

Frankston City Health and Wellbeing Plan 2021-2025 Engagement Report



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Executive Summary



Consultation highlights

The City Futures Department undertook a community engagement process in 2021 to inform the development of the new Frankston City Health and Wellbeing Plan 2021-2025. This engagement was conducted in two key stages as follows:

- Stage 1: Open community consultation on health and wellbeing in Frankston City**, to capture what helps our community to be healthy, physically active and socially connected, and assess the impact of COVID-19 pandemic restrictions (20 January to 9 February 2021, three weeks).
- Stage 2: Open community consultation on the Draft Health and Wellbeing Plan 2021-2025**, to seek feedback on the Draft prior to it going to Council for adoption on 11th October 2021 (11 August to 14 September 2021, five weeks).

The consultation involved a range of methods, including surveys, targeted community conversations, social media and use of an online mapping tool. Community pop-ups were planned, but weren't able to proceed due to introduction of COVID-19 restrictions.

Key engagement statistics

Over 300 people participated in the community engagement process, as follows:

- Survey respondents: 249
- Participation in targeted community conversations: 33
- Comments on map tool: 22

A total of 9 Facebook posts were made, generating 78 comments.

The Bunurong Land Council Aboriginal Corporation were formally approached to provide feedback on the Draft.

70% of respondents to the Stage 2 survey were satisfied that the priorities in the Draft Health and Wellbeing Plan met the Frankston City community's needs.



Barriers to engagement

During community consultations, there are often limitations to the engagement overall and/or specific engagement activities. The limitations of this consultation have been identified as:

- **COVID-19:** The COVID-19 pandemic restrictions had a significant impact on Stage 2 of the engagement, which took place during 'Lockdown 6' in Victoria resulting in all activities moving to an online format and the cancellation of planned community pop-ups.
- **Hard-to-reach groups:** While targeted community workshops were held with community groups representing key populations that experience health inequities, like the Disability Access and Inclusion Committee, there were a number of groups that were missed, like people belonging to the LGBTQI+ and culturally and linguistically diverse communities. Limitations included the lack of connection to groups representing these populations and the need to consult in an online environment.
- **Change of process:** Initially, the Health and Wellbeing Plan was going to be integrated into the Council Plan 2021-2025, and was therefore included within the scope of the integrated community engagement process held for the development of the Council Plan and Community Vision 2040. However, a decision was made in early 2021 to progress with the Health and Wellbeing Plan as a stand-alone plan, which impacted the community engagement process held for Stage 1 of this project.

Introduction



Overview

This report provides a summary of the community engagement held to inform the development of the Frankston City Health and Wellbeing Plan 2021-2025 (the Plan).

The Victorian *Public Health and Wellbeing Act 2008* requires for local councils to prepare a Health and Wellbeing Plan within 12 months of each general election to guide the health and wellbeing priorities of the community. The Act also requires for local councils to involve people in the local community in the development, implementation and evaluation of the plan.

To meet this statutory obligation, Council has developed the Plan in consultation with the community and its delivery partners. The Plan will function as Council's strategic plan to guide how we will work with our partners over the next four years to create well planned and liveable environments with healthy, strong and safe communities so everyone has the equal opportunity to enjoy good health and wellbeing at every stage of life.

The community engagement process for the Plan commenced in 2020 with the development of the Frankston City Community Vision 2040 and Council Plan 2021-2025, with the intention of integrating the Plan with the Council Plan. As such, the outcomes from the community engagement process undertaken for the Community Vision 2040 were also considered in the development of the Plan. However, the decision was made in early 2021 to develop the Plan as a stand-alone strategic document, and a two stage engagement process was subsequently conducted on the community's health and wellbeing needs.

The community engagement was undertaken in line with Council's Engagement Principles as follows:

- Purpose
- Informed
- Representative
- Supported
- Influence
- Report

Engagement details



Purpose

The purpose of the community engagement was to inform the development of the Frankston City Health and Wellbeing Plan 2021-2025, using a two staged approach as follows:

- Stage 1: Open community consultation on health and wellbeing in Frankston City**, to capture what helps our community to be healthy, physically active and socially connected, and assess the impact of COVID-19 pandemic restrictions (20 January to 9 February 2021, three weeks).
- Stage 2: Open community consultation on the Draft Health and Wellbeing Plan 2021-2025**, to seek feedback on the Draft prior to it going to Council for adoption on 11th October 2021 (11 August to 14 September 2021, five weeks).

Objectives

The objectives of the community engagement were as follows:

Engagement activity	Engagement objective
Open community consultation with the whole community on health and wellbeing in Frankston City (stage 1)	To consult with a diverse range of people and capture what helps them to be healthy, physically active and socially connected. Topics covered were physical activity (including in outdoors in open green spaces), walking and cycling, active travel, healthy eating, social connection, mental wellbeing and the impact of COVID-19 pandemic restrictions.
Open community consultation with the whole community on the Draft Health and Wellbeing Plan 2021-2025 (stage 2)	To consult on the Draft Plan, seeking feedback on whether the Draft Plan's priorities and objectives met our community's needs, if there were any elements missing or needed to be changed, and to seek further ideas on what Council can do in their local area to take action on the objectives.



Activity	Engagement objective
Targeted conversations with key community groups, including: Disability Access and Inclusion Committee; Youth Council; Nairm Marr Djambana; and Age Friendly Ambassadors	Held during both stages of engagement to consult with a diverse range of voices, and capture the voices of population groups that evidence tells us experience the greatest health inequalities.
Involvement of the Bunurong Land Council Aboriginal Corporation	To collaborate with our Traditional Owners, by inviting them to review and influence the Plan to ensure it reflected the needs and priorities of the local Aboriginal community.

Community consultation process

The engagement process was undertaken over a nine month period from January to September 2021 and conducted in two key stages involving surveys, targeted community conversations, an online community engagement platform (Engage Frankston!) and social media.

Stage 2 was conducted in partnership with Council's Community Strengthening Department and involved an integrated community engagement process with the Draft Leisure Strategy 2021-2029, which went to Council for adoption alongside the Draft Health and Wellbeing Plan. Together, the Draft Leisure Strategy and Draft Health and Wellbeing Plan set out how Council will work in partnership over the next eight years to support our community to be healthy, well and physically active at every stage of life. The objective of this integrated process was to simplify the engagement for the community and leverage from their strategic alignment.

Stage 2 of the community engagement process was impacted by the introduction of 'Lockdown 6' in Victoria, with the pandemic restrictions requiring all workshops to be conducted virtually and the cancellation of community engagement pop-up stalls. The pop-ups were to include a series of inter-linked strategic draft plans, including: the Draft Health and Wellbeing Plan 2021-2025; the Draft Leisure Strategy 2021-2029; the Draft Play Strategy; and Draft Local Park Action Plan.



Stage 1: 20th January to 9th February 2021 (three weeks)

Who	Engagement method	Engagement type	Role
Whole community	<p>Online survey</p> <p>Available on Council's Have You Say web page</p> <p>Requests could be made to have a printed survey posted in the mail or to be conducted by telephone with a council officer.</p>	Consult	Identify community needs to inform the development of the Plan's strategic objectives and actions.
	<p>Social media</p> <p>Frankston City Council, Frankston City Youth Services, and Peninsula Health Facebook pages</p>	Inform and consult	
Disability Access and Inclusion Committee	Workshop (targeted community conversation)	Involve	Provide views and opinions that are directly considered in the development of the Plan's strategic objectives and actions.
Youth Council	Workshop (targeted community conversation)	Involve	Provide views and opinions that are directly considered in the development of the Plan's strategic objectives and actions.
Age Friendly Ambassadors	Workshop (targeted community conversation)	Involve	Provide views and opinions that are directly considered in the development of the Plan's strategic objectives and actions.
Nairn Marr Djambana	Workshop (targeted community conversation)	Involve	Provide views and opinions on behalf of people with disabilities that are directly considered in the development of the Plan's strategic objectives and actions.



Stage 2: 11th August to 14th September 2021 (five weeks)

Who	Engagement method	Engagement type	Role
Whole community	Health and wellbeing profile and infographics Available on Engage Frankston!	Inform	Provide information about the health and wellbeing of the community to inform feedback.
	Online survey Available on Engage Frankston! Requests could be made to have a printed survey posted in the mail or to be conducted by telephone with a council officer.	Consult	Provide feedback on the Draft to determine if it meets our community's needs and to identify any gaps.
	Social media Frankston City Council, Frankston City Youth Services, and Peninsula Health Facebook pages	Inform and consult	
	Community pop-ups – <i>cancelled due to COVID-19 restrictions</i>	Inform and consult	
	Mapping tool Available on Engage Frankston!	Consult	Identify the community's open space needs to influence further development of actions.
Bunurong Land Council Aboriginal Council	Meeting and distribution of the Draft Plan to Elders for feedback	Involve	As Traditional Owners, collaborate on the strategic priorities and objectives.
Disability Access and Inclusion Committee	Workshop (targeted community conversation)	Involve	Provide views and opinions on behalf of people with disabilities that are directly considered in the development of the Plan's strategic objectives and actions.



Who	Engagement method	Engagement type	Role
Age Friendly Ambassadors	Workshop (targeted community conversation)	Involve	Provide views and opinions on behalf of people with disabilities that are directly considered in the development of the Plan’s strategic objectives and actions.
Youth Council	Workshop (targeted community conversation) Cancelled – the Youth Council was unavailable during Stage 2 due to the negative impact that the COVID-19 pandemic restrictions (Lockdown 6) was having on young people’s wellbeing.	Involve	
Nairm Marr Djambana	Workshop (targeted community conversation) Cancelled – Nairm Marr Djambana was closed due to pandemic restrictions.	Involve	

Community Vision 2040

The community engagement process undertaken in 2020 for the Community Vision 2040 was also drawn upon, with the objective of considering the significant feedback on health and wellbeing was received from the community through this process.

Council and stakeholders

Extensive engagement was also undertaken with a range of internal and external stakeholders, including Council departments, Peninsula Health, the Frankston Mornington Peninsula Primary Care Partnership (FMP PCP), the South East Melbourne Primary Health Network (SEMPHN), Women’s Health in the South East (WHISE) and Southern Gamblers Help. The objective of the engagement was to collaborate with Council’s partners who are directly involved in the delivery of services that aim to improve community wellbeing, to both seek their expertise to assist with the development of the Plan’s priorities and objectives, and to identify mutually reinforcing actions. The outcomes from this process have not been captured in this report, as the purpose of this report is to ‘close the loop’ with the community.



Consultation strategies

The strategies used to support participation in the engagement process included a communications campaign to a diverse audience via:

- Emails to the Engage Frankston! community engagement database
- Emails to community networks, including the Love Where You Live and Project Exchange Networks
- Council and community e-newsletters, including EnviroNews
- Promotion to key groups, including Nairm Marr Djambana, Disability Access and Inclusion Committee, Youth Services and Frankston City Libraries
- Grapevine (Council's staff intranet)

The consultation was also promoted via a dedicated project page on Council's website and Engage Frankston! platform.

Consultation outcomes



Community feedback

Council listened carefully to our community throughout both stages of the engagement process, and what we heard has been collated, analysed and presented as outcomes in detailed reports, as follows:

- Stage 1 Community Consultation Outcomes Report (Appendix 1)
- Stage 2 Community Consultation Outcomes Report (Appendix 2)

The reach of our community consultation is summarised in the following table:

	Engagement method	Reach
Stage 1 20 Jan. to 9 Feb. 21	Online survey	174 surveys completed 84% female 47.3% aged between 35 to 45 years 81% lived in Frankston City 80.2% born in Australia
	4 x targeted community conversations	25 participants
	4 x Facebook posts	Comments: No comments Reach: 6,786 (aggregated total) Engagements: 341
Stage 2 11 Aug. to 14 Sept. 21	Online survey	75 surveys completed
	Mapping tool	22 comments made
	2 x targeted community conversations	8 participants
	In person pop-ups in various locations across the municipality	Cancelled
	7 x Facebook posts	Comments: 78 Reach: 30,155 (aggregated total) Engagements: 100 Negative interactions: 14



Stage 1 outcomes summary

Stage 1 was an open community consultation held with the whole community on health and wellbeing in Frankston City and involved an online survey, Facebook posts and targeted community conversations.

The key outcomes from Stage 1 survey and targeted conversations can be summarised as follows:

Physical activity, active transport and safety

- Respondents identified parks, reserves, gardens, foreshore tails, boardwalks and residential footpaths as the most used areas for walking. Shared paths were the least used place for walking from the list provided.
- When asked what would encourage people to be more physically active outdoors in open green spaces, respondents identified the accessibility and connectedness of shared paths and tracks, followed by feelings of safety (lighting, other people around), more facilities and shade protection by trees.
- When asked what would encourage people to walk and cycle more for recreation and active transport, respondents identified connected shared walking and cycling paths and track networks with better connections with destinations, followed by better quality shared walking and cycling paths and feelings of safety. Participants in the targeted conversations identified reducing the cost of participation, introducing a buddy system, incorporating physical activity into cultural events and having culturally welcoming spaces.
- Respondents indicated low participation in active transport (walking, cycling and public transport), with the main form of active transport identified as being walking and the key destinations being public transport and the gym.
- In terms of safety, respondents said they felt safer walking and cycling during the day. Most respondents did not need anything to change to feel more safe when walking or cycling during the day, this was followed by traffic free cycling routes, quality of footpaths and roads, and protected on-road cycle lanes and shared paths separating people from traffic.
- The main thing respondents identified as helping them to feel safer when walking and/or cycling at night was improved street lighting, followed by visible police presence and more people walking in the area. The targeted conversations also identified improved lightening and better visibility, as well as community connection and designated safe locations.



