

Kingborough

Health and Wellbeing Strategy 2024 - 2029

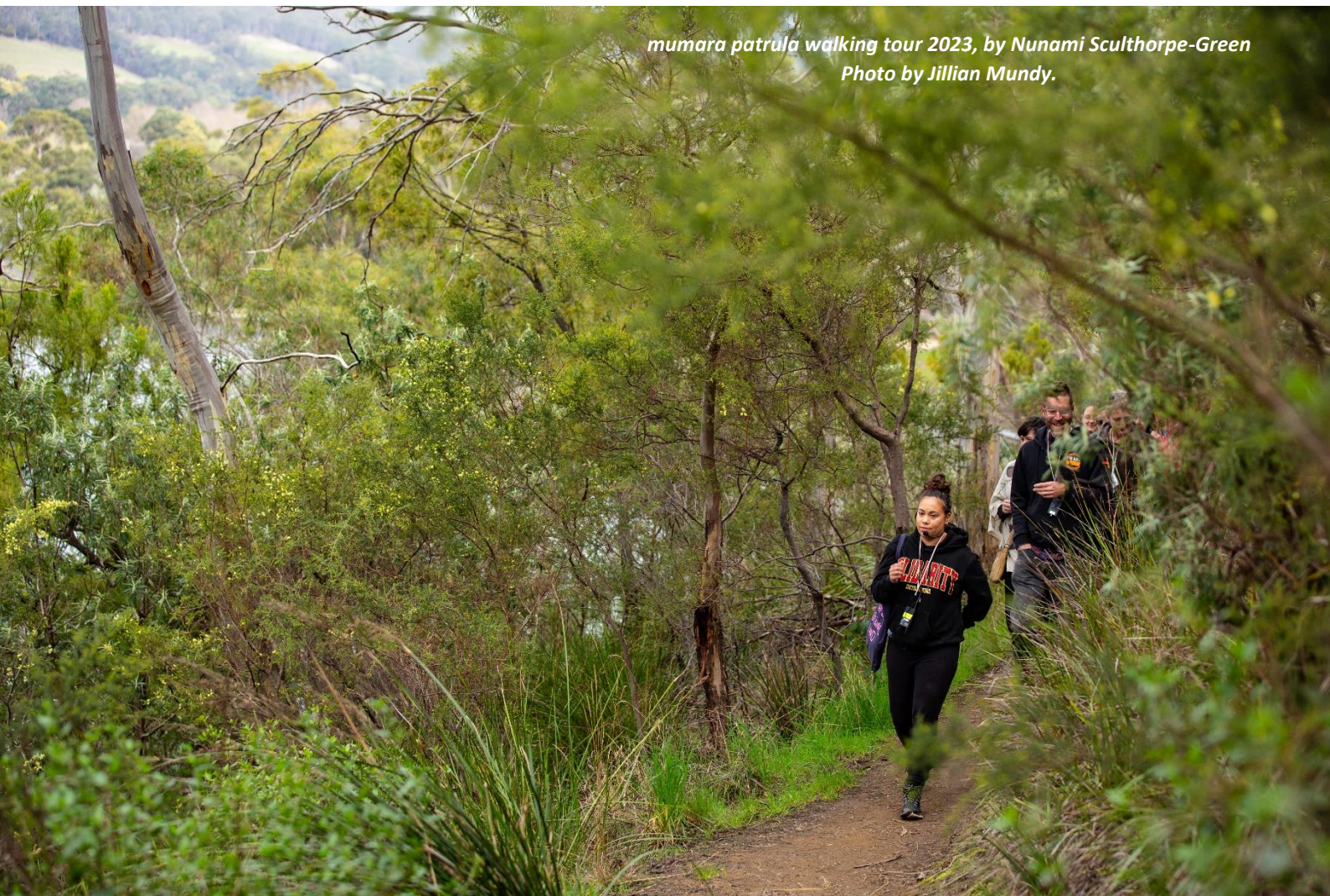


19 August 2024

ACKNOWLEDGEMENT TO TRADITIONAL CUSTODIANS

We acknowledge the Traditional Custodians who have walked upon and cared for this land for thousands of years.

We pay our respects to the elders, past and present, and acknowledge today's Tasmanian Aboriginal people who follow in their ancestors' footsteps.



*mumara patrula walking tour 2023, by Nunami Sculthorpe-Green
Photo by Jillian Mundy.*

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EXECUTIVE SUMMARY

Health and wellbeing of communities is a responsibility that falls to all levels of government, as well as the private and not-for-profit sectors and local communities themselves.

Through its Strategic Plan 2020-2025, Kingborough Council has committed to encourage and support a safe, healthy and connected community. While the Council has been active in the provision of health and wellbeing facilities, services and programs over many years, it was resolved that future planning of these activities should be guided by a formal strategy based on the needs and aspirations of the Kingborough community. The preparation of the Kingborough Health and Wellbeing Strategy 2024-2029 was supported by a grant from the Tasmanian Department of Health.

The objective of this Strategy is to identify gaps in health and wellbeing services and barriers to participation in our community and to develop a set of recommendations for Council to undertake to help address priority areas. The development of this Strategy was informed by consultation with the community over the period from August to October 2023. Consultation included a community survey completed by 491 respondents, a survey of local health and wellbeing service providers, as well as engagement with participants at community classes and health check sessions held across the municipal area.

Feedback received showed Kingborough Council is doing well in meeting many of the community's needs in the provision of facilities and services that support health and wellbeing. This Strategy will now guide Council's involvement going forward. The Strategy complements other Council Strategies and Plans including the recently developed Sport and Recreation Strategy.

The Strategy includes an Implementation Plan that outlines recommended actions for Council to pursue over the next five years. The actions have been grouped under three key strategic priorities areas to capture the aspirations and needs identified by the community: Healthy, Active and Involved; Healthy Spaces and Places; and Safe, Included and Belonging.

The actions have been developed to address identified gaps in services, provide ways to ensure that barriers to participation are minimised and to create spaces that enhance health and wellbeing for members of the community. The Council is committed to providing opportunities for local people to live their best lives in a place that supports healthy connections, healthy lifestyles and enables people to be as active as possible for as long as possible.

1. INTRODUCTION

1.1 Background

In line with Council's Strategic Plan priority, to encourage and support a safe, healthy and connected community, Kingborough Council identified the need for a Health and Wellbeing Strategy. The development of the strategy was supported by a grant from the Tasmanian Department of Health.

1.2 Purpose

Local government supports a range of community health and wellbeing initiatives. These include the provision and maintenance of local physical infrastructure such as parks, playgrounds, sport and recreation facilities, walking/bike tracks and trails, and community halls. Councils also support health and wellbeing through programs and initiatives for physical activity, wellbeing, mental health, environmental and public health. These include the provision of health promotion activities, positive ageing and youth activities, arts and cultural activities, food and water safety, immunisations, and guided walks.

This strategy provides a focus on providing a strategic and coordinated approach to the provision of programs, services and activities that support members of the community to maintain and improve their health and wellbeing.

Future planning for physical infrastructure such as sport and recreational facilities, playgrounds, public open space and cycling are included in other Council plans and strategies.

1.3 Vision

Kingborough residents are supported to remain healthy, active and involved through equitable access to a range of information, services and programs and the provision of healthy, safe and inclusive places and spaces.

1.4 Principles

The guiding principles underpinning the development of this strategy are as follows:

1.4.1 Needs based – Council will engage with our community to understand local health and wellbeing needs and aspirations

1.4.2 Evidence based – Council will use local demographic data and research, as well as examples of best practice, to deliver a response that works best for our community.

1.4.3 Accessible to all – Council will try to ensure that services are located throughout the municipal area and are inclusive to all members of the community. Council recognises that age, disability, gender, coming from an Aboriginal and/or Torres Strait Islander background, culture, sexuality, low income and lack of access to transport can lead to health and wellbeing inequities.

1.4.4 Collaborative – Council will partner with other local service providers and organisations to understand needs and develop shared responses.

1.5 Objectives

The objectives of this strategy are as follows:

1.5.1 To identify current gaps in the provision of health and wellbeing services.

1.5.2 To identify barriers to participation, including access and inclusion.

1.5.3 To determine future priorities for the provision of health and wellbeing services.

1.6 Strategic Context

This section lists the broader strategic context and key national, state-wide and Kingborough specific plans, strategies and reports that relate to the Kingborough Health and Wellbeing Strategy 2024-2027.

National Preventative Health Strategy 2021 – 2030¹

This Strategy aims to keep Australians healthy and well by focussing on prevention to help people live in good health and wellbeing for as long as possible.

¹ <https://www.health.gov.au/resources/publications/national-preventive-health-strategy-2021-2030?language=en>

Prevention is a part of our daily habits and actions and includes taking steps to avoid the start of illness, disease or injury. The focus areas that require stronger and better-coordinated action to reduce the risks of poor health and wellbeing include:

- Reducing harm from tobacco, alcohol and other drugs
- Improving access to and the consumption of a healthy diet
- Increasing physical activity
- Improving immunisation coverage and increasing cancer screening and prevention
- Promoting and protecting mental health



Healthy Tasmania Five Year Strategic Plan 2022 – 2026²

This Tasmanian strategic plan was developed to guide preventative health activity across the whole of government and with communities with the vision that ‘all Tasmanians have the opportunity to

live healthy, active lives in communities that support connections to people, place and culture’.

The key focus areas to improve health and wellbeing are:

- Priority populations
- Health literacy
- Mental health and wellbeing
- Active living
- Eating well
- Smoke-free communities
- Reducing alcohol harm
- Climate change and health

According to the Healthy Tasmania Five Year Strategic Plan 2022-2026, preventative health is the term for activities that help protect, promote and maintain health and well-being.

Kingborough Council Strategic Plan 2020 – 2025

Council’s Strategic Plan 2020 – 2025 has as its core vision that the community is at the heart of our priorities and decisions. The Plan is based on 3 key priorities to:

1. Encourage and support a safe, healthy and connected community;
2. Deliver quality infrastructure and services; and
3. Sustain the natural environment whilst facilitating development for our future.

The priority to *Encourage and support a safe, healthy and connected community* is supported by the following strategic outcomes:

- 1.1 A Council that engages with and enables its community
- 1.2 An inclusive community that has a strong sense of pride and local identity

² https://www.health.tas.gov.au/sites/default/files/2022-03/Healthy_Tasmania_Five-Year_Strategic_Plan_2022%E2%80%932026_DoHTasmania2022.pdf

- 1.3 A resilient community with the capacity to flourish
- 1.4 A Council that acknowledges the existence of a climate change and biodiversity emergency and has in place strategies to respond
- 1.5 An active and healthy community, with vibrant, clean local areas that provide social, recreational and economic opportunities.

Projects identified in the Kingborough Health and Wellbeing Strategy will be included for consideration and review as part of the preparation of the Council’s Annual Plan.

