

Health and Wellbeing Plan 2025–2029

Banyule City Council

Easy Read version

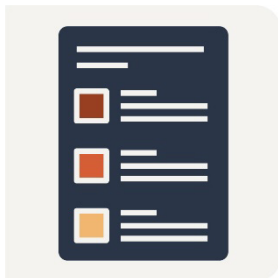


How to use this plan



We are the Banyule City Council.

We wrote this plan.



We wrote some words in **bold**.

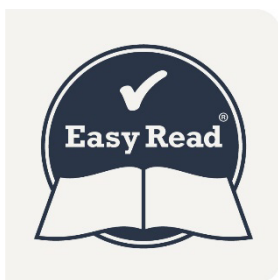
We explain what these words mean.

There is also a list of these words on page 23.



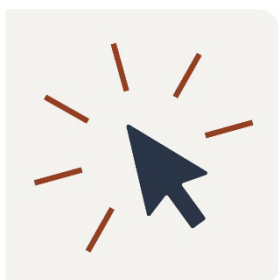
You can ask someone you trust for support to:

- read this plan
- find more information.



This is an Easy Read summary of another plan.

It only includes the most important ideas.



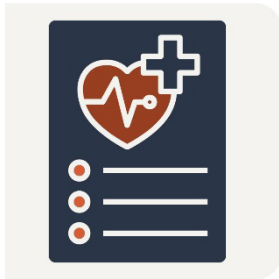
You can find the other plan on our website.

www.banyule.vic.gov.au/Community-services/Public-health-and-safety/Health-wellbeing

What's in this plan?

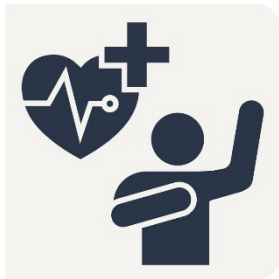
About our plan	4
<hr/>	
1. Connect people across the community	5
<hr/>	
2. Create a community with respect and safety	8
<hr/>	
3. Support people to be active	12
<hr/>	
4. Support people to build healthy habits	15
<hr/>	
5. Support people to use our parks and green spaces	18
<hr/>	
How we will make sure our plan works well	21
<hr/>	
Word list	23
<hr/>	
Contact us	26
<hr/>	

About our plan

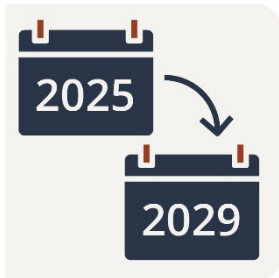


We made the Banyule Health and Wellbeing Plan.

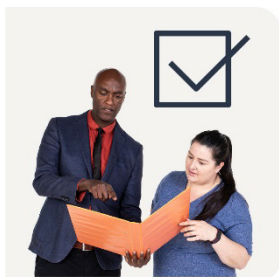
We just call it our plan.



Our plan explains how we will support the health and wellbeing of people in our community.



We will use our plan from 2025 to 2029.



Our plan includes 5 goals we want to achieve.

We worked with the community to create these goals.

1. Connect people across the community



We want people to feel:

- connected to each other
- part of their community.



This can help improve wellbeing.

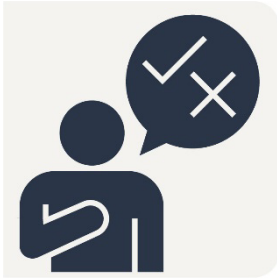


This can also help our community be **inclusive**.

When the community is inclusive, everyone:

- can take part
- feels like they belong.

What we will do



We will support First Nations people to have more control over their own lives.



We will support different people in the community to connect with each other.



This includes people of different:

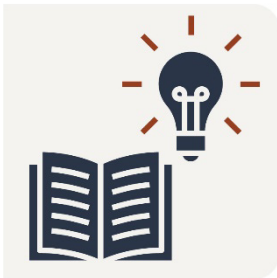
- ages
- **cultures.**



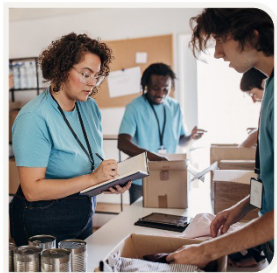
Culture is someone's way of life and what they believe.



