



Project Name : Draft Southern Eyre Peninsula Regional Public Health Plan 2023 - 2028

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Reporting Period: 01 March 2023 - 23 March 2023

Project Overview

A new outlook for public health *Southern Eyre Peninsula*

The City of Port Lincoln, Lower Eyre Council and District Council of Tumby Bay invite feedback from the community on its draft Southern Eyre Peninsula Regional Public Health Plan 2023 - 2028. In accordance with the SA Public Health Act 2011, the plan outlines the role of councils in health protection in the Southern Eyre Peninsula region.

Responding to a very changed health and wellbeing landscape in recent years, the three councils have released the new Regional Public Health Plan to guide their communities over the next 5 years.

The region's first plan was released in 2015. This revision has been updated to include current population and health data, to align with the State's current priorities for public health, and outline the actions and strategies our region's Councils plan to take during the next five years to strive for better health and wellbeing for our communities.

Recognising the challenges and changes forced upon communities by the global COVID-19 pandemic, as well as the effects of financial and cost-of-living pressures upon community members' health and wellbeing, the health plan is a dynamic and relevant document.

Your feedback will be appreciated. The simplest way to give your feedback is here on the City of Port Lincoln's YourSay portal - type your feedback into the fields to the right or upload a document.

Alternatively, hard copies of the draft plan will also be available at the offices of the City of Port Lincoln, Lower Eyre Council and District Council of Tumby Bay, and you can submit feedback by post or in person.

All submissions need to be received by Council by 5pm on Thursday 23 March 2023.

Report generated on 23 March 2023

Submissions Form Tool Activity

Number of Submissions : 6

Respondent	Subject	Description	Attachments
1	SEPRPHP from PLSSA	The Port Lincoln Soccer & Sporting Association Inc. support the initiatives in the draft. In particular, we see our sport as aligning with the priorities of PROMOTE (build stronger communities and healthier environments, and PROGRESS (strengthen the systems that support public health and wellbeing).	-
2	Empowering Lower Eyre Suicide Prevention Network	Hello, after reading the article, I noticed that under Council action for this priority on page 23 section 2. "Support initiatives and partner with mental health networks such as Mentally Fit EP and Beacon of Hope Tumbby Bay Wellness Group to build community capacity in mental wellbeing and suicide prevention." That Empowering Lower Eyre Suicide Prevention Network is not included! Can this please be included?	-
3	Public Health Plan	There is a serious lack of mental health services in Port Lincoln which are affordable for people on a low income. Personally, I have suffered mental health issues for most of my life. I have been diagnosed with 4 separate conditions. A couple of years ago I had a crisis and was suicidal. I spoke to a doctor who just prescribed a sleeping pill. I was desperate so I spoke to a pharmacist who sent me to the hospital to A and E. She called ahead to tell them I was coming. When I arrived the nurse laughed at me and knew nothing about the pharmacists referral. The nurse said I was supposed to go to the west wing. When I got there I was not able to speak to anyone and was sent home with a business card. I realized I was on my own and had to help myself survive. Later another crisis happened and I saw a different doctor. The doctor said his wife was a therapist so it would be a conflict of interest if he referred me anywhere. He told me to research and find the help on my own. That	-

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Respondent	Subject	Description	Attachments
		<p>appointment cost me around \$40. I have a disability and living in poverty. I have a pension card and a health care card, but I can't get an appointment bulk billed. The therapy I require is not provided in Port Lincoln. My only chance is to go to Adelaide or perhaps do it online, but it would be at my own expense and I can't afford it. So I have to struggle every day to work part time in pain, with mental health issues, try to raise my children, try to build friendships and relationships which are impossible because I don't have any idea how to have a healthy relationship after serious lifelong abuse and torture of every kind. Something needs to be done! I am an intelligent, good person who wants a peaceful happy and fulfilling life for myself and my children. I just want a chance to recover from my CPTSD, BPD, anxiety and depression. I am mostly ok because I have had to be, but when something bad happens to me I need support and it's just not there. Thankfully my suicide attempt was unsuccessful this time and my beautiful children still have a mum.</p>	
4	Feedback Regional Public Health Plan 2023 - 28	Feedback from LEC resident	Attachment 1 - Page 5
5	Draft Southern Eyre Peninsula Regional Public Health Plan	Good morning, please find our feedback for the Draft Southern Eyre Peninsula Regional Public Health Plan 2023-2028 attached within this email. Thank you for your time.	Attachment 2 – Pages 6-7

