

PINGELLY COMMUNITY WELLBEING PLAN

2024-2027

Long-term Outcome: Improve the overall health, wellbeing and safety of the Pingelly community by increasing access to support services through advocacy and education, addressing associated stigma and reducing harms.

Endorsed: August 2024

PURPOSE

The Pingelly Community Wellbeing Plan seeks to improve the overall health, wellbeing and safety of the Pingelly community by increasing access to support services through advocacy and education, addressing associated stigma and reducing harms. The Pingelly Community Wellbeing Plan endeavours to achieve this by:

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

BACKGROUND

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

The five planning workshops facilitated by the Wheatbelt Prevention Team with key Pingelly stakeholders and agencies (held in July 2023, November 2023, March 2024, April 2024 and May 2024), and the analysis of a number of consultation documents, anecdotal data & reports, and a Community Perception Survey dating from 2023 have provided the context for the Pingelly Community Wellbeing Plan. These documents reflect the collective knowledge and experience of the Pingelly Community Wellbeing Plan [PCWP] planning workshops and should be consulted if further development of the PCWP is required.

Documents which inform the Pingelly Community Wellbeing Plan:

- *Pingelly Health & Wellbeing Survey – March 2024*
- *MARKYT - Shire of Pingelly Community Scorecard*
- *Pingelly Census Data 2021*

These documents can be acquired by contacting the Wheatbelt Prevention Team, or the Pingelly Community Wellbeing Plan committee.

LINKS TO EXISTING STRATEGIES

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

National Strategies:

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

State Strategies:

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

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

Local Strategies:

- [Pingelly Corporate Business Plan 2021-2025](#)
- [Pingelly Community Plan 2023-2023](#)

WORKING DOCUMENT

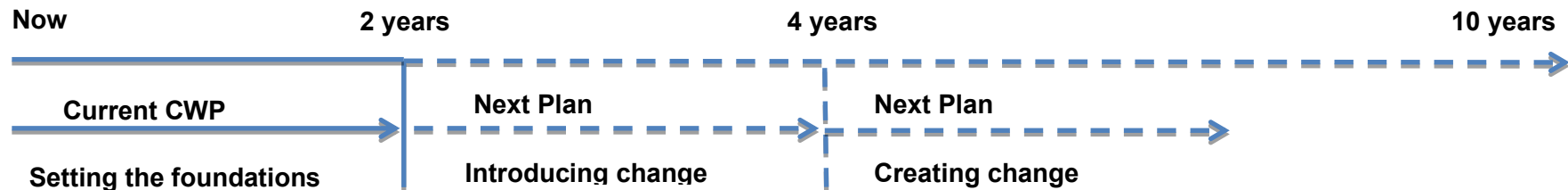
The Pingelly Community Wellbeing Plan is intended to be a **three-year** plan. However, the working group acknowledges that there may be cases where strategy and key priority areas will adopt some variation according to emerging trends in the community.

LIST OF ACRONYMS USED IN THIS DOCUMENT

AOD	Alcohol and other drugs
ATA	Alcohol Think Again
CRC	Community Resource Centre
CWP	Community Wellbeing Plan
DA	Drug Aware
DLGSC	Department of Local Government, Sport, and Cultural Industries
FDV	Family & Domestic Violence
MH	Mental Health
MHC	Mental Health Commission
MYFAC	Moorditj Youth Foundation Aboriginal Corporation
PRACC	Pingelly Recreation and Cultural centre
PS	Primary School
PSA	Pingelly Somerset Alliance
SP	Suicide Prevention
WACHS	WA Country Health Service
WAPOL	WA Police
WCADS	Wheatbelt Community Alcohol and Drug Service

Priority Areas:

1. **Mental Health & Wellbeing**
2. **Alcohol and Other Drugs**
3. **Individual, Family & Community Safety and Security**
4. **Community Awareness and Support Advocacy**



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

- Increased awareness and provision of information on relevant support services (including place-based, outreach and online) and how to refer into these services.
- Reduction in stigma / self-stigma and increased help-seeking behaviours, including the promotion of healthy and safe lifestyle choices and ways to increase connection and reduce isolation.
- Provision of education, training, and workshops to increase suicide awareness and mental health literacy of the community.

