

AF15/501 MJT

16th March, 2016

TO: CR MEZINEC
CR LOVETT
CR RICHARDSON
CR JULIE REIS (DISTRICT COUNCIL OF GRANT)
DAVID MEZINEC
SARAH PELLE
ALEXANDRA NICHOLSON
CHIEF EXECUTIVE OFFICER
MANAGER COMMUNITY SERVICES AND DEVELOPMENT
LIBRARY MANAGER
COMMUNITY DEVELOPMENT OFFICER

COPY: MAYOR
MEMBERS
TEAM LEADER EXECUTIVE SUPPORT

NOTICE is given that the Mount Gambier Lifelong Learning Sub-Committee will meet in the following Meeting Room on the day, date and time as follows:

LIFELONG LEARNING SUB-COMMITTEE
(Committee Room - Level 4)

Friday, 18th March, 2016 at 1.00 p.m.

An agenda for the meeting is attached.

Members of the Sub-Committee, please note the date/time of the above meeting.

Other Members not on the Sub-Committee are encouraged to attend the above meeting as your thoughts and contributions will be appreciated.

Lunch will be provided at this meeting.



Barbara CERNOVSKIS
MANAGER - COMMUNITY SERVICES AND DEVELOPMENT

LIFELONG LEARNING SUB-COMMITTEE

Meeting to be held in the Committee Room, Level Four of Civic Centre, 10 Watson Terrace,
Mount Gambier, on 18th March, 2016 at 1.00 p.m.

AGENDA

PRESENT:
Cr Meziniec (Presiding Member)
Cr Lovett
Cr Richardson
Cr Julie Reis (District Council of Grant)
David Meziniec
Sarah Pellen
Alexandra Nicholson

APOLOGIES:

COUNCIL OFFICERS:
Chief Executive Officer, Mark McShane
Manager Community Services & Development, Barbara Cernovskis
Library Manager, Vicki Hutchinson
Community Development Officer, Alison Brash

NOT IN ATTENDANCE:

COUNCIL MEMBERS
AS OBSERVERS:

OTHER EMPLOYEES IN
ATTENDANCE:

OTHERS IN
ATTENDANCE:

WE ACKNOWLEDGE THE BOANDIK PEOPLES AS THE TRADITIONAL CUSTODIANS OF THE LAND WHERE WE MEET TODAY. WE RESPECT THEIR SPIRITUAL RELATIONSHIP WITH THE LAND AND RECOGNISE THE DEEP FEELINGS OF ATTACHMENT OUR INDIGENOUS PEOPLES HAVE WITH THIS LAND.

MINUTES:
moved that the minutes of the Mount Gambier Lifelong Learning Sub-Committee held on 12th February, 2016 be received.

seconded

1. KEY FOCUS AREA – Wellbeing and Resilience - AF15/422

Goal: Building Communities
Strategic Objective: Encourage the empowerment of the community to lead and self manage their respective desires and aspirations.

Goal: Community Well-Being
Strategic Objective: Increase the local awareness and understanding of the range of health issues and needs of the community.

The Manager Community Services and Development reported:

Lifelong Learning Sub-Committee Agenda, 18th March, 2016 cont'd...

- (a) Introductory letter and Executive Summary for the proposed Limestone Coast Region of Wellbeing project has been co-signed by the Chair of the Limestone Coast Local Government Association, Mayor Erika Vickery and the Director of the Wellbeing & Resilience Centre, South Australian Health and Medical Research Institute, Gabrielle Kelly and submitted to the Premier, the Hon. Jay Weatherill at the Department of Premier & Cabinet (Attachment 1);
- (b) A draft proposal for the Limestone Coast Region of Wellbeing platform has been developed and submitted to the Wellbeing & Resilience Centre at South Australian Health and Medical Research Institute to be costed (Attachment 2);
- (c) An updated Regional Wellbeing & Resilience work plan has been attached (Attachment 3) for discussion at the meeting.

moved it be recommended:

- (a) The progress report on the Regional Wellbeing & Resilience Collaboration provided by the Manager Community Services & Development be received.

seconded

2. KEY FOCUS AREA – Wellbeing and Resilience - Ref. AF15/422

Goal: Building Communities

Strategic Objective: Encourage the empowerment of the community to lead and self manage their respective desires and aspirations.

Goal: Community Well-Being

Strategic Objective: Increase the local awareness and understanding of the range of health issues and needs of the community.

The Manager Community Services and Development reported:

- (a) Refining of the evaluation surveys and tools for the Wellbeing Workforce/Positive Organisation project are being negotiated with the Wellbeing & Resilience Centre at South Australian Health and Medical Research Institute.
- (b) Training schedule is currently being developed for the implementation of the Wellbeing Workforce/Positive Organisation project. Expect to commence program in mid to late July 2016.
- (c) An updated Wellbeing Workforce/Positive Organisation project work plan has been attached (attachment 3) for discussion at the meeting

moved it be recommended:

- (a) The progress report on a Wellbeing Workforce/Positive Organisation project provided by the Manager Community Services & Development report be received;

seconded

Lifelong Learning Sub-Committee Agenda, 18th March, 2016 cont'd...

MOTIONS WITH NOTICE - Nil

MOTIONS WITHOUT NOTICE

The meeting closed at _____ p.m.

MJT

LIFELONG LEARNING SUB-COMMITTEE

Meeting to be held in the Committee Room, Level Four of Civic Centre, 10 Watson Terrace,
Mount Gambier, on 12th February, 2016 at 1.00 p.m.

PRESENT: Cr Mezinac (Presiding Member)
Cr Julie Reis (District Council of Grant)
David Mezinac
Sarah Pellen
Alexandra Nicholson

COUNCIL OFFICERS: Manager Community Services & Development, Barbara Cernovskis
Library Manager, Vicki Hutchinson
Community Development Officer, Alison Brash

APOLOGIES: Cr Persello
Cr Richardson
Chief Executive Officer, Mark McShane

NOT IN ATTENDANCE: Nil

COUNCIL MEMBERS
AS OBSERVERS: Cr Mark Lovett

OTHER EMPLOYEES IN
ATTENDANCE: Nil

OTHERS IN
ATTENDANCE: Ann Aldersey, Consultant

WE ACKNOWLEDGE THE BOANDIK PEOPLES AS THE TRADITIONAL CUSTODIANS OF THE LAND WHERE WE MEET TODAY. WE RESPECT THEIR SPIRITUAL RELATIONSHIP WITH THE LAND AND RECOGNISE THE DEEP FEELINGS OF ATTACHMENT OUR INDIGENOUS PEOPLES HAVE WITH THIS LAND.

MINUTES: Alex Nicholson moved that the minutes of the Mount Gambier Lifelong Learning Sub-Committee held on 18th December, 2015 be received.

Sarah Pellen seconded

Carried

1. KEY FOCUS AREA – Wellbeing and Resilience

Goal: Building Communities

Strategic Objective: Encourage the empowerment of the community to lead and self manage their respective desires and aspirations.

Goal: Community Well-Being

Strategic Objective: Increase the local awareness and understanding of the range of health issues and needs of the community.

The Manager Community Services and Development reported:

- a) The Wellbeing & Resilience Forum held on the 21st January 2016 was well attended. A Wellbeing & Resilience platform and collaboration was agreed to and there is a strong level of commitment to progress the development of a regional collaborative Wellbeing & Resilience proposal for the Premier.

Lifelong Learning Sub-Committee Minutes, 12th February, 2016 cont'd...

- b) The lead project partner will be the South Australian Health and Medical Research Institute (SAHMRI) Directorate of Wellbeing & Resilience and the lead regional project partner will be the Limestone Coast Local Government Association (LCLGA)
- c) It is proposed that SAHMRI and the LCLGA co-chair the strategic reference group for the Limestone Coast Region of Wellbeing project and include representation as follows:
 - i. SAHMRI, Directorate of Wellbeing & Resilience Gabrielle Kelly
 - ii. LCLGA, Mayor Erika Vickery
 - iii. City of Mount Gambier, Cr Sonya Mezinac
 - iv. Education Sector, Adam Box Education Director, DECD
 - v. Industry Leaders Group, Chair
 - vi. Limestone Coast Community Services Roundtable, Chair
 - vii. PIRSA, Peta Crewe
 - viii. SA Health
- d) The Regional Wellbeing & Resilience Workplan was presented for discussion at the meeting.

Sarah Pellen moved it be recommended:

- a) **The progress report on the Regional Wellbeing & Resilience Collaboration provided by the Manager Community Services & Development be received;**
- b) **The verbal update provided by Ann Aldersey on the progression of the Limestone Coast Region of Wellbeing proposal be received;**
- c) **Ann Aldersey be thanked for her contribution to galvanising the stakeholder commitment to the development of the Limestone Coast Region of Wellbeing proposal.**

Alex Nicholson seconded

Carried

2. KEY FOCUS AREA – Wellbeing and Resilience

Goal: Building Communities

Strategic Objective: Encourage the empowerment of the community to lead and self manage their respective desires and aspirations.

Goal: Community Well-Being

Strategic Objective: Increase the local awareness and understanding of the range of health issues and needs of the community.

The Manager Community Services and Development reported:

- a) A workshop has been scheduled to present the Wellbeing & Resilience principles and skills to Elected Members;
- b) Two Operations staff are undertaking the SAHMRI Techworks Wellbeing & Resilience training in preparation for the development and implementation of an Organisational project;

Lifelong Learning Sub-Committee Minutes, 12th February, 2016 cont'd...

- c) An updated Wellbeing Workforce/Positive Organisation project work plan was presented for discussion at the meeting.

David Mezinec moved it be recommended:

- a) **The progress report on a Wellbeing Workforce/Positive Organisation project provided by the Manager Community Services & Development be received.**

Alex Nicholson seconded

Carried

MOTIONS WITH NOTICE - Nil

MOTIONS WITHOUT NOTICE - Nil

The meeting closed at 1.41 p.m.

MJT

.....
PRESIDING MEMBER

CONFIRMED THIS DAY OF 2016.



Limestone Coast
Local Government
Association

Hon. Jay Weatherill, MP
Premier of South Australia
GPO Box 2343,
ADELAIDE SA 5001

9/03/2016

Dear Premier,

On behalf of the Limestone Coast, we are proud to propose the Limestone Coast Region of Wellbeing Project. This proposal is in support of investing in South Australia to be a State of Wellbeing.

There is widespread and growing recognition across the Region of the importance of investing in resilience and wellbeing skills. The resilience and wellbeing of our community is the foundation for our regional economic prosperity, health and thriving communities.

The recent visit to the Limestone Coast of Brigadier General (Ret.) Dr Rhonda Cornum was a notable success, attracting strong crowds for presentations in Mount Gambier and Naracoorte. Over 400 people attended the presentations. Dr Cornum was also invited to meet with a large number of organisations and individuals to discuss opportunities for the integration of wellbeing and resilience skills in Local Government, industry, education and health.

Improving the wellbeing and resilience of the Limestone Coast community will support our regional focus as a world leader in the production and export of premium food and wine, and will support the growth in innovation in new and existing fields of manufacturing, education, tourism and health.