Respondent	Subject	Description	Attachments
6	Southern Eyre Peninsula Public Health Plan 2023-2028 Consultations	<p>Please find attached the Carers SA submission to the Southern Eyre Peninsula Public Health Plan.</p> <p>Carers SA is providing services and supports to unpaid family and friend Carers (Carers) across the Eyre Peninsula and South Australia.</p> <p>Thank you for the opportunity to provide suggestions to strengthen community health and wellbeing and provide insights from the viewpoint of Carers living on the Eyre Peninsula.</p> <p>Please feel free to contact me in case you have any question regarding this submission, or if you wish to access additional information, or resources for Carers living in your Councils' areas.</p>	Attachment 3 – Pages 8-13

Feedback to Draft Southern Eyre Regional Public Health Plan 2023 – 2028

The Plan is a readable format and informative document.

I appreciate the front cover photograph, and other graphics encourage readers to absorb the text.

On page 5 the mayors' signatures are given and should have their names printed as well.

In the Health Landscape the “rebalancing” statement is to be commended and is likely to be critical for the next 5 years of the Plan, in promoting healthier living and wellbeing of our residents.

The Snapshot of the Region statistics give a strong portrayal of our southern EP region, and the detail is a valuable indication of the region. However, the population of 23,297 in the introductory paragraph is at odds with the figure of 23,131 below. What has happened to the shortfall of 166 people? This discrepancy makes me doubt the accuracy of other data given on those pages!! (pages 12 -16)

In the Regional Strategic Directions please include with LEC in Promote section, the Community Library services with their digital literacy program which are being offered and will continue in importance over life of the Plan.

In Protect section, please highlight Communication in Emergency events. When phone contact fails the local response is compromised. Councils should be lobbying the service providers to ensure their infrastructure is maintained – especially after previous experiences pinpoint the issues. Several months ago, a power failure in Cummins led to NBN failure because the backup battery in the tower was not working. This impacted business and resident connection and created angst within the community. The provider needs to assure all customers that they maintain their infrastructure to avoid simple matters such as running out of battery!

In Regional collaboration section, under Progress, identifying the “alliance” and “common purpose framework for key strategic matters” should state the inclusion of sustaining medical services. Recruitment of doctors and medical professionals is critical and will be important throughout the life of the Plan. While it could be seen as responsibility of SA Health and not Councils, the reality is that Councils are having to get involved in this for the sake of their communities. If we lose the strength in those medical services then the Public Health sector will need to do much more, and our residents will severely impacted.

21st March, 2023

RE: SUBMISSION - Draft Southern Eyre Regional Public Health Plan 2023-2028 Feedback

Dear City of Port Lincoln, Lower Eyre Council and District Council of Tumby Bay,

We thank you for the opportunity to give feedback on the Southern Eyre Regional Public Health Plan 2023-2028 Draft. On behalf of the Suicide Prevention Networks in the region we have met and discussed the document and have some comments and queries relating to the content.

When referring to the priority areas, we discussed the possibility of promoting ‘...stronger, **resilient, connected** communities...’ in the *Promote* priority area dot point, first appearing on page 7.

Also, when referring to priority area *Prevent* at dot point 3. on pages 7, 8 and 17, we can see that neither mental health or suicide are listed. We suggest that it could be reworded to read as:
‘3. Prevent: prevent chronic disease, communicable disease, injury, **ill mental health and suicide.**’

On Page 9 the flow chart refers to ‘workshop[ping] with community stakeholders’. We were wondering who these stakeholders were, when and how this was done?

We noticed that there was no snapshot referring to statistics relating to chronic illness on page 15. Do you have data relating to this for our region?

In regards to the *Promote* priority area we discussed the opportunity to foster, promote and/or implement courses/workshops/education such as Mental Health First Aid (local facilitator in Jackie Hibble), ASIST and/or SafeTalk (local facilitators through Centacare), Take Charge of Your Life Internal Psychology course (local facilitators through West Coast Youth and Community Support), QPR Question. Persuade. Refer (free online course, thanks to Country SA PHN). Upskilling and educating community members will promote better health outcomes, as well as more understanding and stronger relationships.

Again, courses/workshops/education could be linked in with the *Protect* priority area. In this area we were happy to see the regional emergency management response. We pondered how there might be support available for mental health after a crisis/trauma in our region? We are good at supporting each other in the moment; is there support after the fact?