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

- Address alcohol culture, risky alcohol consumption and its associated harms within the home, workplace, sporting clubs and community, by embedding healthy public policy and harm minimisation strategies to create healthy and safe environments for all (including FASD, alcohol, cannabis, prescription medication, meth).

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

- The Pingelly CWP committee will be conduit to pilot new programs to address complex and wicked problems to leverage from Wheatbelt / regional providers (WACOSS, Lotterywest, Department of Communities, WALGA) and their respective peak bodies / agencies that are actively working to reduce risks and increase safety, health and wellbeing.
- Increased awareness of options and support for vulnerable populations, including rights/responsibilities, financial assistance, emergency relief and food parcel assistance.

- Scope the delivery of educational workshops, training opportunities and events that raise awareness of individual, family and community safety.

Priority 4: Short-term Outcomes (next 36 months)

- Advocate for place-based and out-reach services to service Pingelly.
- Increased awareness of campaigns around individual, family and community safety.

PRIORITY ONE: Mental Health & Wellbeing			
<i>Primary Target Group: Whole of Community (particularly young people, older adults and agriculture).</i>			
SHORT-TERM OUTCOME/S (next 36 months)	KEY PERFORMANCE INDICATOR	COLLECTION TOOL	COLLECTED BY
Increased awareness and provision of information on relevant support services (including place-based, outreach and online) and how to refer into these services.	Increased mental health and wellbeing awareness, literacy, and promotion of associated support services through the delivery of information, campaigns, workshops, education sessions and training opportunities.	Dissemination of information, awareness raising campaigns and fact sheets via a multitude of mediums. Evidence of dissemination.	Holyoake Shire of Pingelly Pingelly CRC
Reduction in stigma / self-stigma and increased help-seeking behaviours, including the promotion of healthy and safe lifestyle choices and ways to increase connection and reduce isolation.	Provision of education and training promoting help seeking behaviours, healthy and safe lifestyle choices within the home and broader community, including strategies and tips to reduce the impact of social isolation and loneliness. Dissemination of information and campaign material that increases knowledge of healthy and safe lifestyle choices Development of localised public awareness campaign promoting help seeking behaviours, healthy and safe lifestyle choices and ways to connect and reduce loneliness within the home	Number of training and education sessions/workshops delivered that address stigma /self stigma and also the promotion of healthy and safe lifestyle choices and increased social connection. Number of campaigns and/or promotional material / information that promotes healthy and safe lifestyle choices.	Holyoake Shire of Pingelly Pingelly CRC

	and broader community		
Provision of education, training, and workshops to increase suicide awareness and mental health literacy of the community.	Provision of education sessions, training and workshops on mental health literacy and suicide awareness/prevention.	<p>Delivery/Facilitation of workshops, education sessions and training.</p> <p>Number of workshops, education sessions and training delivered.</p> <p>Participant Evaluations/Feedback</p>	Holyoake

ACTIONS	LEAD	RESOURCES	WHO WILL CONTRIBUTE	BY WHEN
Short-term Outcome: Increased awareness and provision of information on relevant support services (including place-based, outreach and online) and how to refer into these services.				
Creation of a Pingelly Support Service Directory and flyer.	Holyoake		Shire of Pingelly Pingelly CRC WACHS	Ongoing
Continued promotion of the Within Your Wallet program to young people, including the support service webpage on the Pingelly CRC website.	Holyoake Pingelly CRC Pingelly/Brookton LDAT		Shire of Pingelly Pingelly CRC	Ongoing
Continued promotion of Within REACH to young people.	Holyoake		Shire of Pingelly Pingelly CRC WACHS Pingelly PS DLGSCI	Ongoing
Dissemination of the FREE counselling services for young people in the Wheatbelt.	Holyoake		Shire of Pingelly Pingelly CRC Pingelly PS	Ongoing
Dissemination of Social Prescribing information and resources.	Holyoake		PSA/Pingelly CRC	Ongoing
Dissemination of dry season and live export ban fact sheets.	Holyoake			Ongoing
Short-term Outcome: Reduction in stigma / self-stigma and increased help-seeking behaviours, including the promotion of healthy and safe lifestyle choices and ways to increase connection and reduce isolation.				
Regular articles in the Pingelly Times promoting help seeking behaviours,	Pingelly CRC			Ongoing