- Respondents said they are exercising more outdoors following COVID-19 pandemic 'lockdown' restrictions.
- The main thing identified by the targeted conversations that would help people exercise more was reducing the cost of participation and introducing a buddy system. This aligns with the survey finds, where the main thing identified by respondents that was affordable memberships and fees for group activities, followed by more or improved outdoor public spaces in their local area and feelings of safety.

Healthy eating

- In contrast to the Victorian Population Health Survey results for Frankston City where only 7.7% of residents consumed the recommended amount of vegetables daily, the majority of respondents reported eating two serves of fruit and five serves of vegetables four to seven days a week.
- The main thing identified by respondents and the targeted conversations that would help them eat more fresh fruit and vegetables was lower prices of fresh produce, followed by increasing cooking skills, more availability of fresh food and peer support.
- COVID-19 did not change the amount of healthy food consumed by the majority of respondents, however nearly a quarter of respondents identified they were eating more take-away food. For 21.7% of respondents, COVID-19 had a positive effect with them eating more fresh fruit and vegetables, with respondents identifying the main change in the way they eat and drink from was that they had more time to prepare and cook healthy meals.
- When asked about the consumption of sugary drinks over the past 12 months, the majority of respondents had consumed sugary drinks once or twice a month, followed by once or twice in the last three months, with 20% consuming sugary drinks one to three days a week.

Life satisfaction

- The majority of respondents were generally satisfied or very satisfied with their lives a whole, however nearly 20% they were unsatisfied or very unsatisfied.
- The three main things identified by respondents that would make their life feel more satisfying were better physical health, more sleep and rest and better mental health.



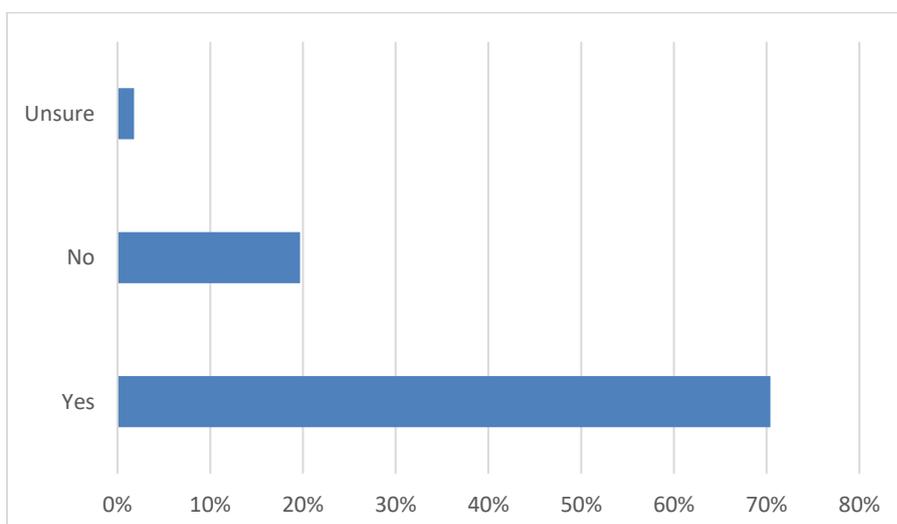
Volunteering and social connection

- The majority of respondents felt part of their community “sometimes”, with 18.6% not feeling a part of the community.
- Almost half of respondents reported they had volunteered or participated in a community group within the past 12 months. The majority of those that volunteered or participated in a community group did so once or twice in the last three months. Over half of respondents stated that they had not volunteered or taken part in a community group.
- Respondents identified the main things that would help them to volunteer or participate in community group were better promotion of what is available, having ‘come and try’ events and groups that met their interests. This was echoed by the targeted conversations, which identified support to start volunteering through school, employment and greater access to the IMPACT volunteering, as well as specific support for CALD communities.

Stage 2 outcomes summary

Stage 2 was an open community consultation held with the whole community on the Draft Health and Wellbeing Plan 2021-2025.

The survey was completed by 75 respondents. The majority of respondents (70%) were satisfied that the objectives met the needs of the community.





The key findings from Stage 2 survey and targeted conversations can be summarised as follows.

Gaps identified by the community

Note, some of the gaps identified were included in the Draft Plan.

- The message that cycling needs to be promoted as a form of transport to replace cars, with improved shared paths, better cycling facilities and improvements to cycling lanes.
- Strengthen the reference to open natural spaces.
- Provision of facilities in open spaces, including public toilets, shared, seats and tables.
- Outdoor fitness equipment along walking trails and shared paths.
- Implementation of a breastfeeding support service.
- Partnerships with key stakeholders, organisations and government to strengthen the local food system, including transforming retail spaces and local supermarkets.
- Focus on older people aged 50+ and people with disabilities.
- The 'reduce, reuse and recycle' message in the Plan as part of climate action. To include plastic free events, creation of solar farms, bottle return hubs, etc.
- Family violence response, not just prevention.
- Add a focus on sexual assault, harassment and consent, acknowledging the need for more training, services and support in this area.
- Employment of people aged over 55 and people with disabilities.
- Access to information to support health literacy.

Ideas identified by the community for how to action the priorities

Walkable neighbourhoods and connected shared pathways

- Improve the accessibility, quality and safety of footpaths and shared paths, including for people who use wheelchairs and prams.
- Provide more dog-friendly shared paths.
- Improve the connectedness of shared paths to provide a safe environments for walking and cycling, and to reduce motorised vehicle-usage. This includes safe crossings over major roads.
- Provide more tree canopy over shared paths.
- Improve promotion of shared footpaths, including their length.



- Improve the facilities along shared paths, like drinking fountains, picnic tables, bins and public toilets.
- Footpath improvements in areas that do not have them.

Cycling and active travel

- Provide more non-vehicle transport options.
- Improve the connections between local roads and major arterial roads to encourage more people to cycle, reducing vehicle usage.
- More bike lanes on busy local roads.
- Improve opportunities for cycling and active travel through Frankston's city centre by reducing Nepean Hwy to two-lanes in each direction, pedestrianising Wells Street as a mall, connecting areas with bridges and connecting the City Centre with the Frankston Foreshore.
- Improved road safety through lower speed limits and traffic calming measures in high pedestrian areas and around schools to encourage more walking and active travel.

Play spaces and local parks

- The most common comment relating to play spaces was the many requests to install outdoor fitness equipment in local parks and along shared paths. This also makes physical activity more accessible for people who cannot afford gym memberships.
- More dog-friendly parks with facilities, including sheltered picnic areas that provide protection from sun, rain and wind.
- Establish a second skate park on the Frankston Foreshore behind the Cheeky Squire as a regional attraction.
- Provide a multi-purpose outdoor area with playgrounds, dog obedience facilities, bbq and picnic equipment, shared paths and disc golf course.
- More opportunities for nature and water play.
- Provide more mountain bike tracks and BMX facilities.
- More seating in needed in areas protected by shade.
- Improve the natural environment for greater enjoyment by the community, including greater tree canopy and nature play.

Open space facilities

- Care planning is required to ensure that our facilities will meet the needs of our ageing population, with play spaces and open spaces providing opportunities for intergenerational play and recreation.



- Install more distance markers in open spaces to encourage people to exercise, like the ones at Belvedere Park and Frankston Nature Conservation Reserve. Good locations would be Ballam Park and the Seaford Wetlands, also installing connecting walking loops and signature fitness circuit trails for running and short bike rides.
- Install public toilets and drinking fountains at the Frankston Conversation Reserve, the Seaford Wetlands and at beaches and local parks to improve access for all.

Recreation activities and facilities

- Provide 'exercise buddies' to encourage people to be more physically active and connect.
- Provide recreation activities for families in local parks to get the whole family active, including family-based competitions and scavenger hunts.
- Provide more recreation activities, including Park Run, pump tracks, yoga and meditation, walking groups, soccer groups and activities on the Frankston Foreshore.
- Provide more affordable recreation activities, including swimming and cycling for children, and council-run free or low-cost sporting days, team sports and other physical activities.
- Activities that encourage more people to walk, including social walking groups on accessible shared paths, monthly walks for good causes with healthy food vans at locations suitable for people of all ages and abilities, guided walks at parks (including by torch at night) and reserves and themed dress-up walks.
- More recreation activities at community centres, with improved walking access to the community centres.

Boardwalks

- Extend the boardwalk from Seaford beach to Mt Eliza, and from Frankston to Carrum. This will provide more opportunities for physical activity in nature. Currently people have to move to the beach track, which doesn't feel safe for all users.
- Further develop the Frankston Foreshore boardwalk and activate Oliver's Hill and the surrounding area, including the steps leading up to Cliff Road and connection with Sweetwater Creek.
- Improve access to the beach for older people.

Health promotion and information sharing

- Launch a campaign promoting the mental health benefits of physical activity, with activities that connect people of all cultures, ages and abilities. To include yoga on the beach or in the park, family walks or fun runs in parks, expos at Frankston skate park and summer sports expos on the Frankston foreshore.



- Establish a local 'health and wellbeing' social media platform to share information about how to stay active, including walking tracks, activities and featuring locals.
- Promote outdoor activities on social media to create interest and encourages people to share their own images, like how they do at places like the 1000 steps in the Dandenong Ranges.
- Provide online maps showing walking trails and parks that families can explore.
- Explore the option of using digital technology to provide audio transcripts of Council meetings.
- Provide a register of community groups, with hardcopies available at Customer Services and in libraries.
- Provision of Council documents in accessible formats.

Healthy eating

- More healthy food outlets in activity centres.
- Improve opportunities to promote good nutrition, including cooking classes for families and provide a 'big breakfast' event to promote nutrition.
- There is too much focus on 'healthy choices'. The access, availability, affordability and appeal of unhealthy food also needs to be addressed as a driver of poor diets. Add an action on how to counter the appeal of unhealthy food at community events, health care settings, supermarkets and retail. Could also add an action on not allowing marketing of unhealthy food on council owned land or within close proximity of schools.
- Support for people to grown and share their own food, including educational workshops, food swaps and food donations.
- The Community Plate will provide a good basis for community education on local food systems. Include a focus on food waste reduction.
- More resources for community gardens, which also have mental wellbeing benefits from social connection.

Mental wellbeing and inclusion

- A 'community connector' initiative to support people impacted by drug and alcohol misuse to connect with services and social groups.
- Raise awareness of mental health and wellbeing by improving access to programs and services that support good mental wellbeing and education on how to have conversations about mental health and help seeking behaviours.
- Direct funds to mental wellbeing initiatives, including a wellness festival that promotes health and wellbeing opportunities and a breakfast program using table tennis to engage children and young people in education and improve social connection.



- Provide outreach activities that connect with people on weekends to combat social isolation.
- Be more inclusive of single people without children and who own pets.

Vulnerable groups

- Provide more opportunities for vulnerable groups to get support, including affordable food vans and 'come and try' days' at sports clubs.
- More support for vulnerable groups, including people experiencing homelessness and poor mental health.

Safety

- More street lighting to improve safety and walking at night and early in the morning.
- Improve signage in on-leash local parks to encourage compliance and improve feelings of safety.
- More CCTV in quiet recreational areas to improve feelings of safety.
- Ensure safe spaces for survivors of sexual assault and harassment.
- Safe spaces for the LGBTQIA+ community.
- Training on consent.

Map

A total of 22 responses were received. Comments included:

- Beauty Park is an almost perfect 1km loop, which is perfect for running.
- Walking briskly along the beach is invigorating and a great cardio workout. More rubbish are needed along the beach.
- The area on the northern edge of the Seaford Wetlands is unsurfaced and often muddy. This area would benefit from being asphalted to complete the circuit trail.
- The Peninsula Link trail in Seaford has a good running circuit with a fine gravel surface and distance markers. Would like to see this replicated at other locations, like Ballam Park and Beauty Park.
- The Dam Wall Walk in Frankston South is great for running, cycling and walking with the kids, and perfect for a Park Run.
- The natural bushland at Sweet Water Creek Nature Reserve is a relaxing environment.
- The Kananook Creek Trail from Frankston City to Seaford is a wonderful spot to gain peach from natural vegetation.



Social media

A total of 78 comments were made, summarised as follows:

Post 1: Visit Engage Frankston to have your say – 3 comments

- Enforce local law compliance on shared paths to ensure they are accessible for everyone (dogs on leashes).

Post 2: Have our Say on the Draft Leisure Strategy – No comments

Post 3: We want to help people to be more physically active – 38 comments

- Support the creation of more community gardens on Council land to grow fresh food.
- Install lighting on the Frankston boardwalk near Sophia's to improve safety for early/late joggers.
- Walking tracks and local parks with playgrounds in all local areas.
- More bike riding tracks, and a dedicated mountain bike track.
- Establish a pump track, there are none nearby.
- Horse riding trails for children with ponies.
- The paths at Ballam Park are muddy and need to be sealed.
- Establish a disc golf park at Baxter Park.

Post 4: Where is your favourite spot to get active? – 35 comments

- The Pines Flora and Fauna Reserve is fantastic, though it needs some dog poo bins.
- Cycling along Peninsula Link.
- Lawton Reserve, but the road needs upgrading.
- Ballam Park, but the muddy paths need to be sealed.
- Additional benches and seats are needed outside Seaford Community Centre.
- Do not allow Park Runs at conservation reserves, keep them to parks like Ballam, Jubilee and Beauty.
- A conservation reserves prime function is to protect flora and fauna, and not for Park Run.
- Install outdoor fitness equipment at Belvedere Reserve in Seaford.
- Establish mountain bike trails.
- Public toilets are needed on Peninsula Link.
- Frankston Reservoir needs public toilets and a drinking fountain.
- Establish a Park Run at Frankston Reservoir.



- Do not allow cars to drive onto the walking tracks at sporting grounds as they are causing damage. This is being seen at Lloyd Park.

Post 5: We want to support our community to enjoy good mental wellbeing – 2 comments

- Comments deleted.

