Richmond, Collingwood and Fitzroy.

For this reason, we focus our efforts on the needs of community members living in public housing in the **City of Yarra**.



Australian Bureau of Statistics, Community Profile – People and Households, Socio-Economic Indexes for Areas (SEIFA) 2021

# Priority Area 1

## Mental Health and Wellbeing

Public housing residents use health services provided by, or funded by government, at a much higher rate than other Victorians. They are five times more likely to access community mental health services, eight times more likely to access drug and alcohol services, and four times more likely to use community health services (Homes Victoria SELDR data 2022).

In the City of Yarra, residents experience long-term mental health conditions at a greater rate than other Victorians, as demonstrated in Table 2(SEIFR Census 2021). Additionally, seeking help for a mental health issue was higher for both men and women in the City of Yarra compared to the Victorian state average (Victorian Department of Health 2020), as shown in Table 3.

The COVID-19 pandemic has exacerbated pre-existing inequities within disadvantaged communities. The latest studies have shown that exclusion of disadvantaged communities has left many feeling an increased feeling of stress and anxiety (Morris et al. 2020). VicHealth (2020) reports that 39% of people who don't speak English as a first language have reported significant difficulty with mental health issues and social connection.

Residents living in public housing in the City of Yarra are predominantly from a Culturally and Linguistically Diverse Background (CALD) with a high percentage of people born overseas, as presented in Table 4.

According to recent data shared by the Department of Families, Fairness and Housing (DFFH) (Homes Victoria SELDR data 2022), public housing estate residents of North Richmond utilise mental health services six times more than other Victorians and are 5 times more likely to have a mental health admission compared to other Victorians, as seen in Table 5.

This priority aligns with the Victorian Public Health and Wellbeing Plan 2019-2023 and the City of Yarra's Municipal Public Health and Wellbeing Plan to improve mental wellbeing. NRCH have been a key partner in the City of Yarra's planning process through a series of consultations and workshops and mental wellbeing was flagged to be one of the most pressing priority areas between 2021-2025 by Community Health organisations in Yarra.



Table 2: SEIFR City of Yarra Health Conditions, ABS Census Data 2021

Type of long-term health conditions by sex

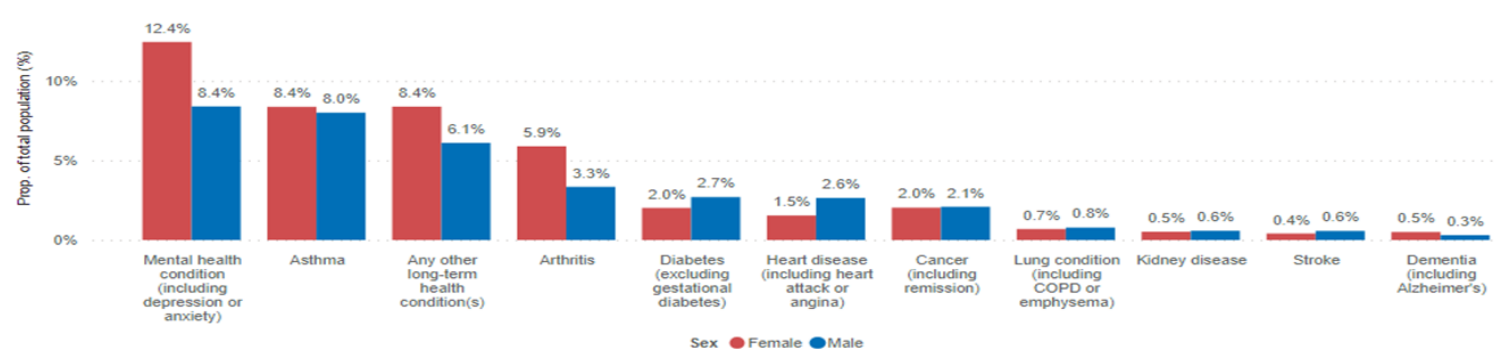


Table 3: Yarra’s Health and Wellbeing Profile 2020

Indicator	Yarra	Victoria
Diagnosed with anxiety or depression		
Total	27.0%	27.4%
Women	31.6%	33.6%
Men	21.9%	21.0%
Sought professional help for a mental health problem in the previous year		
Women	24.9%	21.2%
Men	18.1%	14.1%