We will support people to feel comfortable to be themselves.



We will create more ways for people to learn new skills.



This includes learning new skills as a **volunteer**.

When you volunteer, you:

- work but you don't get paid
- do work that helps the community.

2. Create a community with respect and safety



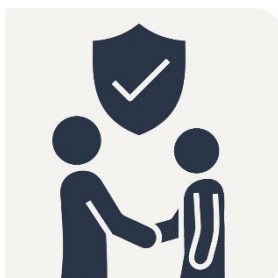
We want everyone in our community to:

- feel safe
- feel supported
- be treated with respect.

What we will do



We will support **cultural safety** for First Nations people.



Cultural safety is when people feel:

- respected
- safe to share their culture.



We will keep working to stop **discrimination** in our community.



Discrimination is when someone treats you unfairly because of a part of who you are.

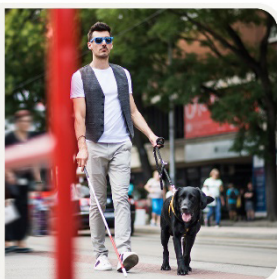
We will improve buildings and spaces in our community to make sure people:



- feel safe



- feel like they belong



- can move around easily.

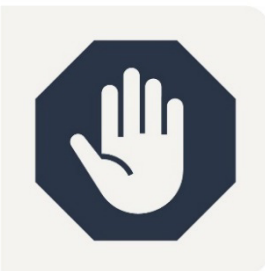
We will find out how to make it easier for people to:



- get a job



- take part in their community.



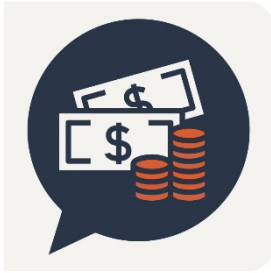
We will find ways to help stop **family violence**.

Family violence is when someone close to you hurts you, such as:

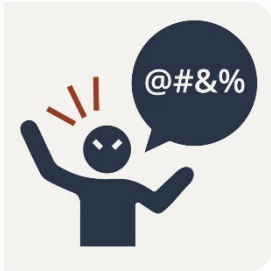


- your partner, like your boyfriend or girlfriend
- a member of your family
- someone who takes care of you
- someone you live with.

For example, they might:



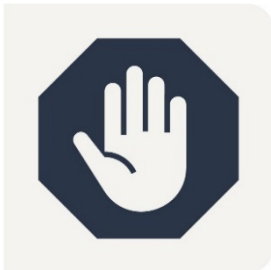
- control how you spend your money



- say things to make you feel scared or bad about yourself.



Family violence is never OK.



We will also find ways to help stop violence because of someone's **gender**.



Your gender is what you feel and understand about who you are as a person.

You might think of yourself as a man or woman or something different.

You can choose the words that are right for you.

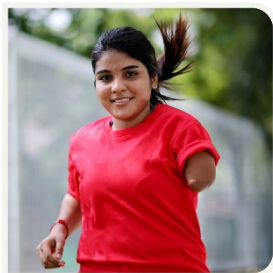
3. Support people to be active



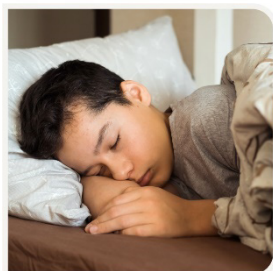
We want people in our community to:

- exercise
- be active.

Being active improves:



- how much energy you have



- your sleep



- your health and wellbeing.

What we will do



We will offer more activities in the community that support people to be active.

We will make sure some of these activities:

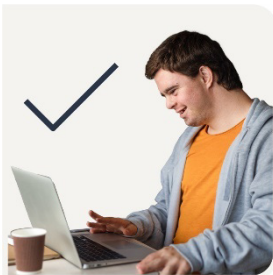


- are free
- or
- don't cost a lot of money.

