

WELLBEING FOR ALL AGES STRATEGY 2021 - 2025

ANNUAL REVIEW

2024



THEME 1: Healthy and Supported Communities

Moira Shire residents will have the resources, knowledge and support to live healthy, happy lives.

Deliver health education programs on a range of topics including (but not limited to) healthy eating, drug and alcohol misuse.

Moira Shire Council:

- The Unbreakable Farmer series, presented across the shire in Piccola, Katamatite and Tungamah.
- Support Yarrawonga Health paddock to plate initiate with Sacred Heart College
- Supporting Smiles4Miles program
- Support Embraced Kids program with NCN and YH
- Supporting RESPOND (health research program)
- Facilitate Active April across the shire
- Promote Choose Tap through Hydration Station at events
- Development of the Greater Shepparton and Moira Shire Sexual Wellness Action Plan with CERSH (Centre for Excellence in Rural Sexual Health)
- Promotion of Healthy Lunchbox Week
- Facilitation of Moira Health Promotion Collaborative
- Hosted MY PASSPORT drug and alcohol harm minimisation events at various secondary schools
- The Lactation Clinic is run on a weekly basis in Numurkah.
- MCH have facilitated First Time Parents Groups in Yarrawonga, Numurkah and Cobram.
- MCH have partnered with NCN Health and Yarrawonga Health to provide the nutrition and activity program INFANT.



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Deliver health education programs on a range of topics including (but not limited to) healthy eating, drug and alcohol misuse.

Cobram Community House:

- Hosted a Women's Wellness event which covered topics such as mental health and resilience, pelvic floor health and exercise.
- Hosted cooking classes promoting healthy eating
- Facilitated meditation classes
- Coordinated Heart Foundation Walking group

Nathalia Community House:

- Delivered First Aid training course
- Facilitated Scam info session with Bendigo Bank & Victoria Police.
- Food handlers course delivered
- Delivered Mental Health Local pop up info sessions on mental health and wellbeing.
- Promote Life Story program
- Facilitated Cuppa and chat Foodshare sessions
- Host pop up Clinics including Call Push Shock delivered by Ambulance Vic
- Installation of AED monitor
- Supported Cook Up Days with local Nathalia Welfare group

Numurkah Community Learning Centre:

- Provided a range of healthy eating programs

Yarrawonga Mulwala Community Learning Centre:

- Held Monthly Stroke Support Group Meetings and Carers Support Group meetings
- Quarterly Yarrawonga Diabetes Support Group for people with Type 1 Diabetes
- Skills for Life 10 week program for people with disabilities
- Delivery of Alcohol & Other Drugs unit as part of Certificate III Individual Support qualification
- Monthly Responsible Service of Alcohol course
- Hosted AgriSafe AgriClinics at Community Centre
- Support and raising community awareness of "R U OK" day, Women's Health Week, National Stroke Week and National Diabetes Week
- Hosted Hearing Australia to deliver free hearing checks
- Hosted guest speaker from "LiveUp" healthy ageing at our Talking Café
- Hosted Mental Health & Wellbeing local at a number of support groups.

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Deliver health education programs on a range of topics including (but not limited to) healthy eating, drug and alcohol misuse.

Yarrawonga Health:

- Implementation of Vic Kids Eat Well initiative in local primary and secondary schools.
- Blend your own fruit smoothie on the Smoothie bike at several community events.
- Delivery of INFANT program by Yarrawonga Health Dietitians.
- Delivery of Smiles4Miles program including Dental chair visits for ELC's

NCN Health:

- Delivered Smiles4miles oral health program for early years Centre's across the shire
- Utilize social media and community newsletters to promote health topics including healthy eating, active living, mental wellbeing etc
- Hosted Embrace kids screening in Cobram and Embrace kids body blocks program for early years Centre's
- Delivered INFANT sessions in Cobram and Numurkah
- Coordinated Community reading days
- Conducted let's move active play program
- Participated in Children's week events
- Trailed food in schools cooking program

GV Libraries:

- Hosted Craft and Coffee social sessions get together for members of the community
- Hosted Author talks on topics relating to health throughout the year



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Promote local services.

Moira Shire Council

- Share information through attending local networks
- Coordination of the Learn Local Network with Community houses
- Promote local events through social media and website
- Hosted Youth Events with services present
- Support local Food Share initiative

Yarrawonga Health:

- Moira local service flyers are offered at Health Promotion events attended by Yarrawonga Health.
- Cross promotion of Youth and other community events
- Promotion of Maternal Child Health INFANT program,
- Participated in Active April Move Moira

NCN Health:

- Develop NCN Health Service directory
- Participated in Cobram Women's wellness event
- Conducted activities to promote dental health week and dental services
- Participated in Active April Move Moira

GV Libraries:

- Promotes local services through social media



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Promote local services.

Cobram Community House:

- Hosted a Women's Wellness event that allowed local service providers to have a site to share information with the community
- Publication of brochure detailing local support services.
- Service Australia Agency
- Support local services through the provision of free facilities – Neighbourhood Watch, Housing for the Aged Action Group, Skills and Jobs Centre.
- Support Foodshare with provision of emergency supplies during their closure hours.
- Participated in Futures Expo (Cobram) and Disability Expo (Shepparton).

