

Boddington Community Wellbeing Plan

2024-2027

Long-term Outcome: Improve the safety, health and wellbeing of all individuals living, working, and visiting the Shire of Boddington.

Endorsed: August 2024

PURPOSE

The Boddington Community Wellbeing Plan seeks to improve the safety, health and wellbeing of all individuals living, working and visiting the Shire of Boddington by addressing mental health and wellbeing, decreasing the harms associated with alcohol and other drug use and improving community safety.

The Boddington Community Wellbeing Plan endeavours to achieve this by:

- Actively supporting partnerships between community and service providers to identify and address local issues.
- Providing a means to coordinate, implement and evaluate an evidence-based, whole of community approach in a timely and appropriate manner.

BACKGROUND

The Boddington Community Wellbeing Plan was developed using best practice principles (see appendix 1).

The four planning workshops facilitated by the Wheatbelt Prevention Team with key Boddington stakeholders and agencies (Held in November 2022, March 2023 and 2x February 2024), and the analysis of a number of consultation documents, anecdotal data and reports, and a Community Health and Wellbeing Survey dating from 2023 have provided the context for the Boddington Community Wellbeing Plan. These documents reflect the collective knowledge and experience of the Boddington Community Wellbeing Plan [BCWP] planning workshops and should be consulted if further development of the BCWP is required.

Documents which inform the Boddington Community Wellbeing Plan:

- *Shire of Boddington Health and Wellbeing Survey 2023*
- *WAPOL Boddington anecdotal Incident data 2023*
- *Holyoake anecdotal data 2023*
- *Newmont and South 32 anecdotal data 2023*
- *WACHS – Boddington Hospital Epidemiology Data 2021-2023*
- *Shire of Boddington’s Strategic Planning Consultation Summary*
- *Boddington District High School Wellbeing Survey 2022*

- *Boddington Early Development Index Data*

These documents can be acquired by contacting the Holyoake Wheatbelt Prevention Team, or the Boddington CWP committee.

LINKS TO EXISTING STRATEGIES

The Boddington Community Wellbeing Plan committee acknowledges the existing strategic framework of:

National Strategies:

- [National Drug Strategy 2017-2026](#)
- [National Alcohol Strategy 2019 -2028](#)
- [The Fifth National Mental Health and Suicide Prevention Plan](#)
- [ATSISPEP Report 2016](#) and [ATSISPEP Youth Round Table Report 2015](#)
- [National Mental Health and Wellbeing Pandemic Response Plan](#)
- [National Aboriginal and Torres Strait Islander Suicide Prevention Strategy](#)
- [National Strategic Framework for Aboriginal and Torres Strait Islander Peoples' Mental Health and Social and Emotional Wellbeing](#)
- [Gayaa Dhuwi \(Proud Spirit\) Declaration](#)
- [The National Mental Health and Suicide Prevention Agreement](#)
- [The National LGBTIQ+ Mental Health and Suicide Prevention Strategy](#)
- [The Living is for Everyone Framework](#)
- [Australia's Long Term National Health Plan](#)
- [National Suicide Prevention Leadership and Support Program](#)
- [Foundation for Alcohol Research and Education \(FARE\) Strategic Plan 2024-27](#)

State Strategies:

- [WA Mental Health Promotion, Mental Illness, Alcohol and Other Drug Prevention Plan 2018 -2025](#)
- [Working Together: Mental Health and Alcohol and Other Drug Engagement Framework 2018 –2025](#) (and associated [toolkit](#))
- [Working Together: Aboriginal and Torres Strait Islander Mental Health and Wellbeing Principles and Practice](#)
- [Better Choices. Better Lives. Western Australian Mental Health, Alcohol and Other Drug Services Plan 2015 –2025](#)
- [WA Suicide Prevention Framework 2021 to 2025](#)
- [State Public Health Plan for Western Australia: Objectives and Policy Priorities for 2019 - 2024](#)
- [WA State Priorities Mental Health, Alcohol and Other Drugs 2020 - 2024](#)
- [WA Aboriginal Health and Wellbeing Framework 2015 - 2030](#)

- [Young People's Mental Health and Alcohol and Other Drug Use: Priorities for Action 2020 - 2025](#)
- [WA Foundational Plan for Mental Health, Alcohol and Other Drug Services, and Suicide Prevention](#)
- [Sustainable Health Review](#)
- [Profile of Children and Young People Report 2024](#)
- [A Safe Place: A Western Australian strategy to provide safe and stable accommodation, and support to people experiencing mental health, alcohol and other drug issues 2020-2025](#)
- [Mental Health 2020: Making it personal and everybody's business – Reforming Western Australia's mental health system](#)
- [Western Australian Health Promotion Strategic Framework 2022-2026](#)

Local Strategies:

- Shire's Council Plan: https://www.boddington.wa.gov.au/profiles/boddington/assets/clientdata/boddington_council_plan.pdf
- Shire of Boddington's Public Health Plan: available on the Shire of Boddington website.