healthy lifestyles and connections.	Holyoake			
Scope opportunity to run Healthy Lifestyle programs (e.g. HEAL, KidSafe) in the Shire of Pingelly, in partnership with the PSA and Early Years Network.	WACHS PSA/Pingelly CRC			Ongoing
Continue the development of the built environment to promote active transport and promote inclusive recreational opportunities, including a mountain bike trail (MBT).	Shire of Pingelly		WACHS DLGSCI	Ongoing
Scope the capacity to create and promote local lived experience and recovery stories through written, voice and online platforms.	Holyoake Pingelly CRC			Ongoing
Scope the capacity to organize and deliver events that encourage connection, including community networking events.	Shire of Pingelly Pingelly CRC		Holyoake	Ongoing
Scope the participation in Save Our Country Kids (SOCK) activities.	Shire of Pingelly Pingelly CRC Pingelly PS		Pingelly Early Years Network	Ongoing

Short-term Outcome: Provision of education, training, and workshops to increase suicide awareness and mental health literacy of the community.				
Scope the delivery of a Child Safety Forum within the Shire of Pingelly.	Holyoake		PRACC Pingelly Early Years Network DLGSCI	Ongoing
Delivery of Safe TALK, Rural Minds and Accidental Counsellor workshops.	Holyoake		PRACC Pingelly Early Years Network	Ongoing
Delivery of Deadly Thinking (12 – 17 years) and Aboriginal Mental Health First Aid.	MYFAC		Shire of Pingelly PRACC	Ongoing
Delivery of Agri-Balance workshops to those professionals and paraprofessionals working in agriculture and agribusiness.	Holyoake		PRACC	Ongoing

Delivery of tailor-made education and/or workshops to respond to emerging issues or concerns.	Holyoake		PRACC	Ongoing
Scope the delivery of parenting workshops through the Pingelly Early Years Network and/or local playgroups (including WANSLEA, Parenting Connections, Triple P, Circle of Security).	Pingelly Early Years Network WACHS Pingelly PS		PRACC DLGSC RSDE	Ongoing
Support the implementation of Happy Schools into Pingelly Primary School.	Pingelly PS			Ongoing

PRIORITY TWO: Alcohol and Other Drugs			
<i>Primary Target Group: Whole of Community (particularly young people, Aboriginal and Torres Strait Islander people and females in child-bearing years and their families).</i>			
SHORT-TERM OUTCOME/S (next 36 months)	KEY PERFORMANCE INDICATOR	COLLECTION TOOL	COLLECTED BY
Address alcohol culture, risky alcohol consumption and its associated harms within the home, workplace, sporting clubs and community, by embedding healthy public policy and harm minimisation strategies to create healthy and safe environments for all (including FASD, alcohol, cannabis, prescription medication, meth).	Increased dissemination of campaign material and education opportunities.	Number of campaign disseminations. Number of education sessions provided.	Organisations facilitating the education. Organisations disseminating campaign material.
	Increased availability of alcohol-free options and harm minimisation strategies at local event.	Number of events utilising harm minimisations strategies.	Organisations organising local events.
	Increased community action that reduces alcohol and other drug harm.	Number of initiatives/events/programs/strategies implemented that reduce AOD harm.	Organisations implementing.

	Increased availability of training and education opportunities.	Number of training or education opportunities promoted.	Organisations promoting.
	Increased awareness of support services available.	Disseminations of information.	Organisations disseminating.