The Limestone Coast Local Government Association, representing the seven regional Councils, is pleased to partner with the South Australian Health and Medical Research Institute Wellbeing & Resilience Centre to lead this innovative project. The Region of Wellbeing Project will adapt the proven scientific efficacy of PERMA + methodology to the Limestone Coast, with innovative utilisation of community networks and connections. There is a strong commitment to the lead, measure, build and embed framework, with the measurement and improvement of wellbeing as the guiding objective.

The Project is supported by approximately 30 regional organisations, agencies and service providers. A number of organisations have already commenced wellbeing projects, gaining significant momentum and support for a region-wide approach. The Region is currently preparing a detailed strategy and costing for the Region of Wellbeing Project, which will be submitted by mid-March 2016. A summary of the proposal is enclosed.

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152 Jubilee Highway East (PO Box 1445)
Mount Gambier SA 5290

Telephone (08) 8723 1057
Facsimile (08) 8723 1286
Email projects@selga.sa.gov.au

www.lclga.com.au





Limestone Coast
Local Government
Association

Thank you for the opportunity to propose the Limestone Coast Region of Wellbeing project. We hope that the Limestone Coast can lead the State as a Region of Wellbeing, leading to positive change for our regional community and the State of South Australia.

Yours Sincerely

A handwritten signature in black ink, appearing to read 'Erika Vickery', with a horizontal line extending to the right.

Erika Vickery
Mayor
Limestone Coast Local Government Association

A handwritten signature in black ink, appearing to read 'Gabrielle Kelly', with a horizontal line extending to the right.

Gabrielle Kelly
Director
SAHMRI Resilience Centre

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Limestone Coast Region of Wellbeing Project

Executive Summary

The Limestone Coast Region of Wellbeing collaboration has been 18 months in the making led by the South Australian Health and Medical Research Institute (SAHMRI) Wellbeing & Resilience Centre and the City of Mount Gambier involving approximately 60 agencies with a potential reach of over 1,000 people within the first 18 months of the Project.

Wellbeing and resilience has been identified as a vital link to improving a significant number of priority areas in Local Government Regional Health Plans and is also recognised at a regional level as a focus area by the agencies represented at the Limestone Coast Community Services Roundtable. Further to a public health context, improving the wellbeing and resilience of our community is also considered an integral key to providing a sustainable solution for diversifying our transitioning economy.

The Region has experienced the impact of a transitioning manufacturing sector, as well as challenging conditions for the agricultural economy, with drought conditions declared in the Upper Limestone Coast for two consecutive years. The region is experiencing rising unemployment, with pockets of high socio-economic disadvantage in some parts of the region.

It is recognised that the wellbeing and resilience of the Limestone Coast community underpins all aspects of regional life. With leadership from the South Australian Health and Medical Research Institute (SAHMRI) Wellbeing & Resilience Centre, this project will embed wellbeing and resilience skills across a wide section of the community.

Measuring and building wellbeing using the **PERMA+** framework will focus on driving outcomes across each of the elements including, **Positive Emotion, Engagement, Relationships Meaning and Accomplishment, PLUS Resilience, Optimism, Physical activity, Nutrition, and Sleep.** The PERMA + methodology provides for rigorous measurement, quality and monitoring of results.

The project will be delivered from four platforms across the Limestone Coast.

1. **Schools** – with partnership and involvement by both public and private schools, to reach educators, students and their families.
2. **Libraries** – focussed in Mount Gambier, Naracoorte and Bordertown in the first instance, to grow libraries as hubs to build the wellbeing capacity of the community.
3. **Rural Community Networks** – to work with existing networks to increase the wellbeing and resilience capacity of agricultural businesses and rural communities, particularly in light of climatic and economic pressures.
4. **Community Service Agencies** – to grow a regional network of trained technicians and providers through the Limestone Coast Community Services Roundtable that can bring improved wellbeing and resilience to their organisations and their clients.

Regional Industry Groups is a fifth platform proposed for the next stage of the project, with a particular focus on small business, entrepreneurs and building capacity for industry innovation and growth.

Each platform will serve as an 'activating hub', to provide reach into the community via a coordinated network of trainers.

The regional leadership of the project will be provided by the Limestone Coast Local Government Association in partnership with the SAHMRI Wellbeing and Resilience Centre. The direction of the project will be guided by a Regional Leadership Group, comprising:

- Limestone Coast Local Government Association (7 Councils)
- Department for Education and Child Development (60 sites in the region)
- Department for State Development
- Primary Industries and Regions SA (with strong connections throughout agricultural communities)
- City of Mount Gambier – Lifelong Learning Sub-Committee
- Limestone Coast Industry Leaders Group (13 industry representatives)
- Limestone Coast Community Services Roundtable (with memberships of 40 Agencies)

The project is scheduled to run for three years.

Wellbeing & Resilience Centre, SAHMRI

Regional Leadership Group

Limestone Coast Local Government Association
Department of Education and Child Development
Department for State Development
Primary Industries and Regions SA
City of Mount Gambier
Limestone Coast Industry Leaders Group
Limestone Coast Community Services Roundtable

Schools

Libraries

Rural Community
Networks

Community Service
Agencies

Regional champions to work across public and private schools to reach educators, students and their families.

Libraries in Mount Gambier, Naracoorte and Bordertown as community hubs for wellbeing and resilience.

Regional champions to work with existing networks of agricultural industry groups, producer networks and rural community groups.

Led by the Community Services Roundtable, a network of trained providers to build resilient services and clients.

Limestone Coast Region of Wellbeing Project

Introduction

The Limestone Coast Regional Health Plan 2014-2017 recognises the interconnectedness of physical, mental and environmental health for the regional community (LCLGA 2014).

Investment in the resilience and wellbeing of communities in the Limestone Coast is a foundation for the region's continued contribution to South Australia's Economic Priorities. The Limestone Coast Region is a high performing contributor to the State's Economic Priority of *Premium food and wine exported to the world*. The Region leverages its natural and human advantages to produce significant percentages of the State's forestry and logging output (82%), milk (40%) and red meat (33%) production, as well as having growing tourism and education markets.

The diversity of the regional economy is demonstrated by its significant contribution to a number of South Australia's Economic Priorities, and potential to expand this contribution through partnership and innovation, research, reducing barriers to accessing capital, and growing our international connections and markets.

The first region-wide implementation of resilience and wellbeing will contribute to South Australia's position as a *Global Leader in Health and Aging research*, together with the economic priority of positioning the South Australia as *The Knowledge State – attracting students and commercialising our research*.

The Region has experienced the impact of a transitioning manufacturing sector, as well as challenging conditions for the agricultural economy, with drought conditions declared in the Upper Limestone Coast for two consecutive years. The region is experiencing rising unemployment, with pockets of high socio-economic disadvantage in some parts of the region.

These trends are countered by positive indicators for community connectedness; for example, in Mount Gambier over 90% of respondents felt they were able to get community support in times of crisis (CMG 2015).

This sense of community connectedness in the Limestone Coast will support the large-scale implementation of a wellbeing and resilience project.

Project Overview

The project will be delivered from four platforms across the Limestone Coast.

1. **Schools** – with partnership between both public and private schools, to reach educators, students and their families.
2. **Libraries** – focused in Mount Gambier, Naracoorte and Bordertown in the first instance, to grow libraries as hubs to build the wellbeing capacity of the community.
3. **Rural Community Networks** – to work with existing networks to increase the wellbeing and resilience capacity of agricultural businesses and rural communities, particularly in light of climatic and economic pressures.
4. **Community Service Agencies** – to grow a regional network of trained technicians and providers through the Limestone Coast Community Services

Roundtable that can bring improved wellbeing and resilience to their organisations and their clients.

Regional Industry Groups is a fifth platform proposed for the next stage of the project, with a particular focus on small business, entrepreneurs and building capacity for industry innovation and growth.

Each platform will serve as an 'activating hub', to provide reach into the community via a coordinated network of trainers.

The regional leadership of the project will be provided by the Limestone Coast Local Government Association (LCLGA), in partnership with SAHMRI. The direction of the project will be guided by a Regional Leadership Group, comprising:

- Limestone Coast Local Government Association
- Department of Education and Child Development
- Department for State Development
- Primary Industries and Regions SA
- City of Mount Gambier – Lifelong Learning Sub-Committee
- Limestone Coast Industry Leaders Group
- Limestone Coast Community Services Roundtable

There are 24 stakeholder organisations who have already indicated their support for the project, with further stakeholders being engaged as the project develops. This includes organisations that have already provided Wellbeing and Resilience Training for their employees and clients. There are a large and growing number of stakeholders with a commitment to active participation in the Region of Wellbeing Project.

Appendix One lists all the regional stakeholder organisations for the Region of Wellbeing Project.

The Limestone Coast

The Limestone Coast region sits in the south east corner of South Australia, with a population of approximately 65,000 in 2014. The population has remained stable over the last five-year period. Mount Gambier is the largest regional centre and is located equidistance between Adelaide and Melbourne, with a population of approximately 26,000 within the City area, with close to 8,000 in the surrounding district.

The Region comprises seven Local Government Areas: City of Mount Gambier, the District Councils of Grant, Kingston, Robe and Tatiara, and the Naracoorte Lucindale and Wattle Range Councils. The Region shares a border with south western Victoria.

Agriculture, Forestry and Fishing was the largest sector contributor to the region's economy in 2013-14, contributing \$896.68 million or 24.5% of Gross Regional Product. This sector is also the largest combined regional employer.

The Region has seen a recent decline in the value of manufacturing, and subsequent loss of employment in the manufacturing sector.

For the September 2015 quarter, regional unemployment is 6.8%. This represents a 2.1% increase from the same period last year. The unemployment rate across the

region fluctuates between Local Government areas; however, since 2005 the regional unemployment rate has been consistently on the rise (RDALC 2013).

Small Area Labour Markets – September Quarter 2015

Local Government Area	Unemployment Rate
District Council of Grant	5.9
Kingston District Council	4.5
City of Mount Gambier	8.9
Naracoorte Lucindale Council	4.7
District Council of Robe	4.5
Tatiara District Council	3.4
Wattle Range Council	7.1

Australian Government Department of Employment 2016

The City of Mount Gambier Regional Public Health Plan 2015-2020 identifies a number of 'determinants of health', included in indicators relating to socio-economic status, unemployment, education, housing and access to services. In many areas, the Mount Gambier area rated worse against comparable measures in other districts in the Limestone Coast, including unemployment and youth unemployment.

A Region of Wellbeing – The Project

Methodology

SAHMRI input– to include indication of staffing, regional resources, measurement etc.

The Regional Leadership Group, led by SAHMRI and the LCLGA, will provide direction on methods to ensure the quality, effectiveness and sustainability of the project on a regional scale. These measures may include:

1. Convening regional network/s of trainers to provide peer support, skills improvement and resource coordination.
2. Ongoing communication with regional stakeholders.
3. Access to mixed modes of delivery, as appropriate.
4. Innovative ways to engage employers, employees and volunteers in target areas.

Platform 1 – Education

Description, Size and Reach

The Limestone Coast is grouped into three Department of Education and Child Development (DECD) Partnerships: Blue Lake, South East Coast & Vines (SECAV) and Tatiara Wrattontully.

The Mount Gambier Portfolio includes the Blue Lake & SECAV Partnerships. There are 47 sites in the Mount Gambier Portfolio including Kindergarten, Primary and Secondary. In the Mount Gambier portfolio there are approximately 10,000 students and approximately 1200 staff. There are 13 Sites in the Tatiara Wrattontully Partnership that covers areas such as Naracoorte, Keith and Bordertown.