WORKING DOCUMENT

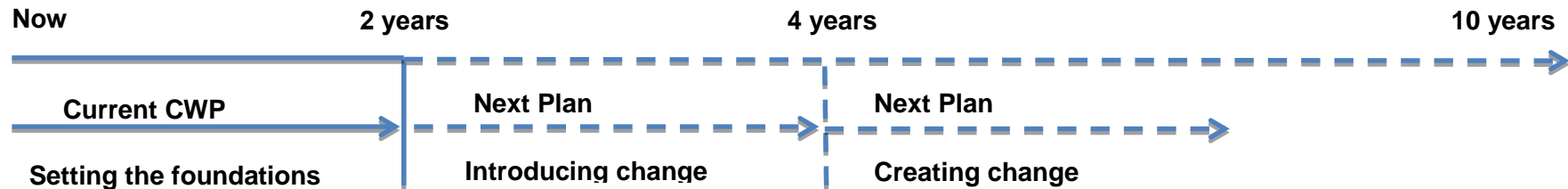
The Boddington Community Wellbeing Plan is intended to be a **three-year** plan. However, the working group acknowledges that there may be cases where strategy and key priority areas will adopt some variation according to emerging trends in the community.

LIST OF ACRONYMS USED IN THIS DOCUMENT

AOD	Alcohol and Other Drugs
ATA	Alcohol Think Again
CWP	Community Wellbeing Plan
DA	Drug Aware
Dept. LGSCI	Department of Local Government, Sport, and Cultural Industries
FDV	Family and Domestic Violence
MH	Mental Health
MHC	Mental Health Commission
BDHS	Boddington District High School
SP	Suicide Prevention
WCADS	Wheatbelt Community Alcohol and Drug Service

Priority Areas:

1. Mental Health and Wellbeing
2. Alcohol and Other Drugs
3. Community Safety



Priority 1: Short-term Outcomes (next 36 months)

- Increase awareness of mental health and wellbeing and associated support services.
- Advocate for increased mental health and wellbeing service provision and access to support services.
- Increased awareness and education on the impacts of bullying and cyber bullying.

Priority 2: Short-term Outcomes (next 36 months)

- Increase the awareness and uptake of safe practices and requirements for managing and attending events (including sport), including transport services.
- Increase awareness, education, support, and the risks associated with alcohol and other drugs.

Priority 3: Short-term Outcomes (next 36 months)

- Increase education and awareness and improved community perception of road safety and road safety behaviour.
- Increase awareness surrounding safe swimming in recreational water bodies and management of the safety of water quality.
- Advocate for healthy and safe environments/workplaces and homes to increase safety, with a focus on exercise, commuting and recreation (active transport).

PRIORITY ONE: Mental Health and Wellbeing			
<i>Primary Target Group: Whole of Community</i>			
SHORT-TERM OUTCOME/S (next 36 months)	KEY PERFORMANCE INDICATOR	COLLECTION TOOL	COLLECTED BY
Increase awareness of mental health and wellbeing and associated support services.	Increased mental health and wellbeing awareness, literacy, help seeking behaviours and promotion of associated support services through the delivery of information, campaigns, workshops, education sessions and training opportunities,	Dissemination of information and fact sheets. Delivery/Facilitation of workshops, education sessions and training.	Holyoake Shire of Boddington
Advocate for increased mental health and wellbeing service provision and access to support services.	Advocate for place-based or outreach service provision to meet the mental health and wellbeing needs of those that are living and working within the Shire of Narembeen	Evidence of advocacy (email and/or meeting minutes)	Holyoake
Increased awareness and education on the impacts of bullying and cyber bullying.	Provision of education sessions, training and workshops on bullying and cyberbullying and the promotion of healthy lifestyle choices for young people, including information of where support can be accessed. Dissemination of Public Awareness Campaign – specific to young people Increase knowledge bullying and cyberbullying and the promotion of healthy lifestyle choices for young people.	Number of workshops, education sessions and training delivered to young people. Number of Public Awareness Campaigns disseminated Post workshop evaluations	Holyoake Boddington DHS