1.7 Associated Plans and Strategies

The following Kingborough Strategies and Plans also acknowledge and support health and wellbeing:

- Kingborough Positive Ageing Strategy 2018 – 2022
- Kingborough Youth Strategy 2019 – 2024
- Kingborough Open Space Strategy 2019
- Kingborough Bushfire Risk Reduction Strategy 2019 – 2023
- Kingborough Council Climate Change Plan 2019 – 2024
- Kingborough Play Space and Playground Strategy 2020 – 2025
- Kingborough Community Halls Strategy 2021 – 2026
- Kingborough Cycling Strategy 2021 – 2030
- Kingborough Sport and Recreation Strategy 2023
- Kingborough LGBTIQA+ Action Plan 2023 – 2025
- Kingborough Multicultural Action Plan 2024 - 2026
- Kingborough Tracks and Trails Strategic Action Plan 2024 – 2034



1.8 Role of Council

Improving the health and wellbeing of communities is a responsibility that falls to all levels of government. There are also providers of services in the private sector, not for profit sector and within local communities themselves. Local government is well positioned to listen to the community and understand local issues. It is not a provider of primary health services (with the exception of immunisations) but it is well placed to support a preventative health response.

Council's role in supporting health and wellbeing within the municipal area can be summarised as follows:

- **Provider** – the direct provision of preventative health and wellbeing services and facilities
- **Partner** – connecting with state and federal government to access grants; working collaboratively with local health service providers, not for profit organisations and community groups to support the provision of services for health and wellbeing

- **Facilitator** – the creation of environments that support participation in health and wellbeing activities
- **Advocate** – promoting health and wellbeing needs and gaps in services to appropriate decision makers and influencers within other levels of government
- **Regulator** – ensuring safe standards for community and environmental health such as food safety, animal management, noise, air and water pollution and provision of no smoking zones.

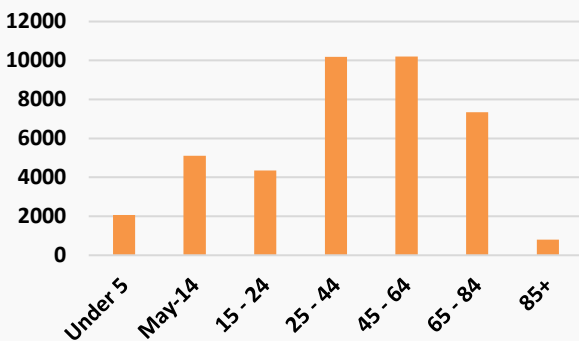


2. DEMOGRAPHICS

2.1 Kingborough Profile

According to the 2021 Census, Kingborough had a population of 40,082 people. The Kingborough Council area has a higher proportion of children (under 18) and a lower proportion of persons aged 60 or older than Tasmania. In 2021, the largest age group in Kingborough Council area was 35- to 39-year-olds.³

Population by Age Groups in Kingborough ABS 2021

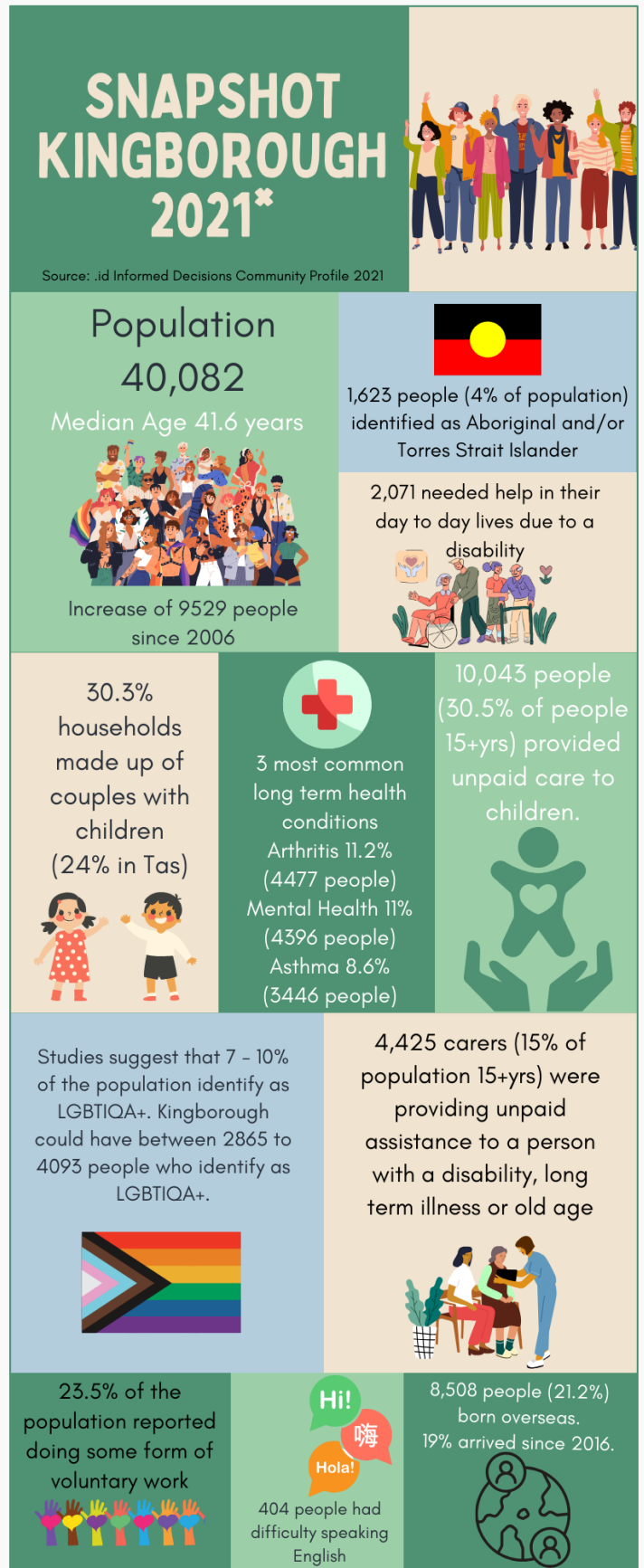


According to the Healthy Tasmania Five-Year Strategic plan, half of Tasmanian adults have one or more chronic health conditions.

The 2021 ABS Census data showed that in Kingborough, arthritis (11.2%), mental health (11%) and asthma (8.6%) are the top three chronic health conditions

The Census Community Profile⁴ data showed that in Kingborough:

- 2071 people need help with their daily lives due to disability
- 15% of people are providing unpaid care to a person with a disability, long term illness or old age.
- 40% of people after their 85th year need support.



³ <https://profile.id.com.au/tasmania/service-age-groups?WebID=280>

⁴ <https://profile.id.com.au/tasmania/assistance?WebID=280>

2.2 Priority Populations

Statewide studies, such as the Healthy Tasmania Five Year Strategic Plan 2022-2026, indicate that addressing the needs of populations who are most at risk of ill health can achieve significant health improvements and benefits for the entire community.

The Primary Health Tasmania Health Needs Assessment 2022/23-2024/25⁵, cited the following priority populations:

- Over 25% of Tasmanians have a disability (28.5% of Kingborough survey respondents reported they were living with a disability, chronic illness or age-related condition).
- Carers experience a greater burden of poor health due to mental health problems and chronic conditions.
- Aboriginal people have shorter life expectancy than the general population.
- People from culturally and linguistically diverse backgrounds experience language and cultural barriers to accessing mainstream services (In Kingborough 21.2% of the population was born overseas).
- LGBTIQ+ Tasmanians experience poorer health and mental health, lower incomes, and housing insecurity at higher rates than the wider population.⁶ In addition, LGBTIQ+ participants said that access to affordable, inclusive, and most importantly, 'affirming' healthcare, was a common concern.⁷

Addressing inequalities such as socio-economic disadvantage, stigma, discrimination, language and access would improve outcomes for priority populations.

2.3 Risk Factors

In addition to addressing the inequalities faced by priority populations, Council must also work to reduce the risk factors affecting the community.

The Kingborough Community Health Check 2022⁸ prepared by Public Health Tasmania, cited a range of risk factors for Kingborough residents as shown in the image.

As part of the Mini Health Check Roadshow, 64 members of the Kingborough community had their blood pressure measured. It was found that 34 people (over half) were at risk of high blood pressure and 25 people had a high risk towards developing Type 2 diabetes.



⁵ <https://www.primaryhealthtas.com.au/wp-content/uploads/2022/04/Primary-Health-Tasmania-Needs-Assessment-2022-25.pdf>

⁶ <https://www.utas.edu.au/about/news-and-stories/articles/2021/1140-tasmania-project-identifies-inequalities-for-lgbtqi>

⁷ https://www.dpac.tas.gov.au/__data/assets/pdf_file/0025/247147/LGBTIQ-Tasmanians-Telling-Us-the-Story-Survey-Report-May-2022.pdf

⁸ <https://www.primaryhealthtas.com.au/wp-content/uploads/2018/06/Kingborough-Community-Health-Check-2022-.pdf>

3. COMMUNITY ENGAGEMENT

3.1 Consultation Summary

In developing the Kingborough Health and Wellbeing Strategy, Council undertook the following engagements with the community:

COMMUNITY SURVEY

491 responses received. The survey was open from 21 August to 27 October 2023 and was available either online or completed in hardcopy from sites located at Kingborough Civic Centre, Kingston Library, Kingston Neighbourhood House and Westwinds Community Centre

SERVICE PROVIDER ONLINE SURVEY

14 responses received from providers representing service areas including fitness/yoga instructors, nutritionist, art therapist, chiropractor, mental health counsellor, diabetes educator, aged and home care support, dementia support, chronic pain support

MINI HEALTH CHECK ROADSHOW

held from 25 September to 28 October where a total of 64 mini health checks were completed (28 males and 36 females), employing tools such as the Diabetes Risk Assessment Tool (DRISK) to evaluate the risk of developing Type 2 Diabetes; blood pressure measurement and discussion regarding sleep and hearing quality. At the end of each session, participants received a personalised assessment form to share with their general practitioner

COMMUNITY CLASSES

held during September 2023 and included four low impact exercise sessions held at Kingston Park and four healthy cooking-on-a-budget sessions held at Kingston Neighbourhood House. These classes attracted approximately 10-12 people to each session and participants provided feedback and information about their health and wellbeing needs

The Health and Wellbeing Strategy Engagement Report is available on Council's website for further details.