Nathalia Community House:

- Plan & deliver programs / events within our community.
- Promote health and wellbeing services for all ages from local service providers including NCN Health, Salvocare, Services Australia and Moira Shire Council services.
- Promote community events via social media accounts
- Promoted our auspice groups that include Nathalia Men's Shed, Nathalia Women's Health and Support Group and Nathalia Choir events
- Promoted Nathalia Barmah Business & Tourism Group

Numurkah Community Learning Centre:

- Providing a range of contacts and networks to refer people to when in need.
- Promoting services and local events

Yarrawonga Mulwala Community Learning Centre:

- Partnership with MHA Care through promotion, operation and distribution of food
- Partnered with Yarrawonga Health to support them in delivering monthly inductions to new staff. Ensuring staff across the health service were aware of local services and support for all people including the homeless, at risk and financially and socially disadvantaged
- Notice Boards display a range of local services available in both our Community Centre & Learning Centre
- Provided room hire for a range of local services
- Social Media posts promoting FoodShare, Stroke Awareness & Support Groups, Dental Benefits Schedule
- Participated in Cobram District Specialist School Future's Expo to promote YMCLC's services
- Hosted Peechelba Wildlife Rescue at our Talking Cafe
- Provided Community Shower Program & Laundry for community members in need.

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Moira Shire residents will have the resources, knowledge and support to live healthy, happy lives.

Build community resilience to extreme events and a warmer climate at home and in our shared spaces.

Moira Shire Council:

- Provide relevant Heat Health information and emergency information sites for Seniors Network to share
- Distribute extreme weather warnings such as Heatwaves to community
- Coordinate Flood Recovery and Resilience Grants for community
- Participate in the GVPHU Food System Framework Governance Group
- Support Moira FoodShare and material aid distribution
- Promoting planting natives – Rural Tree Scheme
- Support the implementation of Community Plans, where they exist, for community-informed initiatives and priorities.
- Support the 72-hour project
- Emergency management unit within the Community Leadership Program

Yarrawonga Health:

- Yarrawonga Health's implementation of Green workspaces.
- Strengthened relationship with Moira Foodshare to help fight the current cost of living crisis.

NCN Health:

- Promotion of Climate awareness through social media and newsletters including thunderstorm asthma, heat waves and Japanese encephalitis



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Build community resilience to extreme events and a warmer climate at home and in our shared spaces.

Cobram Community House:

- Attended emergency preparedness sessions with DFFH

Nathalia Community House:

- Attended emergency preparedness meetings
- Promoted Moira Shire Council 72-hour emergency action plan information
- Distribute relevant information to community members and groups including heatwave information
- Services Australia yearly review completed
- Emergency preparedness training completed
- Review of policies and procedures emergency update
- FoodShare distribution point for vulnerable people.

Numurkah Community Learning Centre:

- Engage with community through events and activities to build relationships
- FoodShare distribution point for vulnerable people
- Assist community members to apply for subsidies and grants to help pay for their energy

Yarrawonga Mulwala Community Learning Centre:

- FoodShare distribution point for vulnerable people

**What are you
going to do?**



**You can handle
any emergency
better if you are
prepared!**



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Moira Shire residents will have the resources, knowledge and support to live healthy, happy lives.

Build community resilience through mental health promotion programs and campaigns

Moira Shire Council:

- Supported Community River Arts Blue Tree Mental Health Awareness project through Community Strengthening Grants
- Supported the Creative Arts Hubs to deliver cultural, artistic and creative activities to foster connection, inclusion, a sense of belonging and mental and physical wellbeing
- Provide funding to support delivery of the Chill Skills program across Moira Shire
- Support the delivery of body positivity messaging through Embrace Kids community screenings, Activate and Body Blocks
- Facilitation of the 16 days of Activism campaign and community walk
- Delivery of the Seniors Month grant stream for local events
- Facilitated the Mental Health and Wellbeing education programme 'Outside The Locker Room' to Yarrawonga Football Netball Club.

Yarrawonga Health

- Delivery of Chill Skills for students at local primary schools
- Coordinated the delivery of three free Mental Health workshops for community members
- Development and Implementation of the YH Palliatives Care volunteer program
- Support provided to annual Lift the Lid on Mental Health walk along Yarrawonga Foreshore
- Coordinated delivery of The Embrace Kids Community film screening and the Embrace Kids film at Yarrawonga P-12 College

NCN Health:

- Delivered Chill Skills project
- Staff members completed Mental Health First-Aid training
- Participated in Numurkah Lift the Lid walk
- Supported Unbreakable farmer events with service information and referrals

GV PHU:

- Consultation with Moira Shire Council regarding the health literacy project
- Continued development of a Goulburn Valley Food System Framework for the wider Goulburn Valley area, including for Moira Shire.

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Build community resilience through mental health promotion programs and campaigns

Cobram Community House:

- Hosted Women's Wellness event
- Participated in R U OK day
- Hosted Meditation and mindfulness programs
- Facilitated Weekly Chatty Café
- Provision of office space to Wellways Mental Health Hub / Locals
- Referral services to Wellways Mental Health Hubs and Mental Health and Wellbeing Locals

Nathalia Community House:

- Partners in Wellbeing sessions
- Distributed Moirā Shire Council 16 days of activism promotional information
- Celebrated Neighbourhood House week events and celebration
- Continue to refer mental health clients to NCN Health programs
- Facilitated pop up information sessions from Mental Health & Wellbeing Local

Numurkah Community Learning Centre:

- Work with a range of mental health and wellbeing providers including Mental Health and Wellbeing (local), NCN Numurkah, Primary Care

Yarrawonga Mulwala Community Learning Centre:

- Hosted Talking Café guest speaker from Mental Health Wellbeing Local
- Celebrated adult Learners Week celebrated at Learning Centre
- Promoted social media posts around World Mental Health Day, World Suicide Prevention Day, Homelessness Week
- Free soup & bread rolls for the community in support of Homelessness Week
- Secured funding through DFFH for the Community Food Relief Program



THEME 1: Healthy and Supported Communities

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Advocate for additional local services, specifically mental health, drug and alcohol services and specialist services.