Table 4: City of Yarra Housing Estate data, Socioeconomic Linked Data Report (SELDR) 2022, Homes Victoria

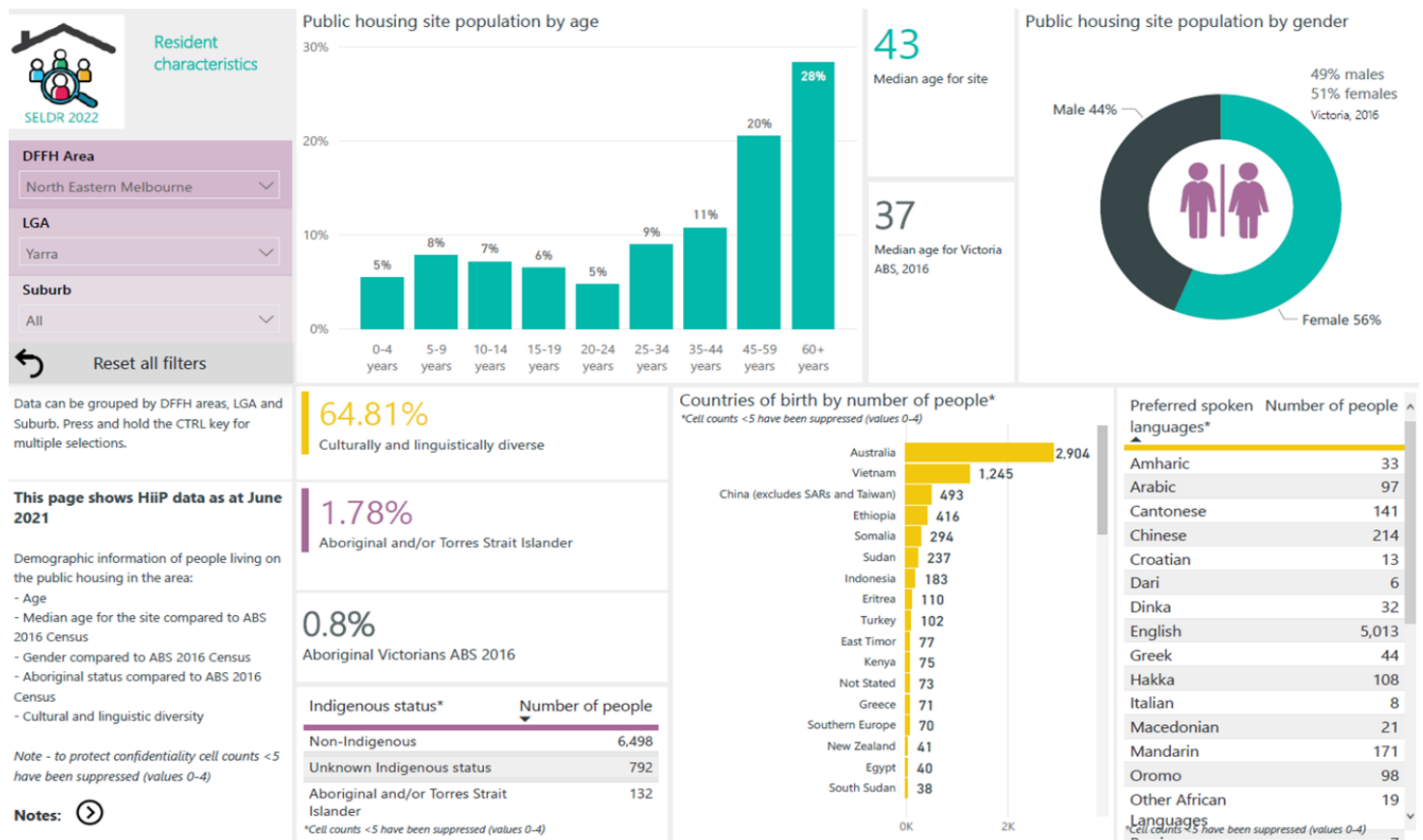


Table 5: Richmond Housing Estate data, Socioeconomic Linked Data Report (SELDR) 2022, Homes Victoria