There are approximately 1,500 people employed in the education and training sector in the Limestone Coast.

How can schools lead wellbeing in the Limestone Coast?

Good mental health is an essential foundation for learning (World Health Organization 1994, 2011).

There is significant global evidence and growing local evidence about the capacity of schools to deliver positive education successfully to students. In particular, the prototype of Mt Barker High School as an activating hub of community wellbeing demonstrates a clear set of programs and practices that build wellbeing and resilience in the teaching force within the students and involving a satellite of community organisations. (local city council, community health services, police etc.) While this pilot is in early stages, learnings so far can be applied immediately to the Limestone Coast Positive Education Project.

The thirty school collaboration in the North of Adelaide also provides learnings about how schools and school leadership in a region can work together to build positive schools.

The Wellbeing and Resilience Centre is the catalyst to synthesise the global and local research about measurement and practice to build wellbeing and resilience. The Lead, Measure, Build, Embed and Research approach can be offered to individuals and groups of schools to allow for rapid progress.

Essentially, this involves taking a top down/bottom up approach in each school, selecting and developing champions, creating opportunities for professional development, use of school newsletters and parent engagement and delivery of positive psychology of interventions in to the classroom. In parallel there are meetings with the hub of community organisations and businesses which surround and support schools to build shared understanding about positive psychology science. Within a year, it will be possible to engage all feeder primary schools around major high schools, all local governments in the Limestone Coast and major community health services.

There is a strong relationship between Private Providers and DECD Sites in the Limestone Coast. Wellbeing and resilience is a shared commitment and our collective impact will be increased as a result of this collaboration.

In the Limestone Coast, a major focus is Science Technology Engineering and Maths (STEM) improvement. A coordinated approach linking STEM Education together with

wellbeing and resilience skills is essential for our community to continue to develop and thrive. The aligned effort will ensure our young people are prepared for living in a STEM world and are able to maximise the opportunities to be successful in a knowledge based economy. STEM Education also plays a significant role in increasing awareness and knowledge of how STEM skills are applied and work in real life settings at the community, parent, school leader and teacher levels and builds community knowledge of future life and employment opportunities locally.

What are the core pressures on communities for which resilience may be part of the answer?

School children and parents in the Limestone Coast experience a number of stressors which can threaten psychological wellbeing and success in school. Pressures are brought about by local economic and employment conditions, such as high unemployment in Mount Gambier and surrounds and loss of manufacturing jobs. In other areas, drought has significantly impacted the profitability of the primary production economy, impacting producers, service providers and retail sectors.

There are a number of indicators within schools themselves that students are not flourishing. In data compiled as part of the Limestone Coast Regional Public Health Plan, almost one fifth (19.1%) of the 16-year-old population in the Limestone Coast were not participating in full-time secondary education. (LCLGA 2015). In the Mount Gambier Portfolio, there are 540 flexible learning students; that is, students that are unable to attend school full time. A lack of student and familial resilience is one contributing factor to the high number of flexible learning students. This also creates further pressures for education staff and families of students. Supporting these students, families and education staff to engage with education will have widespread benefits.

What is the broad project plan?

Given the high degree of partnership between schools across the Limestone Coast, including private providers, the most effective method of embedding resilience skills from the Education Platform is to utilise a network of trainers that can work across multiple locations. In this way, schools of all sizes, staff capacities and geographic locations will have access to wellbeing and resilience training. For example, a small school with few staff may not have the capacity to have a trained member providing resilience training to staff and students in addition to their core role. Conversely, a large school with more staff may be able to dedicate more staff time to training of other staff and students, working across more than one site. The network approach will also bring about a cross-pollination of ideas between school sites, provide professional development opportunities for staff, and result in a network of trained educators who can provide peer support and development at a sub-regional and ultimately regional scale.

Platform 1 – Model for Education

	Year 1	Year 2	Year 3	Total
Trainers	15	25	25	65
Participants - Staff	150	400	650	1,200
Participants - Students		1,200	1,950	3,150
Total				4,415

Within this network, it is envisaged that over three years 65 education staff will be trained to be able to train others in resilience and wellbeing. It is envisaged that each

trainer will be able to train 10 educators each year, and 30 students per year in years two and three.

Platform 2 – Libraries

Description, Size and Reach

The Libraries in the Limestone Coast play a unique community role, and have evolved to become multipurpose facilities co-located with other community, cultural or educational functions to create a more connected experience for the community.

Although there are other community and commercial places that provide access for meeting, activity and learning, the public library is the only institution that brings these things together for community and society's benefit. Through libraries people can engage, learn and participate and be introduced to new ideas and skills in a safe and supportive environment. (LGASA & Library Board SA 2015)

Libraries are people places for meeting, sharing ideas and learning as well as places of quiet contemplation and study. There are 11 libraries across the Limestone Coast, servicing 65,000 community members.

This project will focus on three libraries, located in Mount Gambier, Naracoorte and Bordertown.

Over 30,000 people visit the Mount Gambier Library the library each month. Visitors include disengaged youth, people with mental health issues, homeless, elderly, low income, families and migrants. The Mount Gambier Library has one of the highest programme participation rates for libraries in South Australia, with over 18,000 people or 70% of the population attending programmes held by the library in 2014/15. The Library has a focus on providing learning opportunities through a variety of programmes, deliver through both library staff and community agents.

Naracoorte Library has almost 55,000 visitors per year, offering both adult and children's programming with just over 1,000 participants or 14% of their population attending.

Bordertown Library has over 50,000 visitors a year, and offers a range of community programming including early literacy and author visits, with almost 2,500 participants or 55% of the population attending in 2014/15.

What are the core pressures on communities for which resilience may be part of the answer?

Each of the three locations for this project is subject to distinct pressures, in addition to those impacting the wider regional community.

Mount Gambier and surrounds has a diverse range of community pressures, including high adult (8.9%) and youth unemployment (9.4%), and large disparity between socio-economic and relative disadvantage indicators.

In the Upper Limestone Coast, which includes Naracoorte and Bordertown, predominantly agricultural communities are experiencing drought conditions. This places significant financial pressure on farming enterprises, as well as other service and retail businesses.

In areas outside of Mount Gambier, there is no tertiary education services, and few vocational and training services. Libraries are an important resource for information, and as hubs for training.

Each of these communities are currently experiencing financial and environmental uncertainty affecting the agricultural and manufacturing industries, with an immediate ripple effect on the service and retail sectors in the Mt Gambier and smaller town centers.

How can libraries lead wellbeing in the Limestone Coast?

In the document, *Tomorrow's Libraries: future directions of the South Australian public library network*, it is recognised that the future of public libraries lies in the value they create from the nexus of people, place, knowledge and technology to create a platform for learning, participation, creativity, innovation and well-being (LGASA & Library Board SA 2015).

Libraries have a unique position to be able to connect people with knowledge as well as with each other and with their communities. Libraries are community-facing, and have proven to be responsive to community aspirations and needs.

As with many Local Government programs, libraries are uniquely placed to work in partnership with other community, education and business groups to deliver programs with impact that meet collective needs. Services and facilities provided by libraries are financially and physically accessible to the community, serving as highly inclusive community hubs.

Libraries provide access to technology and the internet, which can be a significant limitation for people in remote areas.

Libraries fulfill a number of roles within the community, not only as places of refuge during heatwaves/disasters/catastrophic fire days, but also for those who have limited social contact within their own homes and use the library as their "third place" to connect with other people in their community.

Libraries also have the ability to reach people who are not in the workforce, including stay at home parents, unemployed, elderly and the disabled by offering services, facilities and a community space for them to feel welcome. Library services cater for a wide range of abilities and backgrounds, from people with limited literacy skills or those learning English as a second language, to providing services for those who are housebound and unable to visit the Library.

What is the broad project plan?

The Wellbeing and Resilience Libraries project would focus on three libraries in the first instance, located in Mount Gambier, Naracoorte and Bordertown.

Combined, these three libraries currently reach 41,000 people on a monthly basis, and provide a range of programs and community outreach services.

Libraries can be used as a hub offering resilience skills and measurement by training a certain number of library staff (enablers or champions). Resilience skills training can be offered systematically across the year in a consistent time slot. For example, a library could offer 10am, 4pm and 7pm classes in order to attract various community groups to the resilience skills classes. Any participants will be required to undertake baseline measurement. A localized training offering will be developed to ensure local relevance with a modest incentive/engagement offering to encourage and support participation.

Resilience skills can also be embedded within current regular library programming, similar to early literacy programmes. Psychological literacy would become a key component of the ongoing programming offering by libraries.

To maximise the coverage and impact of using libraries as a platform to increase wellbeing and resilience in the Limestone Coast, the region would provide for a network of trainers via the library system. Initially focusing on libraries within three locations, over time this approach would extend to give access to training to all regional libraries. This sharing of resources would enable access to training for small libraries across a wide geographic range. There is a long history of libraries working collaboratively in the region and in the State, increasing the sustainability of the delivery model.

Platform 2– Model for Libraries

	Year 1	Year 2	Year 3	Total
Trainers	6	6	8	20
Participants	600	1200	2000	3000

What are the estimated costs of the project over three years?

Platform 3 - Rural and Agricultural Communities

Description, Size and Reach

The Limestone Coast covers 21,337 square kilometres. Using the Australian Standard Geographical Remoteness Structure, the majority of the region is classified as *Outer Regional*, with a small section to the north classified as *Remote*.

Agriculture, forestry and fishing is the largest contributor to the region's economy, contributing 24.5% of Gross Regional Product. This sector is also the largest employer, with 25.6% of regional fulltime employment (PIRSA 2015), or nearly 7,600 employees.

There are 2,700 farming enterprises in the Limestone Coast (ABS 2014). This represents 20% of South Australia's farming enterprises. It is estimated that the majority of these farms are small family-owned enterprises with fewer than 5 employees.

Agriculture is the predominant land use in the Limestone Coast, with 82% of the region classified for agriculture purposes. The region supports strong beef, sheep, dairy, grains, vegetable and winegrape production industries, with associated processing and value-adding sectors.

What are the core pressures on rural agricultural communities for which resilience may be part of the answer?

Rural communities face a number of interrelated core pressures due to geographic isolation, changing climatic and environmental conditions, and remaining competitive in the marketplace.