Moira Shire Council:

- Funded Numurkah Community Learning Centre laundry service for homeless through Community Strengthening Grants
- Funded Yarrawonga Mulwala Community & Learning Centre Pay It Forward Christmas Appeal through Community Strengthening Grants
- Engaged with services delivering programs within Moira, such as FamilyCare, Primary Care Connect etc. to confirm details and identify service gaps
- Engage in local service provider networks

Yarrawonga Health:

- Strengthened relationship with Yarrawonga Mulwala Community Learning Centre to ensure client awareness and access to community vehicle and shower programs.
- Homelessness worker continues to support clients with transport to appointments and to find suitable housing

NCN Health:

- Supporting Occupational Therapist's in schools/Preschool placement projects
- Host GVH sexual health clinic visits monthly at Numurkah NCN Health

GV Libraries:

- Promote local services at our libraries on notice boards



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Advocate for additional local services, specifically mental health, drug and alcohol services and specialist services.

Cobram Community House:

- Auspice local group to host National Rally against Violence
- Participation in Family and Gender-Based Violence Forums facilitated by Moira Shire

Nathalia Community House:

- NCN Health Nathalia refer and promoted mental health services.
- Partners in wellbeing counselling sessions delivered

Numurkah Community Learning Centre:

- Advocated for Services Australia to attend our centre and provide support for vulnerable members of our community
- Researched and requested support to create an Al Anon group

Yarrawonga Mulwala Community Learning Centre:

- Promoted, supported and advocated for a broad range of additional services including mental health, youth, and drug and alcohol programs through our state and federal funding partners
- Secured State Govt funding to deliver a Youth Engagement program in 2025 for local disengaged youth referred to YMCLC from Yarrawonga P-12 College



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Investigate transport options to connect community members to each other and services.

Moira Shire Council:

- Funded Royal Flying Doctors to promote medical transport in the shire through community strengthening grants

NCN Health:

- Promotion of Royal flying doctors community transport service
- Launched Numurkah Community Bus

Cobram Community House:

- Partnership with NCN Health for CobCAB Community Bus
- Referral service and administration support to Royal Flying Doctors community transport

Promote safe driver behaviour for both motorized and non-motorised vehicles.

Moira Shire Council:

- Support the L2P program facilitated by Berry Street. Community Service officer currently on the steering committee.

Yarrawonga Community Learning Centre:

- Developed and implemented YMCLC's motor vehicle policy for staff and volunteers providing transport via our Community Engagement Vehicle and Community participant bus transport

Nathalia Community House

- Service agreement with NCN Health Nathalia renewed March 2024 which incorporates Nathalia Community Car vital program
- Ongoing Volunteer recruitment for Community Car drivers
- Promotion of Community Car program service to community members
- Sign up for transport state gov info sessions

Yarrawonga Mulwala Community Learning Centre:

- Introduced community engagement bus for a variety of purposes
- Utilised Community Transport Bus to deliver PIF Christmas Hamper to hamper recipients in the Moira Shire



THEME 2: Safe, inclusive and prosperous communities

Moira Shire residents will have the resources, knowledge and support to live healthy, happy lives.

Actively working on the prevention of family and gendered based violence.

Moira Shire Council:

- Hosted Gender Based Violence Forums with representation of organisations who have a role to play in providing services or response.
- Participated in the 16 Days of Activism Campaign by promoting awareness on Council's official social media, holding a staff morning tea to raise awareness within the organisation and partnering with the Soroptimist Society to host a walk

Yarrawonga Health:

- Support of 16 days of Activism campaign
- Coordinate the July Infant and Kids Play expo: providing health, education and awareness of family support services available to new parents/caregivers and their children.

GV PHU:

- Support Goulburn Valley 16 Days of Activism Collaborative group through family and gender-based violence activities held within the Greater Shepparton and Moira Shire areas.



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Actively working on the prevention of family and gendered based violence.

Cobram Community House:

- Auspice local group to host National Rally against Violence
- Participation in local Gender-Based Violence Forums
- Referral services

Nathalia Community House:

- Represented the community on NCN Health Consumer Advisory Committee meetings bimonthly
- Salvocare Doorways service agreement in place which includes distribution of emergency relief items and referrals to outreach service for community members in need
- Neighbourhood Houses Victoria conference
- Staff training implemented with Partners in Wellbeing accidental counselling
- Attended local Gender based Violence forum
- Supported local 16 days of activism event
- Attended what were you wearing rally event

Numurkah Community Learning Centre:

- Staff and volunteers have attended online and face to face training to assist in identifying and responding to gendered violence

Yarrawonga Mulwala Community Learning Centre:

- Supported and promoted 16 Days of Activism
- Supported and promoted National Child Protection Week
- Executive Officer participated in local Gender Based violence forums

THEME 2: Safe, inclusive and prosperous communities

Moira Shire residents will have the resources, knowledge and support to live healthy, happy lives.

