

2014-2020

The Community

Wellbeing Plan

FOR A HEALTHY DARWIN

Acknowledgement of Country



DARRYN WILSON, LARRAKIA MAN (CUBILLO FAMILY) AND CHAIR OF LARRAKIA NATION

We welcome the City of Darwin's commitment to the wellbeing of its residents and its acknowledgement of the role that Aboriginal people play in the wellbeing of the broader population. The Larrakia and other Aboriginal residents contribute to much of what makes Darwin unique – in particular its cultural activities and its beautiful natural setting. Whether it's the Garmalang Festival or an art exhibition, Aboriginal culture contributes to the vibrancy of this multicultural city. Our rangers' work looking after Larrakia country helps to sustain our natural environment which gives all residents a lot of joy. Our Larrakia heritage is at the heart of Darwin's natural and cultural heritage and we have always shared our country and our culture with residents of and visitors to Darwin. We enjoy our contribution to the wellbeing of everyone in Darwin and ask that in turn, this contribution is recognised and respected.



ASH DARGAN, LARRAKIA MAN (FEJO FAMILY) AND MUSICIAN, PHOTOGRAPHER AND COMMUNITY HEALTH PROFESSIONAL

As an Aboriginal man, wellbeing for me is maintained through a holistic web of relationships that each carry vital aspects of my cultural, spiritual, emotional and physical self. It is about being able to constantly renew myself through a reciprocal and respectful exchange with what I value most and what strengthens my identity and sense of purpose. For example, my love of photography often sees me down upon our Larrakia seascapes basking in the light and colours of sunset whilst taking long exposures and taking the time to deeply feel my country. For me my family, community, country and cultural expression are all interrelated in my personal dance of renewal and I understand that what I am able to offer to keep all of them alive, also keeps me alive.

A message from the Lord Mayor

I am very proud to introduce the Community Wellbeing Plan 2014 – 2020.

When we began asking what wellbeing meant to you, we knew the answers would be as varied and diverse as the people that live here. As residents of Darwin, you told us that you value our unique natural world, connections to family, friends and community, heritage and culture, and access to an active and healthy lifestyle.

From the very beginning of this project, we wanted to make sure we did things right and heard as many voices as possible. Over 750 people have contributed to the development of this plan and I would like to thank you all for your valuable input.

The plan celebrates the things we love here in Darwin and also provides a guide to ensuring positive steps are made to protect and build on what we cherish now and into the future. It will inform Council strategy and practice in order to support healthy communities and assist us to plan for the impact of the natural, built, social and economic environments on the health and wellbeing of the community.

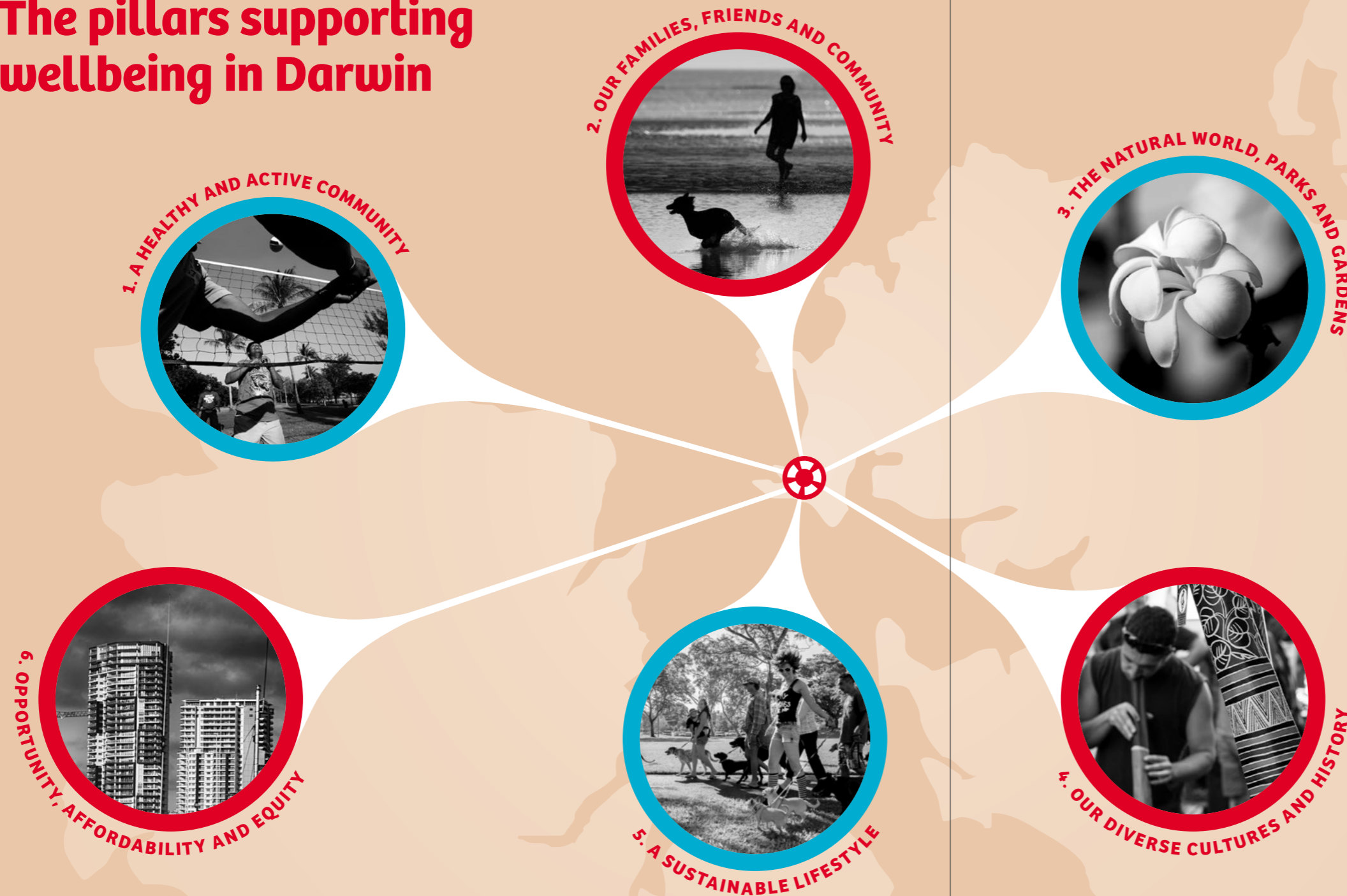
What matters most to my wellbeing? For me, feeling connected to place is as essential as breathing. Darwin has always been my home, and I love everything about this place. My family and friends are my anchors, and I value sharing time with them. Walking along our beautiful foreshore and getting out and about throughout Darwin keeps me active, and the access we enjoy to such an amazing range of fresh foods helps keep me healthy.