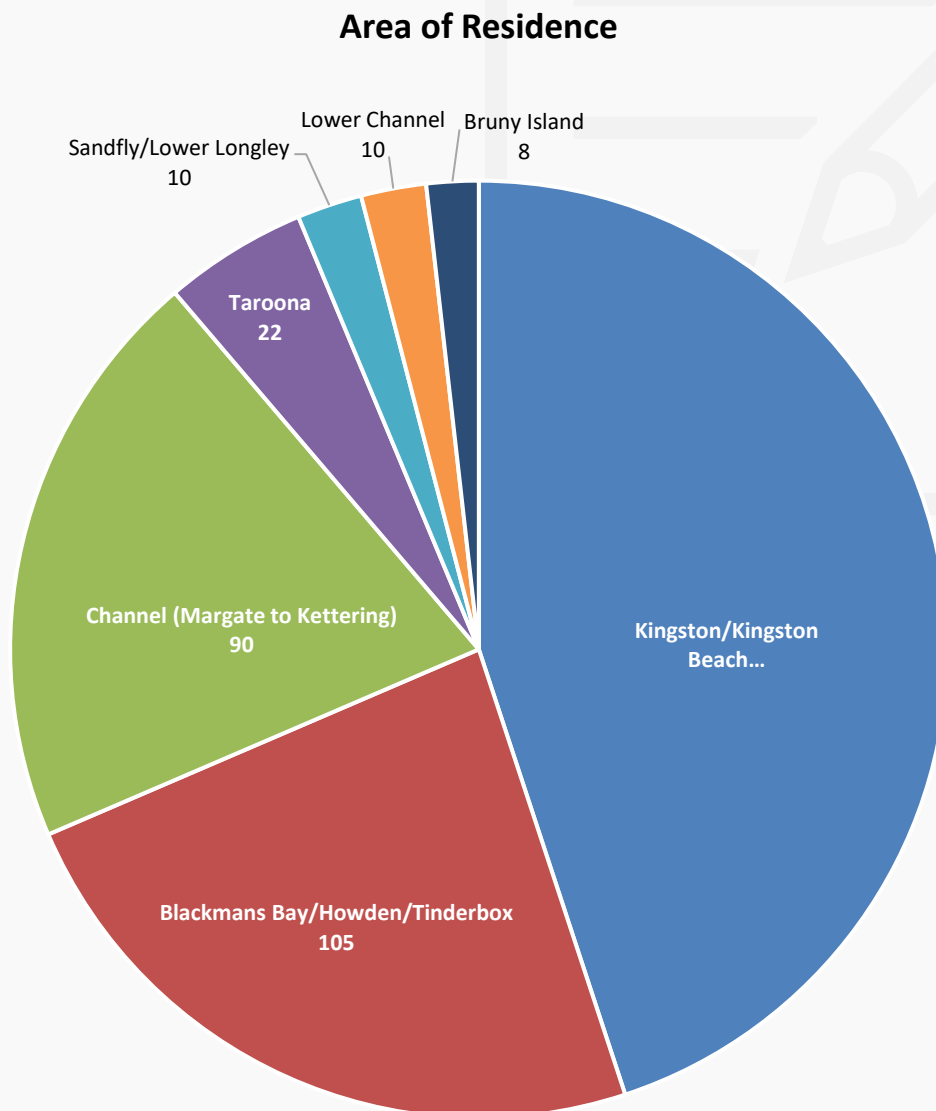
3.2 Community Survey Demographics

In total, 491 people responded to the survey. Based on the ABS sample size calculator for a population of 40,082 is sufficient to provide a result with 95% confidence.

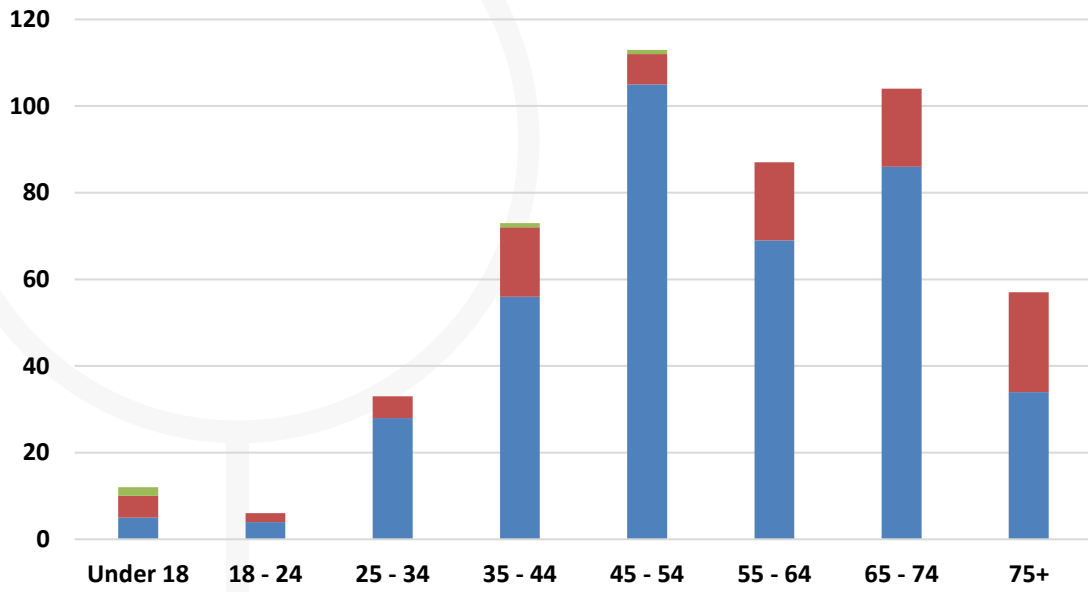
In total, 79% of respondents identified as female. There were more female respondents (21.4%) in the 45-54 group than male respondents over all age groups (19.2%). When comparing with the demography of Kingborough census data (2021), the data in this survey is biased towards older age groups and those identifying as females. A total of 74% of respondents were over 45 years old. To rectify this gap in our knowledge, efforts will be made to seek further information from groups that were poorly represented in the survey.

Most respondents (93%) to the survey lived in Kingborough. Only 7% of respondents had another connection to Kingborough (work, recreation or other connection such as volunteering).

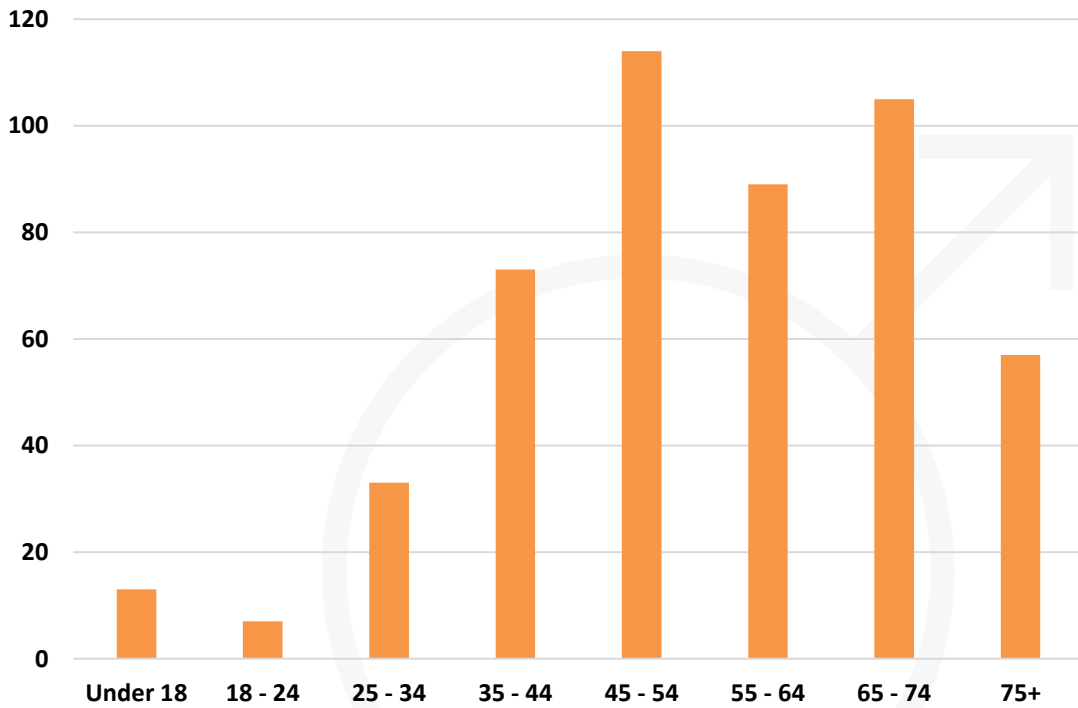
Most surveys received were from people who lived in the urban population areas of Kingborough. When compared with the population numbers in the 2021 Census, the percentage of respondents in high density and low-density areas is similar to the actual population distribution.