ACTIONS	LEAD	RESOURCES	WHO WILL CONTRIBUTE	BY WHEN
Short-term Outcome: Address alcohol culture, risky alcohol consumption and its associated harms within the home, workplace, sporting clubs and community, by embedding healthy public policy and harm minimisation strategies to create healthy and safe environments for all (including FASD, alcohol, cannabis, prescription medication, meth).				
Explore grass roots solutions to strengthen the community voice to address the production and supply of alcohol and other drugs (including vaping).	Holyoake Shire of Pingelly WAPOL	Mental Health Commission (MHC)	MYFAC WACHS Pingelly CRC Pingelly PS	Ongoing
Promotion of the Alcohol Is No Excuse Campaign.	Holyoake		Pingelly CRC Pingelly Early Years Network MYFAC	Ongoing
Implementation of harm minimisation strategies within local sporting clubs, including campaigns, awareness rounds, ADF 'Good Sports'.	Holyoake	WA Country Football ADF MHC WAPOL	DLGSC PRACC	Ongoing
Continue to support the 'I Know What I Would Rather Be Doing – Don't Drink and Drive Round'.	Holyoake	Road Safety Commission	PRACC	Ongoing
Scope opportunities to promote online and deliver face-to-face Responsible	Holyoake	ADF	ADF	Ongoing

Service of Alcohol training and becoming an approved manager.	Shire of Pingelly		PRACC Sporting Clubs DLGSC	
Event organisers to provide alcohol-free options and promote harm minimisation strategies within the Shire of Pingelly.	Pingelly CRC Shire of Pingelly	Holyoake	PRACC PSA Pingelly Early Yars Network	Ongoing
Dissemination of Holyoake promotional material to promote safe practices and harm minimisation.	Holyoake		Pingelly CRC MYFAC Pingelly PS	Ongoing
Scope opportunities to deliver tailor-made alcohol and other drug prevention presentations to community.	Holyoake		Pingelly CRC	Ongoing
Support the implementation of Fetal Alcohol Spectrum Disorder (FASD) Awareness Days and campaigns with the Shire of Pingelly.	Holyoake	MHC NOFASD Strong Born	Pingelly Early Years Network Pingelly PS MYFAC	Ongoing
Promotion of alcohol and other drug support services and educational and promotional material (including Wheatbelt Smoke Free Me, Vape Free Me, Strong Spirit Strong Mind, No More Namari, Holyoake counselling services).	Holyoake WACHS/WAHS		Pingelly CRC Shire of Pingelly MYFAC	Ongoing
Support the continued implementation of a Whole School Drug Management Plan and education at local schools.	RSDE Branch (Dept. of Education) Pingelly PS		Holyoake WACHS	Ongoing
Scope the delivery of alcohol and other drug education session for parents.	Holyoake Pingelly Early Years Network		Pingelly PS	Ongoing

PRIORITY THREE: Individual, Family & Community Safety and Security			
<i>Primary Target Group: Whole of Community</i>			
SHORT-TERM OUTCOME/S (next 36 months)	KEY PERFORMANCE INDICATOR	COLLECTION TOOL	COLLECTED BY
The Pingelly CWP committee will be conduit to pilot new programs to address complex and wicked problems to leverage from Wheatbelt / regional providers (WACOSS, Lotterywest, Department of Communities, WALGA) and their respective peak bodies / agencies that are actively working to reduce risks and increase safety, health and wellbeing.	Increased establishment and availability of new programs for the Pingelly community.	Number of new programs.	Organisations involved in the development and implementation of the programs.
Increased awareness of options and support for vulnerable populations, including rights/responsibilities, financial assistance, emergency relief and food parcel assistance.	Increased availability of emergency food relief packages.	Scoping completed to increase availability.	Organisations conducting the scoping.
Scope the delivery of educational workshops, training opportunities and events that raise awareness of individual, family and community safety.	Increased availability of Family and Domestic Violence Training and community safety workshops.	Number of training/workshops sessions provided.	Organisations providing or organising the training/workshops.
	Increased implementation of awareness activities and awareness days.	Number of activities/days.	Organisations organising activity/days.