Health Services accessed 2016-2020	Number of people	Percent of site pop.	State comparison
ED presentation	1,771	23%	25%
Community health	878	35%	9%
Hospital admission - acute elective	681	27%	40%
Hospital admission - acute emergency	585	23%	27%
Mental health community contact	135	5%	3%
Hospital admission - subacute	125	5%	7%
Drug and alcohol	68	3%	1%
Mental health admission	64	3%	1%
Hospital admission - acute other	45	2%	2%

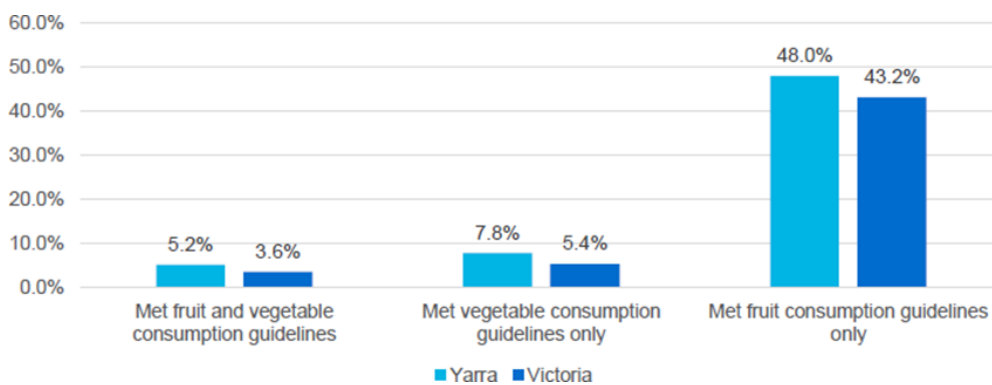
# Priority Area 2

## Physical Wellbeing (Healthy Eating and Active Living, Reducing Tobacco Related Harm)

According to the Victorian Department of Health (2017), the City of Yarra had good fruit and vegetable intake when compared with the Victorian average. Further, the same can be seen when considering take-away and sugar sweetened beverage consumption as displayed in table 4 and table 5 below.

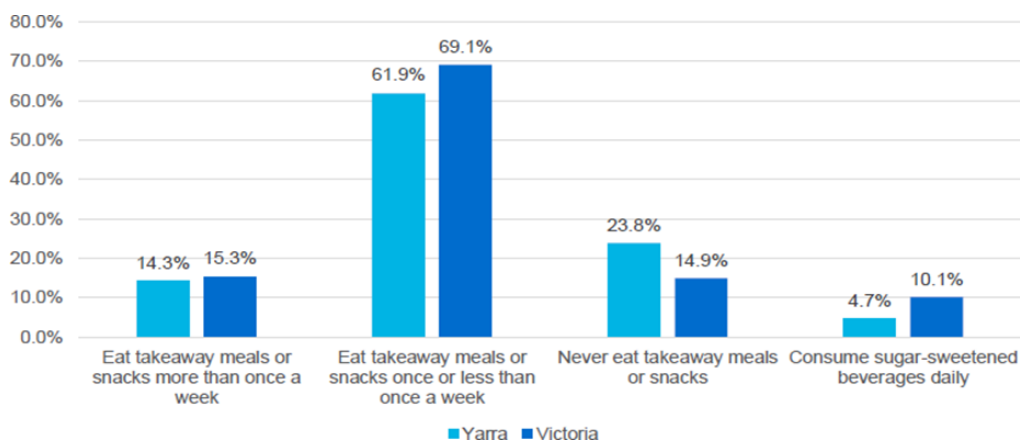
However, the Covid-19 pandemic and associated lockdowns across Victoria have had a significant impact on food systems and Victorian people's access to certain foods.