I look forward to seeing you out and about, enjoying our vibrant and tropical city.



LORD MAYOR KATRINA FONG LIM

The pillars supporting wellbeing in Darwin



EXECUTIVE SUMMARY

The purpose of the Community Wellbeing Plan 2014 - 2020 is to set direction for Council policy, partnerships and practice to ensure community health and wellbeing is supported within the Darwin Municipality.

This plan was developed as part of the Federal Government's Healthy Communities Initiative aimed at delivering community-based physical activity and healthy eating programs, as well as developing local policies that support healthy lifestyles.

The plan identifies the areas of health and wellbeing the community said were important in Darwin, and brings them together with what we know works to support community wellbeing and provides input into Council's Strategic Plan and priorities. It focuses on a set of clear, high-level principles to provide direction for Council in making decisions about the impact of the natural, built, social and economic environments on the health and wellbeing of the community.

The core is six pillars that people said were most important in supporting community wellbeing:

1. A healthy and active community
2. Our families, friends and community
3. The natural world, parks & gardens
4. Our diverse cultures and history
5. A sustainable lifestyle
6. Opportunity, affordability and equity

Each pillar contains a number of focus areas that provides a deeper understanding of what wellbeing means to our community.

Wellbeing is not the responsibility of any single organisation. In a real sense, it is everyone's business and it is our responsibility to work with the community and with other stakeholders to advocate for the wellbeing of the whole Darwin community to support the pillars outlined in this document.

What is Community Wellbeing?

Community wellbeing is about the health and happiness of the community in which we live. Our sense of wellbeing is affected by our physical and mental health, the relationships between us, the natural and built environments in which we live, the economy, and our ability to have a say in the decisions that matter to us. Community wellbeing is about how all these things come together to support us to live happy, healthy and meaningful lives. In creating this Plan, we began by looking at a model of wellbeing based around five inter-linked domains:

We live in an engaged and empowered community, where we are able to participate in decision making and government processes are transparent and accountable

We are physically and mentally healthy, have a sense of wellbeing, are connected to others and have access to the services we need

A HEALTHY, SAFE AND INCLUSIVE COMMUNITY

A DEMOCRATIC AND ENGAGED COMMUNITY

A CULTURALLY RICH AND VIBRANT COMMUNITY

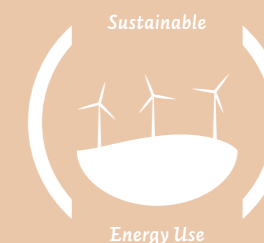
We celebrate our diverse cultures, protect our heritage, and are able to participate in arts, cultural, sporting and recreational activities

We live in a natural and built environment that uses resources wisely, protects biodiversity, and enriches our lives through access to parks, gardens and the natural world

A SUSTAINABLE ENVIRONMENT

A DYNAMIC, RESILIENT AND FAIR ECONOMY

We have access to work, a good work-life balance, and live in a community where everyone's basic needs are met



The People of Darwin

WHO WE ARE AND WHERE WE COME FROM

Darwin is the capital city of the Northern Territory. One of Australia's most multicultural cities, we are famous for our tropical, outdoor lifestyle. We are the gateway between Australia and South East Asia, and an entry point to some of the world's great wilderness landscapes and ancient cultures.

The traditional Aboriginal owners of the land on which this city is built are the Larrakia people, who remain an important part of the Darwin community.

Darwin has always been a diverse community. Chinese workers, labourers and entrepreneurs were early arrivals after the establishment of the settlement in 1869. As well as the Larrakia, Aboriginal people from around the Territory made Darwin their home, many of them members of the Stolen Generations and their descendants. In this multi-racial town, Anglo-Europeans remained a minority until well into the 20th Century.

Today, our city contains people from more than sixty nationalities and seventy different ethnic backgrounds. This is related, historically and today, to our geography – we are closer to the capitals of five other countries (including Jakarta, Port Moresby and Dili) than we are to the Australian capital, Canberra.

Darwin remains a relaxed and liveable community, where the cycle of the seasons from The Wet to The Dry has become part of our unique lifestyle.

“I love the freedom that still exists here that doesn't exist elsewhere”

“A tropical, liveable city that creates opportunity and choice for our community”

THE VISION FOR THE CITY OF DARWIN - EVOLVING
DARWIN TOWARDS 2020 STRATEGIC PLAN



THE CHALLENGES WE FACE

Our shared history, our location and our climate are the foundations upon which the wellbeing of Darwin is built. But we also face challenges.