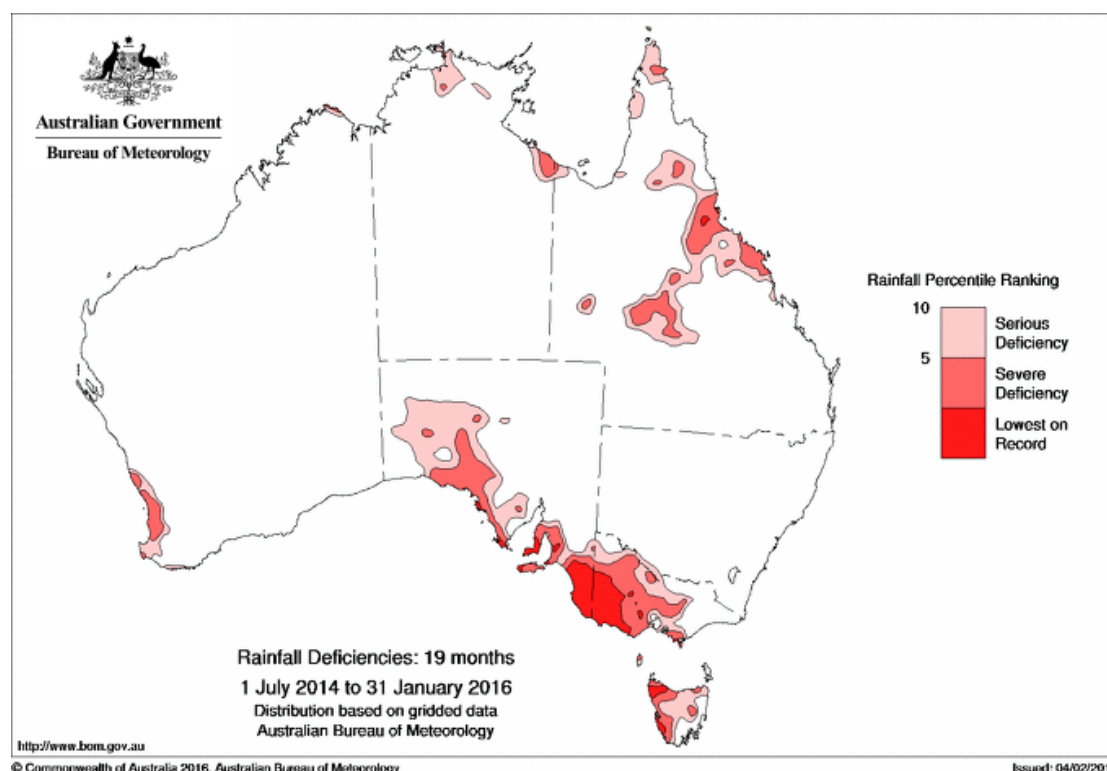
The geography of the Limestone Coast results in a wide distribution of agricultural communities and rural townships. Away from the regional population centre of Mount Gambier, there are a number of small townships that act as service centres for agricultural industries, such as Millicent, Naracoorte, Bordertown and Kingston. For those in outlying rural and remote areas, access to these centres is infrequent due to the travel distances, time and cost involved.

The geographic isolation of agricultural businesses and rural communities is coupled with a lack of access to services, including education, health, childcare, transport, technology, communications, financial and professional services, and social services. In the Limestone Coast, a third of the population is estimated to face difficulties accessing services such as telecommunications, doctors, commonwealth income support, health and related services (CMG 2015). Where these services are lacking locally, there is often a significant time and financial burden on rural communities to travel to gain access when required. In the Limestone Coast, many of these services are centralised in Mount Gambier, in particular specialist health care including mental health services. For a resident of the northern part of the Limestone Coast, it is approximately two hours travel each way to access services in Mount Gambier.

Since 2001, there has been a 13% decrease in the number of farming enterprises (ABS 2014), representing farm consolidation and leading to a shift in social structures of farming communities and rural towns.

This results in pressures regarding opportunity for young people for secondary and tertiary education and employment, as well as impacting on social and community elements such as sporting clubs, social structures and diversity.

The Limestone Coast has experienced a significant rainfall deficit in the previous years, with rainfall totals at the lowest 5% to 10% of records (Bureau of Meteorology 2016).



The cumulative impact of consecutive years of drought in the upper Limestone Coast has placed significant pressure on primary production businesses. Lack of soil moisture has limited pasture growth, reduced livestock numbers and quality, resulted in crop failure or reduced crop yields, water shortages and potential land degradation issues (PIRSA 2016). This has placed significant financial stress on agricultural businesses, many with an existing high debt load.

Agricultural enterprises are increasingly operating in a globalized economy with shifting commodity markets, increasing the pressure on individual business profitability. There is increasing pressure to diversify and value-add. Over a 25 year period, there has been an average of 0.9% return on farm assets. This is influenced by high land prices and input costs, and changeable commodity markets.

How can PIRSA lead wellbeing in rural agricultural communities?

Due to the geographically dispersed nature of rural communities, with the majority of enterprises of a small scale, a network approach is required to achieve the reach and coverage of participation for rural communities. There are only a small number of medium (employing up to 200 employees) and large enterprises (employing more than 200 people). Accordingly, it is difficult to reach large numbers of individuals in one setting. A network approach employs existing structures within agricultural rural communities to reach individuals across a range of formal and informal settings.

PIRSA is a strong regional presence across a range of primary production industries in the Limestone Coast. It is well-positioned to engage existing networks, industry bodies and business groups. Regionally, PIRSA has a coordinating role for regional industries. This is supported by Rural Solutions providing specific technical outreach to individual businesses and organisations. This network has the benefit of providing direct reach into small localities outside of towns, specifically targeting rural and remote communities.

Regionally, PIRSA regularly engages with the following agricultural groupings and suppliers:

- Industry groups such as Potatoes SA, Lucerne Australia, Limestone Coast Grasslands, and Australian Seed Federation;
- Agribusiness suppliers, such as Landmark and Elders, with 45 sites across the region;
- Agronomy consultants;
- Approximately 20 seed companies and processors; and
- A network of approximately a dozen agricultural consultants.

Importantly, PIRSA has strong networks within producer-led groups, with direct access into individual farm businesses across a wide geographic range:

- Mackillop Farm Management Group, with approximately 300 members;
- Agricultural Bureaus at Lochaber, Millicent and Millel, encompassing approximately 75 members;
- Reedy Creek Mid SE Irrigators, with approximately 50 members;
- Sheep Connect Network, part of a Statewide group; and
- Limestone Coast Red Meat Cluster, including a core group of 12 members and a network of a further 220 businesses.

In addition, PIRSA regularly work with approximately 500 individual producers in the region.

In response to drought conditions declared for the upper Limestone Coast, PIRSA has a dedicated Drought Coordinator, to work with regional leaders and community, support to access services and assistance, and liaise with all levels of government to coordinate service provision.

PIRSA works across existing networks with reach into individual farm businesses, local-level groups, industry groups, commercial suppliers and research bodies. Critically, these networks span the breadth of the supply chain for agricultural industries in the region. This coverage will ensure that the project will have broad coverage across communities and geographic localities, resulting in targeted engagement of rural and remote communities. By utilising existing networks, there is more likelihood of reaching, and continuing to engage communities in the rural and remote areas of the Limestone Coast.

As an extension to the wide network reach within the Limestone Coast, PIRSA is a key emergency recovery agency following disasters, such as bushfire. Through appointed Recovery Coordinators, PIRSA activates its networks of regionally-based

staff to work with primary producers and rural communities. PIRSA has recognized the importance of wellbeing and resilience for its regional staff to fulfil this role, as well as the longer term importance of resilience to support community-led recovery.

What is the broad project plan?

The project will aim to embed wellbeing and resilience into existing social and professional networks within rural and agricultural communities.

The methods to build wellbeing and resilience training will vary depending on the nature of the networks involved. For industry and producer-led groups, training can be embedded into ongoing initiatives including: professional development programs, field days, extension activities and regular meetings. For supply businesses, agents, financial service providers and consultants, the focus will be on in-organisation training, awareness raising and customer referral in the first instance. This will be followed by integration of wellbeing and resilience into industry events or training to reach their clientele.

Platform 3 – Model for Rural Communities

	Year 1	Year 2	Year 3	Total
Trainers	5	10	10	25
Participants	30	150	250	430

It is estimated that each trainer could train up to 10 people per year in years 2 and 3 of the project. This number has been reduced for the first year, to allow for the training to occur once the project commences. This is considered realistic given the dispersed geography and nature of rural communities that will be targeted.

The geographic location and coverage of each trainer will be a key factor in ensuring optimal coverage of training participants. PIRSA will work with representatives of the key organisations and networks to determine the sequence of the communities or localities that are to be targeted, and ensure that trainers are effectively positioned.

What are the estimated costs of the project over three years?

Platform 4 – Community Service Agencies

Description, Size and Reach

The Limestone Coast Community Services Roundtable is a unique regional body, structured to streamline and create efficiencies in the delivery of community services across the region. The Roundtable has membership of 40 agencies, including government, not for profit and private providers. Membership includes organisations that provide housing services, workforce transition, South Australian Police, mental health providers, homeless services, disability support services, victim support, crisis care response, youth support, aboriginal health service, isolated community transport services and family support services.

Members of the Roundtable provide services across the Limestone Coast, and support a range of activities to coordinate care, services and resources for regional communities.

There are approximately 2,500 individuals employed in the health care and social assistance sector in the Limestone Coast (PIRSA 2016).

What are the core pressures on communities (and those requiring the services of agencies) for which resilience may be part of the answer?

There is strong recognition that wellbeing and resilience is as important for the community service providers as it is for the communities they serve.

There is often considerable pressure on staff and organisations providing services to the community, particularly during times of high demand. Many organisations are under-resourced to meet demand for their services, and this can create stress and pressure on individuals, leading to the 'burn out' of practitioners. The management of human resources of community service agencies is a key starting point for regional wellbeing. A resilient and positive community service workforce will have a positive impact on the communities they serve.

Many community service agencies have experienced an increase in demand for their services in response to increased unemployment, particularly in Mount Gambier and surrounds. Key sectors of the economy are experiencing difficult economic and environmental conditions, such as forest product manufacturing and agriculture. Across the region, there has been a contraction and centralization of key services, either to Mount Gambier or loss of those services from the region. This works to further increase the demand on the existing services. There is restricted choice and access to specialist services.

Community service agencies have observed an increase in the prevalence of drug and alcohol abuse. The region has a number of small drug and alcohol counselling and outpatient services. The region lost its only in-patient rehabilitation service in 2015, and there are limited in-patient facilities for drug and alcohol detoxification. Clients need to travel outside of the region to access integrated drug and alcohol treatment services, and often experience significant waiting times.

How can community service agencies lead wellbeing in the regional communities?

Under the coordinating role of the Limestone Coast Community Services

Roundtable, community service agencies are well placed to lead a regional approach to wellbeing. The Limestone Coast Community Services Roundtable has a diverse and significant cohort that reaches throughout the whole region.

A number of community service organisations have commenced the training of their staff and clients, for example ac.care, SA Health, Boandik Aged Care and City of Mount Gambier.

A number of organisations have committed to providing for training of their workforce, as a first step in providing an enhanced service to their clients. There is a strong commitment to extending access to wellbeing and resilience training to all sections of the community, in particular those with regular need for community services. Wellbeing and resilience can be embedded into all elements of service provision, such as client contact, financial counselling, mental health programs, adult learning courses and family education.

What is the broad project plan?

The Limestone Coast Community Services Roundtable will lead the prioritisation of wellbeing and resilience training needs, and can co-ordinate a training schedule within the region. In this way, the training can be shared across the region, and can adapt and respond to regional needs and gaps. The training will seek to improve the wellbeing and resilience of agencies, community service practitioners, children, families and a diverse cross-section of our community.

It is envisaged that the Limestone Coast Community Services Roundtable undertakes a needs analysis to prioritise the most vulnerable agencies as the first training participants with the focus clearly on the practitioner in the first year.

It is envisaged that each trainer could provide training to three practitioners across the community services industry, using a collegiate approach reaching within and between organisations. In years two and three, it is planned that each trainer could also provide training for up to five clients per year.