Post 6: We're creating a healthier future for Frankston City – No comments

Post 7: How healthy is Frankston City – No comments

Community Vision 2040 outcomes

The Community Vision 2040 was developed by our community to articulate its long-term aspirations for the future of our City. The Vision was created by a representative community panel of 48 local residents through a deliberative engagement process.

The community's aspiration for healthy families and communities is for Frankston City to empower everyone to improve their health and wellbeing through access to green space, quality health services, social supports, education and opportunities to be physically active. To achieve this, the community has identified and prioritised the following items:

- Families with young children will be provided with health and childhood development education to support long-term health and wellbeing.
- Youth events and activities are well promoted to meet diverse community needs.
 - People experiencing homelessness, family violence, mental illness, social isolation, gambling harm and other vulnerable groups will be supported through advocacy, referrals and high quality service provision.
 - Council to play an active role in the prevention of family violence through community education.
 - Council will advocate for mental health support for whole families and people supporting a loved one with mental illness.
 - Establish a 'direct point of contact' referral service within Council to health and wellbeing services for vulnerable people.
 - Advocate for high quality healthcare and appropriate accommodation for our aging population.
 - Council will partner with community groups, services and other organisations to create and promote affordable activities and programs to encourage residents to be connected.
 - Healthy living is promoted in festivals and events run by Council.



- Frankston City is a smoke-free city.
- Fresh healthy food is available for all, through:
 - Partnerships with local supermarkets to incentivise fresh and healthy food purchases
 - Support for growing and sharing of backyard produce
 - Promoting the availability of healthy food choices in Council and community settings
- Council, local organisations and the community work together to create shared facilities that are accessible and culturally safe to strengthen community connections, irrespective of interest and age.

Council and stakeholder feedback

The development of the Plan involved intensive consultation with Council departments and external stakeholders, who were engaged in each stage of the project management process, including: evaluation of the previous Plan; gathering and assessing the evidence base; identifying the priorities and objectives; and developing the actions. External stakeholders included WHISE, Peninsula Health and the FMP PCP.

Council Feedback from Stage 2 can be categorised into the following key points:

- A need to strengthen the focus on health inequities and vulnerable groups.
- A strengthened focus on diversity, including LGBTQIA+.
- Broader classification of safety – to include safe relationships and safety for diverse groups.
- The importance of education, employment and housing as key determinants of health and priorities for the municipality.
- Inclusion of sexual and reproductive health.
- Accessibility of health and community services.
- Clarification is needed on the health outcomes being sought for Aboriginal and Torres Strait Islander peoples, the current presentation is not clear and it shouldn't be added into a single objective together with 'connection to the arts and natural environments'. An important principle in Aboriginal health is self-determination.



Key learnings

What worked

- Conducting the engagement in two distinct stages each with their own defined engagement objective and outcome.
- Conducting targeted conversations with hard-to-reach groups through Council's advisory groups and committees.
- Engaging Council departments and external stakeholders from project inception, and keeping them engaged in each step of the project, including the community consultation.
- Conducting Stage 2 of the engagement in partnership with Council's Recreation team, integrating the community consultation with the Draft Leisure Strategy.
- Use of accessible infographics to present key statistical evidence on health and wellbeing to the community.
- The introduction of the new EngageFrankston! platform for Stage 2. There was a significant increase in engagement for Stage 2 compared with Stage 1, which used the former Have Your Say web page.

Not working so well

- Not having much time to plan Stage 1 of the engagement, due to the late decision to develop the Health and Wellbeing Plan as a stand-alone plan (and not integrated with the Council Plan).
- Lack of representation of key population groups in the engagement, including culturally and linguistically diverse groups, LGBTQIA+, Aboriginal and Torres Strait Islander peoples and women's focus groups.



The Engagement Plan for this consultation included several measures of success related to the engagement objectives.

The success measures met and the objective they relate to are outlined below:

Objective	Success measure
Stage 1: Open community consultation with the whole community on health and wellbeing in Frankston City	
To consult with a diverse range of people and capture what helps them to be healthy, physically active and socially connected and to determine community need.174	174 surveys were completed by a range of people on topics covering physical activity, walking and cycling, active transport, social connection and the impact of the COVID-19 pandemic.
Stage 2: Open community consultation with the whole community on the Draft Health and Wellbeing Plan 2021-2025	
Seek feedback on whether the Draft Plan’s priorities and objectives met our community’s needs.	70% of survey respondent said the priorities and objectives of the Draft Plan met the community’s needs.
Seek feedback on if there were any elements missing or needed to be changed.	A small number of issues were identified as missing or needing to be changed.
Seek further ideas on what Council can do in their local area to take action on the objectives.	More than 106 ideas were submitted.

Conclusion



Recommendations

The following changes are being made to the Draft Plan in response to Stage 2:

- An additional health and wellbeing priority is created on *Building Fair and Inclusive Communities* to respond to the feedback received on the Plan needing to strengthen its health equity approach, placing a greater focus on vulnerable groups, reducing health inequities and addressing key determinants of health for education, employment and housing.
- Add an objective on *Strengthen relationships to support Aboriginal self-determination and reconciliation* to provide greater clarity on the health outcomes being sought for Aboriginal and Torres Strait Islander peoples.
- Changing the name of Priority 6 on *Reducing Harms from Alcohol and Other Drugs, Gambling and Smoking to Building Safe Communities* to respond to feedback that 'safety' needs to be strengthened in the Plan.
- Changing the objectives in Priority 5 on *Strengthening Gender Equality and Respectful Relationships* to reflect the feedback received around the broader scope of safety, particularly in relation to the safety of different population groups – recommend a new objective: *Strengthen equitable, safe and respectful relationships*.
- Add narrative on the influence of the accessibility, availability and affordability of unhealthy food on our diets.
- Add narrative on the importance of open space facilities that meet the community's needs in the narrative on *Building Active Communities*.
- Place a highlight intersectionality in the section on health inequities.
- Redevelop the 'key areas for action' as 'strategies' that greater reflect the feedback.
- Incorporate the ideas provided by the community into discussions with Council departments and external stakeholders on developing the annual Action Plans.

Next steps

The final Health and Wellbeing Plan 2021-2025 is being presented to Council for adoption on 11th October 2021, which concludes the engagement process.

This engagement report will be made available on Council's website and EngageFrankston! Platform, and sent to the participants of the targeted conversations, to 'close the loop'.

The Plan will be implemented over the next four years to improve health and wellbeing in Frankston City.

Appendices



Appendix 1	Stage 1 Consultation Findings, February 2021 (includes survey questions)
Appendix 2	Stage 2 Consultation Findings, February 2021 (includes survey questions)

Frankston City Health and Wellbeing Plan 2021-2025 STAGE 1 CONSULTATION FINDINGS February 2021



Lifestyle Capital of Victoria

Purpose

The purpose of this report is to present the findings from the community consultation held to inform the development of the Draft Frankston City Health and Wellbeing Plan 2021-2025 (the Draft Plan). The community consultation took place from late 2020 to early 2021, and involved an online survey and targeted community conversations.

Other community engagements were also used to inform the development of the Draft Plan, including the consultations held for the Community Vision 2040, Climate Change Strategy, Positive Ageing Action Plan and Municipal Early Years Action Plan.

Objective

The objective of the community consultation was to consult with a diverse range of people and capture what helps them to be healthy, physically active and socially connected. Topics covered were physical activity (including in outdoors in open green spaces), walking and cycling, active travel, healthy eating, social connection, mental wellbeing and the impact of COVID-19 pandemic restrictions.

Engagement methods and outcomes

Who	Engagement method	Engagement type	Outcome
Whole community	Online survey Council's Have You Say web page, 20 th January 2020 to 9 th February 2021	Consult	174 surveys completed



Who	Engagement method	Engagement type	Outcome
	Social media Frankston City Council, Frankston City Youth Services, and Peninsula Health Facebook pages	Inform and consult	4 posts
Disability Access and Inclusion Committee	Workshop (targeted community conversation)	Involve	5 participants
Youth Council	Workshop (targeted community conversation)	Involve	4 participants
Age Friendly Ambassadors	Workshop (targeted community conversation)	Involve	7 participants
Nairn Marr Djambana	Workshop (targeted community conversation)	Involve	7 participants

In pre-COVID times targeted conversations and pop-up engagement events would have been held across the municipality, with a particular focus on engaging residents in Frankston North and Karingal, areas that often have low response rates to online surveys. Due to COVID-19 pandemic restrictions community centres were not operating as usual, and Karingal Hub Shopping Centre was undergoing major renovation, as such local area engagement was not possible.

Who participated in the survey

Demographic data was obtained for the survey, and participants had a choice to provide or not provide this information. 131 of the 174 survey respondents chose to answer these questions, with a summary of these responses as follows.

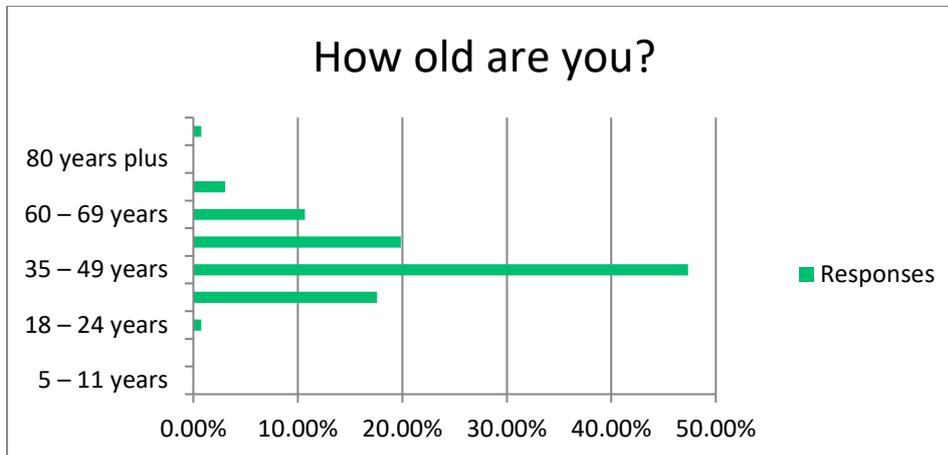
Gender

83.9% of respondents identified as female (109 respondents), with only 15.4% of respondents identifying as male (20 respondents), and one respondent preferring not to say.



Age

The majority of respondents were aged between 35 and 49 years old (47.3%), followed by 50 to 59 year olds (19.9%) and 25 to 34 year olds (17.6%). There were no responses from people under 17 years old or people over 80 years old.



Respondents by local area

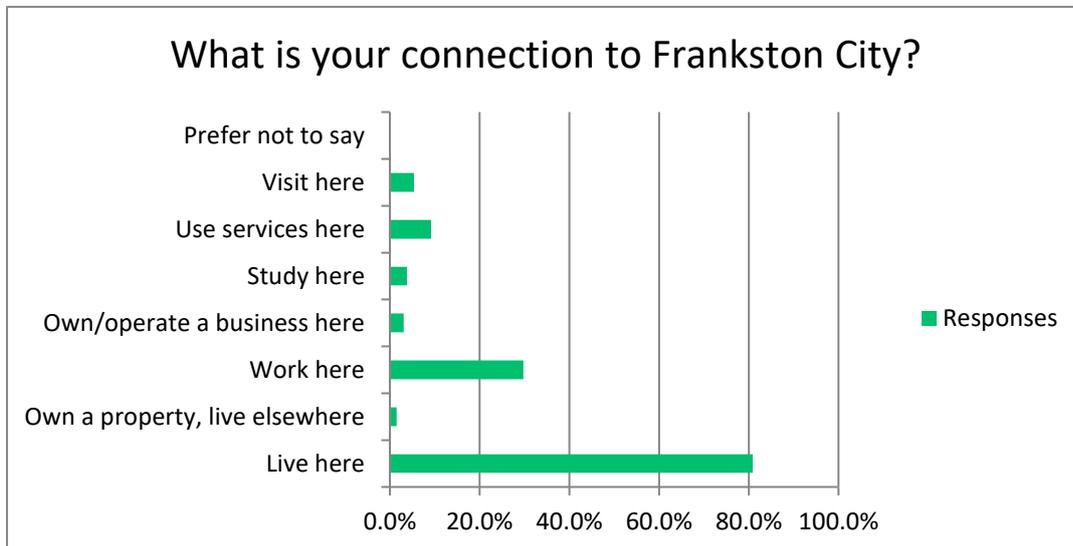
The majority of respondents lived in Frankston South (21.5%), with next largest group being respondents living outside of Frankston City (13.9%), followed by Frankston Heights and Central (11.5%). The suburb with the least respondents was Sandhurst, with only 4 people completing the survey (4%).

Local Area	%	Number
Langwarrin or Langwarrin South	9.2	12
Frankston Heights and Central	11.5	15
Karingal	8.5	11
Frankston North	6.9	9
Frankston South	21.5	28
Seaford	10	13
Carrum Downs	8.5	11
Skye	4.6	6
Sandhurst	2.3	3
Prefer not to say	3	4
Outside of Frankston City	13.9	18



Connection to the area

81% of respondents lived in Frankston City, with 30% working in the municipality, and 9% using services in the area. Only 4% of respondents were students in Frankston City, 3% operated a business in the area, and 5% identified as visitors.



Place of birth

80.2% of respondents were born in Australia, with 10.7% from the United Kingdom, 2.3% from New Zealand, 1.5% from India and 1.5% from Sri Lanka. 18 people (13.7%) responded that they spoke a language other than English at home.