ACTIONS	LEAD	RESOURCES	WHO WILL CONTRIBUTE	BY WHEN
Short-term Outcome: Increase awareness of mental health and wellbeing and associated support services.				
Creation and dissemination of a support service directory (place-based, outreach and online supports) with accompanying flyers/promotional assets that are specific to Boddington (hard copy, social media, QR code, websites), which can also be promoted/disseminated at community events and initiatives.	Holyoake		Whole of committee	Ongoing
Utilise Boddington CWP committee to disseminate information of upcoming training, workshops, events, initiatives, programs etc.	Whole of committee			Ongoing
Scope capacity to apply for funding to host mental health and wellbeing events throughout the year (Mental Health Week, Youth Week, Men's Health Week, NAIDOC Week, Reconciliation Week, Pride Week, Harmony Week)	Holyoake Boddington CRC		Shire of Boddington WA Country Health Service (WACHS)	Ongoing
Scope capacity to value add and incorporate mental health and wellbeing initiatives and/or messaging that reduce stigma, promote help seeking behaviours, healthy coping strategies, and lifestyle choices to existing events held within the Shire of Boddington (e.g. Boddington Rodeo, Summer Festival)	Whole of Committee			Ongoing
Provision of mental health and wellbeing workshops and training. <ul style="list-style-type: none"> • Gatekeeper Suicide Prevention Training • safeTALK • Rural Minds • Standard MHFA, Youth MHFA, Older Person MHFA, Aboriginal MHFA • Accidental Counsellor • Deadly Thinking • Staying SOLID with SAFE Yarning • Workplace Wellbeing and Professional Self-care 	Holyoake		Boddington CRC	Ongoing

Short-term Outcome: Advocate for increased mental health and wellbeing service provision and access to support services.				
Undertake mapping to identify current support services and scope capacity for an increase in additional services that can provide outreach into the Shire of Boddington.	Holyoake		WA Country Health Service (WACHS) Shire of Boddington Boddington CRC	Ongoing
Support the Boddington Lions Club to offer a 'Community Car' initiative. Once established ensure the continued promotion of the service, and assist/support with the booking system, volunteering requirements, servicing the car, housing etc.	Boddington Lions Club		Shire of Boddington	Ongoing
Scope opportunities to further utilise existing community transport options (hospital auxiliary, sporting clubs, events).	Newmont Shire of Boddington			Ongoing

Short-term Outcome: Increased awareness and education on the impacts of bullying and cyber bullying.				
Increase the awareness of the impacts of bullying and cyber bullying through promotion/dissemination of national public education campaigns and their associated significant dates.	Boddington CRC Shire of Boddington (Youth Centre) Boddington DHS Holyoake		Newmont	Ongoing
Scope capacity for the provision of educational workshops on the prevention of, and the impacts of, bullying and cyber bullying.	Holyoake		WA Country Health Service (WACHS) Shire of Boddington (Youth Centre) Boddington CRC Boddington DHS WAPOL	Ongoing

PRIORITY TWO: Alcohol and Other Drugs			
<i>Primary Target Group: Whole of Community</i>			
SHORT-TERM OUTCOME/S (next 36 months)	KEY PERFORMANCE INDICATOR	COLLECTION TOOL	COLLECTED BY
Increase the awareness and uptake of safe practices and requirements for managing and attending events (i.e. sport), including transport services.	Increased number of events that implement safe practices.	Number of events held that implement safe practices.	Organisations organising events.
	Increased uptake of safe practices by community members that attend local events, including uptake transport services.	Number of safe practices utilised by community members at local events.	Organisations organising events.
Increase awareness, education, support, and the risks associated with alcohol and other drugs.	Provision of resources or campaign messaging to community.	Number of education and campaign disseminations.	Organisation disseminating the resource material.
	Implementation of no-smoking and vaping policies, signage and smoke free environments.	Number of policies, signage and smoke free environments implemented.	Organisations providing signage. Organisations that implement policies and smoke free environments.