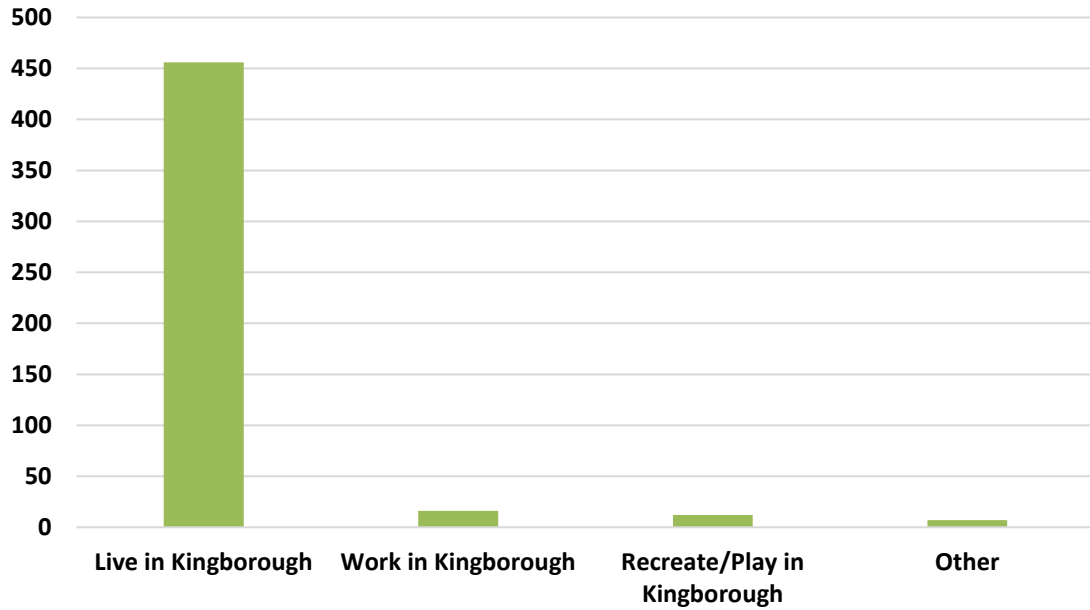
Survey Respondents by Age and Gender



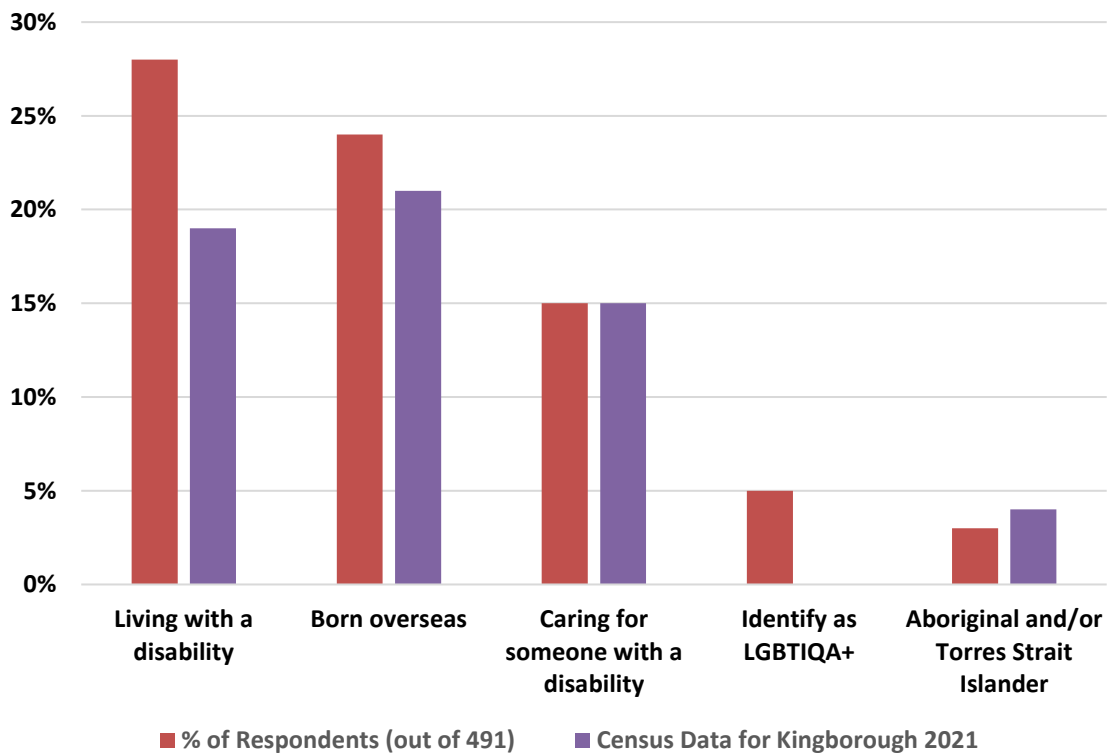
Survey Respondents by Age



Primary Connection to Kingborough



Respondents to the survey were given the option to select if they identified with any of the selection below. Survey responses broadly compared with the Kingborough demography from the Census 2021 data.



4. WHAT THE COMMUNITY TOLD US

4.1 Personal Wellbeing Rating

According to the Australian Institute of Health and Welfare, how people subjectively feel about their own health, their state of mind and their life in general is a common measure of health.⁹

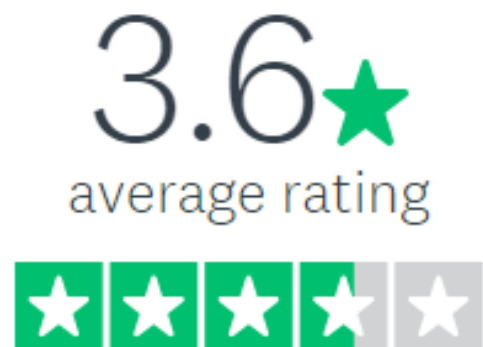
In Kingborough, 36.63% of respondents rated their health as being 'very good' or 'excellent'. A higher percentage of males (85%) rated their health as good to excellent compared with females (77%). Another 41.36% rated their health as 'good'.

In Kingborough, 22.02% rated their health as 'fair' or 'poor'. This result is consistent with the Tasmanian Population Health Survey 2022¹⁰ which found that one in four Tasmanians (23%) reported their health as being either fair or poor.

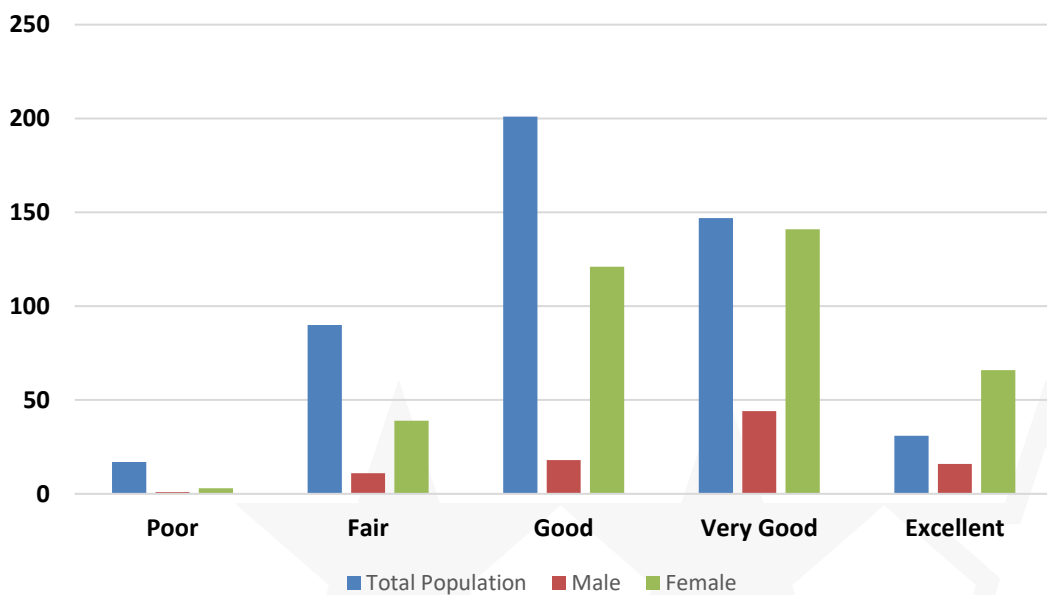
Older people were more likely to give themselves a higher health and wellbeing rating than younger age groups, with 86% of people aged over 65 years rating their health as good to excellent compared to 65% of adults aged 18 to 24 years.

4.2 Kingborough's Rating

As a place to live that supports health and wellbeing, respondents rated Kingborough an average of 3.6 out of 5 (with 1 being poor and 5 being excellent). In total, 16.5% people rated Kingborough with 5 stars, 34.5% with 4 stars, 28.7% with 3 stars, 11% with 2 stars and only 0.8% of people gave 1 star.



How Do You Rate Your Health?



⁹ <https://www.aihw.gov.au/reports/australias-health/what-is-health>

¹⁰ [Report on the Tasmanian Population Health Survey 2022](#)

4.3 Ways you currently look after your health

Health behaviours refer to the actions that individuals do on a regular basis to maintain their health. Councils can impact on health behaviours by providing environments that support health actions.

Survey participants were asked to tick items on a list to describe the various ways that they look after health and wellbeing.

We looked at the survey results according to age, gender, area of residence (urban/rural), Aboriginal and Torres Strait Islander people, people with a disability and people who are carers.

Having a healthy diet, spending time in nature, spending time with family and friends, having hobbies and interests appear in all top five results for all groups. Having a hobby was the top response for people identifying as male while quality time with family and friends was the top response for young people.

“I am involved in activities that support my culture” was selected by 46% of respondents that identify as Aboriginal and/or Torres Strait Islander as a way to look after their health and wellbeing. In comparison, this was only selected by 20% of respondents born overseas and 18% of all other people who responded to the survey.

People from an Aboriginal and/or Torres Strait Island background also said that getting on country and the need to protect the environment was an important part of looking after their health, as the two are interwoven.



LOOKING AFTER HEALTH AND WELLBEING

Balanced diet



75% of respondents said they had a healthy diet. This was the top item for females and also people in the 65 years and over age group.



I have hobbies and interests

75% of respondents said that they are regularly involved in hobbies and interests. It was the top response for males.



Quality time with family and friends

73% of respondents said they spend quality time with family and friends. It was the top response with young people aged up to 24yrs.

I spend time in nature



73% of respondents said that spending time in nature was an important way to look after their health. This was the top response for people who lived outside of the urban areas and the 25-44yrs age group.



I exercise regularly

69% of respondents said that they exercised regularly. This was in the top 5 responses for all population groups except for people with disabilities.

I am involved in activities that support my culture

46% of respondents who identify as ATSI said that being involved in activities that support their culture is important to their health and wellbeing.



Adequate sleep

52% of respondents said they get enough sleep and feel rested



I seek out support from my community

23% of respondents said they would seek out support from their community to support their health

4.4 Ways you build healthy connections

Social connection is about the relationships people have with each other and to their communities.

78% of respondents to the survey said that they built healthy connections by being in regular contact with family, friends and neighbours. This was followed by having involvement with local groups such as churches, sporting clubs and interest groups (42%). Regular attendance at local community events was mentioned by 36% of respondents.

Being involved in a sporting club or fitness center was selected by a higher percentage of respondents identifying as male (46%) compared to female (28%). It was also most popular with people aged 18-24 (50%) and 25-44 years (36%).

Being involved in a group such as a church, hobby group, walking group, book club, U3A, men's shed, Landcare group was chosen by a higher percentage of respondents in the 65 years and over group (66%) compared to any other age group.

39% of respondents who live in and around Kingston regularly attend events in the local community compared to 29% of those who live in the more rural areas of Kingborough.

There were 7% of respondents who reported that they did not have any connections.



Artwork by Heather Kennett



4.5 Barriers to health and wellbeing

Barriers to achieving health and wellbeing can be personal, environmental or a mixture of both. Councils can support people to overcome some barriers through the provision of supportive and affordable health promotion options such as exercise classes, information sessions and outdoor environments that encourage healthy lifestyle choices.

23% of respondents reported not having any barriers to looking after their health. Those identifying as male ranked no barriers as their number one response.

For most people, a lack of time was the biggest barrier to health and wellbeing. A lack of time due to work or study appears in the top five of responses, except for those aged 65 years and over, those living with a disability and those identifying as Aboriginal and/or Torres Strait Islander. No time due to family/caring is higher for those aged 25-44 years, people who are carers and those identifying as female.

Costs/financial and not feeling motivated appear in the top five for all groups surveyed. Cost was selected by a higher percentage of female respondents. It was also the greatest barrier for people aged over 65 years and people with a disability.

Not feeling motivated appears as the greatest barrier for respondents aged 24 years and under (55%) and second biggest barrier for respondents aged 65 years and over as well as those identifying as male.

Lack of confidence and feeling overwhelmed, stressed or anxious, not knowing where to start and a lack of childcare were selected by a higher percentage of respondents identifying as female, people with a disability and carers.

Not feeling well enough only appeared in the top five for respondents that identified as living with a disability (22%).

Lack of transport appeared in the top five for those aged 18-24 years and under, and those identifying as Aboriginal and/or Torres Strait Islander.

Many people identified multiple barriers, with 58% of respondents saying that they had between one to three different barriers and 17% reporting between four to seven barriers.

When asked to comment on other barriers, many people responded that the lack of medical services, particularly after-hours GP services, mental health services and affordable dental clinics was a major barrier.

BARRIERS TO ACHIEVING HEALTH AND WELLBEING GOALS

1 Not enough time

No time due to work/study commitments (30%) or due to family/caring commitments (21%) was the biggest barrier to looking after health and wellbeing.

1



2 Cost

The cost of looking after health and wellbeing was in the top 5 barriers for all cohorts and was the greatest barrier for those identifying as female, people over 65 years and people with a disability.