In the *Protect* section on page 21, under DCTB’s section, dot point 2. It reads as ‘partner[ing] with community organisations to investigate potential for a safe refuge facility during emergencies’; is this something that already exists at the RSL? We are not sure whether investigation is needed, when it may be support that is needed.

On page 22, the draft refers to our region being 'empowered to eat well' and that examples of council roles 'encourage healthy eating through policies, programs and targeted promotion'. We would be interested in hearing more about the work you are doing in this space as we were not aware of this and could not see any references in the council actions for the *Prevent* priority on page 23. On this same page we thought you could add *Park Run* to the COPL section. In regards to dot point 3. in the COPL section, we suggest that it could be reworded to read as: 'Support community initiatives and capacity in prevention of suicide, ill mental health, and substance **misuse** (as opposed to abuse), and inspiring better wellbeing.'

We are grateful to have been listed in the *Prevent* priority section in the document. Please add Empowering Lower Eyre Suicide Prevention Network before Mentally Fit EP in the LEC section. Please also move Beacon of Hope in front of Mentally Fit EP in the DCTB section and also correctly name them as Beacon of Hope, Tumby Bay and Districts Wellbeing and Suicide Prevention Group.

In the *Progress* priority section on page 25, we suggest adding 'Mindframe' for consideration of messages. Mindframe supports safe media reporting, portrayal and communication about suicide, mental ill-health, alcohol and other drugs.

After some discussion, we were curious as to where the challenge of Homelessness sits within the public health plan?

The only other feedback we could suggest was adding helplines and links to the final page of the document. This could be in regards to mental health, prostate and breast cancer teams, diabetes support, etc for our region. We are unsure if this is the document for promotion of such support but felt it was worth suggesting.

Thank you again for the opportunity to give feedback. Thank you in advance for your time and consideration of our comments and queries.

Yours Sincerely,



Narelle Biddell
On behalf of
West Coast Youth
& Community Support



Lain Montgomerie
On behalf of
Mentally Fit EP



Chelsea Newcombe
On behalf of
Empowering Lower Eyre
Suicide Prevention Network



Danica Gates
On behalf of
Beacon of Hope,
Tumby Bay and Districts
Wellbeing and Suicide
Prevention Group

22nd March 2023

Carers SA Submission

Southern Eyre Peninsula Public Health Plan 2023-2028

About Carers SA

Carers SA is the main organisation representing the needs and interests of Carers in South Australia and provides a range of services for Carers across the state, including the services of the Carer Gateway. Carers SA is part of a National Network of Carers Associations and a member of Carers Australia as well as a member of the Carer Support Network of South Australia.

Carers provide unpaid care and support to family members and friends who have a disability, mental illness, a chronic condition, terminal illness, an alcohol or other drug issue or who are frail aged. The person they care for may be a parent, partner, sibling, child, relative, friend or neighbour.

Caring is a significant form of unpaid work in the community and is integral to the maintenance of our aged, disability, health, mental health, and palliative care systems. Caring however often comes at a cost to Carers with severe **health and wellbeing consequences**¹ for Carers as well as the caring role impacting **lifelong financial insecurity**².

Facts & Figures:

- There are 2.7 million unpaid Carers in Australia. More than 856,000 Carers are primary Carers.
- South Australia's Carer numbers are estimated at 245,000 and nearly 30,000 Young Carers 24 years or younger.
- Across the **Eyre Peninsula Region (EP)**³, **5,853 Carers** were providing unpaid assistance to a person with a disability, long term illness or old age in 2021. This represents 12.6% of the population aged 15 years and over.

¹ See Report - 2022 Carer Wellbeing Survey, Available via:

https://www.carersaustralia.com.au/wp-content/uploads/2022/10/2022-CWS-Full-Report_221010_FINAL.pdf

² See Report Carers SA – Caring Cost Us, available via
<https://www.carersaustralia.com.au/caring-costs-us>