ACTIONS	LEAD	RESOURCES	WHO WILL CONTRIBUTE	BY WHEN
Short-term Outcome: Increase the awareness and uptake of safe practices and requirements for managing and attending events (i.e. sport), including transport services.				
Scope the introduction of the Good Sports Program into sporting clubs.	Holyoake	ADF DLGSC	Shire of Boddington	Ongoing
Scope the introduction of harm minimisation strategies and initiatives into workplaces, events, community, and sporting clubs (including standard drink bar runners, water availability, skippers' program, public awareness rounds, include alcohol free or zero alcohol options etc).	Holyoake	ADF MHC	Shire of Boddington Boddington CRC Newmont	Ongoing
Promote the uptake of harm minimisation strategies by community members, including alcohol-free options, designated drivers, water, and food consumption etc.	Whole of Committee			Ongoing
Continue to support and introduce of safe transport options at events where alcohol is available.	Whole of Committee			Ongoing
Continue to implement harm minimisation campaigns, strategies, and initiatives on the lead into and after the Boddington Rodeo weekend.	Boddington Lions Club	MHC ADF	Newmont WAPOL Holyoake Shire of Boddington Boddington CRC	Ongoing

Scope and promote local training opportunities for Responsible Service of Alcohol and/or refresher course.	Holyoake	ADF	Boddington Lions Club Shire of Boddington Boddington CRC	Ongoing
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Short-term Outcome: Increase awareness, education, support, and the risks associated with alcohol and other drugs.

Continued dissemination of campaign material, websites, and information, including but not limited to: <ul style="list-style-type: none"> • Cancer Council – clear the Air • Alcohol. Think Again – We All Need to Say No • Alcohol. Think Again – What’s Your Poison? • Alcohol. Think Again – Alcohol Guidelines • Alcohol. Think Again – One Drink • NOFASD Resources • Every Moment Matters Resources • NACCHOs – Strong Born Campaign 	Holyoake	MHC Cancer Council NOFASD FARE NACCHOs	Newmont Shire of Boddington Boddington CRC	Ongoing
Scope the development of workplace policies on vaping.	Whole of Committee	MHC	WACHS	Ongoing
Dissemination of no-smoking/vaping signage in workplaces, local shops and events and the promotion of smoke free environments and zones.	WA Country Health Service (WACHS)		Holyoake Shire of Boddington	Ongoing

Deliver community education sessions on the harms associated with AOD.	Holyoake WA Country Health Service (WACHS)		Boddington DHS Shire of Boddington (Youth Centre) Boddington CRC	Ongoing
Disseminate AOD information on associated harms and support services.	Holyoake	MHC	Whole of Committee	Ongoing
Scope the introduction of a Blow Zero Campaign around community events and/or festival periods.	Holyoake WAPOL		Shire of Boddington Boddington CRC	Ongoing

PRIORITY THREE: Community Safety			
<i>Primary Target Group: Whole of Community</i>			
SHORT-TERM OUTCOME/S (next 36 months)	KEY PERFORMANCE INDICATOR	COLLECTION TOOL	COLLECTED BY
Increase education, awareness and improved community perception of road safety and road safety behaviour.	Increase community awareness of road safety and safe behaviour.	Number of events held that promote road safety.	Organisations hosting events.
	Increased education on road safety activities available within the local area and additional support services.	Number of education workshops. Number of campaigns disseminated.	Organisations organising education workshops. Organisations disseminating campaigns.
Increase awareness surrounding safe swimming in recreational water bodies and management of the safety of water quality.	Dissemination of campaign material.	Number of campaigns disseminated.	Organisations disseminating material.
	Increased awareness of water safety practices.	Increased amount of signage near water.	Organisations responsible for organising signage.
Advocate for healthy and safe environments/workplaces and homes to increase safety, with a focus on exercise, commuting and recreation (active transport).	Increased availability of initiatives and activities to encourage physical activity.	Number of initiatives and activities made available.	Organisations organising initiatives and activities.
	Increased awareness of safe, healthy, respectful and inclusive practices.	Number of trainings delivered. Number of resources and public awareness campaigns disseminated.	Organisations that delivered / organised trainings. Organisations disseminating resources.