Platform 4 – Model for Community Service Agencies

	Year 1	Year 2	Year 3	Total
Trainers Practitioners -	15	15	15	45
Participants Practitioners -	45	90	135	270
Participants Clients -		150	225	375
Total				690

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LGASA & Library Board SA 2015. *Tomorrow's Libraries: future directions of the South Australian public library network*. Accessed: http://www.libraries.sa.gov.au/webdata/resources/files/SAPLN_tomorrow's_libraries_digital_edition%203.pdf

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Appendix One
Region of Wellbeing - Stakeholder Organisations as at March 2016

Regional Leadership Group
Limestone Coast Local Government Association, representing seven Local Government Areas and library resources*
Limestone Coast Community Services Roundtable (representing over 40 regional agencies)*
Department of State Development
Department of Education and Child Development (Limestone Coast Region)*
Limestone Coast Industry Leaders Group
Primary Industries and Regions South Australia
Education
City of Mount Gambier (Lifelong Learning Sub-Committee)*
Tension Woods College*
St Martins Lutheran College*
University SA
TAFE SA*
Mount Gambier Children's Centre for Early Childhood Development and Parenting*
Community Service Agencies
AC Care*
Boandik Lodge*
SA Health / Country Health
SA Police Limestone Coast*
South Australian Ambulance Service
Country Fire Service
Department of Corrections
Pangula Manamurna Aboriginal Health Organisation
Industry and Regional Development
Regional Development Australia Limestone Coast*
AusIndustry*
Limestone Coast Industry Leaders Group
Natural Resources South East

*Where appropriate, letters of support are enclosed.

END.

4 February 2016

Mayor Erika Vickery
President
Limestone Coast Local Government Association
PO Box 1445
MOUNT GAMBIER SA 5290

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Forestry SA Building
152 Jubilee Highway East
PO Box 1445
Mount Gambier SA 5290
ABN: 83 127 441 747

Dear Mayor Vickery

RE: Letter of Support for the Limestone Coast Region of Wellbeing Project

Regional Development Limestone Coast is pleased to support the Limestone Coast Region of Wellbeing Project, in partnership with the South Australian Health and Medical Research Institute.

The mission of Regional Development Australia Limestone Coast (RDALC) is to ensure the longer term growth and sustainability of the Limestone Coast Region and the well-being of its community through the provision of services and projects that facilitate community economic development outcomes in the region. RDALC recognises the importance of wellbeing and resilience in our community. The Limestone Coast Region of Wellbeing Project employs the proven scientific efficacy of the PERMA+ methodology, adapting it to serve the unique context of the Limestone Coast.

The structure of the Project works to capitalise on the high degree of connectedness across the regional community. RDALC has an extensive network of stakeholders which it is able to access to promote the project, including the circulation of a monthly newsletter and weekly update, together with social media communications.

The Project will build upon the already significant regional momentum to improve the wellbeing and resilience of our community. We recognise that improving wellbeing and resilience will positively impact our community in diverse ways, starting with the positive health of individuals and their families, and extending to the health of our local businesses and regional industries.

The Project will reach young people and families, particularly through the focus on education and lifelong learning. It will reach regional industries, including those representing significant contributions to our regional economy and employment, such as agriculture, forestry, aged care and the service sector. The Project will also provide a coordinated platform for State and Local Governments to lead and model wellbeing and resilience for the communities they serve.



An Australian Government Initiative



An Initiative of
Government
of South Australia



Limestone Coast
Local Government
Association

RDALC will be pleased to promote the project widely and consider which of its own staff may benefit from the training.

Regional Development Australia Limestone Coast is pleased to be a part of this regional initiative, and commends this proposal for the Limestone Coast to be a Region of Wellbeing.

Yours sincerely

A handwritten signature in black ink, appearing to read "Mike Ryan", followed by a long horizontal flourish line extending to the right.

Mike Ryan
CHIEF EXECUTIVE OFFICER

Mayor Erika Vickery
President
Limestone Coast Local Government Association
PO Box 1445
MOUNT GAMBIER SA 5290

Dear Mayor Vickery

RE: Letter of Support for the Limestone Coast Region of Wellbeing Project

TAFE SA is pleased to support the Limestone Coast Region of Wellbeing Project, in partnership with the South Australian Health and Medical Research Institute.

TAFE SA is the largest provider of Vocational Education and Training in SA. Through the Limestone Coast campuses, TAFE SA delivers a wide range of training programs including Aged Care, Children's Services, Nursing, Hospitality, Business, Financial Services, Retail, IT, Cookery, Hair & Beauty, Agriculture, Floristry, Literacy & Numeracy, Engineering, Electrical and Automotive trades.

TAFE SA recognises the importance of wellbeing and resilience in our community. The Limestone Coast Region of Wellbeing Project employs the proven scientific efficacy of the PERMA+ methodology, adapting it to serve the unique context of the Limestone Coast.

The structure of the Project works to capitalise on the high degree of connectedness across the regional community. TAFE SA has an extensive reach across the region. Our students are diverse, from all ages, cultures and socio-economic groups. We also have a distributed network into all vocational areas and industries. We are engaged directly with organisations across the region to provide training to existing workers, as well as working with schools in the delivery of VET training.

The Project will build upon the already significant regional momentum to improve the wellbeing and resilience of our community. We recognise that improving wellbeing and resilience will positively impact our community in diverse ways, starting with the positive health of individuals and their families, and extending to the health of our local businesses and regional industries.

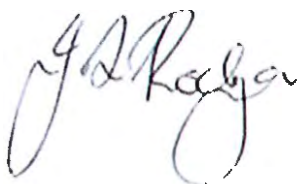
The Project will reach young people and families, particularly through the focus on education and lifelong learning. It will reach regional industries, including those representing significant contributions to our regional economy and employment, such as agriculture, forestry, aged care and the service sector. The Project will also provide a coordinated platform for State and Local Governments to lead and model wellbeing and resilience for the communities they serve.

TAFE SA has been involved in the Wellbeing program in the following way:

- We have an ongoing partnership with SAHMRI aimed at enhancing our staff and student wellbeing and resilience as well as developing the capability of key staff to support education and training in Positive Psychology, Wellbeing and Resilience
- TAFE SA has commenced delivery in the Diploma of Positive Psychology and the Course in Wellbeing and Resilience and also delivers short courses to industry groups in response to demand.
- In conjunction with the Limestone Coast Early Childhood forum, the TAFE SA Children's Services program based at the Mt Gambier campus organised a Being Well forum in 2015.

TAFE SA is pleased to be a part of this regional initiative, and commends this proposal for the Limestone Coast to be a Region of Wellbeing.

Yours sincerely



Jen Rodger
Executive Director, Education

5 February 2016



TATIARA DISTRICT COUNCIL

2nd February 2016

File 17/20/5

A.B.N. 69 784 251 661

Chief Executive Officer:
Robert J Harkness

Mayor Erika Vickery
President
Limestone Coast Local Government Association
PO Box 1445
Mount Gambier SA 5290

Dear Mayor Vickery;

RE: Letter of Support for the Limestone Coast Wellbeing Project

Tatiara District Council is pleased to support the Limestone Coast Region of Wellbeing Project, in partnership with the South Australian Health and Medical Research Institute.

Tatiara Council is located at the northern end of the Limestone Coast region and includes the towns of Bordertown, Keith, Mundulla, Padthaway and Wolseley plus the smaller communities of Willalooka and Western Flat. It is one of the largest Local Government areas in South Australia with an area of 6,476 square kilometres and has a population of around 6,580. Tatiara means "the good country" but in the last 2 years we have had well below our annual rainfall which has had a harsh effect on our farmers and service industries.

Council recognises the importance of wellbeing and resilience in our community especially in helping recover from our current drought. The proposed Limestone Coast Region of Wellbeing Project will employ the proven scientific efficacy of the PERMA+ methodology, adapting it to serve the unique context of the Limestone Coast population.

The structure of the Project works to capitalise on the high degree of connectedness across the regional community. Our community make regular use of our Bordertown library and Civic Centre complex and this will be made available for them to obtain information and training on the project. Tatiara Council works very closely with the other 6 councils in the Limestone Coast region. We are very happy to be involved in this regional approach to help improve the wellness and resilience of our community.

We recognise that improving wellbeing and resilience will positively impact our community in diverse ways, starting with the positive

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health of individuals and their families, and extending to the health of our local businesses and regional industries. The project will reach young people and families, particularly through the focus on education and lifelong learning. It will reach regional industries, including those representing significant contributions to our regional economy and employment, such as agriculture, forestry, aged care and the service sector. The project will also provide a coordinated platform for State and Local Governments to lead and model wellbeing and resilience for the communities they serve.

Tatiara Council is committed to being involved in the Region of Wellbeing Project. Our future commitment and investment in the Project will include having several council staff members trained by SAHMRI. We will then extend training in own organisation and to affiliated organisations/groups/clients/contacts as relevant. Council is willing to make our facilities available to the project as an in-kind contribution.

Tatiara District Council is pleased to be a part of this regional initiative, and commends this proposal for the Limestone Coast to be a Region of Wellbeing.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Robert Harkness', with a long horizontal flourish extending to the right.

Robert Harkness
Chief Executive Officer

DECD Mount Gambier Office
64 Commercial Street West
Mount Gambier 5290
Phone: (08) 8724 5300
Fax: (08) 8725 7575

Mayor Erika Vickery
President
Limestone Coast Local Government Association
PO Box 1445
MOUNT GAMBIER SA 5290

Dear Mayor Vickery

RE: Letter of Support for the Limestone Coast Region of Wellbeing Project

The *Blue Lake* and *South East Coast and Vines* Education Partnerships are pleased to support the Limestone Coast Region of Wellbeing Project, in partnership with the South Australian Health and Medical Research Institute.

The Blue Lake and South East Coast and Vines (SECAV) Education partnerships consist of 47 Sites which includes Kindergarten, Primary, Secondary and Specialist Schools. The 1200 staff from these Sites are responsible for the Education and wellbeing of approximately 10,000 children across an area of 24,000 square kilometers.

Both Blue Lake and SECAV Partnerships recognise the importance of wellbeing and resilience in our community. The Limestone Coast Region of Wellbeing Project employs the proven scientific efficacy of the PERMA+ methodology, adapting it to serve the unique context of the Limestone Coast.

The structure of the Project works to capitalise on the high degree of connectedness across the regional community. All Education Sites across the South East have a major priority of creating powerful learners with dispositions towards their own learning, the Limestone Coast Region of Wellbeing Project works in conjunction to support these priorities.

The Project will build upon the already significant regional momentum to improve the wellbeing and resilience of our community. We recognise that improving wellbeing and resilience will positively impact our community in diverse ways, starting with the positive health of individuals and their families, and extending to the health of our local businesses and regional industries.

The Project will reach young people and families, particularly through the focus on education and lifelong learning. It will reach regional industries, including those representing significant contributions to our regional economy and employment, such as agriculture, forestry, aged care and the service sector. The Project will also provide a coordinated platform for State and Local Governments to lead and model wellbeing and resilience for the communities they serve.