Even as our life expectancy increases, here as elsewhere in Australia, we face rising rates of chronic disease such as diabetes and heart disease fuelled in part by falling rates of physical activity. In Australia, chronic conditions now contribute to over 70% of the total disease burden, a figure that is expected to increase to 80% by 2020.

Our social world is changing too. Darwin's population trebled between 1976 and 1998 and has continued growing more gradually since then.

As the city grows and develops, maintaining the unique lifestyle that underpins our wellbeing becomes more and more important.

Health and wellbeing are not enjoyed equally by everyone in Darwin. Aboriginal people make up almost ten percent of the Darwin community, but here as elsewhere, they tend to have worse health, die younger, and report lower levels of wellbeing than the rest of the community. Additionally, although Darwin as a whole is relatively well-off compared to the rest of Australia, families on low incomes face increasing challenges in relation to housing affordability and healthy food.

When looking at the environment, climate change may lead to hotter temperatures, sea levels rises and more severe cyclones, threatening the way we live as well as the natural ecosystems that support the city.

“We're like a country town within a capital city”

“The good and the bad...It's all in your face, it's not hidden away”

A Snapshot of Darwin

A young city: 42% of Darwin's resident population are aged 25 to 29. Those aged 70 and above make up only 4% of the city's population.

An increasing population: Darwin's population in 2013 was estimated to be 81,670. It increased by 18% over the previous ten years.

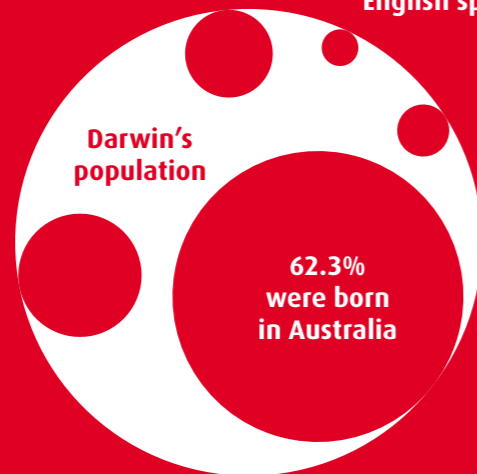
A mobile population: In 2011, 30% of Darwin residents had moved here from elsewhere in the previous five years.

18.9% come from non-English speaking backgrounds

7.7% are from mainly English speaking countries

11.1% did not state

26.6% were born overseas



62.3% were born in Australia

A culturally diverse community: 8.5% of residents are Aboriginal and Torres Strait Islander, and 27% were born overseas. 21% of Darwin residents speak a language other than English at home.

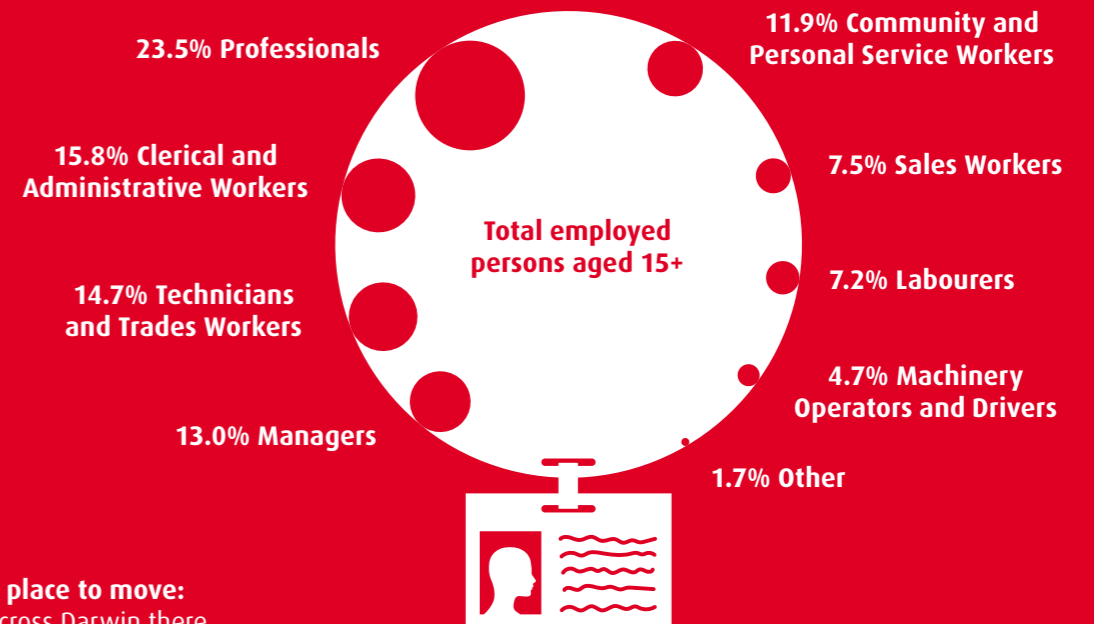


Housing affordability: In Darwin in 2011, 33% of households with a mortgage were making high loan repayments (\$2,600 or more per month), compared to 23% for Australia as a whole.

41% of Darwin residents rent (compared to the Australian average of 29%) and the median weekly rent is 26% higher here.

Sources: Australia Bureau of Statistics (2011) and City of Darwin.

Employment: 24% of people employed in Darwin are professionals with another 16% being office and administration workers.