*Table 4: Fruit and Vegetable consumption in City of Yarra compared to the Victorian average in people aged 18 years and above.*



(Yarra's Health and Wellbeing Profile 2020)

*Table 5: Takeaway and sugar sweetened beverage rates in the City of Yarra compared to the Victorian average in people aged 18 years and above. Yarra's Health and Wellbeing Profile 2020)*



(Yarra's Health and Wellbeing Profile 2020)

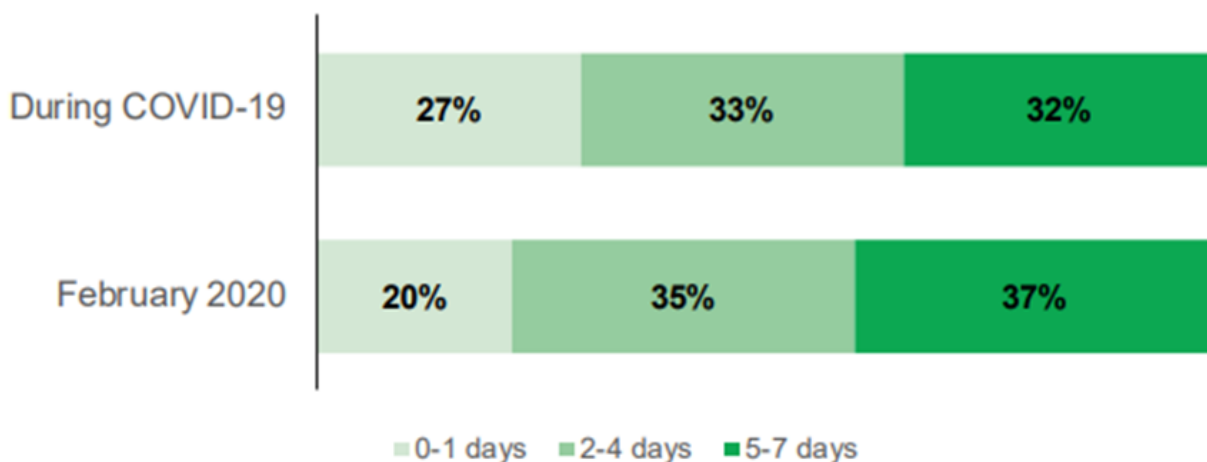


The most recent data available is from the Victoria Population Health Survey conducted in 2014, shows 7.2% of Yarra residents indicated they were food insecure with hunger, compared with 3.6% of Victorians, indicating food security is an area of concern in the City of Yarra, with some population groups at a higher risk of food insecurity, and by association consume fewer fruits and vegetables, and more discretionary foods. These include unemployed people, single parent households, low-income earners, rental households, and young people. Aboriginal and Torres Strait Islander people, culturally linguistically diverse and social isolated people are also at higher risk (Yarra’s Health and Wellbeing Profile 2020).

In 2020, there was a 40% increase in demand of food relief and 28% increase in people facing food insecurity for the first time, which was more pronounced in disadvantaged communities such as those living in public housing (Foodbank 2020). NRCH, in partnership with local services, has played a pivotal role in increasing food security to housing estate residents and the wider community, focusing on increasing access to and knowledge of culturally appropriate, nutritious and sustainable food supplies through our CHHP Physical Wellbeing Priority.

In relation to physical activity, a more recent VicHealth study found that physical activity had also been impacted by lockdowns and COVID-19 restrictions, with 39% of City of Yarra residents stating low motivation as the main barrier to exercise (2020). A survey of the public housing estates of Richmond, Collingwood, and Fitzroy found that the majority of residents of these estates would be more physically active if they had more opportunities to participate in planned physical activity exercises (VicHealth 2020). The Heart Foundation also reported that people did significantly less physical activity during lockdown and raised concerns that this may continue post lockdown (Heart Foundation 2020).

Figure 22 Frequency of physical activity



(VicHealth 2020)

This priority area also focuses on reducing tobacco related harms as a leading cause of disease and death in Australia (Australian Institute of Health and Welfare 2020). Multiple studies have found associations between smoking, financial stress, and housing insecurity (Greenhalgh, Scollo & Pearce 2022), and there is growing evidence to suggest that this also extends to young people and an increased uptake of vaping (Simon et al 2018). As such, our activities to reduce tobacco related harm will focus on public housing residents and young people in the City of Yarra.