Answer Choices	Responses	
Australia	80.2%	105
United Kingdom	10.7%	14
New Zealand	2.3%	3
India	1.5%	2
China	0.8%	1
Sri Lanka	1.5%	2
Other (please specify)	3.1%	4



Summary of findings from the survey

It is important to consider when looking at the key findings that there was a limited response to the survey, providing insights rather than a representative view of the whole Frankston City community. A summary of the key findings are as follows:

Physical activity, active transport and safety

- Our shared walking and cycling paths may be underutilised, as the respondents indicated that they are mainly using parks, reserves, gardens, foreshore tails, boardwalks and residential footpaths and roads over shared paths. Shared paths were the least used place for walking from the list provided.
- The main thing respondents selected to encourage them to be more physically active outdoors in open green spaces was shared paths and tracks that are accessible and well connected, followed by feelings of safety (lighting, other people around), more facilities and shade protection by trees.
- To encourage them to do more walking and cycling for recreation and active transport, respondents identified they would like connected shared walking and cycling paths and track networks with better connections with destinations, followed by better quality shared walking and cycling paths and feelings of safety.
- Survey respondents indicated that they undertake very little active transport (walking, cycling and public transport). The main form of active transport identified was walking, with the key destinations being public transport and the gym.
- In terms of safety, people feel safer walking and cycling during the day.
- Most respondents said they did not need anything to change to feel more safe when walking or cycling during the day, this was followed by traffic free cycling routes, quality of footpaths and roads, and protected on-road cycle lanes and shared paths separating people from traffic.
- The main thing survey respondents said would help them to feel safer when walking and/ or cycling at night was improved street lighting, followed by visible police presence and more people walking in the area. The targeted conversations also identified improved lightening and better visibility, as well as community connection and designated safe locations.
- Respondents said that they are exercising more outdoors following COVID.
- The main thing identified by the targeted conversations that would help people exercise more was reducing the cost of participation and introducing a buddy system. This aligns with the survey finds, where the main thing identified by respondents that was affordable memberships and fees for group activities, followed by more or improved outdoor public spaces in their local area and feelings of safety.



Healthy eating

- In contrast to the Victorian Population Health Survey results for Frankston City where only 7.7% of residents consumed the recommended amount of vegetables daily, the majority of respondents reported eating two serves of fruit and five serves of vegetables four to seven days a week.
- The main thing identified by survey respondents and the targeted conversations that would help them eat more fresh fruit and vegetables was lower prices of fresh produce.
- COVID-19 did not change the amount of healthy food consumed by the majority of respondents, however nearly a quarter of respondents identified they were eating more take-away food. For 21.7% of respondents COVID-19 had a positive effect, with them eating more fresh fruit and vegetables, related to respondents identifying the main change in the way they eat and drink from was that they had more time to prepare and cook healthy meals.
- In the past 12 months the majority of respondents had consumed sugary drinks once or twice a month, followed by once or twice in the last three months, with 20% consuming sugary drinks one to three days a week.

Life satisfaction

- The majority of respondents were generally satisfied or very satisfied with their lives a whole, however nearly 20% they were unsatisfied or very unsatisfied.
- The three main things identified by respondents that would make their life feel more satisfying were better physical health, more sleep and rest and better mental health.

Volunteering and social connection

- The majority of respondents felt part of their community “sometimes”, with 18.6% not feeling a part of the community.
- Almost half of respondents reported that they had volunteered or participated in a community group in the past 12 months. The majority of those that volunteered or participated in a community group did so once or twice in the last three months. Over half of respondents stated that they had not volunteered or taken part in a community group.
- Respondents identified the three main things that would help them to volunteer or participate in community group were better promotion of what is available, having ‘come and try’ events and groups that met their interests. This was echoed by the targeted conversations, which identified support to start volunteering through school, employment and greater access to the IMPACT volunteering, as well as specific support for CALD communities.



Survey findings by question

The findings from the survey are presented by question, and the responses have been analysed.

Question 1: In the last 12 months, how much physical activity have you participated in each week?

Answered: 172 Skipped: 2

Answer Choices	%	Number
At least 30 minutes, 5 or more days per week	37.8%	65
At least 30 minutes, 3 to 4 days per week	26.1%	45
At least 30 minutes, 1 to 2 days per week	19.8%	34
I have participated in physical activity, but less than 30 minutes a day	12.2%	21
I didn't do any physical activity	4.1%	7

The majority of respondents met physical activity guidelines, with 37.8% reporting participating in 5 or more days of physical activity a week, and 26.1% reporting 3 to 4 days. Nearly 20% said that they were only participating in 1 or 2 days per week, and 12.2% exercising less than 30 minutes a day. 4.1% stated they did not do any exercise at all.

Question 2: What are the main physical activities that you have participated in?

Answered: 160 Skipped 14

Answer Choices	%	Number
Walking	91.3%	146
Cycling	19.4%	31
Running / jogging	18.8%	30
Swimming	15.6%	25
Group activities, like groups classes at the gym, walking groups, yoga or tai chi	20.0%	32
Gym, fitness centre or indoor sports centre	21.3%	34



Organised sports, like AFL, cricket, soccer, netball, karate or basketball	4.4%	7
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Walking was the main activity that respondents participated in, with 91.3%. Only 4.4% of respondents reported that organised sport was the main physical activity they took part in.

Question 3: What are the three main things that would help you be more physically active?

Answered: 162 Skipped: 12

Answer Choices	%	Number
Affordable memberships and fees for group activities	53.1%	86
More or improved outdoor public spaces in my local area, including shared walking and bike paths	37.7%	61
Feelings of safety	32.1%	52
Better overall health	29.0%	47
Having friends or family to attend activities with	22.8%	37
Support to improve my motivation, confidence and self-esteem	21.6%	35
More information on what there is to do	20.4%	33
More options for activities - there is not anything that meets my interests or time limitations	17.9%	29
Feeling more welcomed and included at sports clubs, gyms and fitness centres	13.6%	22
Affordable childcare options	12.4%	20
Advice from medical professionals	10.5%	17



More or improved indoor facilities in my area	9.3%	15
Better disability access in outdoor public spaces (parks, reserves, playgrounds, shared walking and cycling paths, etc)	7.4%	12
Public transport	4.9%	8

Answer Choices	%	Number
Having healthy role models	4.9%	8

The main thing identified by respondents that would help them be more physically active was affordable memberships and fees for group activities (53.1%), followed by more or improved outdoor public spaces in their local area (37.7%) and feelings of safety (32.1%). Better overall health, having friends or family to attend activities with and support to improve motivation, confidence and self-esteem were also identified as key area that would aid people to be more active.

Question 4: Has COVID-19 changed the amount of physical activity you are doing?

Answered: 168 Skipped: 6

Answer Choices	Responses	
Single answer question	0.0%	0
Yes, I am now doing more physical activity	31.6%	53
Yes, I am now doing less physical activity	28.6%	48
No, I am doing the same amount of physical activity	39.9%	67

The majority of respondents stated that COVID-19 had not changed the amount of physical activity (39.9%, 67 responses), with 31.6% saying they were now doing more physical activity, and 28.6% stating they were doing less.



Question 5: Has the type of physical activity that you are going changed from the way it was before COVID-19?

This question only received 4 responses – there may have been an issue with how this was set up in Survey Monkey.

Question 6: In the last 12 months, how often have you used outdoor open green spaces for recreation or physical activity?

Answered: 166 Skipped: 8

Answer Choices	%	Number
1 to 3 times per week	30.7%	51
4 to 6 times per week	22.9%	38
Everyday	14.5%	24
Once or twice in the last three months	13.9%	23
Once or twice per month	12.1%	20
Never	6.0%	10

The majority of respondents identified that they were using outdoor open green spaces for recreation or physical activity one to three times a week (30.7%), with 22.9% four to six times a week, and 14.5% every day.

Question 7: Which of the following open green space did you mainly use?

Answered: 149 Skipped 25

Answer Choices	%	Number
Parks, reserves and gardens	80.5	120
Beach, foreshore trails and boardwalks	63.1	94
Local residential street	49.7	74
Shared walking and cycling paths and tracks	39.6	59
Water ways and creek trails	23.5	35



Wetlands	18.1	27
Playgrounds, skate parks or BMX tracks	15.4	23
Community gardens	2.7	4

The majority of respondents stated that they mainly used parks, reserves and gardens (80.5%), **followed** by the beach, foreshore trails and boardwalks (63.1%) and local residential streets (49.7%).

Question 8: What are the three main things that would help you to be more physically active in open green spaces?

Answered: 157 Skipped: 17

Answer Choices	%	Number
More shade protection provided by trees	31.85%	50
Answer Choices	%	Number
Living closer to natural environments (parks, reserves, gardens, foreshore, beach, trails and tracks)	18.47%	29
Open green spaces in my local area being more vegetated to make them more appealing	26.11%	41
Better protection of biodiversity and habitat (I am concerned about the impact of people exercising in these areas)	12.10%	19
Shared paths and tracks that are accessible and well connected	49.04%	77
Accessible parking nearby	15.29%	24
Public transport access to natural locations	3.82%	6
More facilities like bike racks, seating, public toilets and water fountains	31.85%	50
More wayfinding signage along paths and tracks	10.83%	17
More dog friendly areas	24.20%	38



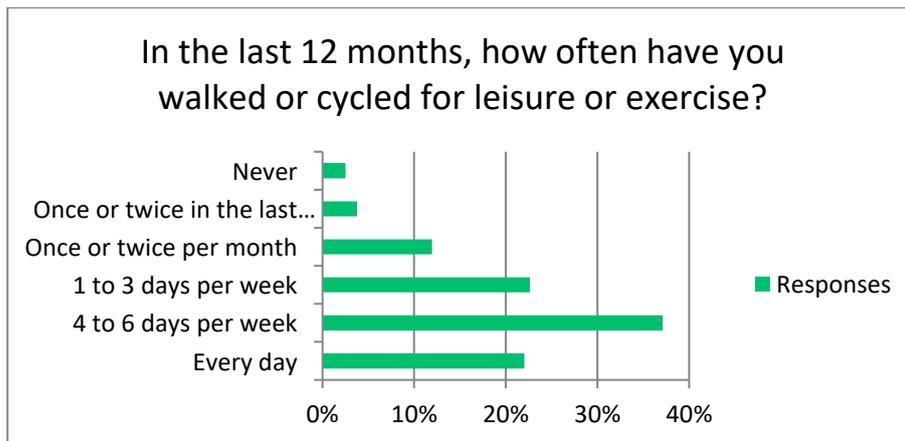
Having friends and family to go with	11.46%	18
Being part of a community walking group	12.10%	19
Feelings of safety (lighting, other people present)	39.49%	62
Outdoor fitness equipment in parks or sporting ovals	17.83%	28
Outdoor fitness equipment along walking paths and tracks (equipment trail)	16.56%	26
Advice from health professionals (nature prescriptions)	1.91%	3

The top four things identified by respondents that would help them be more physically active outdoors in green spaces were shared paths and tracks that are accessible and connected (49.0%), feelings of safety (lighting, other people present) (39.5%), more shade protection provided by trees (31.2%) and more facilities like bike racks, seating, public toilets and water fountains (31.2%).

Question 9: In the last 12 months, how often have you walked or cycled for leisure or exercise?

Answered: 159 Skipped 15

Answer Choices	%	Number
Every day	22.0%	35
4 to 6 days per week	37.1%	59
1 to 3 days per week	22.6%	36
Once or twice per month	12.0%	19
Once or twice in the last three months	3.8%	6
Never	2.5%	4



The majority of respondents stated they were walking or cycling for leisure or exercise 4 to 6 days per week (37.1%), followed by 22.6% stating 1 to 3 times a week, and 22.0% every day.

Question 10: Where did you mainly walk or cycle?

Answered: 151 Skipped 23

Answer Choices	Walk		Cycle		Walk and cycle	
	%	No.	%	No.	%	No.
Footpaths in residential areas	21.1%	120	2.0%	1	20.7%	23
Roads in residential areas	10.2%	58	39.2%	20	12%	12
Major roads, like Nepean Hwy	6.3%	36	15.7%	8	3.6%	4
Shared paths and tracks	12.6%	72	19.6%	10	27.0%	30
Parks, reserves and gardens	19.6%	112	7.8%	4	10.8%	12
Beach, foreshore trails and boardwalks	18.6%	106	2.0%	1	14.4%	16
Wetlands, water ways and creek trails	11.6%	66	13.7%	7	12.6%	14

Respondents are using a wide variety of places and spaces to walk for recreation, stating they mainly walked on footpaths in residential areas, parks, reserves and gardens, and in the wetlands, waterways and creek trails.



Question 11: What are the three main things that would help you to walk or cycle more for leisure and exercise? (Please select three options)

Answered: 148

Skipped: 26

Answer Choices	%	Number
Better quality shared walking and cycling paths and tracks	59.5%	88
Well connected shared walking and cycling paths and track networks (better connection with destinations)	61.5%	91
On-road cycling lanes	24.3%	36
More facilities, like seating to provide a resting place, public toilets, water fountains	35.1%	52
More wayfinding signage along paths and tracks	22.3%	33
Access to route planning information	23.0%	34

Answer Choices	%	Number
Activities and campaigns that promote walking and cycling as a safe form of leisure and exercise	14.9%	22
Workshops like bike skills and maintenance	7.4%	11
Confidence and feeling of safety	39.9%	59



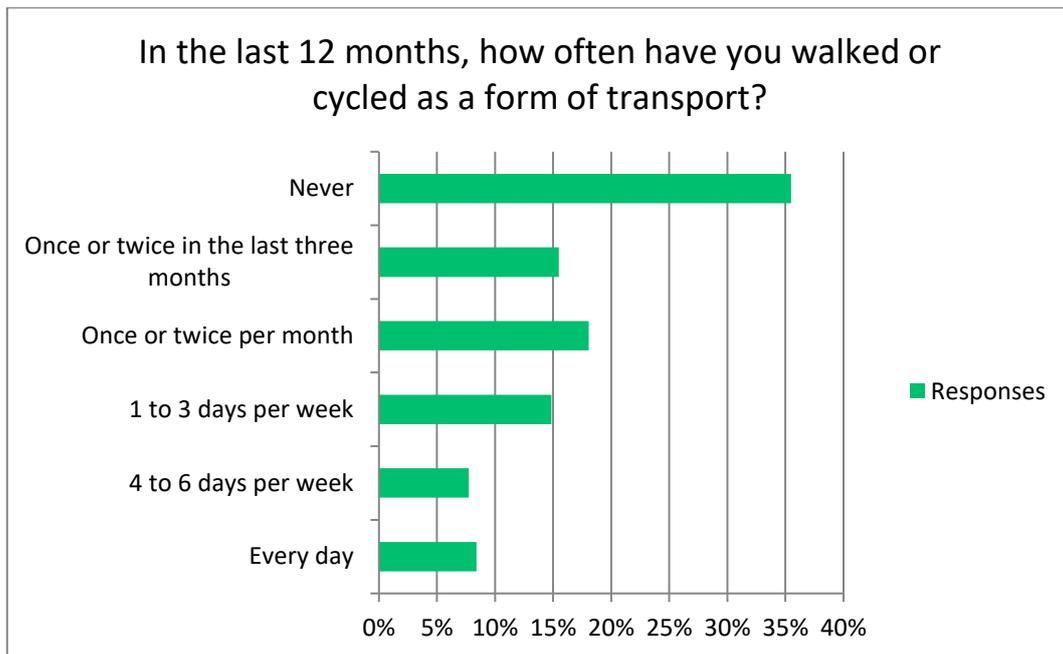
Access to bike parking	5.4%	8
Having access to a bike (own or shared)	6.1%	9
Other (please specify)		11

The three main things identified by respondents that would help them walk or cycle more were well connected shared walking and cycling paths and track networks (better connection with destinations) with 61.5%, better quality shared walking and cycling paths and tracks (59.5%) and confidence and feeling of safety (39.9%).