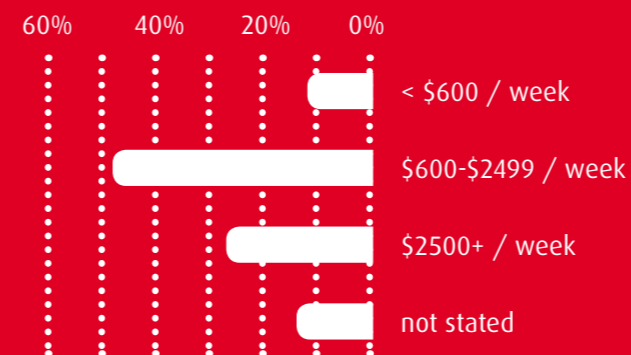


A place to move: Across Darwin there are 70.1km of Council shared paths and an additional 387.2km of footpaths.



A green place: There are 591 hectares of green space in the municipality.

Household Income: 27% of Darwin households are high-income



Places to get active and play: Council maintains:

- 17 ovals
- 10 outdoor exercise stations
- 8 tennis courts
- 4 libraries
- 4 public basketball facilities
- 3 public swimming pools
- 3 community centres
- 1 skate park

Pillar 1:

A HEALTHY AND ACTIVE COMMUNITY

- Encouraging an active lifestyle for all
- Supporting access to affordable, fresh produce

WHAT YOU SAID

Darwin residents put a high value on having an active lifestyle and said that the city is an easy place to be physically active, with plenty of open space, parks and gardens, a network of paths and tracks, and a climate which encourages us to be outdoors. Public exercise equipment (for example at East Point and along the Nightcliff Foreshore) is well-used, and the public swimming pools at Parap, Casuarina and Nightcliff are much loved venues for exercise and recreation.

“Good health, exercise, time with our friends and taking the kids to parks for outdoor activity are all important to our family’s well being.”

We heard that it was important to maintain community access to public spaces used for physical activity, and to ensure that the whole community can feel safe and comfortable when exercising. Many also commented on the link between physical activity and good mental health.

“Good mental health goes hand in hand with good physical health.”

Of particular concern was to improve access to affordable fresh fruit and vegetables in Darwin. Many supported the creation and maintenance of community gardens as one way to provide cheap food, as well as being places where people can learn how to grow their own local produce while working with people from a wide range of cultural backgrounds.

“Keep healthy with fresh food and socialising with friends!”

“We can eat well, have fun exercising and assist our fellow human beings in this beautiful part of the world.”

WHAT THE EVIDENCE TELLS US

The Heart Foundation estimates that we could save the health care system around \$1.5 billion a year if all Australians did half-an-hour of physical activity a day.

Being physically active reduces our risk of developing chronic disease such as heart disease and diabetes, and extends our years of independent living as we age. Research also shows that it helps protect us against anxiety and depression, and provides an opportunity for meeting and socialising with our family, friends and the rest of the community. An active community also brings better productivity at work and environmental benefits, such as reducing pollution, if we walk or cycle to work.

A healthy diet that includes fresh vegetables and fruit is fundamental to our wellbeing. According to the National Health and Medical Research Council, healthy eating helps us maintain a healthy weight, enjoy a good quality of life, supports the development of our children, and protects us against chronic diseases such as heart disease, diabetes and cancer.

However, for those communities outside Australia’s major capital cities, the availability and affordability of healthy foods can be a major barrier to healthy eating. In Darwin in 2012, Northern Territory Government market basket survey estimated that about 23% of a family income was needed to feed a family healthy food.



RESULTS FROM THE SURVEY

Two-thirds of you said that physical activity and exercise is important to your wellbeing. It was the highest ranked factor affecting wellbeing and was particularly raised by older people.

Half of you said access to healthy and fresh food. Over half of women and nearly 40% of men nominated this issue.

Pillar 2:

OUR FAMILIES, FRIENDS AND COMMUNITY

- Encouraging networks of family, friends and community
- Supporting social inclusion to promote community harmony and capacity
- Creating safe and friendly neighbourhoods

WHAT AT YOU SAID

When we asked what should be in this plan, we heard many times about how Darwin is a real community where people know and accept each other, a place where people have a sense of belonging and commitment.

“I already feel part of the community [and] the local culture, affection for Darwin and spirit of helping others out.”

We heard that for many, families were the foundation for wellbeing, especially for those of you with large extended families here. Even those without established families found this city an easy place in which to integrate and to make connections. Preserving this sense of connection was highlighted as important to ensuring your wellbeing in Darwin in the future. Many commented that the small size and feel of Darwin contributes to the sense of community and connectedness.

Community safety – both being safe and feeling safe in public spaces – was identified by many as an important priority. People mentioned environmental factors like; dirty streets, poor lighting and badly maintained paths as things that impact on safety.

“I value living a healthy and satisfying life where I feel connected with my neighbours and community.”

In addition, addressing issues of exclusion was seen by many as an important step in fostering a safer community. People mentioned the need to keep working to ensure that the inclusive, friendly Darwin spirit is extended to all. Social inclusion and acceptance was mentioned as a particular priority for homeless people, refugees, and disengaged young people.

The inappropriate use of alcohol – including in parts of the CBD and in public spaces – has a strong effect on the sense of safety in the community.

“Community safety is an absolute must - we won't go out and enjoy what keeps us in a good head space if feeling unsafe.”

WHY THIS IS IMPORTANT

There is a great deal of evidence from around the world that strong and supportive relationships can protect us against physical and mental illness. Researchers have shown that being part of a network of social relationships helps us both to avoid serious illnesses like heart disease and cancer and recover more quickly from them.

The family is important as a source of support, encouragement and protection to all of its members. However, according to the World Health Organisation, strong and supportive families are particularly important because the nurture of young children in their first few years builds a foundation for good health and wellbeing throughout their lives.