# Priority Area 3

## Reconciliation

The City of Yarra, especially the suburbs of Fitzroy, Collingwood, and Richmond carry a significant history for the Aboriginal community living in these areas. Many key Aboriginal organizations run in the City of Yarra e.g. Victorian Aboriginal Health Service. (ABS 2019)

The 2021 census recorded 491 Aboriginal and Torres Strait Islander people living in the City of Yarra, making up 0.5% of the residents of the City of Yarra (ABS 2021), with 1.78% of public house estate residents in the City of Yarra identify as Aboriginal or Torres Strait Islander. However, this number does not include the significantly higher number of Aboriginal and Torres Strait Islander people who come to the City of Yarra each day to use NRCH services or gather.

In June 2020 during the peak of the pandemic VicHealth found that in comparison with the Victorian average, Aboriginal or Torres Strait Islander people experienced higher rates of psychological distress (28%), financial hardship (74%), risk of short-term harm from alcohol (48%), daily sugary drink consumption (80%), and running out of food and being unable to afford more (46%) (VicHealth 2020) when compared to the rest of Victoria.

## **Lenses**

The Health Promotion team at NRCH will be applying the following lenses across all our health promotion activities/projects in different priority areas.

### **Gender Equity:**

Public housing residents in Victoria are 6 times more likely to ask for emergency help, 4 times more likely to access child protection services, 7 times more likely to access family violence services (Homes Victoria SELDR data 2022). This demonstrated the ongoing need for promoting gender equity in high density public housing.

NRCH is part of the Building a Respectful Community (BRC) Partnership, which is coordinated by Women's Health in the North (WHIN) and aims to reduce violence against women in our communities. We will continue our work with external stakeholders through this partnership to leverage off existing gender equity frameworks, such as Change the story, when planning and developing our projects to ensure we are promoting gender equity in our workplace and community.

### **Climate Change:**

The Health Promotion team will continue to work with our Operations and Catering Programs to ensure sustainable and environmentally friendly products are utilized across NRCH and for all external events and activities. The Achievement Program has climate changes resources which the Health Promotion team will use to evaluate the work we do in this space.

# 1. Mental Health



## Target Population Groups

- The residents of the City of Yarra
- Public housing residents in the City of Yarra
- Local community leaders and religious faith leaders
- NRCH staff and volunteers

## Settings

- NRCH Community Health Service
- Yarra Housing Estates - Richmond, Collingwood and Fitzroy
- Neighborhood houses in the City of Yarra - Belgium Avenue Neighborhood House, Collingwood Neighborhood House
- Richmond Youth Hub and Fitzroy Youth Centre

## Key Partnerships

- Vic Health
- City of Yarra Youth Services
- Department of Families, Fairness and Housing (DFFH)
- Yarra Residents Voice Group
- Yarra Mental Health Alliance
- cohealth
- Cancer Council Victoria
- Mental Health First Aid Australia

## Planned Objectives:

- Increase mental health awareness, health literacy and knowledge, improve accessibility and reduce stigma for diverse communities.
- Deliver mental health promotion, prevention, and engagement activities.
- Increase referrals from NRCH services into health promotion and social inclusion activities.
- Increase access to mental health and wellbeing resources and support.
- Support the Worker Wellbeing Initiatives at NRCH.



**Resource allocation - 25% of IHP budget will be allocated to this priority.**

Planned Initiatives	Indicators of success	Resourcing	Timeframe
<b>Mental Health First Aid (MHFA) training</b>	<ul style="list-style-type: none"> <li>20 community members have completed MHFA training, including community leaders and different language groups.</li> <li>3 community members become MHFA Instructors and begin delivering training in prevalent community languages.</li> <li>20 local service staff have completed MHFA training.</li> <li>3-month follow up surveys indicate that MHFA training has improved participant confidence to provide MHFA and reduce MH stigma.</li> </ul>	<p>Led by CHHP</p> <p>Supported by DFFH, MHFA Australia, NRCH volunteers NRCH Instructors.</p> <p>Funded by CHHP and DFFH (20:80)</p>	30 June 2024
<b>Engage with local mental health &amp; AOD services to improve access for CALD communities</b>	<ul style="list-style-type: none"> <li>Development of a mental health and related services directory in City of Yarra.</li> <li>20 local service staff have completed MHFA training.</li> <li>3-month follow up surveys indicate that MHFA training has improved participant confidence to provide MHFA to CALD clients.</li> </ul>	<p>Led by CHHP</p> <p>Supported by the NRCH Counselling team, Yarra Menta Health Alliance, City of Yarra and DFFH.</p> <p>Funded by CCHP and City of Yarra (40:60)</p>	30 June 2024
<b>Work closely with NRCH's Volunteer Services and clinicians to increase referrals to social engagement activities/programs</b>	<ul style="list-style-type: none"> <li>Number of clients engaged in NRCH's Social Inclusion Program (SIP).</li> <li>The Health Promotion team refers at least 20 community members into the program.</li> </ul>	<p>Led by Volunteering Services</p> <p>Supported by CHHP</p> <p>Funded by CHHP and NRCH (20:80)</p>	30 June 2024