Question 12: In the last 12 months, how often have you walked or cycled as a form of transport?

Answered: 155 Skipped: 19

Answer Choices	%	Number
Every day	8.4%	13
4 to 6 days per week	7.7%	12
1 to 3 days per week	14.8%	23
Once or twice per month	18.1%	28
Once or twice in the last three months	15.5%	24
Never	35.5%	55



35.5% of respondents stated that they had not walked or cycled as a form of transport in the last 12 months. 18.1% had walked or cycled as a form of transport once or twice a month, and 14.8% one to three days a week.

Question 13: Where did you mainly walk or cycle?

Answered: 81 Skipped: 93

	Walk		Cycle		Walk and cycle	
	%	No.	%	No.	%	No.
Frankston City Centre shops, cafés or restaurants	78.0%	46	8.5%	5	13.6%	8
Gym, fitness centre or indoor sports centre	80.7%	25	9.7%	3	9.7%	3
Organised sports activities	61.5%	16	15.4%	4	23.1%	6
Playgrounds, reserves, parks and gardens	67.7%	44	7.7%	5	24.6%	16
Beach or foreshore	77.1%	47	4.9%	3	18.0%	11
Work	65.5%	19	20.7%	6	13.8%	4
Public transport	84.0%	21	12.0%	3	4.0%	1
To attend school, TAFE, university or other place of study	72.2%	13	11.1%	2	16.7%	3
To visit family or friends	55.0%	22	17.5%	7	27.5%	11



Question 14: What are the three main things that would help you use walking or cycling more as a form of transport? (Please select three options)

Answered: 122 Skipped: 52

Answer Choices	%	Number
Better quality shared walking and cycling paths and tracks	52.5%	64
A well connected shared walking and cycling path and track network	63.1%	77
On-road cycling lanes	22.1%	27
Access to route planning information	14.8%	18
End of trip facilities to securely park my bike	21.3%	26
Ability to carry more personal items	12.3%	15
More wayfinding signage	12.3%	15
More water fountains with tap option to refill bottles	19.7%	24
Feelings of safety (lighting, other people present)	41.0%	50
Activities and campaigns that promote active transport	6.6%	8
E-bike rental schemes	9.8%	12
Workplace incentives that encourage active transport (cycle to work days, cycle training, competitions)	11.5%	14
Shower/changing/locker facilities at my destination	12.3%	15



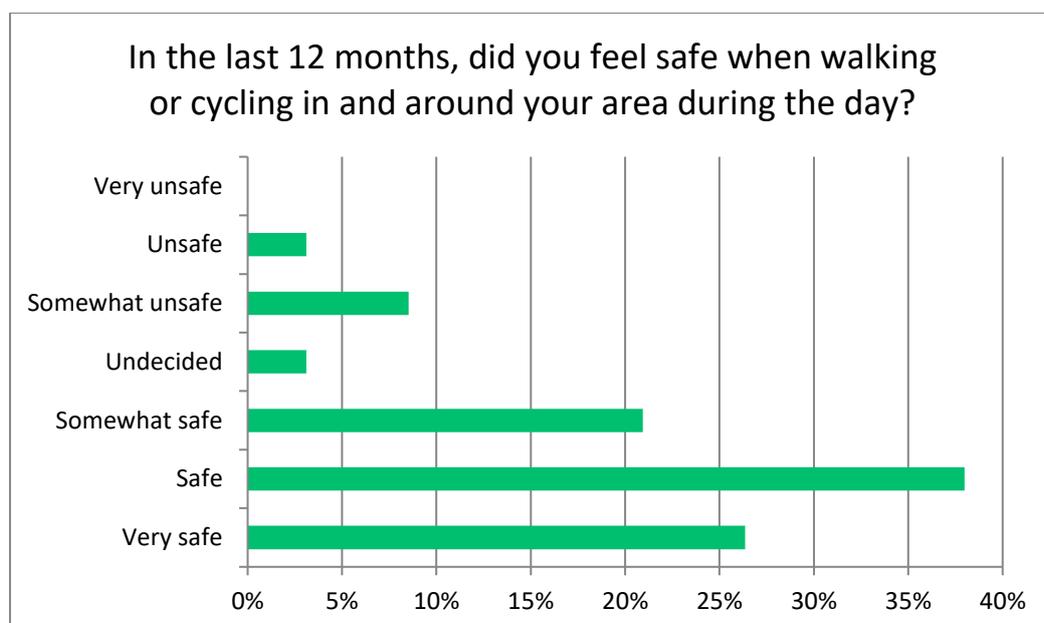
Other (please specify) 12

The three main things that respondents identified would help them use walking or cycling more as a form of transport were a well connected shared walking and cycling path and track network (63.1%), better quality shared walking and cycling paths and tracks (52.5%) and feelings of safety (lighting, other people present) (41.0%). These results align with those provided regarding cycling and walking for leisure and exercise.

Question 15: In the last 12 months, did you feel safe when walking or cycling in and around your area during the day?

Answered: 129 Skipped: 45

Answer Choices	%	Number
Very safe	26.4%	34
Safe	38.0%	49
Somewhat safe	20.9%	27
Undecided	3.1%	4
Somewhat unsafe	8.5%	11
Unsafe	3.1%	4
Very unsafe	0.0%	0





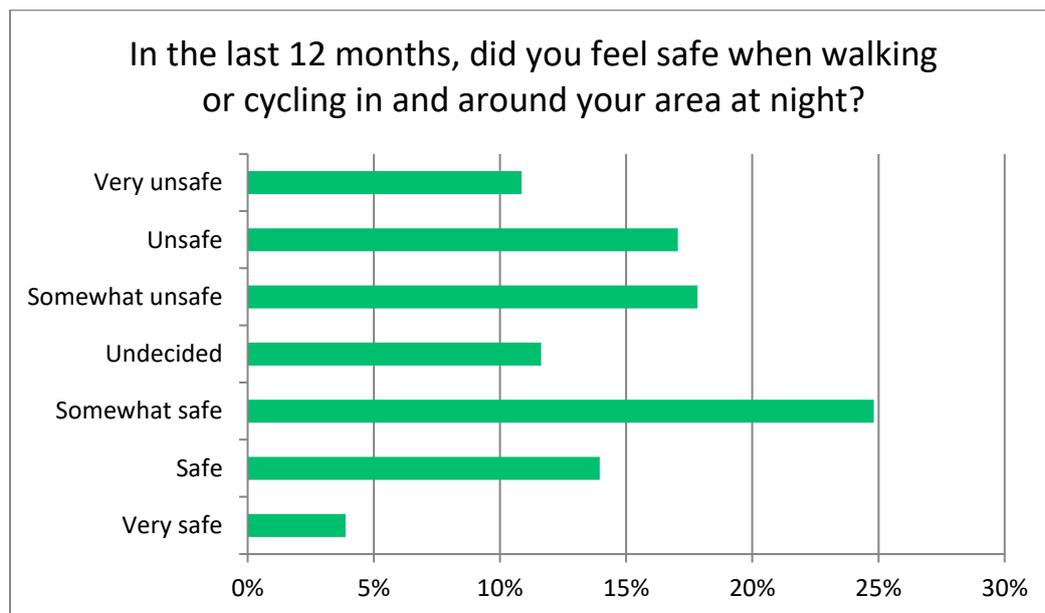
During the day 38.0% of respondents felt safe when walking or cycling around their area, with 26.4% reporting they felt very safe, and 20.9% somewhat safe. 11.6% reported feeling unsafe, however there were no reports of feeling very unsafe.

Question 16: In the last 12 months, did you feel safe when walking or cycling in and around your area at night?

Answered: 129 Skipped: 45

Answer Choices	%	Number
Very safe	3.9%	5
Safe	14.0%	18
Somewhat safe	24.8%	32
Undecided	11.6%	15
Somewhat unsafe	17.8%	23
Unsafe	17.1%	22
Very unsafe	10.9%	14

At night the majority of respondents reported feeling somewhat safe walking or cycling in and around their area (24.8%). 17.8% stated they felt somewhat unsafe, and 17.1% felt unsafe.





Question 17: What are the three main things that would help you to feel safer when walking or cycling in and around your local area?

Answered: 129

Skipped: 45

	at night		during day		both day and night	
	%	No.	%	No.	%	No.
Protected on-road cycle lanes, separating cyclists from traffic (white line)	9.1%	6	15.2%	10	75.8%	50
Protected shared walking and cycling routes, separating people from traffic (kerb, boundary)	4.3%	4	15.1%	14	80.7%	75
Quality of footpaths and roads (wide, well maintained)	8.7%	8	17.4%	16	73.9%	68
Traffic free cycle routes	5.7%	4	21.4%	15	72.9%	51
Trees and bushes are cut back from footpaths and roads	7.9%	6	13.2%	10	79.0%	60
Better street lighting	51.1%	45	9.1%	8	39.8%	35
More people walking around the area	20.5%	17	10.8%	9	68.7%	57
Safe crossing points on roads (pedestrian crossings)	4.4%	3	10.1%	7	85.5%	59
CCTV	11.6%	8	8.7%	6	79.7%	55
Visible police presence	20.9%	14	6.0%	4	73.1%	49
Less hoon driving	16.4%	12	8.2%	6	75.3%	55
Enforcement of traffic regulations	6.9%	4	6.9%	4	86.2%	50
Nothing, I feel completely safe	10.5%	2	52.6%	10	36.8%	7
Other (please specify)						



Question 18: In the past 12 months, how often did you eat two serves of fruit and five serves of vegetables per day?

Answered: 130 Skipped: 44

Answer Choices	%	Number
Every day 4 to 6 days per week	57.7%	75
1 to 3 days per week	26.9%	35
Once or twice per month	6.2%	8
Once or twice in the last three months	3.9%	5
Answer Choices	%	Number
Never	5.4%	7

The majority of respondents reported eating two serves of fruit and five serves of vegetables four to seven days a week (57.7%), followed by 26.9% of respondents reporting one to three days per week.

Question 19: What are the three main things that would help you to eat more fresh fruit and vegetables? (Please select three options)

Answered: 124 Skipped: 50

Answer Choices	%	Number
Better quality of fresh fruit and vegetables	33.9%	42
Lower prices of fresh fruit and vegetables	55.7%	69
Greater availability of fruit and vegetables in my local area	29.0%	36
Greater availability of fruit and vegetables that are grown in my local region	33.1%	41
Knowing where to access fresh fruit and vegetables in my local area	16.9%	21
Access to fresh food markets	31.5%	39
Access to community gardens	22.6%	28
Participating in food swaps	11.3%	14



Growing my own fresh fruit and vegetables at home	40.3%	50
Confidence in how to prepare and cook fresh fruit and vegetables	12.9%	16
Inspiration and ideas on how to add more fruit and vegetables onto my family's plate	21.8%	27
Finding fresh fruit and vegetables that my family will eat	8.1%	10
Buying more pre-prepared fresh fruit and vegetables	4.8%	6
Other (please specify)		6

The three main things identified by respondents that would help them eat more fresh fruit and vegetables was lower prices of fresh fruit and vegetables (55.7%), growing my own fresh fruit and vegetables at home (40.3%) and better quality of fresh fruit and vegetables (33.9%).

Question 20: In the past 12 months, how often did you consume sugary drinks? Sugary drinks are any beverages where sweeteners have been added, such as soft drinks, sodas, sports and energy drinks, fruit drinks and full fat flavoured milks.