There is also strong research evidence that our relationships outside the family – with workmates, neighbours and others – are also important to help us to live fulfilling lives. Sport and recreation, arts and cultural events, and the availability of community spaces all provide opportunities for us to meet and make new friends – increasing our own sense of wellbeing and that of the community as a whole. On the other side of the coin, we know that communities marked by poor social relationships, including an ‘us’ versus ‘them’ attitude, have reduced wellbeing, including less ability to tackle issues such as poor health, crime, and vandalism.



RESULTS FROM THE SURVEY

42% said family and friends was one of the top issues. A third included community safety, and just over a quarter identified feeling part of the community.

These issues were particularly important for both older people and younger groups – 80% of under-18s raised the issue, as did 64% of those aged 65-74.

Pillar 3:

THE NATURAL WORLD, PARKS AND GARDENS

- Sustaining and enhancing a biodiverse natural environment
- Maintaining accessible public parks and gardens throughout the city

WHAT YOU SAID

Darwin is a city with fantastic access to the natural world. Many mentioned Casuarina Beach, Lee Point and East Point, as well as a host of other favourite places where tropical ecosystems make their way into the suburbs. Residents stressed that these spaces are one of the great benefits of living here, and are places where people can have contact with nature and with the plants, birds and animals that share the city with us.

“Darwin is a beautiful place to live because of the parks, the foreshore, the mangroves, the beaches, and the accessibility of these things while still being a proper city. That’s unique!”

As well as these natural places, we heard about the importance of Darwin’s accessible and beautiful gardens such as the Jingili Water Gardens, the Botanic Gardens, the Nightcliff Foreshore and the Esplanade, and the many other smaller parks throughout the suburbs. You told us that these green open spaces are at the heart of Darwin’s outdoor lifestyle.

“Open spaces are important to free the mind from stress.”

“A healthy city has a good environment.”

We heard how important all these green spaces are as places to walk, exercise, meet friends, or simply soak up the natural beauty. Maintaining them well and ensuring they remain places for all people to safely enjoy is a priority, and many of you emphasised how important it is to maintain this as Darwin rapidly grows.

“My physical environment affects how I feel. I care about the environment (fauna/flora) and want to see it looked after.”

WHAT THE EVIDENCE TELLS US

The natural world underpins our way of life and our health, providing clean air and water and the resources upon which our lives depend.

Natural landscapes, and the plants and animals that inhabit them have intrinsic value, but research tells us that they can also enrich and give meaning to our lives, restoring us, helping us recover from illness and protecting us from physical and mental stress. A network of green and natural spaces within and around a city can also help protect it against flooding and storm surge.

Parks and gardens also contribute to our wellbeing by providing the space for physical and recreational activity. They are social spaces, places where we can meet and socialise with friends, family and our neighbourhood.



RESULTS FROM THE SURVEY

38% of you identified parks and open spaces as one of the most important factors affecting your wellbeing.

Two thirds of you said that green parks and open spaces in which to exercise and play was something we do well in Darwin.

Pillar 4:

OUR DIVERSE CULTURES AND HISTORY

- Celebrating our history and preserving our heritage
- Recognising Darwin as a culturally and artistically rich and diverse city

WHAT YOU SAID

Darwin is a diverse and multicultural city with a complex and fascinating history. Of particular concern was the importance of preserving and celebrating this history, especially that of the Aboriginal people of Darwin including the Stolen Generations and their descendants.

Residents said that recognition of this history helps develop a sense of belonging and community for all Darwin residents, and that it adds to Darwin's attraction as a place for tourists to spend time. Some of you also told us that it was particularly important to celebrate Darwin's Aboriginal heritage and history, including that of the Larrakia People and the Stolen Generations.

"I like to be part of the 'melting pot' of Darwin, so many people from different places, such a small city."

People spoke about the great benefits of genuine multicultural living in Darwin and how the diverse cultures that make up Darwin are part of everyday life, such as through the markets. However, many of you wanted to ensure that our diversity included all the cultures that make up the city, in particular the original Aboriginal peoples.

"I love the moments of spontaneity, the moments of history and cultural diversity."

We also heard how important arts and cultural events are – the Darwin Festival, Glenti, the Seabreeze Festival and many other events provide entertainment but also allow us to celebrate our diverse cultures and feel a sense of belonging and relationship. There was also a desire for both residents and visitors to have the opportunity to engage with the Aboriginal culture and histories of Darwin.

"It's about preserving our culture and heritage ... get the local people involved in the history..."