Implement the Gender Equality Act 2020.

Moira Shire Council:

- Implement Gender Equality Action Plan 2021-2025 and participated in mandatory reporting to the Commission of Gender Equality
- Strengthening and embedding Gender Equity in Maternal and Child Health Services with training
- Supported number of football clubs to access education through Sports & Life Training, to explore issues of gender equality, respect and inclusion in 2025.

GV PHU

- Completed 4 Gender Equity Sessions in Partnership with WHGNE on applying a Gender Impact Assessment to relative health promotion and/or prevention activities/programs.

Yarrawonga Health:

- Finalised Gender Equality Action plan approved by Executive and Board



THEME 2: Safe, inclusive and prosperous communities

Moira Shire residents will have the resources, knowledge and support to live healthy, happy lives.

Implement the Gender Equality Act 2020.

Cobram Community House:

- Review of CCH policies and procedures

Nathalia Community House:

- Continuous review of NDCA Policies and procedures
- Attended Neighbourhood Houses Victoria Conference training

Numurkah Community Learning Centre:

- NCLC has policies which ensure that the Gender Equality Act 2020 is followed

Yarrawonga Mulwala Community Learning Centre:

- Actively promoted gender equality in our policies, programs and services including a broad range of volunteering opportunities taking into consideration intersectional disadvantages



THEME 2: Safe, inclusive and prosperous communities

Moirra Shire residents will have the resources, knowledge and support to live healthy, happy lives.

Work with relevant partners to improve the perceptions of safety in the Moira Shire.

Moirra Shire Council:

- Raise awareness around diversity with an aim to promote cultural, emotional and psychological, as well as physical safety
- Worked with Salvation Army and Beyond Housing to Map Moira Homeless and ensure our homeless community are linked into services
- Funded Numurkah Bowls Club for installation of security cameras through Community Strengthening grants

Nathalia Community House:

- Collaborated with MSC in regard to any emergency updates
- DFFH stayed up to date with any emergency information then distribute information to community members

Yarrawonga Community Learning Centre:

- Social Media posts around Cyber Security Awareness and various scams
- Scam Awareness sessions held



THEME 2: Safe, inclusive and prosperous communities

Moira Shire residents will have the resources, knowledge and support to live healthy, happy lives.

Ensure new infrastructure and community assets are accessible.

Moira Shire Council:

- Funded Wunghnu Bowls Club Landscape Beautification project through Community Strengthening Grants
- Supported St James Bowls Club Grounds Upgrade project through Community Strengthening Grants
- Supported Yarrawonga Mulwala Cricket Club VIC Park Kitchen Upgrade through Community Strengthening Grants
- AAAC representative on the Yarrawonga Town hall committee

Yarrawonga Health:

- Promotion of Community Heart Appeal to raise awareness and funds for the new Yarrawonga Health Operating Theatre and equipment.

GV Libraries:

- Enabled the Open Library Project for Numurkah for greater access for the community

Nathalia Community House:

- Continued to attend Moira Shire All Abilities Advisory Committee meetings

Yarrawonga Mulwala Community Learning Centre:

- Source funding to improve our infrastructure and services at YMCLC for community use
- Representation on the Yarrawonga Town Hall Advisory Group and Moira Shire All Abilities Access Committee



THEME 2: Safe, inclusive and prosperous communities

Moira Shire residents will have the resources, knowledge and support to live healthy, happy lives.

Promote the use of natural resources for health benefits.

Moira Shire Council:

- Installation of accessible public art sculptures at Thompson's Beach Cobram to enhance and celebrate Moira Shire's unique environment and to increase enjoyment and participation in outdoor spaces of natural beauty
- Promote outdoor activities for Active April eg: Active in Nature, Get Active in the Park etc.
- Work with NCN as part of Moira Health Promotion Collaborative to deliver Active Footpaths project

Yarrawonga Health:

- Promotion of free Park Run at Frank Keenan Reserve - every Saturday at 8am.



THEME 2: Safe, inclusive and prosperous communities

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Promote the use of natural resources for health benefits.

Cobram Community House:

- Coordinate Community garden program
- Host community reading day in our community garden

Nathalia Community House:

- Created and completed more green space areas at NDCA site.
- Community garden supplying NDCA Community Cart Foodshare program
- Local community members continue to donate produce to our Foodshare program which creates social connection for all

Numurkah Community Learning Centre:

- Facilitated a community garden that is a safe and healthy space which we promote for community members to attend.

Yarrawonga Mulwala Community Learning Centre:

- Food, Engagement, Education, Distribution (FEED) Project will increase food security through the expansion of the YMCLC community garden
- Involved disengaged youth in planning, cultivating and distributing food to foster social responsibility and develop work related skills
- Expanded the volunteer base of FoodShare through recruitment, training volunteers, including youth, to support the community garden, FoodShare operations and ensure FoodShare program sustainability
- Free water station provided at both Community & Learning Centres

THEME 2: Safe, inclusive and prosperous communities

Moira Shire residents will have the resources, knowledge and support to live healthy, happy lives.

Continue to work with our partners through the Municipal Emergency Management Planning Committee to plan for and respond to emergencies across the municipality.