2



3 Feeling overwhelmed, stressed or anxious

This was in the top 5 barriers for all cohorts and highest for people with a disability and people who are carers.

3



REMEMBER YOUR WHY

4 Lack of Motivation

Not feeling motivated appears as the top barrier for people aged 18-24yrs and under and second for respondents aged 65 years and over as well as those identifying as male.

4

5 Lack of confidence

15% of respondents said that they didn't have the confidence to start something new.

5



6 Not enough information

Not knowing what to do or where to start appeared in the top 5 for respondents aged 18-24 years, 65 years and over and those people with a disability.

6



4.6 Where you seek information

Participants were asked how they sought information about services, programs and activities that would support their health and wellbeing.

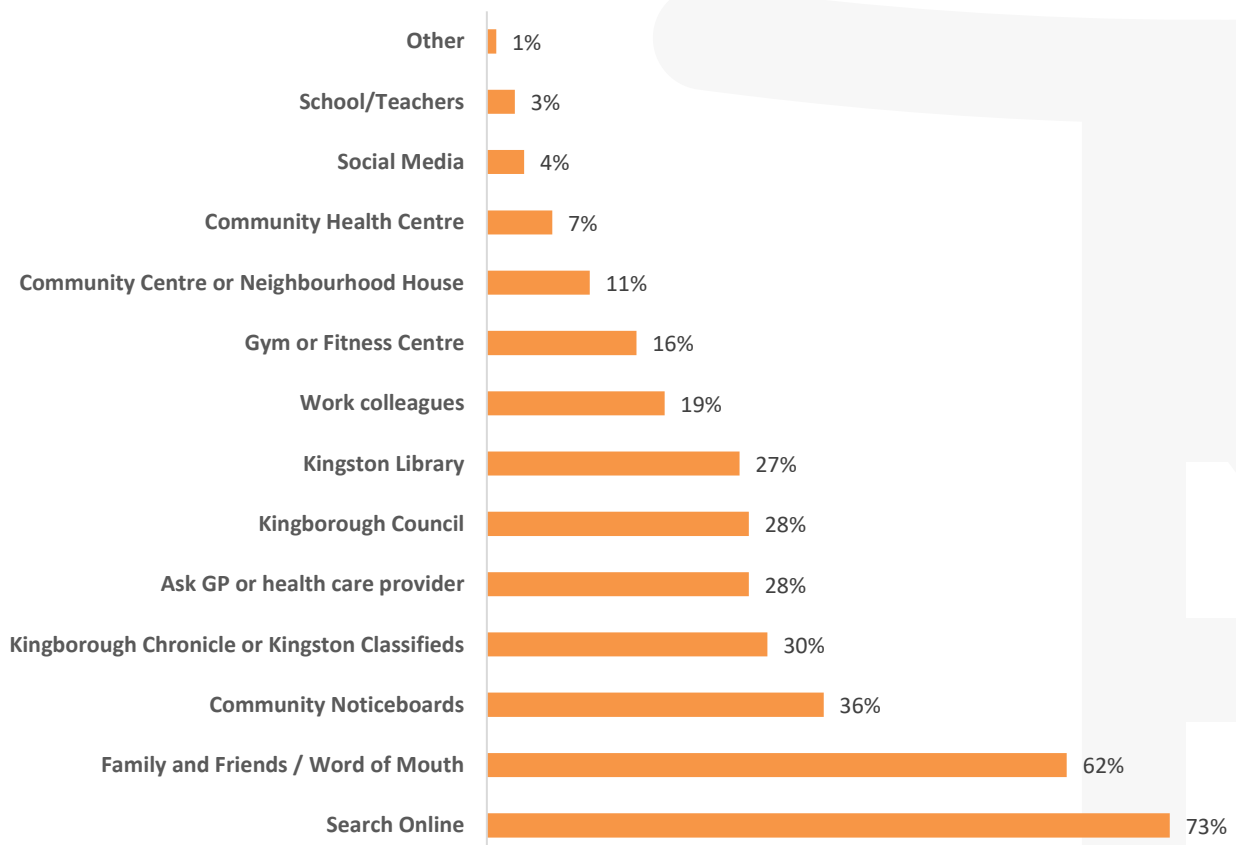
Searching online ranked as number one for all groups except respondents aged 65 years and over, for which family and friends/word of mouth was most common. Social media, direct emails, noticeboards and promotion in the local media were considered the most effective ways to promote Council activities.

Community noticeboards appeared for all groups except those aged 25-44 years, who sought information from their work colleagues and/or gym or fitness centre.

The groups who reported not knowing what to do or where to start as part of their barriers were the 18-24 years and under, 65 years and over and those people with a disability.



Where do you look to find information on activities?



4.7 Popular Kingborough health and wellbeing initiatives

There are numerous ways that Kingborough Council already supports health and wellbeing as depicted below:

WAYS KINGBOROUGH SUPPORTS HEALTH AND WELLBEING

42 TRACKS AND TRAILS

Trails provide safe, convenient linkages between community facilities and open spaces, and provide alternative commuting options. Council also provides cycle paths and Local Links



ENVIRONMENT AND CLIMATE

Kingborough is experiencing the effects of climate change and has been active in exploring mitigation options and adaptation responses. In 2019 Kingborough Council declared a climate and biodiversity emergency



PUBLIC HEALTH

Council's public health programs include immunisation, food safety, water monitoring, air quality, tobacco control, noise nuisance and public health safety



4 SKATE + 1 MOUNTAIN BIKE PARK

Skate parks are located in Taroona, Blackmans Bay, Kettering and Alonnah. The Kingston mountain bike park has 3km of purpose-built trails, jumps and an asphalt pump track



SPORTS CENTRE + CLUBS + OVALS

Includes the Kingborough Sports Centre, sporting facilities for basketball, netball, pickleball, gymnastics, martial arts, tennis, cricket, soccer, AFL, table tennis, volleyball, futsal and Kingborough Fitness Centre with gym and fitness classes



6270HA PUBLIC OPEN SPACE

Council's extensive bushland and coastal reserves contribute to social inclusion, connectivity and community health and well-being.



COMMUNITY SERVICES

Council runs a wide range of programs catering to different members of the community including Learning for Life, Kingborough Volunteer Program as well as regular programs for youth, positive ageing, and arts and events



48 PARKS AND PLAYGROUNDS

Each playground is unique. The newly built Kingston Park Playground provides nature-based play spaces for all ages and abilities including 9 distinct play spaces, BBQ, shelters and toilets



DOG EXERCISE AREAS

Popular exercise areas include the northern end of Kingston/Tyndall Beach (sand only); Taroona Beach (East of the Boat Ramp); Suncoast Dog Park and Dru Point (within dog exercise fenced area)



7 OUTDOOR EXERCISE STATIONS

These are located at Taroona Beach, Kingston Beach, Snug, Kettering, Gordon, Adventure Bay and the new one at Kingston Park



16 COMMUNITY HALLS

Places for people to connect and gather for local events, markets, exhibitions and health and wellbeing classes e.g. yoga, dance, etc



Survey respondents were provided with a list of several Council initiatives and asked to select their top five which would support their health and wellbeing. The Kingborough Tracks and Trails Guide was ranked as the most preferred (69%) with almost all groups nominating it as number one priority. Only those respondents aged 18-24 years and under did not rank in this in their top five. For this younger group, the Council's Dose of Nature activity was ranked as their number one priority.

Kingborough Local Links, which is a map of urban footpath connections and shortcuts, also appeared amongst the top five interests for all groups.



These results are supported by national data which suggests that walking is the most popular recreational activity in Australia. According to the AUSPLAY survey 2022-2023¹¹, 47.1% of Kingborough population nominated recreational walking as their most popular activity.

A Dose of Nature appeared in the top five interests for all groups, except those aged 25-44 years, for which both the Kingborough Sports Centre and the Kingborough Fitness Centre were ranked highly. Exercising regularly was one way that the 25-44 years cohort looked after their health and wellbeing.

Community services programs were of high interest for respondents aged 65 years and over, those living with a disability or those caring for someone with a disability. The provision of community halls and spaces for health and wellbeing activities was mentioned by all groups as a way that Council positively supports health promotion.

¹¹ [AusPlay results | Clearinghouse for Sport](#)

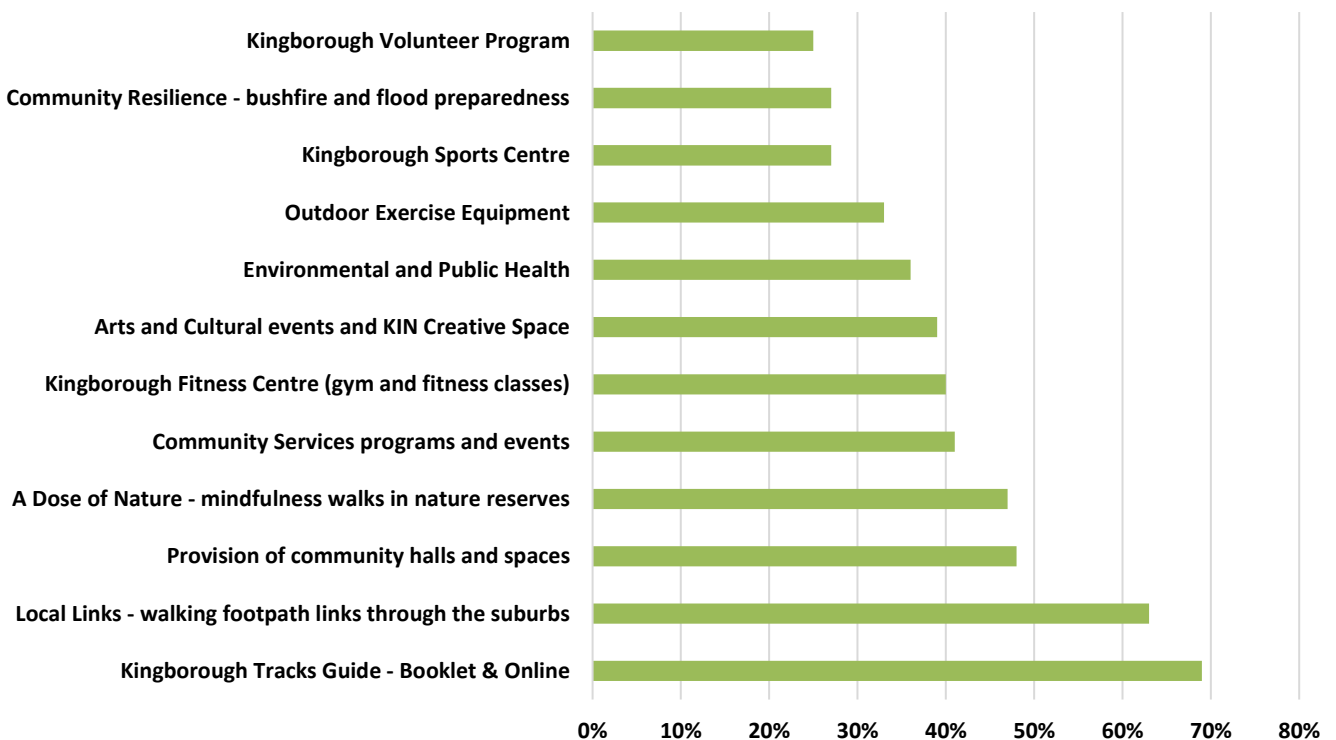


A DOSE OF NATURE

This activity was designed to improve health outcomes by supporting community members to get out into some of Kingborough's bushland and coastal reserves. The series of free, weekly, gentle walks are led by Council's Natural Interpretations Officer and Kingborough health practitioners. Doctor Kate Bendall, a Kingborough health practitioner, said there are many health benefits to being in nature such as managing blood pressure and glucose as well as having a positive impact on the immune system and mental wellbeing.