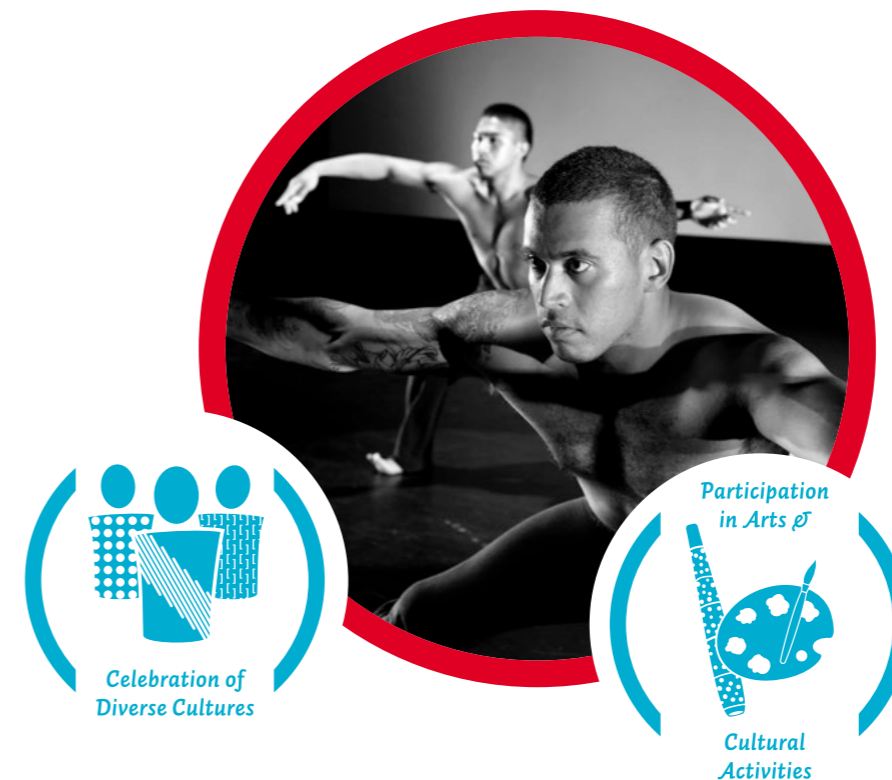
WHY THIS IS IMPORTANT

In times of rapid change, such as that which Darwin has experienced and is continuing to experience, the importance of places that tell us about who we are as a community and where we come from are especially important to support community resilience and wellness, by developing a shared sense of identity and belonging. The involvement of the community in documenting and preserving heritage also has benefits.

We know that social inclusion and acceptance of diversity are important determinants of the health and wellbeing of a community. There is evidence

that preserving and celebrating culture can protect communities which have faced historical trauma and dispossession from social dysfunction. There is also evidence that strong, positive identity supports adolescent mental health and academic achievement.

Arts and cultural events can have positive effects on community wellbeing through building community identity and support for diversity, bringing people together who might not otherwise meet, as well as providing economic benefits through tourism.



RESULTS FROM THE SURVEY

20% of people (particularly women) said that access to arts, culture and heritage was important to their sense of wellbeing in Darwin.

A similar proportion (18%) identified cultural diversity as important.

Pillar 5:

A SUSTAINABLE LIFESTYLE

- Supporting sustainable energy and water use
- Encouraging walking and cycling and the use of public transport

WHAT YOU SAID

A key theme that emerged was the need to make Darwin a sustainable city, preserving the natural environment and using our resources wisely. Darwin's climate poses particular challenges, especially when it comes to staying cool – we heard from you about the importance of energy efficiency in the design of our buildings, and of encouraging households and organisations to use energy and water sparingly. These issues were given urgency by the sense of the rapid changes that the city is undergoing, and the evidence about the effects of climate change.

“Sustainable energy – as in renewable energy – will allow the city to be much more resilient.”

“We must not be profligate in our use of resources for the sake of our children - we have them in trust only, they are not ours to squander.”

We also heard about the importance of active transport as a way of addressing issues of sustainability in the city, and in particular the unique place that cycling has in the lives of Darwin residents. The network of bicycle paths are well-used and much appreciated, and for many of you, cycling is part of everyday life - a way to get to work or to the shops and not just for recreation or exercise. However, those of you using public transport commented that these services and networks are limited in their linkages and reach.

“I like exercise, especially if it can be incorporated into my daily routine, e.g. cycling to work.”

“A better more diverse public transport system is essential in reducing future congestion faced by other cities, this needs to be planned now before it becomes too hard to implement.”

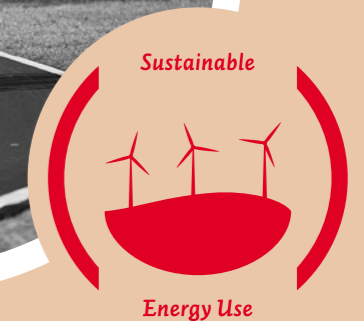
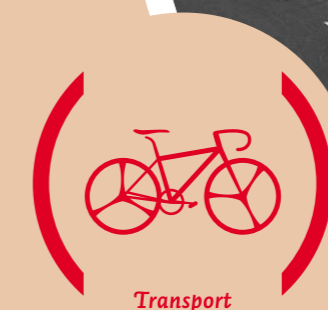
WHAT THE EVIDENCE TELLS US

Sustainability means meeting our needs now in a way that does not undermine the ability of future generations to meet their needs. As the City of Darwin sets out in our Climate Change Action Plan, sustainable energy use is becoming more and more important as the evidence for human-induced climate change increases and fossil fuel energy costs increase. Shifting energy use towards non-polluting and renewable sources, reducing our reliance on fossil fuels, and supporting fuel efficiency and recycling has immediate wellbeing benefits by creating a more liveable environment. It also reduces household costs, helping to make Darwin a more affordable city. Additionally it has long term implications for wellbeing, as the energy choices we make today will affect the environment we, and our children and grandchildren, will inhabit in the future.

According to a collaborative team of the Australian Local Government Association, the National Heart Foundation and the Planning Institute of Australia, active transport (walking, cycling and public transport that is accessed by walking or cycling) provides many benefits to the

individual and the community. Alongside the physical health benefits it reduces the number of cars on the road and in turn the liveability of our cities, and reduces greenhouse gas emissions. Active transport also provides opportunities for us to meet and interact with others who live in our city.

Darwin's network of cycling and walking paths, our good climate and the size of the city make walking and cycling easy – according to the Australian Bureau of Statistics, Darwin having the second highest rate of walking to work (6%) and highest rate of cycling to work (3%) of any of Australia's capital cities. Public transport use for Darwin (5%) is above average compared to similar size regional cities, though much lower than the other capitals (3%) of any of Australia's capital cities.