Answered: 130 Skipped: 44

Answer Choices	%	Number
Every day 4 to 6 days per week	7.7%	10
1 to 3 days per week	20.8%	27
Once or twice per month	27.7%	36
Once or twice in the last three months	23.9%	31
Never	20.0%	26



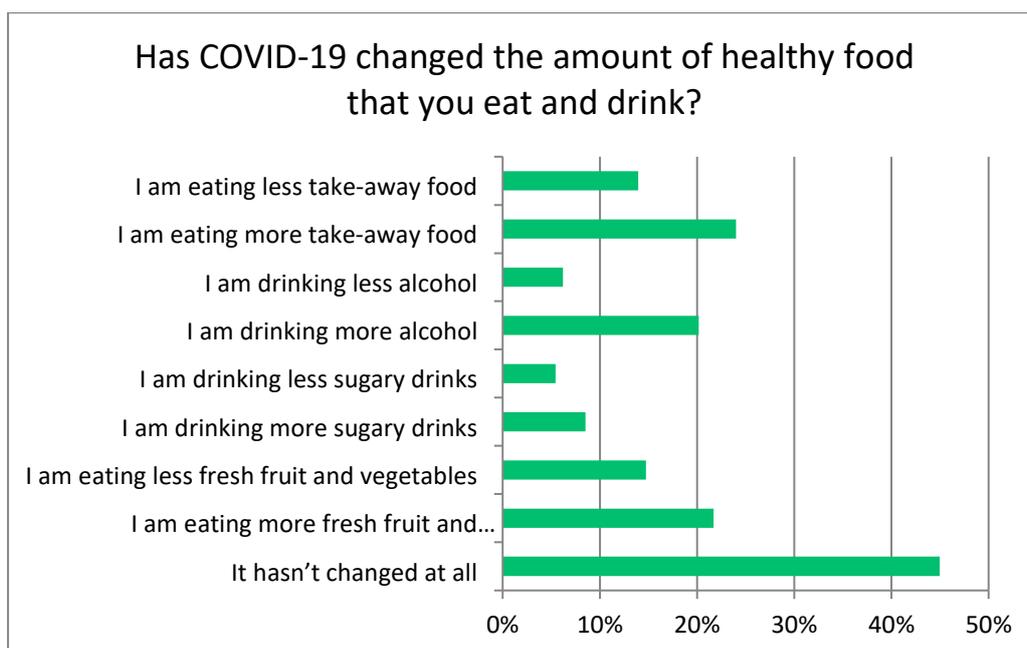
The majority of respondents stated that in the past 12 months they consumed sugary drinks once or twice a month (27.7%) followed by once or twice in the last three months (23.9%) and one to three days a week (20.8%).

Question 21: Has COVID-19 changed the amount of healthy food that you eat and drink?

Answered: 129

Skipped: 45

Answer Choices	%	Number
It hasn't changed at all	45.0%	58
I am eating more fresh fruit and vegetables	21.7%	28
I am eating less fresh fruit and vegetables	14.7%	19
I am drinking more sugary drinks	8.5%	11
I am drinking less sugary drinks	5.4%	7
I am drinking more alcohol	20.2%	26
I am drinking less alcohol	6.2%	8
I am eating more take-away food	24.0%	31
I am eating less take-away food	14.0%	18
Other (please specify)		1



When asked if COVID-19 changed the amount of healthy food they ate and drank the majority of respondents said that it hadn't changed at all (45.0%). Nearly a quarter of respondents identified they were eating more take-away food, and for 21.7% COVID-19 had a positive effect, with them eating more fresh fruit and vegetables.

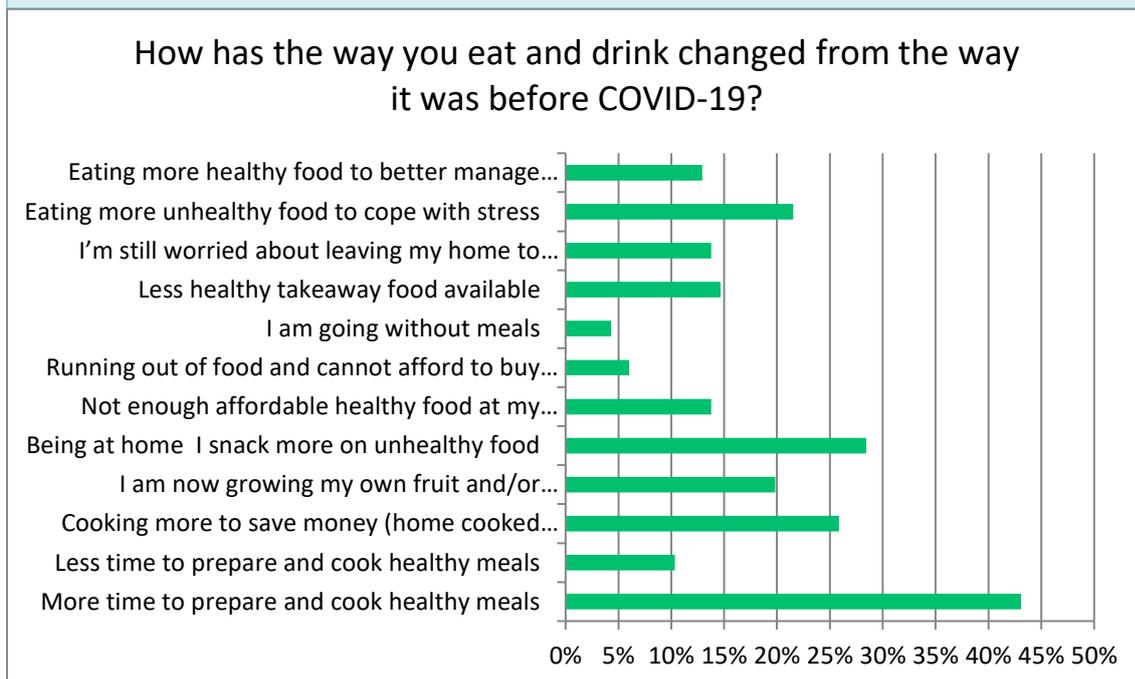
Question 22: How has the way you eat and drink changed from the way it was before COVID-19?

Answered: 116 Skipped: 58

Answer Choices	%	Number
More time to prepare and cook healthy meals	43.1%	50
Less time to prepare and cook healthy meals	10.3%	12
Cooking more to save money (home cooked food costs less)	25.9%	30
I am now growing my own fruit and/or vegetables	19.8%	23
Being at home I snack more on unhealthy food	28.5%	33
Not enough affordable healthy food at my local shops	13.8%	16
Running out of food and cannot afford to buy more	6.0%	7
I am going without meals	4.3%	5



Less healthy takeaway food available	14.7%	17
I'm still worried about leaving my home to shop	13.8%	16
Eating more unhealthy food to cope with stress	21.6%	25
Eating more healthy food to better manage stress	12.9%	15
Other (please specify)		12



The majority of respondents identified the main change in the way they eat and drink from before COVID-19 was that they had more time to prepare and cook healthy meals (43.1%), followed by being at home they snacked more on unhealthy food (28.5%) and they were cooking more to save money (home cooked food costs less) (25.9%).

Question 23: In the past 12 months, in general would you say that you feel satisfied with your life as a whole?

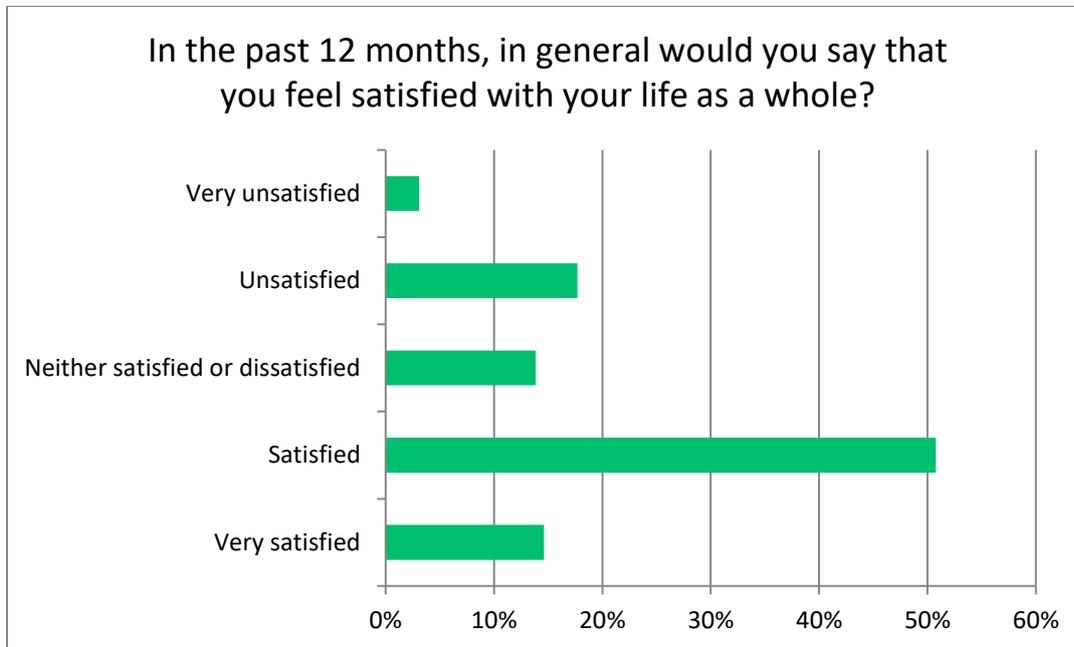
Answered: 130

Skipped: 44

Answer choice	%	Number
Very satisfied	14.6%	19
Satisfied	50.8%	66
Neither satisfied or dissatisfied	13.9%	18



Unsatisfied	17.7%	23
Very unsatisfied	3.1%	4



When asked in the past 12 months, in general would you say that you feel satisfied with your life as a whole, the majority of respondents stated they were satisfied (50.8%), with 17.7% stating they were unsatisfied, and 14.6% very satisfied.

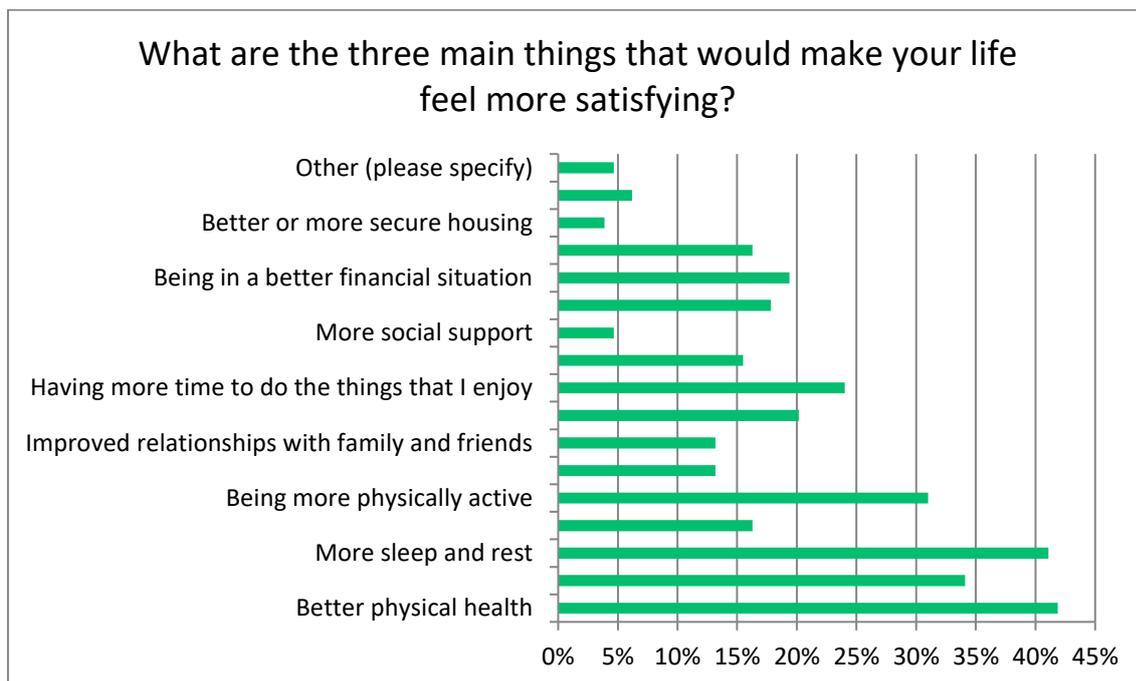
Question 24: What are the three main things that would make your life feel more satisfying? (Please select three options)

Answered: 129 Skipped: 45

Answer Choices	%	Number
Better physical health	41.9%	54
Better mental health	34.1%	44
More sleep and rest	41.1%	53
Eating more healthily	16.3%	21
Being more physically active	31.0%	40
Feeling more confident	13.2%	17
Improved relationships with family and friends	13.2%	17



Better social life	20.2%	26
Having more time to do the things that I enjoy	24.0%	31
Feeling like I belong in my community	15.5%	20
More social support	4.7%	6
Answer Choices	%	Number
Better work-life balance	17.8%	23
Being in a better financial situation	19.4%	25
Job security	16.3%	21
Better or more secure housing	3.9%	5
Nothing, I am fully satisfied with my life	6.2%	8
Other (please specify)	4.7%	6



The three main things identified by respondents that would make their life feel more satisfying were better physical health (41.9%), more sleep and rest (41.1%) and better mental health (34.1%).

Question 25: In the past 12 months, would you say that you have felt like you are part of your community?

Answered: 129. Skipped: 45



Answer Choices	%	Number
Yes	29.5%	38
Sometimes	51.9%	67
No	18.6%	24

When asked “In the past 12 months, would you say that you have felt like you are part of your community?” the majority of respondents selected “sometimes” (51.9%), 29.5% responded “yes” and 18.6% responded “no”.

Question 26: What are the three main things that would help you to feel more connected to your community? (Please select three options)

Answered: 126 Skipped: 46

Answer Choices	%	Number
Knowing my neighbours and feeling like I can turn to them	37.5%	48
Chatting to my neighbours and other locals in the street	40.6%	52
Having places to meet and talk with others (parks, shops, cafes)	36.7%	47
Being part of a local community group (faith group, volunteering group, school fundraising committee)	33.6%	43
Volunteering my time to be involved in community activities (community gardens, environmental groups, book clubs)	31.3%	40
Participating in local events (Neighbour Day, school fetes)	24.2%	31
Information and promotion of ways to get involved	36.7%	47
Being accepted for who I am	14.8%	19
Other (please specify)	5.5%	7

The four main things respondents identified that would help them to feel more connected to their community were chatting to their neighbours and other locals in the street (40.6%), knowing their neighbours and feeling like they can turn to them (37.5%), having places to



meet and talk with others (parks, shops, cafes) (36.7%) and information and promotion of ways to get involved (36.7%).