ACTIONS	LEAD	RESOURCES	WHO WILL CONTRIBUTE	BY WHEN
Short-term Outcome: The Pingelly CWP committee will be conduit to pilot new programs to address complex and wicked problems to leverage from Wheatbelt / regional providers (WACOSS, Lotterywest, Department of Communities, WALGA) and their respective peak bodies / agencies that are actively working to reduce risks and increase safety, health and wellbeing.				
Support the development of a Pingelly Youth Precinct where a variety youth program will be available for local young people, including programs by members of the Pingelly CWP.	Shire of Pingelly MYFAC		DLGSC Holyoake	December 2026.
Encourage members of the Pingelly CWP committee members to hold membership on Priority Area Working Groups (PAWGs).	Whole of Committee	Wheatbelt Human Services Managers Forum		Ongoing
Advocating for the development of a Community Policing Program.	Shire of Pingelly	WAPOL	Holyoake	Ongoing.

Short-term Outcome: Increased awareness of options and support for vulnerable populations, including rights/responsibilities, financial assistance, emergency relief and food parcel assistance.

Scope capacity for the Shire of Pingelly to provide emergency food relief packages.	Shire of Pingelly	Share and Care	Pingelly PS Pingelly CRC	Ongoing
Holyoake staff will be the conduit between the Poverty / Cost of Living and Homelessness PAWG and the Pingelly CWP committee.	Holyoake	Wheatbelt Human Services Managers Forum		Ongoing
Disseminate information regarding the Wheatbelt Food Community Project.	WACHS			Ongoing

Short-term Outcome: Scope the delivery of educational workshops, training opportunities and events that raise awareness of individual, family and community safety.

Promote Family and Domestic Violence Training.	Holyoake	Lifeline	Shire of Pingelly	Ongoing
Scope the implementation of the Family and Domestic Violence and Elder Abuse awareness activities, including white ribbon awareness, purple benches, 16 Days in WA, World Elder Abuse Day event etc.	Holyoake	Share and Care Advocare	Whole of Committee	Ongoing
Scope the implementation of community safety workshops (KidSafe workshops, Royal Life Saving, Lifeline workshops etc.)	Pingelly Early Years Network Holyoake WACHS	KidSafe Royal Life Saving Lifeline	PRACC Pingelly CRC DLGSC	Ongoing
Scope the implementation of a Bullying No WAY Event at Pingelly Primary School.	Pingelly PS Holyoake	Bulling NO WAY	WAPOL	Ongoing

PRIORITY FOUR: Community Awareness and Support Advocacy			
<i>Primary Target Group: Whole of Community</i>			
SHORT-TERM OUTCOME/S (next 36 months)	KEY PERFORMANCE INDICATOR	COLLECTION TOOL	COLLECTED BY
Advocate for place-based and out-reach services to service Pingelly.	Increased access to out-reach and place-based services.	Number of new services servicing Pingelly.	Organisations involved.
Increased awareness of campaigns around individual, family and community safety.	Promotion of awareness campaigns.	Number of awareness campaigns promoted.	Pingelly CRC

ACTIONS	LEAD	RESOURCES	WHO WILL CONTRIBUTE	BY WHEN
Short-term Outcome: Advocate for place-based and out-reach services to service Pingelly.				
Scope funding opportunities to increase out-reach and place-based services.	Shire of Pingelly Holyoake Pingelly CRC		Whole of committee to support.	Ongoing
When peak / metro-based services have funded training and initiatives to deliver in the Wheatbelt, that align with the priority of the Pingelly CWP, Pingelly will be put forward as a preferred location.	Holyoake	Metro-based services	Shire of Pingelly Pingelly CRC	Ongoing
Support the development of a Culture and Art Facility.	Shire of Pingelly		Pingelly CRC MYFAC	Ongoing
Advocate for support for those impacted by the dry season and live sheep	Holyoake		Whole of	Ongoing

export ban.	Shire of Pingelly		committee	
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Short-term Outcome: Increased awareness of campaigns around individual, family and community safety.				
Development and implementation of a communication schedule for awareness campaigns around individual, family and community safety, including Blessing of the Roads, Injury Matters, FASD, Mental Health Week etc.	Pingelly CRC Shire of Pingelly	Injury Matters NOFASD MHC Cancer Council Cracks in the Ice R U OK	Holyoake WACHS	Ongoing
Utilisation of the Audiovisual display promoting mental health services and awareness raising campaigns around the community.	Pingelly CRC		Holyoake	Ongoing

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

