

6. Health and Well-being - Draft Revised Plan 2024

Key Result/Vision: Inclusion - Interaction – Syntegration

GOALS	STRATEGIES	Short/Me d/Long term	Blue Sky or Low Cost / No Cost / Self funding	WHO WILL LEAD?	Potential PARTNERS	THE NEXT STEP IS...
Goal 1: Whole community inclusion and utilisation of health and welfare facilities and resources is maximised.	1. Raise awareness of support and promote the use of local services local services e.g. NNIC, Nimbin Aged Care and Respite, Apothecary, Happy High Herbs, Green Bank, Medical Marijuana, Flourish Sanctuary, Church of Aquarius.. Especially those who don't know - who haven't we asked? E.g. the Pub, Bowlo, Skate Park, Enviro Centre.	Med	No Cost	Rain, Wick, Megan	CoC, NNIC (has a service directory) Env Centre, NH&W, Flourish	Rain & Wick to take to CoC & liaise with partners to distribute pamphlets, etc. collate info/lists/stats. Megan to liaise with NEC re distribution of info,
	2. Promote access and input to existing centralized service directory and health practitioners' directory on NNIC website.	Short	No Cost	Monika	Greenbank, Apothecary	Monika to approach Greenbank, Apothecary for info and pass onto NNIC to update website
	3. Initiate campaigns and	Short-	Funded	NNIC/But	NNSWLHD	Roll out new AOD Hub – April 2024

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	<p>activities to address drug and alcohol use issues as identified by the community, from a health and well-being perspective.</p> <p>4. Support, and promote use of, our local hospital (MPS). Investigate ways the community can address service barriers (e.g. lack of local housing for GPs, nurses).</p> <p>5. Ensure a public shower is included in the proposed new Peace Park amenities block</p>	<p>Med</p> <p>Med</p> <p>Short</p>	<p>programs are underway</p> <p>Low cost</p> <p>Xray machine - Blue Sky – funds needed</p> <p>Funds secured</p>	<p>tery – new AOD Hub</p> <p>Nimbin Community Drug Action Team (CDAT)</p> <p>Rain, Wick, Lyn</p> <p>LCC, NAG NNIC</p>	<p>Nimbin Collaborative partners</p> <p>LHD Harm Reduction, PASH, Other CDATs</p> <p>Nimbin MPS (NNSWLHD), Nimbin Hospital Auxiliary GP Clinic</p> <p>LCC holds the funds</p>	<p>- NNIC and the Buttery</p> <p>Recruit more CDAT members. CDAT activities are continuing – auspiced by NNIC.</p> <p>Investigate possibility of getting an Xray machine for MPS – check with Nimbin Hospital Auxiliary</p> <p>Identify MPS needs with growing and ageing population</p> <p>Investigate barriers and develop options to address them for community to consider/</p> <p>Ensure this included in the LCC Nimbin Place Plan</p>

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Goal 2: There is a high level of interaction and participation by all in community life.	1. Ensure diverse and comprehensive community input into key planning processes relevant to health and wellbeing outcomes	Medium	Low Cost	NAG NNIC, CofC	Depend on the issue.	Consult with partners/stakeholders. Organise community Forums around: <ul style="list-style-type: none"> • Site options for library/VIC • Tennis Courts site
	2. Create central covered space/piazza/town village square to foster interactional community well-being.	Long	Blue Sky	?	Tunable Coop? LCC	?
	3. Conduct Nimbin Mental Wealth Expo. Include spiritual wellbeing.	Short	Needs moderate amount of funds	Nimbin Health and Welfare Assn	NNIC, Nimbin Aged Care and Respite, Nimbin MPS, GP Clinic, Flourish Sanctuary, Church of Aquarius External providers	Source funds.
	4. Youth activities and youth support worker – develop activities (e.g. Homework Club) and ID funding sources to support activities	Short-Med	Some things can be self-funding. Some (e.g. paid staff) =	Rain	NNIC NCCI Cultural Centre Local schools	Investigate options for Homework Club. Identify funding sources.

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	<p>and workers aimed at young people (e.g. 12-21)</p> <p>5. Start a Nimbin Fun Run to encourage and promote participation and fitness. Potentially could double as a fundraiser for e.g. MPS.</p> <p>6. Improve sport and rec facilities and access to sports groups, Including:</p> <ul style="list-style-type: none"> • Peace Park – skate park extension – facilities for younger children. • Tennis Courts – Community to consider the possible future uses of the site if the tennis courts are to be relocated to the Headers' ground. Also consider the most 	<p>Medium</p> <p>Medium</p> <p>Medium</p>	<p>Blue Sky.</p> <p>? May require some funds/sponsors?</p> <p>Blue Sky</p> <p>Blue Sky</p>	<p>Jagad/ Flourish Sanctuary</p> <p>Mitch Hughes</p> <p>Headers, Tennis Club NNIC</p>	<p>NH&W, Local Schools, Sports Clubs, LCC, a range of local sponsors</p> <p>Lismore City Council, Local schools</p> <p>Community Centre, NNIC LCC</p>	<p>Develop a plan – consult with orgs that have undertaken Fun Runs for advice/expert input.</p> <p>Source funds (\$15,000) to get design work done.</p> <p>Hold a community forum about tennis court site. Headers to prepare DA to relocate the courts. Headers to seek funding to relocate the courts.</p>