Kingborough Health and Wellbeing Initiatives by Popularity



END OF LIFE EXPO

Kingborough Council is leading the way in its work on death literacy. The Council won the Tasmanian Palliative Care Award in 2023 for Outstanding Achievement in Palliative Care for raising awareness of the services available to support members of the community in ensuring their end-of-life decisions are taken care of and increasing community death literacy. Council does this through a biennial End of Life Expo and monthly Death Café.



4.8 Future health and wellbeing priorities

Survey respondents were asked to prioritise health and wellbeing initiatives, from a list provided, that Council could consider for the future.

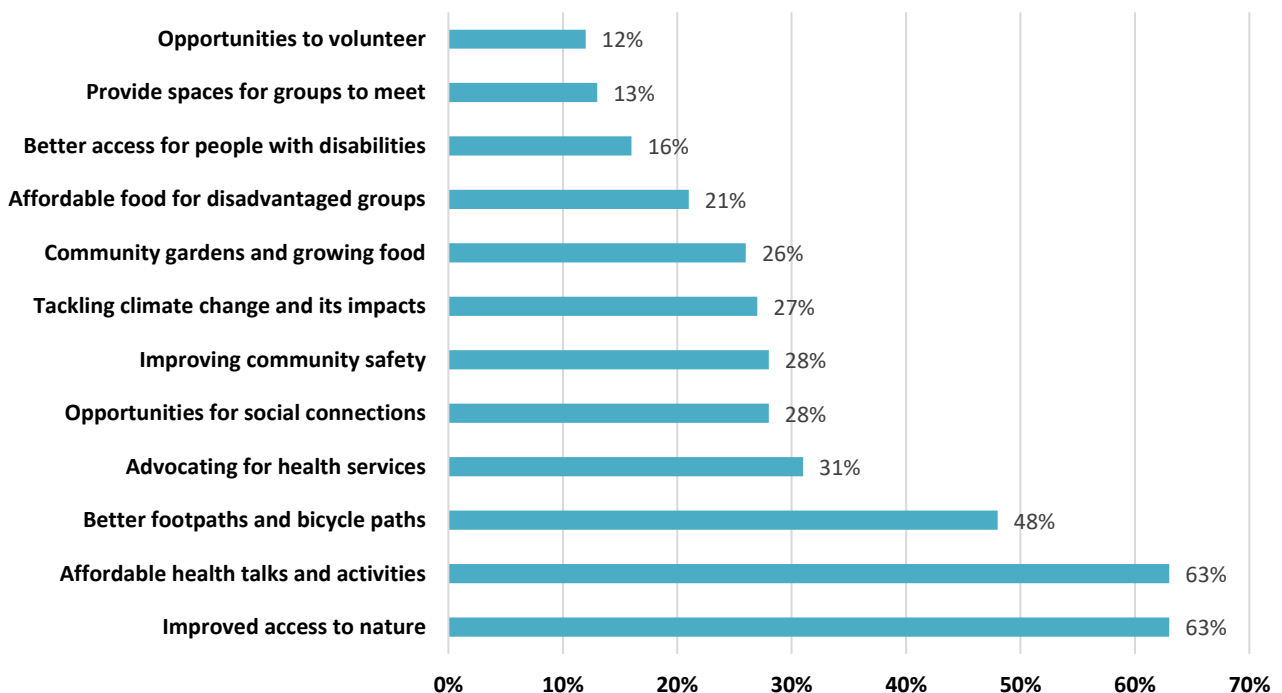
Affordable health promotion talks and activities, improved access to nature through tracks and trails and better footpaths and bicycle paths were in the top three for all groups, except those aged 18-24 years and under. This younger group selected “support access to affordable healthy food for disadvantaged groups”.

Improving community safety appeared in the top five for respondents in the urban areas, those aged 25-44 years and 45-64 years and those caring for someone with a disability.

Advocating for better health and medical services appeared in the top five for all groups, except those aged 18-24 years and under (22%).

There were 34 specific requests for a swimming pool or aquatic facility.

Future Priorities for Council



4.9 Advocacy with other levels of government

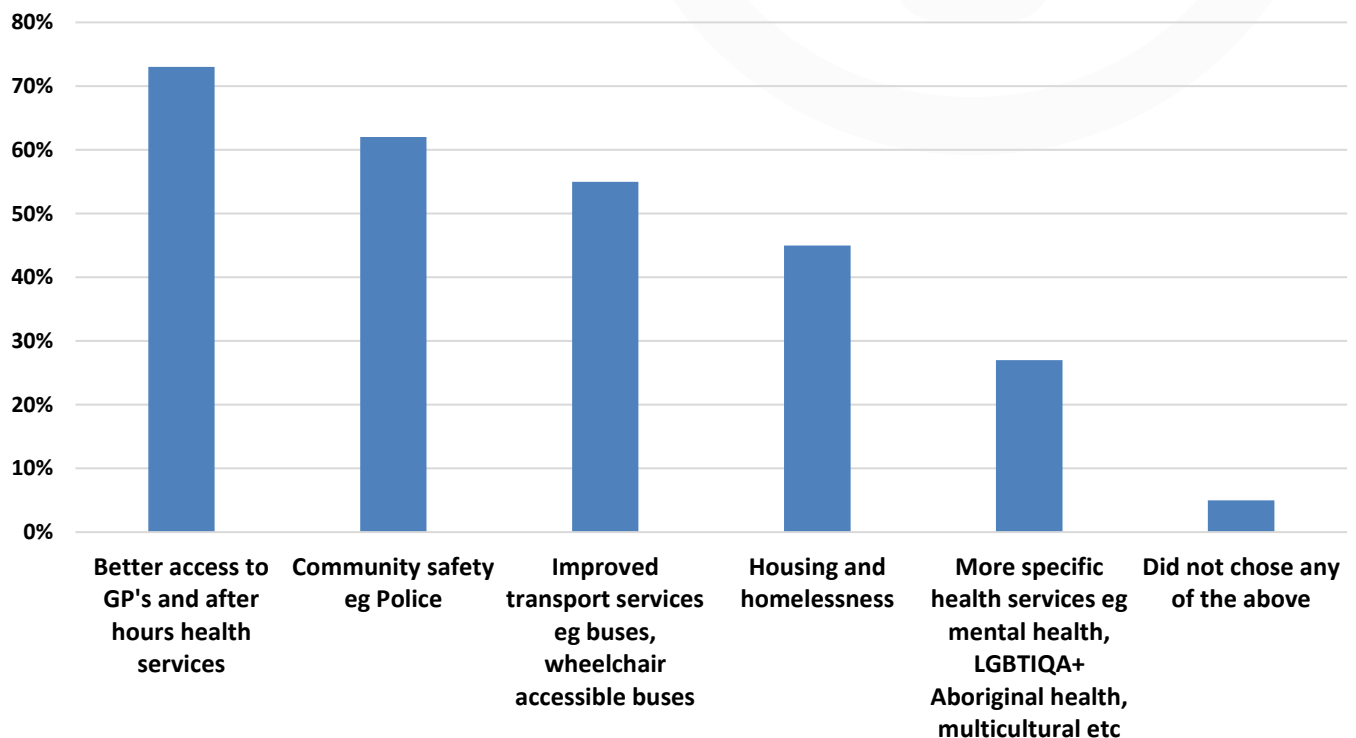
Kingborough Council has a defined role under the Local Government Act and there are opportunities to raise issues to other levels of government. Participants were asked which issues Kingborough should raise to improve the health and wellbeing of the community.

A total of 73% of respondents to the survey stated that their number one priority for the Council was, that it needed to advocate for better access to doctors and more after-hours health services. This was the most prominent issue for all groups except those aged 18-24 years and under. For the younger cohort, access to improved transport was their number one priority. Improved transport was ranked second for those people identifying as male and those living in rural areas.

Community safety was ranked as the second highest priority for most groups except for people identifying as male (ranked third) and for people who live in rural areas (ranked fourth).

Addressing housing and homelessness and the provision of specific health services such as mental health, LGBTIQ+ specific services and Aboriginal and Torres Strait Islander services were ranked fourth and fifth accordingly.

Issues for Council to Raise with Other Levels of Government



4.10 Other community comments

Throughout the survey there were opportunities for respondents to enter their own comments. There was a total of 316 comments received and they were grouped into the following themes:

Active and Passive transport

There was a total of 45 comments in this theme, many relating to the provision of footpaths, shared pathways and bicycle paths to make walking and cycling safer and more accessible. Some connections that were specifically mentioned included:

- Dedicated shared path from Kingston Beach to Kingston
- Off road shared path from Blackmans Bay to Huntingfield along Algona Road
- Consideration of footpaths and bicycle paths for Channel and lower Channel

Advocacy for medical services in Kingborough

There were 17 comments regarding the provision of more medical centres and after-hours services, as well as specific medical services including oral health, child and adult mental health and an Aboriginal Health Service.

Food security

More support for people to access healthy affordable food and to learn about healthy eating through the provision of community and shared garden spaces, cooking skills workshops and support for organisations who deliver food relief.



Support for specific groups in the community

From the 42 comments received under this theme, there was a diversity of groups mentioned including:

- carers
- people with dementia
- people who are neurodiverse
- people needing anger management support
- new migrants
- members of the veteran community
- older people
- people who are socially isolated
- new parents
- families with young children
- young people
- members of the Aboriginal community

The important role that pets play in providing support to members of the community should also be considered.

Healthy and Active

There were 27 comments relating to the provision of subsidised, affordable exercise and health promotion events and ensuring these are accessible to different groups in the community including by being available outside of business hours and provided throughout the municipality.



Spaces and Places

There were 60 comments in this section, with 34 of these related to the provision of a public swimming pool in Kingborough. There were also several comments relating to the ongoing resourcing and development of tracks and trails that cater to walkers, mountain bikes and trail bikes.

Supporting people with a disability with a changing place at Kingston Beach and the provision of a hot shower for people who don't have access to shower facilities were also mentioned.



Activities and programs specifically for young people was mentioned several times including the provision of more safe recreational places for young people to hang e.g. skate parks, a youth centre as well as the provision of supervised activities.

Community safety

The rising levels of anti-social behaviour and vandalism has created a heightened fear and the need for a 24-hour police presence based in Kingston was considered important. There were 11 comments specifically related to this theme.