Question 27: In the past 12 months, how often have you volunteered or participated in a community group?

Answered: 130 Skipped: 44

Answer Choices	%	Number
Every day	3.9%	5
4 to 6 days per week	3.9%	5
1 to 3 days per week	7.7%	10
Once or twice per month	14.6%	19
Once or twice in the last three months	16.2%	21
Never	53.9%	70



46.3% of respondents reported that they had volunteered or participated in a community group in the past 12 months. The majority of those that volunteered or participated in a community group did so once or twice in the last three months. Over half of respondents stated that they had not volunteered or taken part in a community group.

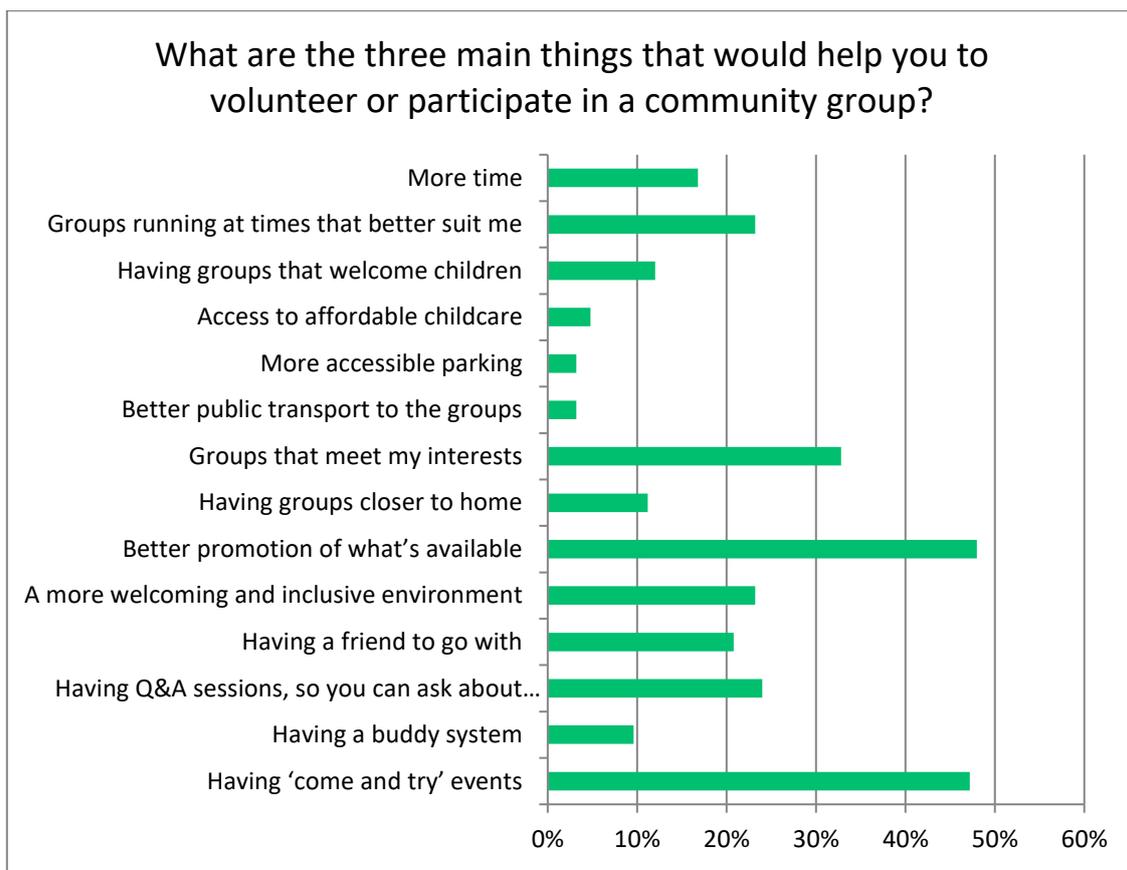


Question 28: What are the three main things that would help you to volunteer or participate in a community group?

Answered: 125 Skipped: 49

Answer Choices	%	Number
Having 'come and try' events	47.2%	59
Having a buddy system	9.6%	12
Having Q&A sessions, so you can ask about commitment and time requirements	24.0%	30
Having a friend to go with	20.8%	26
A more welcoming and inclusive environment	23.2%	29
Better promotion of what's available	48.0%	60
Having groups closer to home	11.2%	14
Groups that meet my interests	32.8%	41
Better public transport to the groups	3.2%	4
More accessible parking	3.2%	4
Access to affordable childcare	4.8%	6
Having groups that welcome children	12.0%	15
Groups running at times that better suit me	23.2%	29
More time	16.8%	21
Other (please specify)		4

Respondents identified the three main things that would help them to volunteer or participate in community group were better promotion of what is available (48.0%) having 'come and try' events (47.2%), and groups that met their interests (32.8%).



Targeted community conversation findings

The targeted community conversations involved four key questions, the results from which are summarised below.

Question 1: What would help you and your friends exercise more?

The main barriers identified in the targeted conversations for exercising more were cost, time, motivation and not being confident in playing organised sport. Cat calling was also identified as major barrier for young women when walking and running in their local areas.

The main things identified that would help people exercise more were:

- Reducing the cost of participation
- Introducing a buddy system
- Incorporating physical activity into cultural events
- Culturally welcoming spaces
- Increased and improved walking tracks.



Question 2: What would enable you, your friends and family to eat more fresh vegetables and fruit?

The main things identified that would enable people to eat more fresh vegetables and fruit were:

- Reducing the cost of healthy food
- Increasing cooking skills
- More availability of fresh food
- Peer support, healthy role models to create healthy habits.

Question 3: Have you or your friends considered volunteering? What would help you and your friends get started?

The main things identified the identified in the targeted conversations that would help people start volunteering were:

- Support to start volunteering
- School and employment volunteering ballots / placements
- Support for CALD communities to engage in volunteering
- IMPACT volunteering to be more accessible (go out to shopping centres)
- Ability to see the results of their efforts – closing the loop

Question 4: What would help you feel safer walking in your area?

The main things identified the identified in the targeted conversations that would help people feel safer walking in their areas were:

- Community connection
- Improved lighting and better visibility (cut back trees)
- Safe locations, such as safe zones



Appendices

Targeted community conversations questions

Healthy families and communities

We all know that exercise and eating healthily is good for us. The evidence tells us nearly half of people in Frankston City get enough physical activity, and only 7.7% eat the recommended amount of veg.

- What would help you and your friends exercise more?
- Are you taking part in organised sport (AFL, soccer, basketball)?
- What would help you and your friends get involved organised sport?
- What would help you and your friends take part more walking, cycling or casual exercise?
- Do you and your friends exercise outside in nature? If not, what would help you get out into green open spaces more?
- What would enable you, your friends and family to eat more fresh vegetables and fruit?

Vibrant and inclusive communities

Social capital is the willingness of people to help each other, where people share understandings, trust and cooperation. The evidence tells us that 85.7% of adults in Frankston City had someone outside their household who that could rely on for help in an emergency, and 15.4% of people volunteer.

- What would help you and your friends feel more connected to your community?
- What would help you and your friends be more likely to ask for help from neighbours?
- What would help you and your friends be to join community groups?
- Do you and your friends volunteer? If yes, how often?
- If not, have you or your friends considered volunteering? What would help you and your friends get started?
- What are the things that stop you and friends being more connected and involved in your community?

Connected Places and Spaces

During our recent community consultation for the community vision, many people commented on how safe they feel in their neighbourhoods and how much the municipality's safety has improved. In 2015 87% of people in Frankston City feel safe walking in the street during the day, which is a little below the Victorian average of 93%. This drop significantly at night, with only 46% saying they felt safe. Poor perceptions of safety can reduce the amount that people walk for recreation, as well as having negative impacts on people's mental health.

- Do you, friends and family feel walking safe around your area during the day / at night?



- If not, what would help you feel safer walking in your area?
- Do you, your friends and family walk, cycle or take public transport to school (active transport), work or to services and shops?
- What would help your friends and family take more active trips?



Frankston City Health and Wellbeing Plan 2021-2025 STAGE 2 COMMUNITY CONSULTATION FINDINGS September 2021

Lifestyle Capital of Victoria

Purpose

The purpose of this report is to present the findings from the community consultation held to seek feedback on the Draft Frankston City Health and Wellbeing Plan 2021-2025 (the Plan) prior to it going to Council for adoption on 11th October 2021.

Objective

The objective of the community consultation was to consult on the Draft Plan, seeking feedback on whether the Draft Plan's priorities and objectives met our community's needs, if there were any elements missing or needed to be changed, and to seek further ideas on what Council can do in their local area to take action on the objectives.

Engagement methods and outcomes

Who	Engagement method	Engagement type	Outcome
Whole community	Health and wellbeing profile and infographics Available on Engage Frankston!	Inform	Community was informed.
	Online survey Available on Engage Frankston!	Consult	75 surveys completed
	Social media Frankston City Council, Frankston City Youth Services, and Peninsula Health Facebook pages	Inform and consult	7 posts
	Community pop-ups –	Inform and consult	<i>cancelled due to COVID-19 restrictions</i>
	Mapping tool Available on Engage Frankston!	Consult	22 comments made



Who	Engagement method	Engagement type	Outcome
Bunurong Land Council Aboriginal Council	Meeting and distribution of the Draft Plan to Elders for feedback	Involve	Feedback from Traditional Owners received.
Disability Access and Inclusion Committee	Workshop (targeted community conversation)	Involve	4 participants
Age Friendly Ambassadors	Workshop (targeted community conversation)	Involve	4 participants
Youth Council	Workshop (targeted community conversation)	Involve	Cancelled – the Youth Council was unavailable during Stage 2 due to the negative impact that the COVID-19 pandemic restrictions (Lockdown 6) was having on young people’s wellbeing.
Nairn Marr Djambana	Workshop (targeted community conversation)	Involve	Cancelled – Nairn Marr Djambana was closed due to pandemic restrictions.

Community feedback

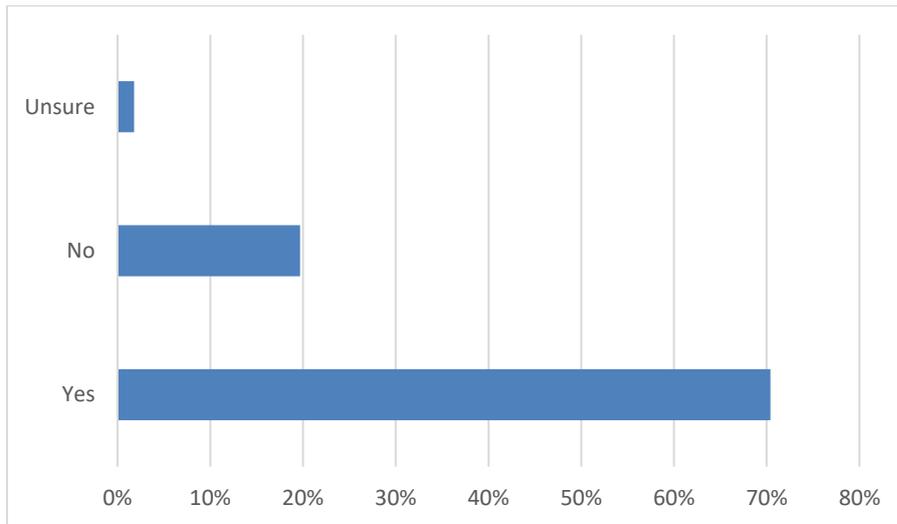
We listened carefully to our community throughout consultation process, and what we heard has been collated, analysed and presented as follows:

Online survey

Are you satisfied that the objectives in the Draft Health and Wellbeing Plan meets our community’s needs?

Answered: 71 Skipped: 4

The majority of respondents (70%) were satisfied that the objectives met the needs of the community.



If no or unsure, can you tell us why? Is there anything that's missing or needs to be changed?

Answered: 22 Skipped: 53

The gaps identified by the 22 respondents are summarised as follows (note, some of the gaps identified were included in the Draft Plan):

- Strengthen the message that cycling needs to be promoted as a form of transport to replace cars, with improved shared paths, better cycling facilities and improvements to cycling lanes on Nepean Hwy and Mooruduc Road. Kids need to be able to ride to school and adults to work safely.
- Strengthen the reference to open natural spaces.
- No specific mention of 'jetskis'.
- Provide facilities at all reserves, including public toilets, shared, seats and tables.
- Outdoor fitness equipment along walking trails and shared paths.
- Implementation of a breastfeeding support service.
- Action for objective 2.2 (strengthening local food systems) needs to include facilitating partnerships with key stakeholders, organisations and government to strengthen the local food system. This should include partnerships to transform retail spaces and local supermarkets, which would reflect the community aspiration in the Community Vision 2040.
- Strengthen the focus on older people aged 50+.
- Strengthen acknowledgement of people with disabilities.
- Strengthen the 'reduce, reuse and recycle' message in the Plan as part of climate action. To include plastic free events, creation of solar farms, bottle return hubs, etc.
- A focus on family violence response, not just prevention.



- Add a focus on sexual assault, harassment and consent, acknowledging the need for more training, services and support in this area.
- Add young people's sexual health to address high teen pregnancy rates and STIs. The Plan needs to be more targeted overall.

What are your ideas for what we can do to get people more physically active in your local area and in our open spaces, parks and reserves?

Answered: 58 Skipped: 17

The vast majority of comments received related to walkable neighbourhoods and shared pathways, followed by recreational activities and play spaces and local parks.