RESULTS FROM THE SURVEY

35% of you identified energy efficiency as a top priority for improving wellbeing in Darwin, 32% said paths for riding and walking, and 30% said positive environmental initiatives.

Pillar 6:

OPPORTUNITY, AFFORDABILITY AND EQUITY

- Supporting opportunity and employment for all
- Working towards an affordable, equitable Darwin

WHAT YOU SAID

We heard a lot about economic issues during our consultations and in the survey. Some of you identified Darwin as a place of opportunity when it came to employment, where you could get a well-paid job much more easily than in many other places.

“The work opportunities here are quite amazing”

On the other hand, however, there was very strong feedback about the cost of living in Darwin, and particularly the affordability of housing. People told us how this caused stress in your lives and those of your families, and even how you were considering leaving Darwin because the work opportunities were not balanced by the cost of rent, food and bills. We heard too how homelessness remains a serious issue for our community.

“The average person currently cannot afford a home in Darwin. It is affecting thousands and has gone too far”

“It’s like the Third World, people living out of chook sheds”

The community also told us about over-work, and the stress caused by a lack of a balance between your working lives and the time you have for family, friends and leisure. For some of you, however, the problem was a lack of meaningful work, with families trapped in cycles of poor education, long-term unemployment, poverty and disadvantage.

“I never have enough hours in the day to get done what I must get done and to do the things I’d like to do”

WHAT THE EVIDENCE TELL US

Evidence from around the world shows us that poverty and wealth are amongst the most important influences on personal health and community wellbeing. The World Health Organisation has documented how people who live in poverty tend to have worse health, a poorer quality of life and die earlier than those who are better off. In Australia, researchers have shown that in the poorest suburbs residents can expect on average to live two to three years less than those in the most advantaged areas. Aboriginal people have higher rates of poverty and lower rates of employment than other Australians, and this is responsible for a significant amount of their relatively poor health status.

However, it is not just absolute levels of poverty or wealth that affect wellbeing. Across the world, societies with a smaller gap between their wealthiest and poorest members have better health and wellbeing,

as a wide gap between the ‘haves’ and the ‘have nots’ leads to increased levels of crime, vandalism, and antisocial behaviour. Equity is therefore a key for community wellbeing.

Even the wellbeing of people who are relatively well-off economically can suffer if their work and the rest of their lives are out of balance. Longer hours, especially if both parents are working outside the home, leaves less time for those things which support and strengthen our sense of wellbeing, such as families, leisure, and physical and social activity.

Homelessness creates particularly serious threats to physical and mental wellbeing – the Northern Territory as a whole has the highest rate of homelessness in Australia (an estimated 700 homeless people per 10,000 population, compared to 50 per 10,000 nationally).



RESULTS FROM THE SURVEY

Issues to do with finances and affordability were nominated by many of you as key issues affecting wellbeing in Darwin.

About a third of you (and especially men) nominated work-life balance as a key issue. A third nominated affordable housing. About a quarter listed employment and financial security.



The background to this Plan

HOW DID WE DEVELOP THIS PLAN?

Our main aim was to hear what you the people of Darwin thought were the priorities for wellbeing in the city. To do this, during the first half of 2014 we concentrated on getting your feedback through:

- **A Community Wellbeing Survey** to gather feedback from as broad a cross-section of Darwin residents as possible. The short survey was distributed online through our website and on paper at pools, libraries, and community events. We received over 500 completed surveys, which gave us a good picture of what you thought contributed to wellbeing in Darwin, what we do well and what needs more work. Of those who filled in a survey:
 - most were female (74% female and 26% male)
 - there was a wide distribution of ages, with the largest group being those between 25 and 64 years old
 - around 14% spoke a language other than English sometimes and another 6% spoke a language other than English all the time, and
 - 21 (4.4%) were of Aboriginal or Torres Strait Islander descent.
- **Forums and meetings** for organisations and members of the public to explore in more detail the issues affecting wellbeing in Darwin, focussing in particular on getting the views across the diversity of the city. We held 21 consultation sessions including one-on-one meetings, round-table discussions and structured workshops. 130 individuals representing 25 key organisations and members of the general public participated.
- **A Mini Survey.** Very quick and easy to fill out, the mini survey was a circular card on which we asked people simply to nominate three issues that contribute to your healthy Darwin. Almost 140 mini-surveys were completed.

To create this Community Wellbeing Plan, we combined the huge number of thoughts and ideas you gave us through these three methods with existing City of Darwin plans and reports and the evidence from around the world about what works to support community wellbeing.

WHERE TO NEXT?

The City of Darwin has an important role in advocating for and supporting community wellbeing in Darwin. However, community wellbeing is a very broad concept. Many of the issues which affect wellbeing are outside the direct control of the Council.

For those matters which are our direct responsibility (for example, our parks and gardens or our paths and walking tracks) this Plan will help provide a focus on wellbeing when we make our decisions. For those matters which we don't directly control (such as cost of living, or availability of fresh food and vegetables), we will actively engage with all levels of government, as well as non-government organisations, to advocate for and promote opportunities for improved community wellbeing.

We want to make sure we keep a focus on wellbeing in Darwin into the future. That is why we will release an annual report-card which will measure how Darwin is tracking in terms of community wellbeing and keep you up to date on what Council is doing. In the meantime, the following table summarises some of the things City of Darwin does already to support wellbeing, some of your ideas for action that we heard while we were writing this plan, and some of the ways that we might measure progress under each pillar.