We will make sure these activities are:



- inclusive



- easy to find and use.



We will make it easier for people to move around in the community.



We will plant more trees to create more shade.

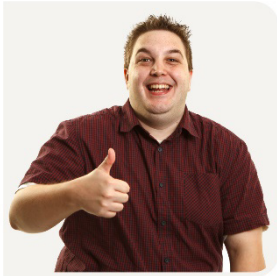


We will support people to be active in a safe way.

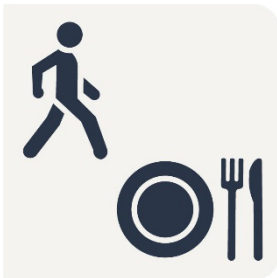


We will support people to be active with other people in the community.

4. Support people to build healthy habits



We want people to build habits that support their health and wellbeing.



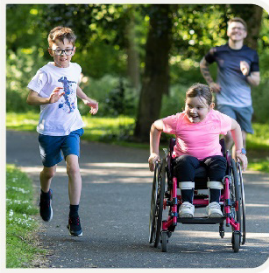
Healthy habits include:

- exercising
- eating well.



Healthy habits also include making good decisions about activities that can harm your health.

For example, drinking less alcohol.



We want people to start healthy habits when they are young.



We want people to follow healthy habits their whole life.

What we will do



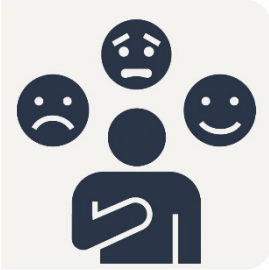
We will work with First Nations groups in the community.



Together, we will find ways to improve health and wellbeing for First Nations people.

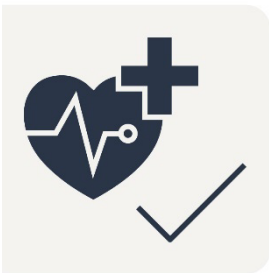


We will find ways to support people with their **mental health**.



Your mental health is about how you:

- think and feel about yourself
- deal with things in your life
- manage your feelings.



We will find ways to make health care more inclusive.



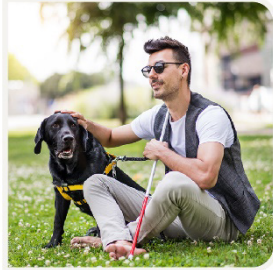
This will help people to feel:

- respected
- safe.



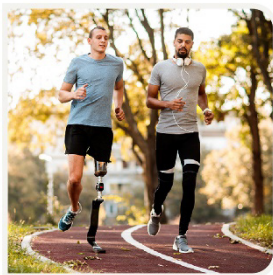
We will find ways to make sure children and young people build healthy habits.

5. Support people to use our parks and green spaces



We want more people to use our parks and green spaces.

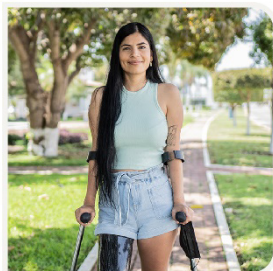
This includes using our parks and green spaces to:



- be more active



- spend time with other people



- improve their mental health.



We respect the important connection that Aboriginal and Torres Strait Islander peoples have with Country.



Country includes the land, water, sky and everything within them.

What we will do



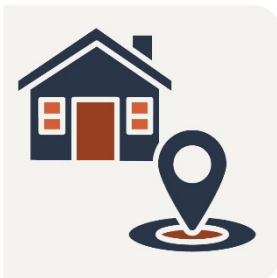
We will follow Aboriginal and Torres Strait Islanders peoples' ideas about caring for Country.



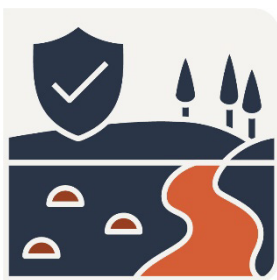
We will improve our parks and green spaces.