The comments made by the 58 respondents has been categorised and summarised as follows:

Walkable neighbourhoods and shared pathways

- Improve the accessibility, quality and safety of footpaths and shared paths, including for people who use wheelchairs and prams.
- Provide more dog-friendly shared paths.
- Improve the connectedness of shared paths to provide a safe environments for walking and cycling, and to reduce motorised vehicle-usage. This includes safe crossings over major roads.
- Provide more tree canopy over shared paths.
- Improve promotion of shared footpaths, including their length.
- Specific shared path improvements were requested for:
 - Connecting the Baxter Trail and Skyrail shared path.
 - Connecting the Baxter Trail with the Lakewood Estate.
 - Improve connectivity in the Carrum Downs area along Potts Road to allow residents to walk to Skye Primary School and Coles.
 - Connection to the McClelland Gallery and the Pindara Boulevard bushland area.
 - Connect the beach with the Pines Flora and Fauna Reserve and activity centres.
 - Connect the Seaford Wetlands shared path at the north end across the 800mtr levy bank with a 1.6 metre sealed track.
 - Connections with local parks and playgrounds in Langwarrin.
- Improve the facilities along shared paths, like drinking fountains, picnic tables, bins and public toilets. Specific requests include:
 - Provide public toilets where the wetlands meets Coolibar Avenue and in the grass block opposite Austin Road/Erwin Drive. Provide more facilities like benches, shelters, bird observation points and drinking fountains.
- Footpath improvements requested for:



- Langwarrin, particularly around the Potts Road estate, as even though this area is less than 5km away from the Langwarrin Flora and Fauna park there is no safe way to travel there by walking or cycling.
- Connect Quarry Road with Lexton Drive and McClelland Drive; connect Potts Road between Gumnut Drive and Valley Road to provide walking and cycling access to Carrum Downs.
- In areas that do not have them.

Cycling and active travel

- Provide more non-vehicle transport options.
- Improve the connections between local roads and major arterial roads to encourage more people to cycle, reducing vehicle usage.
- More bike lanes on busy local roads, including Cranbourne Road, Overport Road and Frankston-Dandenong Road.
- Improve opportunities for cycling and active travel through Frankston by reducing Nepean Hwy to two-lanes in each direction, pedestrianising Wells Street as a mall, connecting areas with bridges and connecting the City Centre with the Frankston Foreshore.
- Improved road safety through lower speed limits and traffic calming measures in high pedestrian areas and around schools to encourage more walking and active travel.

Open space facilities

- Install more distance markers in open spaces to encourage people to exercise, like the ones at Belvedere Park and Frankston Nature Conservation Reserve. Good locations would be Ballam Park and the Seaford Wetlands, also installing connecting walking loops and signature fitness circuit trails for running and short bike rides.
- Install public toilets and drinking fountains at the Frankston Conversation Reserve, the Seaford Wetlands and at beaches and local parks to improve access for all.

Play spaces and local parks

- The most common comment relating to play spaces was the many requests to install outdoor fitness equipment in local parks and along shared paths. This also makes physical activity more accessible for people who cannot afford gym memberships.
- More dog-friendly parks with facilities, including sheltered picnic areas that provide protection from sun, rain and wind.
- Establish a second skate park on the Frankston Foreshore behind the Cheeky Squire as a regional attraction.
- Keep local parks clean, with dogs kept to dog parks.
- Provide a multi-purpose outdoor area with playgrounds, dog obedience facilities, bbq and picnic equipment, shared paths and disc golf course. Baxter Park would be a good location for a disc golf course.
- More opportunities for nature and water play.
- Provide more mountain bike tracks and BMX facilities.



- More seating is needed in areas protected by shade. These play spaces need to be safe for children and have CCTV, fences and gates.
- Improve the natural environment for greater enjoyment by the community, including greater tree canopy and nature play.
- Specific local park upgrades were requested for:
 - Langwarrin needs to be improved to be inclusive of people of all ages and abilities, including fitness equipment and public toilets. Lloyd Park would benefit from this.
 - Further develop the local parks in Carrum Downs to have more facilities, including outdoor fitness equipment, basketball, playgrounds, bbq areas, etc.
 - South Gateway park gets too muddy and needs equipment for dog play.
 - Establish a proper skate park in Carrum Downs with ramps across the area, so they are not all located in a single site.

Recreation activities and facilities

- Provide 'exercise buddies' to encourage people to be more physically active and connect.
- Provide recreation activities for families in local parks to get the whole family active, including family-based competitions and scavenger hunts.
- Provide more recreation activities, including Park Run, pump tracks, yoga and meditation, walking groups and soccer groups.
- Provide more affordable recreation activities, including swimming and cycling for children, and council-run free or low-cost sporting days, team sports and other physical activities
- Activities that encourage more people to walk, including social walking groups on accessible shared paths, monthly walks for good causes with healthy food vans at locations suitable for people of all ages and abilities, guided walks at parks (including by torch at night) and reserves and themed dress-up walks.
- Provide more recreational activities on the Frankston foreshore.
- More recreation activities at community centres, with improved walking access to the community centres.
- Specific requests included:
 - Provide community table tennis facilities at the Frankston South Community and Recreation Centre on the asphalt area. Table tennis is an activity suitable for people of all ages and abilities and also allows for social distancing.
 - Establish a park run at the Seaford Wetlands and in Frankston, encouraging families and females to participate in physical activity.
 - Establish Brighton Baths at Frankston.
 - More recreation facilities in Carrum Downs, including an aquatic centre.



Boardwalks

- Extend the boardwalk from Seaford beach to Mt Eliza.
- Further develop the Frankston Foreshore boardwalk and activate Oliver's Hill and the surrounding area, including the steps leading up to Cliff Road and connection with Sweetwater Creek.
- Extend the boardwalk from Frankston to Carrum, providing more opportunities for physical activity in nature. Currently people have to move to the beach track, which doesn't feel safe for all users.

Health promotion

- Launch a campaign promoting the mental health benefits of physical activity, with activities that connect people of all cultures, ages and abilities. To include yoga on the beach or in the park, family walks or fun runs in parks, expos at Frankston skate park and summer sports expos on the Frankston foreshore.
- Establish a local 'health and wellbeing' social media platform to share information about how to stay active, including walking tracks, activities and featuring locals.
- Promote outdoor activities on social media to create interest and encourages people to share their own images, like how they do at places like the 1000 steps in the Dandenong Ranges.
- Provide online maps showing walking trails and parks that families can explore.

What are your ideas for what we can be doing in your local area to take action on the objectives for our other health and wellbeing priorities?

Answered: 48 Skipped: 27

The comments made by the 48 respondents has been categorised and summarised as follows:

Healthy eating

- More healthy food outlets in activity centres.
- Improve opportunities to promote good nutrition, including cooking classes for families and provide a 'big breakfast' event to promote nutrition.
- There is too much focus on 'healthy choices'. The access, availability, affordability and appeal of unhealthy food also needs to be addressed as a driver of poor diets. Add an action on how to counter the appeal of unhealthy food at community events, health care settings, supermarkets and retail. Could also add an action on not allowing marketing of unhealthy food on council owned land or within close proximity of schools.
- Support for people to grown and share their own food, including educational workshops, food swaps and food donations.



- The Community Plate will provide a good basis for community education on local food systems. Include a focus on food waste reduction.

Community gardens

- Community gardens across the whole municipality.
- More resources for community gardens, which also have mental wellbeing benefits from social connection.

Mental wellbeing and inclusion

- Raise awareness of mental health and wellbeing by improving access to programs and services that support good mental wellbeing and education on how to have conversations about mental health and help seeking behaviours.
- Direct funds to mental wellbeing initiatives, including a wellness festival that promotes health and wellbeing opportunities and a breakfast program using table tennis to engage children and young people in education and improve social connection.
- Provide outreach activities that connect with people on weekends to combat social isolation.
- Be more inclusive of single people without children and who own pets.
- Promote services and activities so more people can participate.
- Install signage at local parks and other open spaces to acknowledge the Traditional Owners.

Vulnerable groups

- Provide more opportunities for vulnerable groups to get support, including affordable food vans and 'come and try' days' at sports clubs.
- More support for vulnerable groups, including people experiencing homelessness and poor mental health.

Safety

- More street lighting to improve safety and walking at night and early in the morning.
- Improve signage in on-leash local parks to encourage compliance and improve feelings of safety.
- More CCTV in quiet recreational areas to improve feelings of safety.
- Ensure safe spaces for survivors of sexual assault and harassment.
- Safe spaces for the LGBTQIA+ community.
- Training on consent.

Climate action

- A greater focus on climate action, including community initiatives that bring like-minded people together to take action, like clean-up days.



Map

A total of 22 responses were received. Of these, 14 were for 'walking', 3 were for 'running', 1 was for 'cycling', 1 was for 'club sports' (tennis, four times per week in Frankston South), 1 was for 'other' (pilates, once per week) and 1 for 'improvement needed' (installation of a kayaking launching pad at Kananook Creek Walk in Seaford).

Comments made included:

- Beauty Park is an almost perfect 1km loop, which is perfect for running.
- Walking briskly along the beach is invigorating and a great cardio workout. More rubbish are needed along the beach.
- The area on the northern edge of the Seaford Wetlands is unsurfaced and often muddy. This area would benefit from being asphalted to complete the circuit trail.
- The Peninsula Link trail in Seaford has a good running circuit with a fine gravel surface and distance markers. Would like to see this replicated at other locations, like Ballam Park and Beauty Park.
- The Dam Wall Walk in Frankston South is great for running, cycling and walking with the kids, and perfect for a Park Run.
- The natural bushland at Sweet Water Creek Nature Reserve is a relaxing environment.
- The Kananook Creek Trail from Frankston City to Seaford is a wonderful spot to gain peace from natural vegetation.

Social media

A total of 78 comments were made, summarised as follows:

Post 1: Visit Engage Frankston to have your say – 3 comments

- Enforce local law compliance on shared paths to ensure they are accessible for everyone (dogs on leashes).

Post 2: Have our Say on the Draft Leisure Strategy – No comments

Post 3: We want to help people to be more physically active – 38 comments

- Support the creation of more community gardens on Council land to grow fresh food.
- Install lighting on the Frankston boardwalk near Sophia's to improve safety for early/late joggers.
- Walking tracks and local parks with playgrounds in all local areas.
- More bike riding tracks, and a dedicated mountain bike track.
- Establish a pump track, there are none nearby.
- Horse riding trails for children with ponies.
- The paths at Ballam Park are muddy and need to be sealed.
- Establish a disc golf park at Baxter Park.

Post 4: Where is your favourite spot to get active? – 35 comments



- The Pines Flora and Fauna Reserve is fantastic, though it needs some dog poo bins.
- Cycling along Peninsula Link.
- Lawton Reserve, but the road needs upgrading.
- Ballam Park, but the muddy paths need to be sealed.
- Additional benches and seats are needed outside Seaford Community Centre.
- Do not allow Park Runs at conservation reserves, keep them to parks like Ballam, Jubilee and Beauty.
- A conservation reserves prime function is to protect flora and fauna, and not for Park Run.
- Install outdoor fitness equipment at Belvedere Reserve in Seaford.
- Establish mountain bike trails.
- Public toilets are needed on Peninsula Link.
- Frankston Reservoir needs public toilets and a drinking fountain.
- Establish a Park Run at Frankston Reservoir.
- Do not allow cars to drive onto the walking tracks at sporting grounds as they are causing damage. This is being seen at Lloyd Park.

Post 5: We want to support our community to enjoy good mental wellbeing – 2 comments

- Comments deleted.

Post 6: We're creating a healthier future for Frankston City – No comments

Post 7: How healthy is Frankston City – No comments

Bunurong Land Council

A briefing was held with Dan Turnbull, CEO of the Bunurong Land Council, and the Draft Plan was shared with Traditional Owners for feedback. The following feedback was received:

We have formally reviewed the Draft Health and Wellbeing Plan 2021-2025.

We support the document as it stands, aside from the acknowledgement, which we will ask again to be corrected.

We do not support the acknowledgement on page 2. The Registered Aboriginal Party (RAP) would like Bunurong to be the only spelling, in line with Bunurong being our/your only RAP. Please remove the word Boonwurrung.

Targeted community conversations

The feedback from the targeted conversations are summarised below.



Disability Access and Inclusion Committee

- Opportunities to educate employers on recruiting people over the age of 55 and people with disabilities.
- Explore the option of using digital technology to provide audio transcripts of Council meetings.
- Provide a register of community groups, with hardcopies available at Customer Services and in libraries.
- Support for victims of family violence who are too scared to go to the police.
- Provision of Council documents in accessible formats.

Positive Ageing Frankston Ambassadors

- Council to connect with Peninsula Health and Men's Sheds on activities that promote community connection.
- A 'community connector' initiative to support people impacted by drug and alcohol misuse to connect with services and social groups.
- Opportunities for active ageing to be considered in the Priority 1 - Building Active Communities.
- Care planning is required to ensure that our facilities will meet the needs of our ageing population, with play spaces and open spaces providing opportunities for intergenerational play and recreation.
- Improve access to the beach for older people.
- Older people are feeling more isolated due from fear of contracting COVID-19.
- Include an indicator on young men and use of alcohol and other drugs.

Partners – internal and external

Meetings were held with all of the partners involved in the Plan, including internal Council departments, WHISE, Peninsula Health and the FMP PCP.

Feedback can be categorised into the following key points:

Gaps/elements that are missing:

- A need to strengthen the focus on health inequities and vulnerable groups.
- A strengthened focus on diversity, including LGBTQIA+.
- Broader classification of safety – to include safe relationships and safety for diverse groups.



- The importance of education, employment and housing as key determinants of health and priorities for the municipality.
- Inclusion of sexual and reproductive health.
- Accessibility of health and community services.

Improvements:

- Clarification is needed on the health outcomes being sought for Aboriginal and Torres Strait Islander peoples, the current presentation is not clear and it shouldn't be added into a single objective together with 'connection to the arts and natural environments'. An important principle in Aboriginal health is self-determination.