Across the South East Partnerships our major focus across is Science Technology Engineering and Maths (STEM) improvement. A **coordinated STEM Education** approach is essential for our community to continue to develop and thrive. The aligned effort will ensure our young people are prepared for living in a STEM world and are able to maximise the opportunities to thrive and be successful in a knowledge based economy. STEM Education also plays a significant role in increasing awareness and knowledge



of how STEM skills are applied and work in real life settings at the community, parent, school leader and teacher levels and builds community knowledge of future life and employment opportunities locally. The Limestone Coast Region of Wellbeing Project will assist in enabling learners across the South East with High Expectations.

As Education Director for the Mount Gambier Portfolio I support the involvement in the Region of Wellbeing Project with Education providing an obvious platform for effective delivery and ongoing sustainability. The Blue Lake and SECAV Partnerships are pleased to be a part of this regional initiative, and commend this proposal for the Limestone Coast to be a Region of Wellbeing.

Yours faithfully,

A handwritten signature in black ink, consisting of several overlapping loops and a long horizontal stroke extending to the right.

Adam Box
Education Director
Mount Gambier Partnerships Portfolio.

Mayor Erika Vickery
President
Limestone Coast Local Government Association
PO Box 1445
MOUNT GAMBIER SA 5290

Dear Mayor Vickery

RE: Letter of Support for the Limestone Coast Region of Wellbeing Project

The Mount Gambier Children's Centre for Early Childhood Development and Parenting is pleased to support the Limestone Coast Region of Wellbeing Project, in partnership with the South Australian Health and Medical Research Institute.

The Children's Centre provides education, care and family support in the form of pre school, occasional care and a large range of parenting and community development programs to families in the Mount Gambier area. As a centre the largest percentage of our work is with vulnerable families, many of whom, are involved in the child protection system. We work closely with Families SA to transform parents functioning to enable removed children to be reunified. We have developed specific programs to target this cohort and have had significant success. We have also developed a program called "I am Woman" aimed at increasing the self esteem and confidence of women who have lost a sense of joy and connection. This has also had considerable success in increasing the participants engagement with the community and life in general. The centre has been at the forefront of addressing our inequities based on the Australian Early Development Census leading an action group that has implemented several projects including "50 things to do in Mount Gambier before you turn 13" to promote parenting engagement and children's sense of belonging and connection with their community. In 2015, the group developed a mobile play trailer "Play on Wheels" to enhance child-parent connections and natural play.

The Mount Gambier Children's Centre recognises the importance of wellbeing and resilience in our community. The Limestone Coast Region of Wellbeing Project employs the proven scientific efficacy of the PERMA+ methodology, adapting it to serve the unique context of the Limestone Coast.

The structure of the Project works to capitalise on the high degree of connectedness across the regional community. Our centre is very well positioned to work across the community of Mount Gambier as we are located in the West side of town, but have supported the development of hubs in the North and East on schools sites where, according to the AEDC statistics, the highest level and highest number of our developmentally vulnerable children live. Our core function is to work with families, so our focus will not be only on training the professionals who work with families, but the families themselves.



The Project will build upon the already significant regional momentum to improve the wellbeing and resilience of our community. We recognise that improving wellbeing and resilience will positively impact our community in diverse ways, starting with the positive health of individuals and their families, and extending to the health of our local businesses and regional industries.

The Project will reach young people and families, particularly through the focus on education and lifelong learning. It will reach regional industries, including those representing significant contributions to our regional economy and employment, such as agriculture, forestry, aged care and the service sector. The Project will also provide a coordinated platform for State and Local Governments to lead and model wellbeing and resilience for the communities they serve.

We understand that the information the professionals gain in the training, will only be of benefit if it reaches our vulnerable families who currently have fewer tools for managing the significant stressors they face on a daily basis. We have the capacity to reach not only widely but deeply if we as a whole region work together.

The Mount Gambier Children's Centre will be involved in the Region of Wellbeing Project by continuing to work with the families we do, with our Families Services Coordinator, but extending the training we offer to include PERMA plus. The Community Development Coordinator will complete the train the trainer program and then provide training to the broader staff of the centre (11), the school staff (35), all the Mount Gambier pre school staff (50). I would also offer the training to parents groups 2 x per year 20 per group. My associations extend to the Children's Services Network membership of 40+, the Limestone Coast Community Services Roundtable membership 60+, I am a current board member of the Women in Business and Regional Development and a Director of Stand Like Stone. The opportunities exist for me to extend the learning very broadly across the city and beyond.

The Mount Gambier Children's Centre is pleased to be a part of this regional initiative, and commends this proposal for the Limestone Coast to be a Region of Wellbeing.

Yours sincerely

Fiona Pulford

Community Development Coordinator

Mount Gambier Children's Centre

for Early Childhood Development and Parenting

Mayor Erika Vickery
President
Limestone Coast Local Government Association
PO Box 1445
MOUNT GAMBIER SA 5290

Dear Mayor Vickery

RE: Letter of Support for the Limestone Coast Region of Wellbeing Project

Limestone Coast Police is pleased to support the Limestone Coast Region of Wellbeing Project, in partnership with the South Australian Health and Medical Research Institute.

Limestone Coast Local Service Area (LSA) provides a 24 hour policing service delivery across the whole Limestone Coast Local Government Association and comprises 12 Police Stations.

Limestone Coast Police recognises the importance of wellbeing and resilience in our community. The Limestone Coast Region of Wellbeing Project employs the proven scientific efficacy of the PERMA+ methodology, adapting it to serve the unique context of the Limestone Coast.

The structure of the Project works to capitalise on the high degree of connectedness across the regional community. As the Limestone Coast LSA Commander I am very connected throughout the region and engage significantly with many organisations.

The Project will build upon the already significant regional momentum to improve the wellbeing and resilience of our community. I recognise that improving wellbeing and resilience will positively impact our community in diverse ways, starting with the positive health of individuals and their families, and extending to the health of our local businesses and regional industries.

The Project will reach young people and families, particularly through the focus on education and lifelong learning. It will reach regional industries, including those representing significant contributions to our regional economy and employment, such as agriculture, forestry, aged care and the service sector. The Project will also provide a coordinated platform for State and Local Governments to lead and model wellbeing and resilience for the communities they serve.

The Limestone Coast Police consists of 12 police stations and 115 staff and provide a 24 x 7 service to the entire Limestone Coast communities and in doing so, engages significantly with the community. We also have our own Training and Development Coordinator who could deliver the training to all my staff.

Limestone Coast Police is pleased to be a part of this regional initiative, and commends this proposal for the Limestone Coast to be a Region of Wellbeing.

Yours sincerely

Trevor Twilley
Superintendent
Officer in Charge
Limestone Coast Local Service Area

4 February 2016

3 February 2016

Mayor Erika Vickery
President
Limestone Coast Local Government Association
PO Box 1445
MOUNT GAMBIER SA 5290

Dear Mayor Vickery

RE: Letter of Support for the Limestone Coast Region of Wellbeing Project

ac.care is pleased to support the Limestone Coast Region of Wellbeing Project, in partnership with the South Australian Health and Medical Research Institute.

ac.care was created in Mount Gambier 30 years ago by local residents and today provides community services across the Limestone Coast, Murray Mallee and Adelaide Hills. Our vision is 'opportunities for life ... for rural people'. We employ 93 staff and 21 volunteers in the Limestone Coast alone and our head office is in Mount Gambier. Our services include foster carer recruitment, training and support, Aboriginal services, homelessness support and social housing, emergency relief, financial counseling and family support. In addition, ac.care runs the Family Relationship Centre in Mount Gambier and the Mount Gambier and Millicent Community Centres which had over 40,000 visitors last financial year.

ac.care clearly recognises the importance of wellbeing and resilience in our community. The Limestone Coast Region of Wellbeing Project employs the proven scientific efficacy of the PERMA+ methodology, adapting it to serve the unique context of the Limestone Coast.

The structure of the Project works to capitalise on the high degree of connectedness across the regional community. The Limestone Coast and in particular Mount Gambier has a successful history of community initiatives and collaborative practice. We share knowledge and resources and are well positioned to roll out resilience skills to the community via this vast network. ac.care works not only across the community sector, but also closely with some of the major businesses within the community. As such we could well assist the dispersion of wellbeing skills to these businesses and their employees.

The Project will build upon the already significant regional momentum to improve the wellbeing and resilience of our community. We recognise that improving wellbeing and resilience will positively impact our community in diverse ways, starting with the positive health of individuals and their families, and extending to the health of our local businesses and regional industries.

The Project will reach young people and families, particularly through the focus on education and lifelong learning. It will reach regional industries, including those representing significant contributions to our regional economy and employment, such as agriculture, forestry, aged care and the service sector. The Project will also provide a coordinated platform for State and Local Governments to lead and model wellbeing and resilience for the communities they serve.



Anglican Community Care Inc • ABN 53 440 436 445 • A member of Anglicare Australia • Charity Licence CCP1186

Head Office
PO Box 1842
Mt Gambier SA 5290
P 08 8724 9211
F 08 8725 5087

Millicent
Community Centre
PO Box 378
Millicent SA 5280
P 08 8733 4720
F 08 8733 3045

Naracoorte
79 Smith Street
Naracoorte SA 5271
P 08 8762 3086
F 08 8762 3972

Mt Gambier
Community Centre
PO Box 1842
Mt Gambier SA 5290
P 08 8723 0540
F 08 8723 5870

Family
Relationship Centre
PO Box 1842
Mt Gambier SA 5290
P 1800 880 913
F 08 8723 5124

Murray Bridge
PO Box 2690
Murray Bridge SA 5253
P 08 8532 6303
F 08 8532 1823

Berri
PO Box 1345
Berri SA 5343
P 08 8582 2344
F 08 8582 2365

Walkerie
PO Box 1038
Walkerie SA 5330
P 08 8541 2081
F 08 8541 3590

ac.care has been and will be involved in the Region of Wellbeing Project. True to our mission to enhance the wellbeing of rural people, we invested \$10,000 sending three staff members to SAHMRI/Techwerks training in Adelaide in February 2015. Since then, we have trained over 70 staff members in resilience skills and are planning further sessions. The training has been very well received, with feedback of it being 'life changing'. Our significant ongoing investment in time and resources reflects our serious commitment to the wellbeing of our staff and beyond. We so strongly believe in this training for the wellbeing of our community, we are a sponsor of Dr Cornum's visit to the Limestone Coast and we are investing in the training of two additional staff members so we have a total pool of five trained staff. Our clear intention is to offer training in resilience skills to our clients, commencing with foster carers and people who access our homelessness service.

ac.care is pleased to be a part of this regional initiative, and commends this proposal for the Limestone Coast to be a Region of Wellbeing.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Ute Herrmann-Bullock', written in a cursive style.

Ute Herrmann-Bullock
Acting CEO

Boandik Lodge Incorporated

101 Lake Terrace East
Mount Gambier SA 5290
Phone (08) 8725 7377
Fax (08) 8725 8262
Email admin@boandiklodge.org.au
ABN 87 396 698 358



29th January 2016

Mayor Erika Vickery
President
Limestone Coast Local Government Association
PO Box 1445
MOUNT GAMBIER SA 5290

Dear Mayor Vickery

RE: Letter of Support for the Limestone Coast Region of Wellbeing Project

Boandik Lodge is pleased to support the Limestone Coast Region of Wellbeing Project, in partnership with the South Australian Health and Medical Research Institute.