Nathalia Community House:

- Service agreement requirements with all major stakeholders updated
- Salvocare referrals and distribution of emergency relief aid continued
- Continued to engage on board of Moira Shire Council Emergency Management COM team
- Services Australia update ERPA
- NCN Health Nathalia continue service agreement Community car
- Dept Of Families Fairness & Housing emergency preparedness meetings ongoing
- Neighbourhood Houses Victoria updates on situation policy review
- Goulburn North East Assoc Community Centres updates and policy review completed

Numurkah Community Learning Centre:

- NCLC attended Moira Shire emergency response meetings

Yarrawonga Community Learning Centre:

- Provided information and feedback to Moira Shire for input for the Emergency Management Planning Committee via Moira Learn Local Meetings

Moira Shire Council:

- The Municipal Emergency Management Plan was reviewed, revised and updated by multiple agencies and organisations in 2024. This plan is endorsed by The Municipal Emergency Management Planning Committee and received a Statement of Assurance from the Regional Emergency Management Planning Committee.

GV Libraries:

- Libraries as places for refuge in extreme weather conditions

THEME 2: Safe, inclusive and prosperous communities

Moira Shire residents will have the resources, knowledge and support to live healthy, happy lives.

Meaningfully engage with minority population groups (including but not limited to Aboriginal and Torres Strait Islander, Refugee and Migrants, LGBTQIA+ community) to develop specific initiatives to improve health and wellbeing.

Moira Shire Council:

- Supported the Koori Kids NAIDOC Week celebrations through the Community Strengthening Grants
- Supported Many Mobs Kawi Dance Workshops through the Community Strengthening Grants
- Supported Cummeragunja Health & Development Aboriginal Corporation Talk & Play on Country Speech Pathology program through the Community Strengthening Grants.
- Support Moira Seniors Network to continue to provide activities and community connection
- Engaged LiveUp (Federally funded initiative) to attend Seniors, Community Houses, Libraries in Moira to discuss assistive technology supporting living independently for longer
- Engaged with Palliative Care Vic re providing information for seniors re Dignified and Respectful Decisions project
- Participated in the National Mapping Rural Pride within Goulburn Valley project with Rural Pride Australia
- Supported NAIDOC WEEK and DARNYAH Day events
- Internally celebrated International Day Against Homophobia, Biphobia and Transphobia with GV Pride in attendance.
- Held the Annual Moira All Abilities Talent show with 27 participants.
- Held FReeZA for young people events across the shire.
- MCH attend Cummeragunja Aboriginal Cooperative monthly and have been instrumental in assisting the community to source flood grant funding to provide a Talk and Play on Country Program as well as the Bush Nippers Program (yet to be actioned by Cummeragunja). We have reviewed the days of engagement to further engage the community.



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Meaningfully engage with minority population groups (including but not limited to Aboriginal and Torres Strait Islander, Refugee and Migrants, LGBTQIA+ community) to develop specific initiatives to improve health and wellbeing.

Cobram Community House:

- Hosted a Cultural Diversity Event
- Offer English language classes
- Learning programs / courses for people with a permanent cognitive impairment
- Involvement with Moira All Abilities Talent Show
- Facilitation of Shower program for homeless people

Nathalia Community House:

- Delivery of social garden group including cupper and chat days with guest speakers put on hold. Community consultation needs with Aboriginal elder for information with garden planning and cultural awareness and safety plan
- Foodshare social group implemented. We have a social group during Foodshare delivery where participants can have a cuppa and a chat. Social connection and prescribing achieved
- Dharnya Day attendance followed up on referral to elder rights group
- Engaged in Salvocare training day A Shepparton regarding service delivery and identify needs of the community
- Salvocare Homelessness service meetings ongoing bimonthly with Salvocare rep
- NDCA Lifestory program researched implemented and promoted in house for delivery at Harcourt Street house complete
- Elder rights advocacy session pop up

Numurkah Community Learning Centre:

- NCLC conducted events throughout the year to celebrate minority groups. This included cultural diversity day, Diwali and Eid Al-Fitr

Yarrawonga Mulwala Community Learning Centre:

- Drafted our first Reconciliation Action Plan
- Participated in “Many Mobs” Bridge Walk
- Social Media posts for International Day for People with Disability, Cultural Diversity Week
- DEWR re-funding YMCLC to deliver another 9 rounds of YMCLC Hospitality Essentials Program to assist long-term unemployed, Aboriginal & Torres Strait Islanders, CALD, & mature-aged people to secure employment in Hospitality and Tourism sector
- Supported Many Mobs to provide transport to the performers of the “Dunggula Festival” in Yarrawonga

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Meaningfully engage with minority population groups (including but not limited to Aboriginal and Torres Strait Islander, Refugee and Migrants, LGBTQIA+ community) to develop specific initiatives to improve health and wellbeing.

Yarrawonga Health:

- Deliver Health promotion presentations at local Yarn Ups - Many Mobs Inc.
- Provision of indigenous Smiles4Miles (rural dental health initiative) packs to Many Mobs.
- Coordination of health professional speakers, educational workshops and events to promote social inclusion for Yarrawonga and surrounding residents living with type 1 diabetes.
- Volunteer and Intergenerational programs delivered to support Yarrawonga Health's aged care residents.
- YH Diversity and Social Inclusion Plan 2024-2027 approved at Executive and Community Advisory Committee.