Planned Initiatives	Indicators of success	Resourcing	Timeframe
<b>The Achievement Program</b>	<ul style="list-style-type: none"> <li>Continue to meet requirements of Mental Health benchmark standard.</li> </ul>	<p>Led by CHHP</p> <p>Funded by CHHP</p>	30 June 2024
<b>Support the delivery of Worker Wellbeing Initiatives</b>	<ul style="list-style-type: none"> <li>Continue to support the administration of the Health &amp; Wellbeing Working Group (H&amp;WWG).</li> <li>Support the H&amp;WWG to plan and deliver mental health month activities and R U OK? Day, with assistance from MHFA officers.</li> <li>Support new wellbeing activities as identified by staff from annual wellbeing survey.</li> </ul>	<p>Led by CHHP</p> <p>Supported by NRCH People &amp; Culture and MHFA Officers</p> <p>Funded by CHHP and NRCH (10:90)</p>	30 June 2024
<b>Support mental health training opportunities for staff and volunteers.</b>	<ul style="list-style-type: none"> <li>Support the delivery of 4 MHFA courses at NRCH with a minimum of 25 staff attending.</li> </ul>	<p>Led by CHHP</p> <p>Funded by CHHP and NRCH (10:90)</p>	30 June 2024

# 2. Physical Wellbeing



## Target Population Groups

- City of Yarra public housing estate residents (Richmond, Collingwood and Fitzroy)
- Residents of the City of Yarra more widely
- Local school communities – Richmond West Primary, Richmond High, Trinity College, Lynall Hall Community School, and Collingwood College.
- NRCH staff and volunteers

## Settings

- Local schools
- Neighborhood houses in the City of Yarra
- Richmond Youth Hub
- Public spaces around the City of Yarra
- Yarra Leisure Centres
- NRCH Community Health Service
- Yarra Housing Estates - Richmond, Collingwood and Fitzroy

## Partnerships

- Cancer Council Victoria
- Neighbourhood Houses (Carlton, Belgium Avenue and Collingwood)
- Local community members, including QUIT community advocates
- QUIT Victoria
- City of Yarra Youth Services
- Local school communities (as above)
- City of Yarra Leisure Centers
- Health Eating Advisory Service (HEAS)
- RecLink

**Planned Objectives:**

- Information about healthy eating and physical activity for preventing disease is available to NRCH clients and participants of NRCH community activities.
- Increase participation in physical activities across the City of Yarra.
- Supporting local settings in implementing state-wide health promotion programs (e.g. Vic Kids Eat Well (VKEW), QUIT Victoria).
- Increase access to healthy food options at the NRCH Meeting Place Café, Cultural Catering, and all activities in which NRCH takes part.
- Implement the Healthy Choices framework at NRCH.
- Promote physical activity opportunities to NRCH staff and volunteers.