ACTIONS	LEAD	RESOURCES	WHO WILL CONTRIBUTE	BY WHEN
Short-term Outcome: Increase education and awareness and improved community perception of road safety and road safety behaviour.				
Scope the introduction of SOCK Week and a Child Safety Forum.	Holyoake	Roadwise	Shire of Boddington Boddington CRC WAPOL Boddington DHS	Ongoing
Scope funding opportunities to deliver a road safety activity, utilising established initiatives.	Shire of Boddington	Roadwise	Boddington DHS	Ongoing
Support the Boddington Football Club to continue to participate in the Upper Great Southern's football league 'Belt Up' round.	Shire of Boddington		Holyoake Upper Great Southern Football League	Ongoing
Promote the use of the Newmont Community Line to provide feedback on road behaviours of company transport.	Newmont		Whole of Committee	Ongoing
Liaise with Road Trauma Support WA (RTSWA) to deliver workshops within the Shire of Boddington and promote/disseminate RTSWA fact sheets and their online counselling service.	Holyoake	Road Trauma Support WA	Boddington CRC	Ongoing

Short-term Outcome: Increase awareness surrounding safe swimming in recreational water bodies and management of the safety of water quality.				
Increase awareness of water safety messages in the community and promote relevant campaign material in the lead up to summer each year.	Shire of Boddington	Royal Life Saving	Boddington CRC	Ongoing
Review existing signage of water safety messages along Hotham River at Hotham Park and Ranford Pool (Darminning).	Shire of Boddington			Ongoing

Short-term Outcome: Advocate for healthy and safe environments/workplaces and homes to increase safety, with a focus on exercise, commuting and recreation (active transport).				
Continue to improve footpath networks within the town to encourage active and passive recreation.	Shire of Boddington			Ongoing
Delivery of the HEAL program within the Shire of Boddington.	WA Country Health Service (WACHS)	Food Sensations	Shire of Boddington Boddington CRC	Ongoing
Increasing the awareness of safe, healthy, respectful, and inclusive practices within workplaces through the delivery of information sessions, and dissemination/promotion of resources and public awareness campaigns.	Newmont Holyoake	Lifeline	Whole of Community	Ongoing
Increasing the awareness of safe, healthy, respectful and inclusive practices within homes through the delivery of training and disseminate/promotion of resources and public awareness campaigns (e.g. 16 Days in WA, FDV training).	Holyoake	Lifeline Share and Care	Boddington CRC	Ongoing

Steps	Task	Date	Done
1. Create Community Wellbeing Group	<ul style="list-style-type: none"> Identify management group members. 	2022	Complete
	<ul style="list-style-type: none"> Call first meeting to establish purpose and structure, including terms of reference, meeting structures, meeting schedules, reporting pathways, etc. 	2022	Complete
2. Identify local needs	<ul style="list-style-type: none"> Review existing information and research in relation to AOD/MHandSP related issues in the area. Conduct community/key stakeholder consultation around issues (if no existing information or research found). 	2022	Complete
	<ul style="list-style-type: none"> Confirm research/consultation findings with key stakeholders and the management group. 	2023	Complete
3. Prioritise issues for action	<ul style="list-style-type: none"> With management group, prioritise the top two or three issues for action. 	2023	Complete
	<ul style="list-style-type: none"> Work through each priority using the MHC '<i>mapping tool</i>' refine priorities by identifying target groups, community impact, contributing factors, etc. 	2023	Complete
4. Develop actions and implement plan	<ul style="list-style-type: none"> With management group agree on a broad range of actions to address each priority. 	2024	Complete
	<ul style="list-style-type: none"> Complete a MP template for each priority issue which includes – actions, timeline, resources, and evaluation. 	2024	Complete
	<ul style="list-style-type: none"> Implement strategies and regularly report on progress to the CWP management group. 		Ongoing
5. Review	<ul style="list-style-type: none"> With management group, identify a suitable date to review the CWP and appropriate communication pathways to enable regular feedback to community and key stakeholder groups. 	July 2027	

APPENDIX 1 - PLANNING FOR AN EFFECTIVE PLAN

Creating a sustainable reduction in alcohol and other drug related harm is a complex and long-term process. Issues can be overwhelming and seen as too difficult to address at a local level. However, with some effective planning, it's at the local level where partnerships between communities and services can have the greatest impact.

Prior to establishing and implementing a Community Wellbeing Plan (CWP), a number of steps need to happen to ensure the resulting plan has been developed in partnership to reflect the communities needs and has the best chance at creating sustainable change.

It is important that the community have a strong understanding of the issues and have ownership of the strategies developed to address them. To ensure this, processes should be put in place that allow community input into all stages of the development and implementation of the CWP, including progress made against addressing the issues.