Boandik Lodge is a community based not-for-profit aged care organization servicing the Limestone Coast region of South Australia. Residential services are offered in Mount Gambier across 3 sites. We operate a retirement village in Mount Gambier and Port MacDonnell. Care and services to assist people living in their own homes are offered throughout the Limestone Coast region. In total we assist over 700 clients to live their lives as they choose and remain connected with their community. To achieve this we employ 390 staff across the region.

Boandik Lodge recognises the importance of wellbeing and resilience in our community. Boandik Lodge has been involved in an ageing project with the South Australian Health and Medical Research Institute and County Health SA over the past 9 months. The project is aimed at improving the wellbeing and resilience of clients living in their own homes across the region. The final evaluation is still to be completed but we have already seen some positive outcomes from the project for the clients involved.

The structure of the Project works to capitalise on the high degree of connectedness across the regional community. As we provide services across the region and in some remote areas we have strong connections within all areas. Our staff are based in the area that they work. We have offices in Lucindale and Keith and have already trained staff in the wellbeing and resilience program who are based in these areas.

The Project will build upon the already significant regional momentum to improve the wellbeing and resilience of our community. We recognise that improving wellbeing and resilience will positively impact our community in diverse ways, starting with the positive health of individuals and their families, and extending to the health of our local businesses and regional industries.

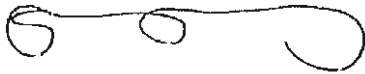
The Project will reach young people and families, particularly through the focus on education and lifelong learning. It will reach regional industries, including those representing significant contributions to our regional economy and employment, such as agriculture, forestry, aged care and the service sector. The Project will also provide a coordinated platform for State and Local Governments to lead and model wellbeing and resilience for the communities they serve.

As indicated earlier Boandik Lodge has been involved in the Wellbeing Project for the past 9 months and has made a financial commitment to the current project and also extending the wellbeing and resilience program to future clients and to all staff. Our investment to date has been \$55,000 for project involvement and training of staff. By the end of February we will have 6 staff trained at level 1 of the wellbeing and resilience program and 2 staff at level 2. These staff have capacity to provide training to the 390 staff employed by Boandik Lodge and to up to 100 clients per year. We have also formed a network with Anglican Community Care and will be sharing resources to further extend the reach of this program.

We see great benefit in having a regional focus for the wellbeing and resilience program. There will be a diverse section of the regional population talking about the program, spreading the concept and creating interest from a broader demographic.

Boandik Lodge is pleased to be a part of this regional initiative, and commends this proposal for the Limestone Coast to be a Region of Wellbeing.

Yours sincerely

A handwritten signature in black ink, consisting of a series of loops and a long horizontal stroke.

Gillian McGinty
Chief Executive Officer



Australian Government
Department of Industry,
Innovation and Science

Business

Mayor Erika Vickery

President
Limestone Coast Local Government Association
PO Box 1445
MOUNT GAMBIER SA 5290

Callena Rawlings

Regional Manager, Southern SA
AusIndustry
PO Box 1537
MOUNT GAMBIER SA 5290

Dear Mayor Vickery

RE: Letter of Support for the Limestone Coast Region of Wellbeing Project

The Department of Industry, Innovation and Science (DIIS) is pleased to support the *Limestone Coast Region of Wellbeing Project*, in partnership with the South Australian Health and Medical Research Institute.

AusIndustry, a division of DIIS, provides support, facilitation, assistance and information brokerage to industry and business in the Limestone Coast, through investment in a Regional Manager, based in Mt Gambier, servicing all of Southern South Australia including the Murray Lands, Riverland and the Limestone Coast as well as the Glenelg Shire in Victoria.

AusIndustry recognises the importance of wellbeing and resilience in our community, and specifically to industry, business and regional leaders who create an economically successful region where diverse employment opportunities are available. I note that the *Limestone Coast Region of Wellbeing Project* employs the proven scientific efficacy of the PERMA+ methodology and will adapt it to serve the unique context of the Limestone Coast.

Acknowledging that the structure of the Project works to capitalise on the high degree of connectedness across the regional community, I will add value through my work directly with small, medium and large businesses, industry groups and civic leaders. I will be able to directly advocate the merits of the Project by outlining my support for the proven links between resilience and growth and innovation. I will be pleased to actively encourage business and industry participation in the PERMA+ Training.

AusIndustry is particularly interested in supporting the economic development of the region through access to Federal Government programmes. However, it is my firm belief that participation in the PERMA+ training will increase the capacity of our businesses to access these programmes and respond to new opportunities, emerging economies and transitioning industries. Importantly, participation in this training has the very real potential to build and increase the necessary resilience required in our entrepreneurs – the art of failing successfully and often repeatedly.

As the only regionally based Federal Executive working in economic development, innovation and business growth support, I am pleased to offer my support to State and Local Governments, to lead and model wellbeing and resilience for the communities we serve. This project will reach regional industries, including those representing significant contributions to our regional economy and employment, such as agriculture, forestry, construction, aged care and the service sector

AusIndustry will be involved in the *Limestone Coast Region of Wellbeing Project* by participating in the Industry focused element of the Project, through participation in the Industry Working Group and advocacy directly to business on the benefits of PERMA+ training on productivity, growth and innovation.

AusIndustry is pleased to be a part of this regional initiative, and commends this proposal for the Limestone Coast to be a Region of Wellbeing.

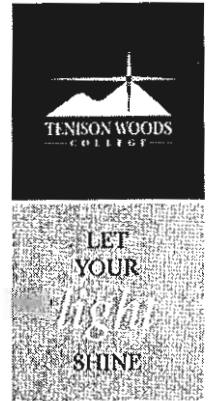
Yours sincerely

A handwritten signature in black ink, reading "Callena Rawlings". The signature is written in a cursive style with a large, looping initial 'C'.

Callena Rawlings

Regional Manager, Southern SA
AusIndustry - Business Services
Department of Industry, Innovation and Science

Mayor Erika Vickery
President
Limestone Coast Local Government Association
PO Box 1445
MOUNT GAMBIER SA 5290



5 February 2016

Dear Mayor Vickery

RE: Letter of Support for the Limestone Coast Region of Wellbeing Project

Tenison Woods College is pleased to support the Limestone Coast Region of Wellbeing Project, in partnership with the South Australian Health and Medical Research Institute.

Tenison Woods College is a dynamic Early Years to Year 12 Catholic co-educational College situated in Mount Gambier, South Australia. With an enrolment of over 1400 students, the College provides a diverse and comprehensive range of learning programs for students from local, regional, national and international locations. Named after Father Julian Tenison Woods, the acclaimed priest, scientist and researcher, the College continues to foster a love of science and the environment, with over 50% of our recent senior school graduates pursuing tertiary studies in the sciences. Vocational education and training programs are also integral to the College's flexible delivery of student learning and achievement, offering students a range of pathways into employment and further study. The foundation stone of all our learning is the wellbeing of our students; spiritual, mental health and physical wellbeing which forms the basis of their evolving identity and resilience in life.

As such Tenison Woods College recognises acutely the importance of wellbeing and resilience in our community. The Limestone Coast Region of Wellbeing Project employs the proven scientific efficacy of the PERMA+ methodology, adapting it to serve the unique context of the Limestone Coast.

The structure of the Project works to capitalise on the high degree of connectedness across the regional community. With students attending the College from the following locations, Tenison is well connected with the various communities of our diverse region:

3000	Victoria
5263	Coonawarra
5271	Naracoorte
5272	Lucindale
5276	Robe
5277	Nangwarry
	Penola
	Tarpeena

Tenison Woods College
Reception to Year 12
Co-Educational Catholic College

Shepherdson Road
PO Box 965,
Mount Gambier SA 5290

Telephone (08) 8725 5455
Facsimile (08) 8724 9303
Email info@tenison.catholic.edu.au

www.tenison.catholic.edu.au

Crises Provider Code: 017510
ABN: 25 506 830 872

5278	Kalangadoo
5280	Beachport
	Millicent
	Tantanoola
	Southend
5290/5291	Mount Gambier/Surrounding
5291	Worrolong
	Port MacDonnell
	Suttontown

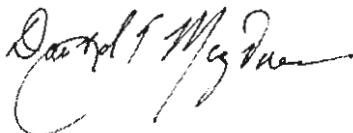
The Project will build upon the already significant regional momentum to improve the wellbeing and resilience of our community. We recognise that improving wellbeing and resilience will positively impact our community in diverse ways, starting with the positive health of individuals and their families, and extending to the health of our local businesses and regional industries.

The Project will reach young people and families, particularly through the focus on education and lifelong learning. It will reach regional industries, including those representing significant contributions to our regional economy and employment, such as agriculture, forestry, aged care and the service sector. The Project will also provide a coordinated platform for State and Local Governments to lead and model wellbeing and resilience for the communities they serve.

Tenison Woods College will be involved in the Region of Wellbeing Project by having five staff trained by SAHMRI in the local training week 15-19 February, 2016, with a view to all our staff being trained in the PERMA+ model, and this approach being embraced by the whole school community as a way of talking about, measuring and critiquing the resilience and wellbeing of our members. The project will complement our current strong commitment to wellbeing and resilience through the variety of programs offered to students, families and staff by giving us a common language and frame of reference through which to view the associated issues across our region.

Tenison Woods College is pleased and excited to be a part of this regional initiative, and commends this proposal for the Limestone Coast to be a Region of Wellbeing.

Yours sincerely



David Meziniec
PRINCIPAL



Proclaimed in 1869

5 February 2016

Mayor Erika Vickery
President
Limestone Coast Local Government Association
PO Box 1445
MOUNT GAMBIER SA 5290

Dear Mayor Vickery,

RE: Letter of Support for the Limestone Coast Region of Wellbeing Project

The District Council of Robe is pleased to support the Limestone Coast Region of Wellbeing Project, in partnership with the South Australian Health and Medical Research Institute.

The District Council of Robe is located within the Lower South East of South Australia encompassing the township of Robe and the settlements of Boatswains Point, Nora Creina and Greenways. The permanent population of the District is 1,500 which swells to an excess of 15,000 residents during holiday periods.

The District Council of Robe recognises the importance of wellbeing and resilience in our community. The Limestone Coast Region of Wellbeing Project employs the proven scientific efficacy of the PERMA+ methodology, adapting it to serve the unique context of the Limestone Coast.

The Project will build upon the already significant regional momentum to improve the wellbeing and resilience of our community. We recognize that improving wellbeing and resilience will positively impact our community in diverse ways, starting with the positive health of individuals and their families, and extending to the health of our local businesses and regional industries.

DISTRICT COUNCIL OF ROBE
PO BOX 1, ROBE SA 5276
TELEPHONE 08 8768 2003
FACSIMILE 08 8768 2432
EMAIL council@robe.sa.gov.au
WEBSITE www.council.robe.sa.gov.au

The Project will reach young people and families, particularly through the focus on education and lifelong learning. It will reach regional industries, including those representing significant contributions to our regional economy and employment, such as fishing, agriculture, tourism, forestry, aged care and the service sector. The Project will also provide a coordinated platform for State and Local Governments to lead and model wellbeing and resilience for the communities they serve.