NCN Health:

- Participated in NAIDOC week Dharnya Day

GV PHU:

- Completion of Women's only Cervical Cancer Screening education session in partnership with Meryula Clinic in Numurkah



THEME 2: Safe, inclusive and prosperous communities

Moira Shire residents will have the resources, knowledge and support to live healthy, happy lives.

Increase inclusivity across Moira Shire.

Moira Shire Council:

- Coordinate the All Abilities Advisory Committee
- Hosting the Moira All Abilities Talent Show with 27 acts participating
- Engagement in Futures Expo, Greater Shepparton Disability Expo
- Supplying Diversity Grants for Seniors Festival within Moira Shire
- Hosted the All Abilities Freedom Frame for the Cobram Move-Moira Active in April event
- Through Moira Shire's four Creative Arts Hubs, we promoted cultural, artistic and creative activities to foster connection, inclusion, a sense of belonging and mental and physical wellbeing. Examples include the RAV 'Connecting Places' Touring Arts performances presented in four locations in the Shire
- Through the Arts Hubs, and the MS Cultural Diversity grants program, we supported cultural, artistic and creative activities to foster connection, inclusion, a sense of belonging and mental and physical wellbeing.

Yarrawonga Health:

- Introduced online QR code for Pay It Forward Christmas appeal to reduce stigma associated with in-person registration process.
- Reached over 500 vulnerable Yarrawonga and surrounding community members in need of support at Christmas time.

NCN Health:

- Incorporated All abilities freedom frame into active April event



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Increase inclusivity across Moira Shire.

Cobram Community House:

- Coordinate Shower program and provision of food for homeless people
- Coordinate English language classes
- Involvement with Moira All Abilities Talent Show

Nathalia Community House:

- Promote Nathalia Community House as an inclusive organisation by attending Dharnya Day celebrations
- Work with Nathalia Grain Store to cross-promote events and refer where needed
- Delivered Halloween event for FReeZA
- Nathalia Community Car program MOU with NCN Health Nathalia.
- Nathalia Community reading day held at NDCA front garden
- Cultivate Community sessions delivered
- Helped community online applications re: Australia day awards.

Numurkah Community Learning Centre:

- NCLC promoted a range of inclusive activities throughout the year. These included gender diversity, international day of people with disability, seniors week

Yarrawonga Mulwala Community Learning Centre:

- Social Media posts for Social Inclusion Week
- Celebrated National Carers Week – provided a free 2 course meal for carers and the people they care for
- Celebrated National Volunteer Week with a morning tea at Club Mulwala for our volunteers, in collaboration with Yarrawonga Health, NCN Health and MHA Care



THEME 2: Safe, inclusive and prosperous communities

Moira Shire residents will have the resources, knowledge and support to live healthy, happy lives.

Host and promote events and activities which promote gender equality and the prevention of violence.

Moira Shire Council:

- G.R.A.I.N. Store Nathalia hosted “Out in the Open” GV Pride exhibition November Supported by Community Flood Resilience and Recovery Grants program.
- 16 Days of Activism walk against Family Violence for the 16 days of activism campaign
- Internal Morning Tea at beginning of 16 Days of activism

Yarrawonga Health:

- Support and promotion of the All Girls Auskick - Yarrawonga for 2024.

GV PHU:

- Supporting gender equity and prevention of violence awareness days such as International Women’s day, 16 Days of Activism Against Gender-based Violence and Out in the Open festival



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Cobram Community House:

- Auspice local group to host National Rally against Violence in April 2024
- Participation in Family and Gender-Based Violence Forums facilitated by Moira Shire

Nathalia Community House:

- Attended Moira Shire Council Gender Based Violence forum for family and domestic violence.
- Maintained referrals to correct outreach services NCN Health, Beyond Blue, Vic Police, Orange Door, Beyond Housing and Salvocare.
- Host Men's Day Lunch
- Auspice Women's Health & Support Group Oakes day event

Yarrawonga Mulwala Community Learning Centre:

- Social Media posts for International Men's Day – Men's Health Champions and International Women's Day
- Morning Tea held for International Women's Day



THEME 2: Safe, inclusive and prosperous communities

Moira Shire residents will have the resources, knowledge and support to live healthy, happy lives.

Encourage the participation of women and girls in sport and recreation.

Moira Shire Council:

- The Cobram and District Junior Netball Association was reactivated with support from Moira Shire Council.

Yarrawonga Health:

- Celebration of local female sporting achievements through the #ThisGirlCan VicHealth campaign.

NCN Health:

- Supported Valley Sports girls lunchtime activity program at local Secondary College

GV PHU:

- Support and communication of This Girl Can campaign for the Greater Shepparton region which includes Moira Shire

Nathalia Community House:

- Referred enquiries to local sporting clubs including Nathalia Fishing comp, Nathalia Netball Football Club, Nathalia Tennis Club, Nathalia Bowling Club including boxing in Numurkah.
- NDCA Auspiced Nathalia Sew and Sews grant application and was successful for their group of women to make quilted blankets to emergency distribution within the shire

Yarrawonga Mulwala Community Learning Centre:

- Support Health Promotion & Valley Sport to continue to deliver programs such as the Girls Lunch program

THEME 2: Safe, inclusive and prosperous communities

Moira Shire residents will have the resources, knowledge and support to live healthy, happy lives.

Promote safe swimming principles in all waterways.