**Resource allocation - 65% of IHP budget will be allocated to this priority.**

Planned Initiatives	Indicators of success	Resourcing	Timeframe
<b>Vic Kids Eat Well - deliver VKEW small and big bite changes in local eligible settings</b>	<ul style="list-style-type: none"> <li>• Baseline survey is completed by 2 new settings.</li> <li>• 1 settings complete small bite changes.</li> <li>• 1 setting implements a big bite change.</li> </ul>	<p>Led by CHHP</p> <p>Supported by Cancer Council</p> <p>Funded by CHHP</p>	30 June 2024
<b>Weekly women's exercise group in Collingwood</b>	<ul style="list-style-type: none"> <li>• Regular attendees report an increase in physical activity and sense of wellbeing associated with attendance to the group.</li> </ul>	<p>Led by NRCH</p> <p>Supported by RecLink, CHHP and City of Yarra</p> <p>Funded by City of Yarra</p>	31 August 2023 - 20 January 2024
<b>United Cooking Group - weekly group in Richmond for community to share their cultural dishes</b>	<ul style="list-style-type: none"> <li>• Increase awareness of different culture's foods and their nutritional value.</li> <li>• Increased number of people using healthy cooking recipes.</li> </ul>	<p>Led by NRCH Yarra Public Housing Mental Health Project</p> <p>Supported by CHHP and NRCH Volunteer Services</p> <p>Funded by City of Yarra</p>	27 July 2023 - 30 June 2024

Planned Initiatives	Indicators of success	Resourcing	Timeframe
<b>Yarra Leisure community discounted gym memberships</b>	<ul style="list-style-type: none"> <li>Gym membership sales increase from the previous year.</li> <li>A higher percentage of community members report an increase in physical health improvements in comparison to previous years.</li> <li>Increase awareness of Youth Gym Memberships across local high schools and Youth groups.</li> </ul>	<p>Led by CHHP</p> <p>Supported by NRCH Volunteer Services and City of Yarra</p> <p>Funded by CHHP</p>	30 June 2024
<b>Nutrition sessions at Out-of-School Hours Care settings (OSHC)</b>	<ul style="list-style-type: none"> <li>Partner with NRCH dietitian and at least 2 new settings to deliver these sessions.</li> <li>School families attending these sessions have an increase knowledge and interest in: <ul style="list-style-type: none"> <li>assembling a nutritious lunch box</li> <li>amount of sugar in drinks</li> <li>general healthy eating information</li> </ul> </li> </ul>	<p>Led by CHHP</p> <p>Supported by NRCH Dietician</p> <p>Funded by CHHP and Allied Health (50:50)</p>	31 March 2024
<b>Partner with QUIT Victoria to pilot the 'Reducing harms from tobacco and e-cigarette products in Victorian public housing' project on the Richmond Housing Estate</b>	<ul style="list-style-type: none"> <li>Increase knowledge of adults and young people of the health and wellbeing harms of tobacco and e-cigarettes, including in pregnancy.</li> <li>Increase the number of public community events that are voluntarily smoke free.</li> <li>Engage a minimum of 1 resident advocate to implement a pilot project in partnership with QUIT to reduce tobacco related harms in public housing on the Richmond Housing Estate.</li> </ul>	<p>Led by CHHP</p> <p>Supported by Cancer Council (QUIT Victoria), DFFH and local services</p> <p>Funded by CHHP and Cancer Council (60:40)</p>	1 October 2023 - 30 April 2024



Planned Initiatives	Indicators of success	Resourcing	Timeframe
<b>Implementing HEAS guidelines at NRCH for the new menu for the NRCH Meeting Place Café and Cultural Catering programs.</b>	<ul style="list-style-type: none"> <li>• Use the tool to assess the current café menu and catering menu.</li> <li>• Implement the recommendations and order the traffic light system resources.</li> <li>• The Meeting Place Café menu and Cultural Catering menu are both compliant with HEAS.</li> <li>• Increased sales of green items in the café after implementing the traffic light system.</li> </ul>	<p>Led by CHHP</p> <p>Supported by NRCH Café and Catering Social Enterprise programs and HEAS</p> <p>Funded by CHHP</p>	18 September 2023 - 28 February 2024
<b>Promote/activate the outdoor gym equipment and local parks</b>	<ul style="list-style-type: none"> <li>• Increase in the number of staff having walking meetings and using the outdoor gym equipment.</li> <li>• Support the creation of a local parks walking map.</li> </ul>	<p>Led by CHHP</p> <p>Supported by NRCH Community Connectors and Neighbourhood Houses and City of Yarra Leisure</p> <p>Funded by CHHP and NRCH (50:50)</p>	30 June 2024
<b>Support the NRCH Health &amp; Wellbeing Working Group activities and initiatives</b>	<ul style="list-style-type: none"> <li>• Health and Wellbeing survey is completed by staff and volunteers by December 2023.</li> <li>• The results of the survey are shared with all staff and volunteers by February 2023</li> <li>• The Health&amp; Wellbeing working group at NRCH deliver new health and wellbeing activities at NRCH for staff and volunteers based on survey results.</li> <li>• Promote staff gym memberships with Yarra Leisure</li> </ul>	<p>Co-Led by CHHP and NRCH</p> <p>Supported by NRCH</p> <p>Funded by NRCH and CHHP (90:10)</p>	30 June 2024