It is imperative that the District Council of Robe be an active partner in regional initiatives. Collaboration enables the Robe community to access services and facilities that would otherwise be unable to be provide due to the limitations that exist in a small regional council.

The District Council of Robe is pleased to be a part of this regional initiative, and commends this proposal for the Limestone Coast to be a Region of Wellbeing.

Yours faithfully



Roger Sweetman
Chief Executive



St Martins Lutheran College
Grow in Christ | Growing the Future

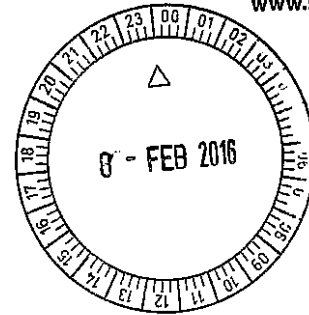
St Martins Drive
Mount Gambier
South Australia 5290
Phone 08 8725 1430
Fax 08 8723 2550

Email office@stmartins.sa.edu.au
www.stmartins.sa.edu.au

ABN 58 872 763 811
CRICOS Provider No. 03216D

1 February 2016

Mayor Erika Vickery
President
Limestone Coast Local Government Association
PO Box 1445
MOUNT GAMBIER SA 5290



Dear Mayor Vickery

RE: Letter of Support for the Limestone Coast Region of Wellbeing Project

St Martins Lutheran College is pleased to support the Limestone Coast Region of Wellbeing Project, in partnership with the South Australian Health and Medical Research Institute.

St Martins Lutheran College is an F-12 school with an enrolment of approximately 640 students. While our school is located in Mt Gambier, students from as far as Naracoorte, Port Macdonnell and Millicent attend daily.

St Martins Lutheran College recognises the importance of wellbeing and resilience in our community. The Limestone Coast Region of Wellbeing Project employs the proven scientific efficacy of the PERMA+ methodology, adapting it to serve the unique context of the Limestone Coast.

The structure of the Project works to capitalise on the high degree of connectedness across the regional community. St Martins Lutheran College already has established connections with St Martins kindergarten and church communities, allowing us a significant reach into the wider community.

The Project will build upon the already significant regional momentum to improve the wellbeing and resilience of our community. We recognise that improving wellbeing and resilience will positively impact our community in diverse ways, starting with the positive health of individuals and their families, and extending to the health of our local businesses and regional industries.

The Project will reach young people and families, particularly through the focus on education and lifelong learning. It will reach regional industries, including those representing significant contributions to our regional economy and employment, such as agriculture, forestry, aged care and the service sector. The Project will also provide a coordinated platform for State and Local Governments to lead and model wellbeing and resilience for the communities they serve.

As our school families come from a broad part of the Limestone Coast we have the potential to reach a wide geographical area and our students and their families will benefit from a regional approach.

St Martins Lutheran College will be involved in the Region of Wellbeing Project by training staff members to support the wellbeing and resilience of our community and the broader community. Several staff have already attended information sessions and are planning further involvement. As a school we have been involved in developing a school positive psychology approach and this proposed regional project supports the philosophy we have been developing over the last two years.

St Martins Lutheran College is pleased to be a part of this regional initiative, and commends this proposal for the Limestone Coast to be a Region of Wellbeing.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Dianne Eckermann', written in a cursive style.

Dianne Eckermann
Principal

LIMESTONE COAST COMMUNITY SERVICES ROUNDTABLE



Dear Mayor Vickery

RE: Letter of Support for the Limestone Coast Region of Wellbeing Project

On behalf of the Limestone Coast Community Services Roundtable (LCCSRT) I am writing to indicate support for the Limestone Coast Region of Wellbeing Project, in partnership with the South Australian Health and Medical Research Institute.

The Limestone Coast Community Services Round Table membership comprises of more than 40 agencies operating across the Limestone Coast region from the following sectors which have stakeholder interest in regional social issues:

- o Social Housing
- o Non Government Organisations
- o Local Government
- o State Government
- o Commonwealth Government

Agencies are represented at Managerial level and work collaboratively to provide leadership, coordination, advocacy and promotion to develop regional responses that will enhance the social, health and housing outcomes for people in the Limestone Coast community. In particular the LCCSRT provides strategic direction regarding integrated service responses to those most vulnerable in the community.

The recognition of the importance of wellbeing and resilience in our community is reflected in our current Regional Action Plan. This Project will build upon the already significant regional momentum to improve the wellbeing and resilience of our community. We recognise that improving wellbeing and resilience will positively impact our community in diverse ways, starting with the positive health of individuals and their families, and extending to the health of our local businesses and regional industries.

The structure of the Project works to capitalise on the high degree of connectedness across the regional community. This is consistent with the collective approach of the LCCSRT with member representation supporting the diverse issues of the marginalized and vulnerable to improve engagement in education, community and employment across the Limestone Coast.

The Project will reach young people and families, particularly through the focus on education and lifelong learning. It will reach regional industries, including those representing significant contributions to our regional economy and employment, such as agriculture, forestry, aged care and the service sector. The Project will also provide a coordinated platform for State and Local Governments to lead and model wellbeing and resilience for the communities they serve.

If the Limestone Coast Region of Wellbeing Project is successful in this submission, the Limestone Coast Community Services Round Table would support it by:

- Ensuring all community stakeholders are aware of the program
- Assisting with referral of stakeholders and families engaged with the resource in the Limestone Coast
- Continue being a source of information, support and network for Limestone Coast Region of Wellbeing Project.
- Members engaging in the training available and increased sharing of this training across the region.



The Limestone Coast Community Services are pleased to be a part of this regional initiative, and commends this proposal for the Limestone Coast to be a Region of Wellbeing. We have been collectively working on the objective to improve the resiliency and nutrition point of children, families and the broader community. Hence we strongly endorse the Limestone Coast being a Region of Wellbeing.

If you would like further information about our ability to support the Limestone Coast Region of Wellbeing Project the application, please feel free to contact Caroline Hill on mobile phone 0457841818 or email: caroline.hill2@sa.gov.au

Yours sincerely

A handwritten signature in black ink, appearing to read 'Caroline Hill'.

Caroline Hill
Chairperson
Limestone Coast Community Services Roundtable

8th February 2016

Reference: AF15/422
Enquiries to: Mr Mark McShane

2nd March, 2016

Mayor Erika Vickery
President Limestone Coast Local Government Association

Email: erika.vickery@nlc.sa.gov.au

Dear Erika

RE: Letter of Support for the Limestone Coast Region of Wellbeing Project

The City of Mount Gambier is pleased to be a lead supporter of the Limestone Coast Region of Wellbeing Project.

The City of Mount Gambier endorsed community Wellbeing and Resilience as a key focus area for the Lifelong Learning Sub Committee and see significant value in aligning a Wellbeing and Resilience strategy with the Regional Health Plan for the benefit of Mount Gambier residents and the broader Limestone Coast community.

To progress the development of a Wellbeing and Resilience strategy, Gabrielle Kelly, Director of the Wellbeing and Resilience Centre at SAHMRI was invited to workshop the initiative with Council's Lifelong Learning and Community Engagement & Social Inclusion Sub Committees and key stakeholders.

The City of Mount Gambier has partnered with the SAHMRI Wellbeing & Resilience Centre and been a critical driver in facilitating the Region of Wellbeing Project over a period of 18 months. In addition, the City of Mount Gambier has committed 4 staff to the Techwerks training and are finalising with the Wellbeing & Resilience Centre a 2 year Wellbeing & Resilience Workplace project due to commence early in the 2016/17 financial year.

The City of Mount Gambier recognises the importance of wellbeing and resilience in our community and the integral role the SAHMRI Wellbeing & Resilience Centre will have with the implementation of the Limestone Coast Region of Wellbeing Project, using the proven scientific efficacy of the PERMA+ methodology, adapting it to serve the unique context of the Limestone Coast.

The Project will build upon the already significant momentum in the region to improve the wellbeing and resilience of our community. We recognise that improving wellbeing and resilience will positively impact our community in diverse ways, starting with the positive health of individuals and their families, and extending to the health of our local businesses and regional industries.

The Project will reach young people and families, particularly through the focus on education and lifelong learning. It will reach regional industries, including those representing significant contributions to our regional economy and employment, such as agriculture, forestry, aged care and the service sector. The Project will also provide a coordinated platform for State and Local Governments to lead and model wellbeing and resilience for the communities they serve.

The City of Mount Gambier looks to your support for this ground breaking regional initiative, and commends this proposal for the Limestone Coast to be a Region of Wellbeing.

Yours sincerely



Mark McSHANE
CHIEF EXECUTIVE OFFICER

Lifelong Learning Wellbeing & Resilience Work Plan

Collaborative Limestone Coast Regional Wellbeing & Resilience model

Task	Action	Progress Notes
Wellbeing & Resilience Forum	Host at City Hall <ul style="list-style-type: none"> • 4th September 2015 • 21st January 2016 	4 th September 2015 – complete 21 st January 2016 – complete
Collaborative Limestone Coast Regional Wellbeing & Resilience Prototype for SA	Develop a proposal by early February and provide with a letter to the Premier seeking SA Government support The Premier's department will then work across government to seek support and funding (likely from multiple sources) This is a priority project for the Premier Develop the proposal with SAHMRI Propose a number of scalable options and costs Proposal to include: co-sponsors, what our coalition building process has been and mode of delivery A strong proposal needs to be regional and multi-organisational It is advisable to be prompt rather than 'perfect' with a proposal to ensure it is with the Premiers department by early February 2016	Ann Aldersey has been engaged to assist with the development of the submission SAHMRI will be the project lead for the Limestone Coast Region of Wellbeing Project and LCLGA is the lead Regional Partner Letters of support from all collaborators have been forwarded to LCLGA Joint LCLGA & WRC SAHMRI letter submitted to Department of Premier and Cabinet (copy attached) Draft Proposal (copy attached) submitted to WRC SAHMRI for costs to be developed
SAHMRI Techworks Wellbeing & Resilience Training	Deliver in Mount Gambier Mayoral Reception be held for Brigadier General (Ret) Rhonda Cornum on Wednesday, 17 th February 2016 Invitations be extended to District Council of Grant Elected Members	Secured 15-19 February 2016 Confirmed Brigadier General (Ret) Rhonda Cornum 15-19 February 2016 in the Limestone Coast Completed

Scope a Wellbeing Workforce/Positive Organisation project to lead, measure, build and embed wellbeing and resilience inside the City of Mount Gambier workforce as a significant commitment to building a region of wellbeing inside the State of Wellbeing.

Task	Action	Progress Notes
Staff Training	Manager Community Services & Development and Library Manager undertake training Manager Regulatory Services and Planning Officer training undertaken	Completed in November 2015 Completed February 2016
Lifelong Learning sub committee awareness training	City of Mount Gambier Regional Health Plan	Completed
Elected Member awareness training	Workshop to be held January/February 2016 Invitation be extended to District Council of Grant Elected Members	Scheduled for 24 th February 2016
Develop Wellbeing Workforce/Positive Organisation project	Ensure gender balance with internal Techworks trained staff to achieve sustainable program delivery Liaise with SAHMRI to: <ul style="list-style-type: none"> • identify baseline data • identify measures • identify costs Develop lead, measure, build and embed program for Wellbeing & Resilience Develop the training schedule Implement the program	Additional training completed Refining workplace project with WRC SAHMRI