Climate change mitigation

Managing the causes of climate change and preparing for bushfires were seen as challenges that Council needs to meet due to the impact on community health and wellbeing. A total of 9 people raised their concerns about climate change and bushfire management.



The full range of comments received are available on Kingborough Council's website.

4.11 Service Provider Survey

Chronic health issues, mental health and stress management were the main issues for which the community sought support from the services providers who responded to the survey.

When asked which health area was important to address, the majority responded that mental health issues were most important.

As with the community survey, service providers stated that cost/affordability was the biggest barrier for their clients in improving their health and wellbeing. This was followed by lack of information and lack of support.

Community noticeboards were considered an important means for getting information out to the community. This was very closely followed by community centres and word of mouth.



Service providers rated the provision of affordable sessions for physical activity and healthy living, followed by talks on important health topics and the

I'd like to see the new plan focus on co-design. Rather than coming with specific activities you plan on implementing, start with a commitment to work directly with communities who have been identified as needing more support with health and wellbeing. Either using best available data (e.g. from the Tasmania project or ABS) identify population groups in Kingborough who may need more support and connect directly with those communities. Support them to identify their own goals, and provide support and resources to implement those goals, rather than coming with preconceived ideas of what 'success' would look like. Allow the community themselves to define success.

Comment by Service Provider

provision of affordable spaces to hire as the three top priorities for Council. A total of 66% of service providers stated that Council needed to advocate to the State government about the provision of better access to GP's and after-hours health services. This was followed by better access to specific health services such as mental health services and services for targeted population groups such as Aboriginal and Torres Strait Islander (ATSI), Lesbian, Gay, Bisexual, Transgender, Intersex, Queer, Asexual people (LGBTIQ+), children and young people.

4.12 Analysis and Discussion

Overall, many respondents to the survey felt that their health was good and Kingborough provided the activities, services and facilities that supported their health and wellbeing. However, there is still a need to ensure that programs, services, and facilities provided by Council are accessible to members of the community in terms of affordability, location and timing.

Through the Health and Wellbeing strategy consultation, Council has been further encouraged to support members of the Kingborough community to become healthier by focusing on promoting health awareness and providing opportunities to support the creation of healthy behaviours. The provision of affordable health promotion sessions and different types of exercise classes is one way that Council can increase this support.

In terms of risk factors, hypertension (raised blood pressure) is the single biggest risk factor responsible for mortality worldwide. The mini health check

roadshow revealed that over half of the people who received a blood pressure check were at risk of high blood pressure and just over one third were at risk of type 2 diabetes. As there are no noticeable symptoms for this condition, blood pressure measurement is the only accurate way of identifying hypertension. The provision of free blood pressure checks and diabetes risk assessments would enable people to better manage their health through preventative changes in lifestyle habits.

As the makeup of Kingborough's population changes there needs to be greater efforts made to address barriers to participation and seek ways to better target vulnerable populations. This includes creating ways to increase motivation by providing a safe environment, supporting people who are carers and ensuring that activities are affordable and accessible.

Promotion of programs and activities mainly relies on the Council's website, social media, local newspapers, noticeboards and direct emails to targeted mailing lists. Council could increase information channels for certain groups in the community by using more targeted methods such as word of mouth through the provision of talks to seniors' groups and other community associations for older people and the use of school newsletters and youth networks for younger people.

In terms of future priorities, respondents to the survey showed a very strong demand for passive recreational and active transport opportunities through walking, whether it was using Council's network of tracks and trails, Local Links or urban footpaths. There were several suggestions made for

the improvement of footpaths and active transport linkages.

Protection of the natural environment and caring for country was a priority for members of the Aboriginal and/or Torres Strait Islander community and it is acknowledged that country is deeply connected to Aboriginal health and wellbeing.

Must improve Aboriginal community consultation. It's affecting our health and wellbeing as a community.

Advocacy for improved health and medical services was considered a high priority from both community members and service providers with the need for afterhours doctors and targeted health services such as mental health and specific services for vulnerable population groups such as young people, LGBTIQ+ and Aboriginal and Torres Strait Islander health services.

The development of the Kingborough Health and Wellbeing Strategy Implementation plan acknowledges that the scope of health and wellbeing is a whole of Council responsibility and many departments are already providing services, facilities, programs and activities that respond to the needs expressed through the community consultation.



5. KINGBOROUGH HEALTH AND WELLBEING – KEY STRATEGIC PRIORITIES

Feedback received from the community through the engagement process, indicates Kingborough Council is meeting many community needs in the provision of services and facilities that support health and wellbeing. The Kingborough Health and Wellbeing Strategy 2024-2029, builds on this foundation and responds to the aspirations and needs identified by the community under three key strategic priority areas:

1. Encourage and support a healthy, active and involved community
2. Provide healthy spaces and places
3. Create a safe and inclusive community that supports a sense of belonging

Each priority area is supported by 5 strategic outcomes that describe what Council aims to achieve. Actions to achieve these outcomes will be developed and included in the Kingborough Health and Wellbeing Implementation Plan.

1

Encourage and support a healthy, active and involved community

Strategic Outcomes

- 1.1 Provide access to affordable and appropriate preventative health opportunities
- 1.2 Deliver affordable and accessible lifelong learning activities and programs
- 1.3 Offer a range of activities, programs and events that enable social interaction and the development of supportive community networks
- 1.4 Advocate for the improved health and medical services to be based in Kingborough
- 1.5 Create partnerships to ensure that isolated and disadvantaged members of the community have access to services



2

Provide health spaces and places

Strategic Outcomes

- 2.1 Ensure community access to the environment and nature through the provision of tracks, trails and nature reserves
- 2.2 Care for country and mitigate climate change risks through the preparation of communities for natural hazards (e.g. bushfire)
- 2.3 Offer a range of safe, inclusive and affordable places and facilities
- 2.4 Provide access to spaces for informal exercise and outdoor recreational pursuits
- 2.5 Establish safe linkages for passive recreation and active transport



Accessible Beaches

Kingborough's Disability Inclusion and Access Advisory Group proposed the installation of beach matting at Kingston Beach, which would extend the surface area for wheelchairs to access the beach, from the wheelchair accessible ramp. Through a supportive partnership with the Kingston Beach Surf Life Saving Club (KBSLSC), the beach matting is now available through the summer period, managed by volunteers from the KBSLSC

3

Create a safe and inclusive community that supports a sense of belonging

Strategic Outcomes

- 3.1 Foster opportunities for community cultural connections and cultural practices
- 3.2 Ensure that community information, programs and activities are delivered in an accessible and equitable manner
- 3.3 Advocate for increased community safety
- 3.4 Provide members of the community with a voice and the ability to raise concerns and have these concerns heard
- 3.5 Advocate for isolated and disadvantaged groups to ensure access to adequate and affordable living essentials



6. KINGBOROUGH HEALTH AND WELLBEING STRATEGY IMPLEMENTATION PLAN 2024 – 2029

The Kingborough Health and Wellbeing Implementation Plan sets out actions under each strategic priority for the next five years to provide opportunities for local people to live their best lives in a place that supports healthy connections, healthy lifestyles and enables people to be as active as possible for as long as possible. These proactive and preventative actions are aimed at providing members of the Kingborough community with opportunities to take positive steps to improve their overall health and wellbeing as well as providing a more safe and welcoming community in which people live, work and play.

Many of the existing services, facilities and programs currently provided by Kingborough Council positively contribute to meeting the strategic objectives. Analysis of existing initiatives against the objectives was undertaken to assist with ensuring a targeted approach in developing the actions to implement (see Appendix A)

Strategic Priority 1 – Encourage and support a healthy, active and involved community

1.1 Provide access to affordable and appropriate preventative health opportunities

	RECOMMENDATION	RESPONSIBILITY	TIME FRAME
1.1.1	Continue and expand a series of subsidised exercise ‘taster’ classes such as Pilates, yoga, boot camp, tai chi, meditation for specific target groups.	Community Services	Ongoing
1.1.2	Deliver an End-of-Life Expo every two years to be held during National Advance Care Planning Week.	Community Services	2026 2028
1.1.3	Deliver a Kingborough Health and Wellbeing Expo every two years.	Community Services	2025 2027
1.1.4	Create a schedule for the Mini Health Check Roadshow to continue around Kingborough.	Community Services	Short
1.1.5	Investigate ways to better support people with chronic conditions such as dementia, arthritis, MS etc.	Community Services	Medium
1.1.6	Provide community access to National and State funded Immunisations to community members including vulnerable populations through Councils State approved Immunisation Program.	Environmental Services	Ongoing
1.1.7	Investigate ways to reduce community exposure to second hand smoke through education strategies and the potential implementation of additional smoke free public spaces within the municipality.	Environmental Services	Ongoing
1.1.8	Continue to provide childcare at the Kingborough Fitness Centre to support parents and carers to access fitness programs.	Kingborough Fitness Centre	Ongoing
1.1.9	Continue to deliver a range of classes aimed toward Senior age groups, scaled to meet differing movement constraints.	Kingborough Fitness Centre	Ongoing

1.2 Deliver affordable and accessible lifelong learning activities and programs

	RECOMMENDATION	RESPONSIBILITY	TIME FRAME
1.2.1	Continue and expand Council's existing learning programs e.g. Learning for Life and KIN program and ensure they include a range of subsidised health and wellbeing activities targeting different groups, throughout the municipality.	Community Services	Ongoing
1.2.2	Collaborate with the local community garden groups to promote their services and run seasonal workshops on topics such as growing food and healthy meals on a budget.	Community Services	Ongoing

1.3 Offer a range of activities, programs and events that enable social interaction and the development of supportive community networks

	RECOMMENDATION	RESPONSIBILITY	TIME FRAME
1.3.1	Investigate ways to develop Kingborough as a Compassionate Community through increasing death literacy, support and care for each other.	Community Services	Medium
1.3.2	Continue to promote the Kingborough Volunteer Program throughout the municipality to grow the number of volunteers as well as clients.	Community Services	Ongoing
1.3.3	Continue and expand the provision of intergenerational events where young people and older people can interact.	Community Services	Ongoing
1.3.4	Continue to offer a range of school holiday programs and term programs for young people.	Community Services	Ongoing
1.3.5	Continue to provide vocational and 'get ready for work' programs for young people.	Community Services	Ongoing
1.3.6	Review Council's Kids Allowed program and create a new program of initiatives for children 10 years and under.	Community Services	Short
1.3.7	Continue to offer support to Landcare and Coastcare groups.	Environmental Services	Ongoing

1.4 Advocate for the improved health and medical services to be based in Kingborough

	RECOMMENDATION	RESPONSIBILITY	TIME FRAME
1.4.1	Advocate to the Tasmanian Government for the following services to be improved in Kingborough: <ul style="list-style-type: none"> access to GP services and especially, after hours GP services in Kingborough onsite mental health services (for children, young people, LGBTIQ+ and ATSI) to be included in the development of Stage 2 of the Kingston Community Health Centre access to oral/dental health services in Kingborough provision of an Emergency Services Hub 	Community Services and Mayor	Medium
1.4.2	Seek data from health professionals and State Government to ascertain service gaps and advocate where necessary.	Community Services	Medium