We will ask people to help us care for our parks and green spaces.

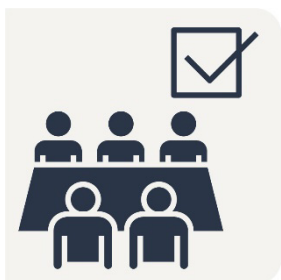


This includes people who have parks and green spaces close to where they live.



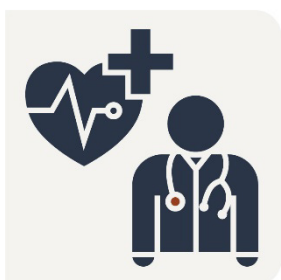
We will support work that helps protect our environment.

How we will make sure our plan works well

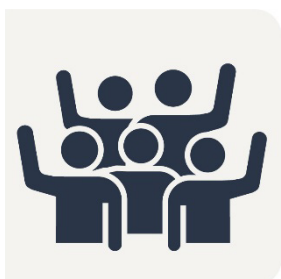


We will work with different groups to make sure our plan works well.

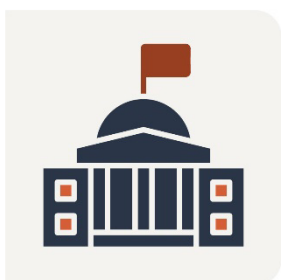
This includes:



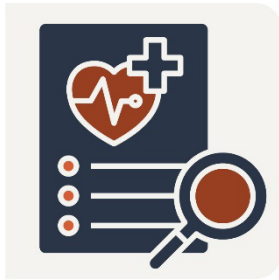
- health care services



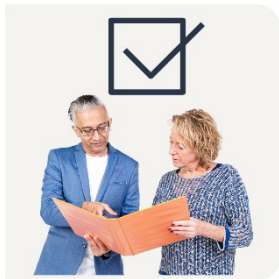
- community groups



- governments.



We will check how well our plan supports health and wellbeing in our community.



This will help us keep working towards the goals in our plan.

Word list

This list explains what the **bold** words in this plan mean.



Cultural safety

Cultural safety is when people feel:

- respected
- safe to share their culture.



Culture

Culture is someone's way of life and what they believe.



Discrimination

Discrimination is when someone treats you unfairly because of a part of who you are.

Family violence

Family violence is when someone close to you hurts you, such as:



- your partner, like your boyfriend or girlfriend
- a member of your family
- someone who takes care of you
- someone you live with.

Gender

Your gender is what you feel and understand about who you are as a person.



You might think of yourself as a man or woman or something different.

You can choose the words that are right for you.



Inclusive

When the community is inclusive, everyone:

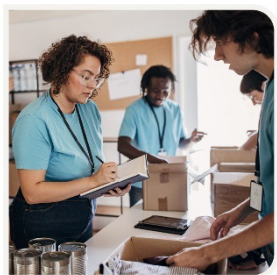
- can take part
- feels like they belong.



Mental health

Your mental health is about how you:

- think and feel about yourself
- deal with things in your life
- manage your feelings.



Volunteer

When you volunteer, you:

- work but you don't get paid
- do work that helps the community.

Contact us



You can call us.

9490 4222



You can send us an email.

enquiries@banyule.vic.gov.au

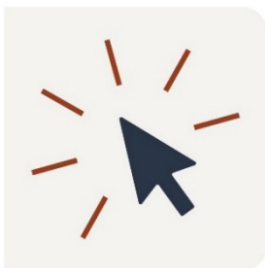


You can write to us.

PO Box 94

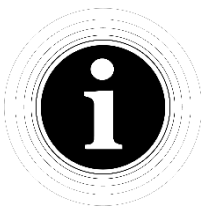
Greensborough

VIC 3088



You can visit our website.

www.banyule.vic.gov.au



The Information Access Group created this Easy Read document using stock photography and custom images.

The images may not be reused without permission.

For any enquiries about the images, please visit

www.informationaccessgroup.com. Quote job number 6203.