Moira Shire Council:

- Supported Cobram Barooga Canoe Club with Improving Community Water Safety through Community Strengthening Grants

Yarrawonga Health:

- Social media posts during peak summer swimming season to encourage patrons to be aware and practice safe swimming principles

Nathalia Community House:

- Promoted via socials community events and all Moira Shire Council pool events and safety programs



THEME 3: Healthy Environments

All environments (natural and built) in Moira Shire encourage and support health and wellbeing.

Increase healthy eating across environments such as workplaces, schools, early childhood settings, sports clubs and hospitality venues.

Moira Shire Council:

- Supported Yarrawonga Health Strategic Plan for Paddock to Plate Sustainability Initiative with Sacred Heart College through Community Strengthening Grants
- Support the Moira Health Promotion Collaborative who deliver healthy eating strategies across Moira eg: Vic Kids Eat Well, Achievement Program, Healthy Choices, Smiles 4 Miles, RESPOND, More4moira
- Promote choose tap through utilization of hydration stations or engaging Choose Tap at events
- Hosted zero food waste webinars for community



THEME 3: Healthy Environments

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Increase healthy eating across environments such as workplaces, schools, early childhood settings, sports clubs and hospitality venues.

Cobram Community House:

- Our Women's Wellness Event included a guest speaker on healthy eating and exercise. Gift bags contained recipes and information on healthy eating.
- Training early childhood educators on healthy food and drinks in early childhood education and care settings
- Cooking classes focusing on healthy and budget friendly meals
- Provision of monthly community lunches

Nathalia Community House:

- Continued to deliver the vital Foodshare program to our community
- NDCA created "Cook Up" days funded by Nathalia Welfare group to cook and distribute healthy home cooked meals to individuals in need
- Promoted CCH food handlers and MSC pickling and preserves day programs running at Nathalia Community House
- Volunteer Secondary students continue to assist with our community garden and growth of fruit and vegetables

Numurkah Community Learning Centre:

- Conducted two activities to educate families in growing their own vegies, herbs and fruit and provided boxes with seedlings for them to start

Yarrawonga Mulwala Community Learning Centre:

- Promoted healthy eating as part of our courses (Skills for Life, Certificate III in Early Childhood Education and Care)
- Provided a free water station in both Community & Learning Centres
- Implemented healthy cooking experiences for Skills for Life students utilizing our outdoor pizza oven and outdoor kitchen

THEME 3: Healthy Environments

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Increase healthy eating across environments such as workplaces, schools, early childhood settings, sports clubs and hospitality venues.

Yarrawonga Health:

- Continue to support schools to implement/improve their canteen food offerings through the VKEW initiative.
- Delivery of staff training and Smiles4Miles sessions at ELC's and kindergartens: Eat Well, Drink Well and Clean Well.
- Promotion of Healthy Lunchbox week to ELC's and primary schools in 2024.

NCN Health:

- Continue to meet Dept of Health - healthy choices policy directive
- Implement Smiles4miles program across early years centres
- Offer healthy choices at community events

GV PHU:

- Mentoring and support to the Goulburn Valley Collaborative Prevention Group involving Moira Shire, in Healthy Eating and Physical Activity which includes programs such as Active April, VKEW, the Achievement Program, Healthy Choices Policy.



THEME 3: Healthy Environments

All environments (natural and built) in Moira Shire encourage and support health and wellbeing.

Provide community health programs including mosquito monitoring and environmental health services.

Moira Shire Council:

- The 2024 mosquito surveillance program was characterized by significant fluctuations in mosquito abundance with overall, 3962 mosquitoes were captured for testing.
- Moira region experienced some rare detections of Japanese encephalitis virus (JEV) in multiple surveillance traps. In response to these detections, vector control and public health measures were implemented to mitigate potential risks.

Nathalia Community House:

- Conversed with DFFH, MSC, NCN Health to promote and refer to services
- Promote NDCA Harcourt Street House for venue hire and delivery of health information services.

Yarrawonga Health:

- Support of the SiSU Health station in collaboration with Bunnings Yarrawonga to encourage customers/local residents to have a free and confidential health check.

THEME 3: Healthy Environments

All environments (natural and built) in Moira Shire encourage and support health and wellbeing.

Lead by example and support the community in transitioning to environmental sustainability.

Moira Shire Council:

- Recycling Stations located at Main Office
- Work with Waste & Sustainability to promote sustainable waste management and choose tap at events
- Frequency swap of landfill and organics to increase diversion from landfill to meet state and federal government landfill diversion targets
- Introduction of textiles/clothing and soft plastic recycling
- Opening of resale shed's at Cobram and Numurkah Recovery Resource Centres.

Yarrawonga Health:

- YH Waste Management working group implementing initiatives to improve sustainability at YH.

GV Libraries:

- Cobram and Nathalia have recycle device and battery bins



THEME 3: Healthy Environments

All environments (natural and built) in Moira Shire encourage and support health and wellbeing.

Lead by example and support the community in transitioning to environmental sustainability.

Nathalia Community House:

- NDCA Environmentally Sustainable policy review completed
- Recycling methods in place for Foodshare program 2024
- Supported new Visy recycle program at Nathalia Dove Motors

Numurkah Community Learning Centre:

- NCLC used a range of sustainable practices. This included composting, recycling, boomerang bags

Yarrawonga Mulwala Community Learning Centre:

- Implemented Environmental Sustainability policy for our organisation
- Installed Environmentally sustainable Hot Water Service in Learning Centre
- Promoted the Boomerang Bags community movement through social media posts, selling their bags at our Community & Learning Centres, and hosting the Boomerang Bag group each Monday

THEME 3: Healthy Environments

All environments (natural and built) in Moira Shire encourage and support health and wellbeing.

