



CM Network Committee Minutes

For the meeting held Friday 18 August

9.30 am - 11.00 am

Charles Sturt Civic Centre, 72 Woodville Rd, Woodville (Room CC1)

1. Welcome

Present: Terra Lea (Chair), Bronwyn Webster, Tracy Johnstone, Robyn Dunstall, Matthew Rose, Carla Leversedge, Reg Budarick, Joanne Menadue, Mandy Smith, Cheryle Gray, Bev O'Brien (left prior to morning tea), Taryn Sexton, Chris Watson

Apologies: Kylie Ferguson, Caro Mader, Rachel McCaskill, Vesna Haracic, Ulus Fuat, Judi Cameron, Cam Opie, Maria Callander, Colin Shackelford, Celine Luya

2. Review of Minutes from last meeting

Minutes reviewed and matters discussed, refer to portfolio updates below (6.)

Matthew Rose MOVED to adopt minutes, seconded by Reg Budarick - CARRIED

3. Matters not appearing elsewhere

Updated committee list reviewed (adopted at last meeting)

Cheryle Gray advised that this will be her last meeting as she is moving interstate and that she has nominated for Jacqui Stratton to take her place.

Action Chris to liaise with Cheryle/Jacqui on transition.

4. Dr Bev O'Brien to present on the health and wellbeing approach at City of Port Adelaide Enfield

Port Adelaide Enfield is taking the approach that our sense of wellbeing comes from the way we think and the things we do and are in the process of implementing a new program to work with individuals, groups and communities to identify skills, capabilities and opportunities. The program is '7 ways to wellbeing' not dissimilar to the UK's 5 ways to wellbeing and is based around the findings from the foresight program. The idea is a little like the 2 fruit, 3 veg approach with the 7 ways being:

1. Connect with others
2. Learn new things
3. Stay active
4. Take notice (mindful, in the present, noticing the environment, spending time in nature etc.)
5. Give back
6. Eat well

7. Sleep well

The UK has used their '5 ways to wellbeing' as more of a social marketing tool however we want to use it as more of a shared language.

Wellbeing is something that all teams across all councils are responsible for and we don't really have a shared language and the 7 ways to wellbeing will address this.

The work we all do tends to break people into separate groups but wellbeing effects all people and we want to take more of a life-course approach with focus groups such as 3-5 year olds, adolescents (formative time for risk taking), new parents and older adults. The way we are going about this is complex (no show and no grow approach), making it more of a face to face approach rather than a marketing campaign.

Port Adelaide Enfield has picked one of their community centres as a pilot for the 7 ways to wellbeing. One of the things we have been doing is having creative 'fun days' as an opportunity to come together and learn new skills (papier-mâché, painting etc.) whilst bringing in some of the values of the '7 ways' to create an environment that fosters wellbeing.

Most of the focus to date has been on the perma plus approach; however the state government agencies are now looking at using the 5 ways to wellbeing in their *Healthy Parks, Healthy People Strategy 2016-2021* and there is an opportunity for local government to have some involvement in this - Bev has offered to facilitate this.

Another project is the good life project which looks at how to healthily move to retirement and have worked with the community (flourish team – community members interested in theirs and their community's health and wellbeing) in regards to how they think this should be moulded. The HR have also been trialling whether this project would be beneficial to staff.

Action Chris to send out Bev O'Brien's details to the network to see if any councils are interested in becoming involved with the *Healthy Parks, Healthy People Strategy 2016-2021*

5. CMN Finances

LG Professionals, SA are changing the structure the budget which will be good for all. An accountant is on board who is cleaning things up and making things more efficient and easier to report on.

The CMN are sitting at roughly 24-25k non committed funds.

How much to do we invest into the future and how much to invest into now?

Need to assess what the balance range is going to be over the next few years (min-max).

Taryn advised that she is more than happy to come and speak at the next meeting to set up a bit more of a plan, possibly a 3 year plan that could coincide with the strategic plan review at the end of the year.

Action November meeting to be strategic planning and we can establish a finance plan.

6. Portfolios Update

a) *NDIS (TLR)*

R& D Grant application

Our final application has been lodged and Rural councils (Legatus) have also put in an application and we have cross referenced each other on each application. The reason that we did separate applications is that we will each play different roles. It will be a good opportunity for us to work together and learn from each other.

Between the two applications and letters of support it represents 31 councils working together and it came together in just 3 days which is extraordinary. We believe that with the support that has been received, there should be no problem with approval.

Carla MOVED that the final application be supported by the committee, seconded by Bronwyn – CARRIED

Tracy MOVED that the committee contribute \$5k to the project, seconded by Bev - CARRIED

Taryn, Carla, Terra Lea and Robyn met with Victoria Brown and have sent through some dot points of what we are looking for and a proposal has been drafted to the consultants for the report. This proposal will be circulated to the committee.

The LGA are running a workshop in Sep and this has come out in their circular, they will address DIAP and legislate what the LG role will be in this as well as the NDIS rollout.

- Action** - Terra Lea to forward NDIS proposal to Chris to circulate to committee.
- Chris to circulate reminder to network regarding September LGA workshop on DIAP and NDIS rollout.

b) *Induction Kit / Working With Communities (CO)*

- Workshop date – 19 September

Flyer created, registrations open and marketing plan to commence in coming week.

Action All to promote workshop

c) *Anti-poverty week (TLR)*

The LGA have asked for a refreshed report and we will need to update all pictures and content so they can advertise what we do during anti-poverty week. We won't do a big conference, however may do a soft launch. LG Professionals, SA are happy to help with graphic design/corporate formatting of updated report once complete.

A few people have been on the receiving end of lobbying from the Anti-Poverty Network and Matthew received a deputation. At his deputation a transsexual woman spoke in regards to the effects 'new start' has had on her and the story was



very confronting. They may approach other councils.

Mayor Gary Johanson (City of Port Adelaide Enfield) has written to all MP's on behalf of residents to ask that they review 'new start'.

Action - Terra Lea to send out template for updated report and all to provide responses.

d) *Any other updates*

- Bronwyn is working on a report for LGA on Domestic Violence – will end up with a fact sheet for the community and also a resource sheet for staff. This could tie into the HR network and Taryn is happy to discuss further. Came out of a resolution at Goolwa LGA general meeting. City of Onkaparinga has something in EB for staff to access leave for abuse.
- Office for the aging - Age friendly grant announced – up to \$25k (attached to minutes)
- Uni of Adelaide working on an Art Grant to take learnings from OPAL out to a broader audience and City of Onkaparinga has provided a letter of support.
- SA Health is doing preliminary research on how they can get back into a preventative role and are looking at working with GP's.
 - o PAE have just started the conversation with local GP's in regards to their 7 ways approach and they have been receptive.
- Together SA – Data project was supported, update?
- What is happening with the wellbeing alliance grant?

Action - Chris to circulate email regarding age friendly grant from Office of The Aging
 - Terra Lea to email senior policy people at LGA regarding status of the wellbeing alliance and what is happening to the data from OPAL.
 - Terra Lea to email Together SA to check on progress of data project.

5. Any other business

- Last meeting we had 'community foodies' come to talk to us and at the next meeting Lisa Atwell is going to be presenting. Now that we have 3 people present on health and wellbeing, this could be a topic for a day conference or forum. Could be held at SAMRHI and have a tour of their facilities.

Action - Joanne, Tracy, Matthew and Mandy to form sub-committee for day conference/forum on health and wellbeing.

Meeting closed at 11.25 and Network welcome to stay on for Valuing Social Outcomes Workshop

6. Next Meetings

Date	Special Business
September 29	Lisa Atwell invited
November 10	