PILLAR	SOME THINGS WE DO ALREADY
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1. A HEALTHY AND ACTIVE COMMUNITY	<p>Provide recreation and sporting facilities (including pools, ovals and playgrounds)</p> <p>Support local sport and recreation clubs</p> <p>Help coordinate the Heart Foundation Walking program</p> <p>Provide support for Community Gardens</p>
2. OUR FAMILIES, FRIENDS AND COMMUNITY	<p>Support community groups and organisations, including grants</p> <p>Fun Bus and Fun In The Parks activities for children and families</p> <p>Deliver youth services including the Youth Advisory Group</p> <p>Work with Police and social welfare groups to support appropriate use of public spaces</p>
3. THE NATURAL WORLD, PARKS AND GARDENS	<p>Maintain and enhance our parks, gardens and foreshores</p> <p>Work with others to plant and maintain trees in urban areas</p> <p>Monitor and report on water quality, conservation, biodiversity and habitats</p>
4. OUR DIVERSE CULTURES AND HISTORY	<p>Sister Cities program</p> <p>Promote community harmony, the arts and cultural development through community events including Seniors Month, Harmony Day and NAIDOC week</p> <p>Run public libraries in the City, Casuarina, Nightcliff and Karama, promoting recreation and lifelong learning</p>
5. A SUSTAINABLE LIFESTYLE	<p>Provide community education on waste collection and recycling</p> <p>Invest in Darwin's 70 kilometres of shared paths</p> <p>Promote climate change adaptation and mitigation through the Climate Change Action Plan and the Sustainability@TheTop website</p> <p>Advocate for government policies, strategies and action that support sustainability</p>
6. OPPORTUNITY, AFFORDABILITY AND EQUITY	<p>Facilitate youth and other exchanges to encourage new opportunities</p> <p>Employ 335 full time equivalent City of Darwin staff</p> <p>Deliver staff wellbeing initiatives through our Workforce Wellbeing Committee</p>

SOME OF YOUR IDEAS FOR ACTION	HOW WE WILL MEASURE PROGRESS
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<p>Provide exercise equipment in the CBD to cater for increased apartment living</p> <p>Increase smoke free spaces in Darwin</p> <p>Work with others to promote healthy eating and health education to Darwin's homeless people</p>	<p>Community satisfaction with recreation and leisure facilities</p> <p>Cost of healthy fresh food</p> <p>Bicycle network annual count</p>
<p>Advocate for reduction in alcohol supply</p> <p>Continue and expand action to improve disability access e.g. Paths</p> <p>Develop formal consultation and decision-making protocols with Darwin's Aboriginal organisations</p>	<p>Number of community groups supported by Council</p> <p>Proportion of people who feel safe in their suburb</p> <p>Crime rates (against property and against the person)</p>
<p>Increase number of outdoor shaded spaces for social activities</p>	<p>Number of new and regeneration trees planted</p> <p>Community satisfaction with maintenance of parks and gardens</p>
<p>Provide information hub for cultural events, clubs and activities</p> <p>Advocate for and support development of an Aboriginal cultural centre for Darwin</p> <p>Develop self-guided heritage trails for CBD and surrounds</p>	<p>Number of heritage places gazetted</p> <p>Proportion of community who attend events and festivals</p> <p>Community satisfaction with arts and cultural activities</p>
<p>Continue and expand promotion of recycling options</p> <p>Work with other agencies to address attitudes and behaviour regarding shared transport spaces (pedestrians/cyclists on paths, drivers/cyclists on roads)</p>	<p>Greenhouse gas emissions</p> <p>Amount of domestic waste</p> <p>Community satisfaction with footpaths/cycles paths</p> <p>Proportion of community who regularly walk, cycle, or use public transport</p> <p>Bicycle network annual count</p>
<p>Provide 'information hub' on availability of government programs to help low income earners</p> <p>Work with other agencies on accommodation options for homeless people in Darwin</p> <p>Work with other agencies to support vulnerable groups (including refugees) to develop living skills as a way to save money</p>	<p>Proportion of Council contracts awarded to local business</p> <p>Proportion of community who say cost of living is a key issue affecting their lives</p> <p>Proportion of community who say housing affordability is a key issue affecting their lives</p>

FOR MORE INFORMATION ON COMMUNITY WELLBEING

Community health and wellbeing is complex, and there are a huge number of books and articles that explore it. In developing this Community Wellbeing Plan, we found the following very useful. If you are interested in reading more about wellbeing, they are a good place to start.

- Baum F (2008) The New Public Health. 3rd Edition. Oxford University Press. Oxford.
- University of Melbourne and VicHealth. Community Indicators Victoria. Available: <http://www.communityindicators.net.au/>
- National Heart Foundation of Australia (2009) Blueprint for an active Australia. Available: <http://www.heartfoundation.org.au/active-living/Documents/Blueprint-for-an-active-Australia.pdf>
- Healthy Spaces and Places: a national guide to designing places for healthy living. Available: www.healthyplaces.org.au
- National Health & Medical Research Council (2013) Australian Dietary Guidelines Summary. Available: https://www.nhmrc.gov.au/_files_nhmrc/publications/attachments/n55a_australian_dietary_guidelines_summary_131014.pdf
- The Burra Charter: The Australia ICOMOS Charter for Places of Cultural Significance, 2013. Available: <http://australia.icomos.org/publications/charters/>
- Maller C, Townsend M, Brown P and St Leger L (2008). Healthy Parks Healthy People: The Health Benefits of Contact with Nature in a Park Context - A Review of Current Literature. 2nd Edition. Deakin University, Parks Victoria. Melbourne, Australia

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