Work with schools, businesses and community groups to implement environmental sustainability projects.

Moira Shire Council:

- Waste & Sustainability attended Seniors Network meeting to discuss solar
- Soft Plastic programs in some schools
- Recycling station hosted by schools for 6 weeks
- Installation of 2 x hydration stations
- School session for education on solar panels
- Community mosaic utilising repurposing 'junk' materials installed at Thompsons Beach
- Jointly Hosted Carp Muster event in Cobram with Swamps Rivers and Ranges.
- Hosted Carp Muster event in Yarrawonga with Swamp River Ranges.
- Funded Christmas Textile Workshops at Nathalia and Numurkah Libraries, hosted by 'a fitting connection'

Yarrawonga Health:

- Yarrawonga Health nursing home garden bed project/s completed by Sacred Heart College students.



THEME 3: Healthy Environments

All environments (natural and built) in Moira Shire encourage and support health and wellbeing.

Work with schools, businesses and community groups to implement environmental sustainability projects.

Nathalia Community House:

- Continued the garden programs with Nathalia Secondary College and St Mary of the Angels students
- Continue our food share food cart program expand where necessary
- Senior citizens guest speaker re cycle and ingo on house programs

Numurkah Community Learning Centre:

- NCLC worked alongside students from Numurkah Secondary College to establish garden beds and produce at the community house

Yarrawonga Mulwala Community Learning Centre:

- Rotary Club supported YMCLC by providing labour and some materials to refurbish our Community Centre back garden
- Installed a new watering systems in our Community & Learning Centres as part of our efforts to implement environmental sustainability across the organisation



THEME 3: Healthy Environments

All environments (natural and built) in Moira Shire encourage and support health and wellbeing.

Enforce the Tobacco Act 1987 and the Tobacco Amendment Bill 2016.

Moira Shire Council:

- Conducted tobacco and e-cigarette education visits for retailers and businesses providing eating/drinking and outdoor dining areas across the Shire.
- Providing information to the public about Tobacco and Vaping Reform.

Nathalia Community House:

- Act enforced

Yarrawonga Community Learning Centre:

- Smoking Policy in place
- No Smoking/Vaping signs displayed at Community & Learning Centres

THEME 3: Healthy Environments

All environments (natural and built) in Moira Shire encourage and support health and wellbeing.

Enforce Food Act 1984.

Moira Shire Council:

- Conducted 377 visits to food premises. These visitations included food safety assessments, follow up inspections, pre-registration and visitation inspections, as well as the investigation of food complaints.
- 72 national food recalls were received, and all affected registered premises in Moira Shire Council were notified.
- 65 food samples were submitted for routine analysis in line with Department of Health obligations.

Cobram Community House:

- Kitchen registration with supported policies and procedures.
- Staff trained in food handling
- Provide training to the community on safe food handling

Nathalia Community House:

- Food handlers course implemented Feb 2024 required volunteers and staff completed the training. Community needs identified with sporting groups and community groups including Nathalia football club, Nathalia Lions Club, Nathalia Angling club then training dates secured with MLL partner Cobram Community House

Yarrawonga Community Learning Centre:

- Promoted safe food handling to Skills for Life students as part of their cooking experiences
- Delivered Safe Food Handlers course through YMCLC RTO

THEME 3: Healthy Environments

All environments (natural and built) in Moira Shire encourage and support health and wellbeing.

Invest in active transport infrastructure.

Moira Shire Council:

- Scheduled maintenance and upgrades to footpaths

NCN Health:

- Developed active footpaths project to encourage movement and active transport

Nathalia Community House:

- Distributed Moira Shire Council transport information to community members
- Joined community transport education COM to receive information on community need and outcomes regarding State Government ideas and information
- NDCA Continued to promote and deliver community transport via Nathalia Community Car program

Yarrawonga Community Learning Centre:

- Promotion of National Walk safely to school day
- Promotion of National Ride2school day

THEME 3: Healthy Environments

All environments (natural and built) in Moira Shire encourage and support health and wellbeing.

Invest in resources to encourage outdoor activity.

Moira Shire Council:

- Active April activities and events. Promotion around active in nature local footpaths and outdoor equipment.
- Supported Yarrawonga Mulwala Basketball Assoc. accessing First Aid training and first aid kits through Community Strengthening Grants.
- Installation of accessible public art sculptures at Thompson's Beach Cobram to enhance and celebrate Moira Shire's unique environment and to increase enjoyment and participation in outdoor spaces of natural beauty.
- Support Moira Shire's four Creative Arts Hubs to create outdoor public artwork to enhance the natural and built environments in which residents live, such as the Mivo Park utilities block mural, Cobram
- Installation of 2 x hydration stations in the community
- The JC Lowe Master plan was adopted
- The Cobram Scott Reserve Pavilion Concept Design was adopted by Council
- Funding secured for Katunga Recreation Reserve pavilion renovations

Yarrawonga Health:

- Enhanced nursing home garden beds and art mural with support from students and Bunnings Yarrawonga Activity organiser

Cobram Community House:

- Coordinate the Heart Foundation Walking group

Nathalia Community House:

- NDCA Front back gardens complete 2024
- NDCA recruited volunteer gardener supported by Services Aust volunteer program 2024