1.5 Create partnerships to ensure that isolated and disadvantaged members of the community have access to services

	RECOMMENDATION	RESPONSIBILITY	TIME FRAME
1.5.1	Continue and extend activities to reach vulnerable and socially isolated groups in the community.	Community Services	Medium
1.5.2	Develop methods for better targeting of information to specific groups such as young people, older people and people with disabilities.	Community Services	Short
1.5.3	Partner with venues that currently provide childcare services such as Kingborough Sports Centre, Kingston Neighbourhood House or Westwinds Community Centre, so that parents of young children can attend workshops and events.	Community Services	Medium
1.5.4	Partner with Care2Serve to ensure that there are support groups available for carers living in Kingborough.	Community Services	Short

Strategic Priority 2 – Provide healthy spaces and places

2.1 Ensure community access to the environment and nature through the provision of tracks, trails and nature reserves

	RECOMMENDATION	RESPONSIBILITY	TIME FRAME
2.1.1	Continue the delivery of nature-based activities to target mental health such as the existing Natural Areas Dose of Nature program.	Environmental Services	Ongoing
2.1.2	Promote Council's network of natural area reserves and tracks and trails network through events and activities such as guided walks.	Community Services Environmental Services	Ongoing
2.1.3	Develop a range of community activities for families that connect children with nature.	Community Services Environmental Services	Short
2.1.4	Investigate and promote areas within the municipality that can be used for quiet contemplation and meditation.	Communications	Short to Medium

2.2 Care for country and mitigate climate change risks through the preparation of communities for weather emergencies

	RECOMMENDATION	RESPONSIBILITY	TIME FRAME
2.2.1	Engage with the local Aboriginal community to better understand how to protect Aboriginal cultural living landscapes on Council land.	Environmental Services	Medium to Long
2.2.2	Continue to deliver a series of community events to raise awareness of climate change and personal preparedness for natural hazards e.g. bushfires.	Community Resilience Climate Change Advisor	Ongoing

	RECOMMENDATION	RESPONSIBILITY	TIME FRAME
2.2.3	Partner with the local Aboriginal community to integrate practices into council's land management approach.	Environmental Services	Medium to Long
2.2.4	Develop Recovery Plans with a health and wellbeing focus that can be implemented after an emergency or disaster.	Community Resilience	Medium

2.3 Offer a range of safe, inclusive and affordable places and facilities

	RECOMMENDATION	RESPONSIBILITY	TIME FRAME
2.3.1	Explore the current facilities which support Kingborough residents and provide day respite to carers. Advocate to the State and Federal Government for improved and increased services.	Community Services	Medium to Long
2.3.2	Assess the cost and feasibility of building a changing place facility at Kingston Beach for people with disabilities.	Recreation and Property Services	Medium to Long
2.3.3	Review the spaces Council has available and investigate the provision of a youth space that could also be accessed by youth outreach services.	Community Services Recreation and Property Services	Medium to Long
2.3.4	Investigate the provision of at least one hot shower at Kingston Beach or another venue that would be suitable and accessible for people who have no other access to shower facilities.	Engineering Services	Medium to Long
2.3.5	Review hire charges for recreational activities in Council's community halls. Investigate the provision of subsidies for hall hirers who are providing health and wellbeing services to the community.	Finance	Medium

2.4 Provide access to spaces for informal exercise and outdoor recreational pursuits

	RECOMMENDATION	RESPONSIBILITY	TIME FRAME
2.4.1	Review recreational spaces within the municipality with the view of allocating spaces for multi-use including the provision of some smooth flat surfaces for roller-skating and rollerblading.	Recreation and Property Services	Medium to Long
2.4.2	Investigate opportunities for basketball, netball and soccer to be played in informal settings.	Community Services Recreation and Property Services	Medium

2.5 Establish safe linkages for passive recreation and active transport

	RECOMMENDATION	RESPONSIBILITY	TIME FRAME
2.5.1	Continue a community campaign to raise awareness on issues such as the need to keep footpaths clear of bins, parked cars, and vegetation to ensure that paths are accessible for people with disabilities.	Community Services Communications	Short

	RECOMMENDATION	RESPONSIBILITY	TIME FRAME
2.5.2	Promote the Local Links network and the use of these linkages for active transport and exercise.	Community Services Communications	Medium to Long
2.5.3	Continue to promote active transport linkages and improve Council's active transport network as per the Kingborough Cycling Strategy 2021 – 2030.	Recreation and Property Services Engineering Communications	Ongoing
2.5.4	Liaise with Council's Engineering Services to identify gaps in footpath infrastructure through the 'Missing Links Footpath Register', especially where there are safety and access concerns.	Engineering Services Community Services	Medium to Long
2.5.5	Engage with young people and frequent public transport users to better understand their public transport needs. Advocate to Transport Tasmania and Metro for improved services where necessary and advocate for improved bus infrastructure such as shelters.	Community Services	Medium to Long

Strategic Priority 3 – Create a safe and inclusive community that supports a sense of belonging

3.1 Foster opportunities for community cultural connections and cultural practices

	RECOMMENDATION	RESPONSIBILITY	TIME FRAME
3.1.1	Continue to organise and deliver events and activities which celebrate diversity and enhanced mutual understanding among the general community.	Community Services	Ongoing
3.1.2	Develop opportunities for awareness raising with Council staff to increase knowledge and understanding for neurodiversity, LGBTIQA+, multicultural awareness, Aboriginal cultural awareness.	People and Safety Community Services	Medium to Long
3.1.3	Review Aboriginal interpretative signs within the municipality to ensure that the history is being told in a culturally inclusive and accurate manner.	Community Services Recreation and Property Services	Medium

3.2 Ensure that community information, programs and activities are delivered in an accessible and equitable manner

	RECOMMENDATION	RESPONSIBILITY	TIME FRAME
3.2.1	Ensure that events and activities are provided in areas outside of Kingston and Blackmans Bay to ensure a spread of services across the municipality.	Community Services	Short
3.2.2	Set up a network of local public noticeboards and event signs in approved and accessible places throughout the municipality including locating a noticeboard at every Council community hall.	Community Services Works Department	Short to Medium

	RECOMMENDATION	RESPONSIBILITY	TIME FRAME
3.2.3	Consider the provision of activities at times outside business hours to enable people who are working or studying to attend.	Community Services	Short
3.2.4	Ensure that important emergency management and public health information reaches vulnerable and isolated cohorts.	Community Resilience Communications Environmental Services	Short

3.3 Advocate for increased community safety

	RECOMMENDATION	RESPONSIBILITY	TIME FRAME
3.3.1	Present to the Kingborough Community Safety Committee regarding the outcomes of the Health and Wellbeing Strategy and seek their advice on local issues.	Engineering Community Services	Ongoing
3.3.2	Advocate to the Tasmanian Government to increase the police presence at Kingston Police Station.	Community Services Mayor	Short to Medium

3.4 Provide members of the community with a voice and the ability to raise concerns and have these concerns heard

	RECOMMENDATION	RESPONSIBILITY	TIME FRAME
3.4.1	Present to the Kingborough Disability Access Advisory group regarding the outcomes of the Health and Wellbeing Strategy and seek their input on future planning.	Community Services	
3.4.2	Continue to support the recommendations in the Kingborough LGBTQIA+ Action Plan.	Community Services	
3.4.3	Engage with Aboriginal and Torres Strait Islander community to gain a greater understanding of local community health needs.	Community Services	
3.4.4	Seek opportunities to speak with local community and support groups about the outcomes of the Health and Wellbeing Strategy and seek their input for future planning.	Community Services	

3.5 Advocate for isolated and disadvantaged groups to ensure access to adequate and affordable living essentials

	RECOMMENDATION	RESPONSIBILITY	TIME FRAME
3.5.1	Look at ways to build knowledge and understanding of health and wellbeing issues for under-represented groups in the survey.	Community Services	Short to Medium
3.5.2	Distribute the Kingborough Cares z card throughout the municipality. Analyse emergency relief provision throughout the municipality. Gather relevant data. Advocate for increased or improved provision where necessary.	Community Services	Medium

	RECOMMENDATION	RESPONSIBILITY	TIME FRAME
3.5.3	Gather information on Kingborough’s homelessness cohorts and current developments to ease the housing crisis. Work with Greater Hobart Housing Association to explore best practice principles to support residents experiencing or facing homelessness.	Community Services	Medium to Long
3.5.4	Liaise with services such as SASS, DEN, Health, Headspace etc. to map their outreach provision to Kingborough. Advocate for increased and improved provision where necessary. Assist with service modelling, accommodation and promotion of these services.	Community Services	Medium to Long

Timeframes:

- Short term – up to 12 months
- Medium – two to three years
- Long term – three to five years

7. STRATEGY REVIEW

This Strategy will be reviewed as required to reflect any relevant operational considerations, organisational strategy, or community needs. Any proposed amendments to the Strategy will require the endorsement of Council.

APPENDIX A

KINGBOROUGH COUNCILS EXISTING PROGRAMS AND SERVICES	STRATEGIC OBJECTIVE														
	1.1	1.2	1.3	1.4	1.5	2.1	2.2	2.3	2.4	2.5	3.1	3.2	3.3	3.4	3.5
Kingborough Positive Ageing Strategy 2018 -2022	✓	✓	✓								✓	✓		✓	✓
Kingborough Bushfire Risk Reduction Strategy 2019 - 2023				✓			✓								
Kingborough Climate Change Plan 2019 - 2024							✓								
Kingborough Youth Strategy 2019 -2024	✓	✓	✓	✓				✓				✓	✓	✓	✓
Kingborough Play Space and Playground Strategy 2020 – 2025						✓		✓	✓						
Kingborough Cycling Strategy 2021-2030						✓		✓	✓	✓					
Kingborough Sport and Recreation Strategy 2023	✓		✓					✓	✓	✓					
Kingborough Community Halls Strategy 2023								✓							
Kingborough LGBTIQA+ Action Plan 2023 -2025		✓	✓	✓				✓			✓	✓	✓	✓	✓
Kingborough Multicultural Action Plan 2024 - 2026	✓		✓		✓			✓			✓	✓	✓	✓	
Kingborough Tracks and Trails Strategic Action Plan 2024-2034						✓		✓	✓	✓					
Kingborough Local Links network and strategy						✓		✓	✓	✓					
Kingborough Disability and Advisory Committee				✓	✓			✓		✓		✓		✓	
Kingborough Community Safety Committee								✓		✓			✓	✓	
Kingborough Natural Areas Network						✓	✓				✓				
Kingborough Sports Centre, Kingborough Fitness Centre and sporting grounds	✓	✓	✓		✓			✓	✓			✓			
Kingborough Council’s partnership with Landcare Tasmania			✓												
Kingborough Council’s community resilience program		✓		✓			✓					✓			
Kingborough Council’s public health programs (including immunisations, food safety and sharps disposal)	✓											✓			