# 3. Reconciliation



## Target Population Groups

- Aboriginal and Torres Strait Islander peoples living in the City of Yara and attending NRCH services
- NRCH staff and volunteers

## Settings

- NRCH main building and surrounding spaces
- NRCH Medically Supervised Injecting Room (MSIR)

## Partnerships

- Victorian Community Controlled Health Organisations (VACCHO)
- The Wurundjeri Council
- Reconciliation Australia and Reconciliation Victoria
- Local Aboriginal and Torres Strait Islander community
- NRCH Medically Supervised Injecting Room (MSIR)

## Planned Objectives

- Increase in Aboriginal and Torres Strait Islander community engaged with NRCH and other local services.
- Supporting the needs of the local Aboriginal and Torres Strait Islander community.
- Support the NRCH Reconciliation Action Plan – transitioning from Reflect RAP to Innovate RAP.

**Resource allocation - 10% of IHP budget will be allocated to this priority.**

Planned Initiatives	Indicators of success	Resourcing	Timeframe
<b>Supporting Aboriginal and Torres Strait Islander clients and community members to access services through the NRCH Reconciliation Action Plan (RAP)</b>	<ul style="list-style-type: none"> <li>NRCH commences the Innovate RAP</li> <li>Working with partner organisations and local ACCHOs to increase access to relevant services for Aboriginal and Torres Strait Islander clients.</li> </ul>	<p>Led by NRCH Aboriginal Health worker</p> <p>Supported by CHHP, NRCH Medically Supervised Injecting Room and VACCHO</p> <p>Funded by NRCH and CHHP (80:20)</p>	October 2023 - 30 June 2024
<b>Coordinate and deliver NRCH events and days of significance (NAIDOC, National Reconciliation Week, Sorry Day)</b>	<ul style="list-style-type: none"> <li>The Aboriginal Health Worker with assistance from the CHHP team and RAP working group lead the delivery of significant events such as: NAIDOC week, National Reconciliation Week, and National Closing the Gap Day.</li> <li>Community members and staff attending these events report an increase in knowledge of Aboriginal Health matters relating to campaigns</li> </ul>	<p>Led by NRCH Aboriginal Health Worker and CHHP</p> <p>Supported by NRCH Funded by NRCH and CHHP (80:20)</p>	27 July 2023 - 30 June 2024

### Gender Equity Lens

- To ensure gender equity is promoted and embedded in our organisation, the Health Promotion team is committed to:
- Ongoing membership in the Building a Respectful Community (BRC) alliance and attendance of all meetings, in partnership with the NRCH Counselling and Casework team.
- Support key campaigns in the City of Yarra, such as '16 days of activism' and 'Week Without Violence', which is led by the NRCH Counselling and Casework team.
- Actively contribute and support NRCH's Diversity and Inclusion strategy, which is led by the Centre for Culture, Ethnicity and Health.
- Advocate for Active Bystander training to staff and volunteers via WHIN and other providers via the NRCH Health and Wellbeing Working group.

## Climate Change Lens

- To ensure climate change prevention strategies are promoted and embedded in our organisation, the Health Promotion team is committed to:
- Partner with local neighbourhood houses and Cultivating Community to promote the use of the worm farm on the Richmond Housing Estate.
- Encouraging composting and recycling at all NRCH events and activities.
- To use only environmentally friendly products in all of our catering, such as recycled paper and Bio Pak.
- Promote and encourage recycling at external events and raise awareness through flyers on how to correctly recycle.

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