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	<p>appropriate use of any proceeds of sale should the site be sold. Seek funding to relocate the courts.</p> <ul style="list-style-type: none"> • Nimbin Headers – increase female membership. • Peace Park Basketball court – Retain Extend or Relocate? • Swimming pool facilities- amenities block, disability access. • Bellevue Park- support negotiations to transfer ownership to A&I Soc – progress – consider possible uses: indoor rec centre, cricket pitch, library, currently used as helipad during 	<p>Short</p> <p>Short/Me D</p> <p>Short - Med</p> <p>Short – Long</p>	<p>Low Cost</p> <p>Blue Sky to relocate</p> <p>Depends on the project</p> <p>Blue Sky</p>	<p>Lucy Headers</p> <p>NNIC</p> <p>FONS</p> <p>A&I Soc</p>	<p>?</p> <p>Lismore City Council, NNIC</p> <p>Lismore City Council</p> <p>Lismore City Council</p>	<p>?</p> <p>Resolve 7 Sibley St issues, Identify potential alternate sites if necessary, community consultation. Discuss at Lismore Place Plan</p> <p>?</p> <p>Lismore Place Plan consultations</p>

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	<p>disasters.</p> <p>7. Progress key projects under other KFAs which are relevant to health and wellbeing outcomes:</p> <ul style="list-style-type: none"> • Nimbin Walking Track – set up Friends of the Rainbow Road WT to support ongoing maintenance etc. • 7 Sibley St – progress site development (extend little house, create covered workshop space) • Visitors Info Centre/Library/LCC contact centre – community to ID sites and pros and cons of each – make recommendations to LCC and RTRL 	<p>Long</p> <p>Med – Long</p> <p>Med - Long</p>	<p>Low</p> <p>Blue Sky (Stage 3)</p> <p>Low Cost (community conversation)</p> <p>Blue Sky (implementation of facility)</p>	<p>Nimbin Community Centre</p> <p>NNIC</p> <p>? CoC, NNIC?</p> <p>LCC CoC</p>	<p>NAG</p> <p>LCC NAG</p> <p>LCC NAG CoC NNIC Lismore Catholic Diocese?</p>	<p>Promote the Friends of RRWT concept</p> <p>Resolve the access and carparking issues with LCC. Discuss at Lismore Place Plan.</p> <p>Promote Tools/Equipment Library.</p> <p>NNIC? CoC? to hold an urgent community forum to enable the community to identify preferred sites and examine pros and cons of each from the community’s perspective.</p>

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Goal 3: There is a cutting edge local integrated and holistic health and wellbeing model/system which includes Indigenous healing practices & disaster response.	1. Enhance collaboration between Health and Welfare services and providers on shared health care plans for people.	Med	Low cost	Annie McGovern, Paul McKern	NH&W NNIC NACRS Rekindling the Spirit	Annie to seek join Nimbin Health & Welfare Association Paul to liaise with GPs.
	2. Promote Death and Beyond project: Day of the Dead, Community-owned Cooling Plate	Short-Med	Low Cost / Self-funding	Saskia, NNIC	Church of Aquarius,	Develop webpage content
	3. Establish the new AOD Hub to be based at NNIC	Short	Funds secured	NNIC and the BATTERY	Various Health service providers	Establish referral pathways within the community
	4. Establish a mental health peer support, peer ambassador scheme/network.	Short-Med	Low Cost	NNIC and the BATTERY AOD Hub includes new Peer Support worker	Nimbin CDAT NCS	Recruit new worker Laurel will liaise with parents and funding bodies.
	5. Establish a "chill space"	Med	Low Cost	?	? NNIC? MPS	Develop protocols

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	for people experiencing mental health/AOD episode.					
	6. Investigate local culturally appropriate Meals on Wheels (i.e. Vegan GF diets, meeting needs of First Nations People).	Med	Low Cost	NNIC	CWA	Commence research
	7. Develop strategy to integrate Indigenous Healing practices into wellbeing of the community.	Short	No/Low Cost	Ellen, Lyn	Widjabul Wia-bal Cultural Centre, SCU, NNIC	Discuss with Re-kindling the Spirit and Healing Hub.

Acronyms:

AOD = Alcohol and Other Drugs

A&I Soc = Nimbin Agricultural and Industry Society

CoC = Nimbin Chamber of Commerce

FONS = Friends of Nimbin Swimming pool

LCC = Lismore City Council

NNSWLHD = Northern NSW Local Health District

MPS = Multi Purpose Service (Nimbin Hospital)

NAG = Nimbin Advisory Group

NACRS = Nimbin Aged Care and Respite Service

NDRG = Nimbin Disaster Resilience Group

NCCI = Nimbin Community Centre Inc

NCS = Nimbin Central School

NH&W = Nimbin Health and Welfare Association

NNIC = Nimbin Neighbourhood and Information Centre

SCU – Southern Cross Uni

VIC = Visitors Information Centre