³ See <https://profile.id.com.au>

- According to Carers living on EP- data extracted from the National Carer Survey 2022,
 - about 1 in 5 Carers reported experiencing severe financial stress over the last 12 months
 - 57.6% of Carers reported feeling socially isolated, (16.9% ‘socially isolated’ plus 40.7% ‘highly isolated’)
 - Only 20% of Carers agree that their caring role is recognised by governments.
- The need for assistance (care) across the region has increased steadily. Aging population care needs were expected. However, there was also a particular sharp increase (55%) between 2016 (n113) and 2021 (n176) in children aged 5-9 year diagnosed with a disability.
- Within the EP region’s Aboriginal Community⁴,
 - 15% care for a person with disability or is frail due to age.
 - 29% are involved in the provision of care for a child/children
 - The region has an exceptionally high population of children aged between 6-15 years old who are 25% of the Aboriginal population. This is above the State or National percentage average for Aboriginal children of that age.
- 2022 National Carer Survey (unpublished data calculations, based on the South Australian data set) Carers living on the EP experience significantly higher stress levels (high to very high stress = **54.2%**) than other Carers in SA (**47.2%**). That of course impacts on a Carers health / mental health / capacity to do well in their caring role and should therefore receive consideration in the Public Health Plan 2023-2038.

Carers SA is listening to Carers. We obtain input from Carers through direct conversations, qualitative research, surveys, forums and round table discussions. The content of this submission is based on our direct work with Carers, feedback from Carers and our involvement with the sector as well as our work on Advisory Committee and working groups. **This submission will provide you with direct access to the actual experiences and voices of Carers**

Carers SA also conveys the voice of Carers to decision makers. Carers SA partnered with SA Health on the development of the SA Health’s Partnering with Carers Policy⁵ and the initial Strategic Plan and Directive followed by supporting its implementation.

The key items in the Policy include:

- early identification and recognition
- Carers are engaged as partners in care
- Carers provide comments and feedback
- Carer friendly workplace
- celebrate Carers during National Carers Week
- staff education and training.

⁴ See Australian Bureau of Statistics 2021 Eyre Peninsula, Census Aboriginal and/or Torres Strait Islander people, <https://abs.gov.au/census/find-census-data/quickstats/2021/ILOC40300201>

⁵ Available via SA Health Website here: [Carers - partnering with you | SA Health](#)

Many of the following recommendations will benefit the wellbeing of the wider **community** as well as Carers, some are specific to assure the Recognition of Carers in accordance with the **South Australian Carers Recognition Act 2005 and its incorporated SA Carers Charter**⁶.

Inclusive Council Policies and Practices

We believe that that the Health System's key Carer policy items in principle also apply within the context of the important work that Councils perform for their communities.

As Carers provide a vital service in maintaining health and wellbeing within family and community, Carers SA recommends that the Councils of the Southern Eyre Peninsula adopt key policies that better support the Recognition of Carers as follows:

Recommendation 1:

As Carers play a vital part in maintaining health and wellbeing within family and community, Carers SA recommends that the Councils of the Southern Eyre Peninsula adopt key policies that support better recognition of Carers as follows:

- *Establish or review policies that allow for early identification and recognition of Carers who access Council services*
- *Engage with Carers as Partners in strategies stated in the Southern Eyre Peninsula Public Health Plan 2023-2028*
- *Include Carers as a specific population group in Councils' community consultations and advisory groups.*
- *Identify Council (and associated entities) staff and volunteers who have a caring role and ensure workplace practices and culture are Carer friendly*
- *Provide staff and volunteers with education / training to raise Awareness of Carers.*
- *Celebrate Carers during National Carers Week.*

Social and Community Isolation / Transport

Feeling part of a community and a strong social structure is a key component of overall community wellbeing.

As mentioned previously, 57.6% of Carers living on the Eyre Peninsula experience isolation. Isolation in this context does not necessarily refer to remote locations but it is the type of social isolation people feel when they do not feel part of the community around them.

Councils play an important role in combatting this kind of isolation often at the planning stage of new developments or redevelopment projects. Councils have an opportunity to influence the type of community friendly and healthy community environment they wish to provide for their citizens right at the design approval stage.

⁶ SA Carers Recognition Act information and download via: [SA.GOV.AU - Carers' rights and legislation \(www.sa.gov.au\)](https://www.sa.gov.au)

As a society, we have learned that sprawling housing-only subdivisions are detrimental to the development of healthy community living and population resilience.

Councils can counter balance the trend by ensuring that expanding cities and town planning decision makers take key concepts of liveability as central to their design. This does not only apply to Carers, but to the wider community as well. Accessing basic supplies, schools and open areas that are suitable for community to access services, to gather and share activities should be built into regional centre and town planning designs.

Transport is an issue for the wider community and especially those who cannot easily address their transport needs on their own. For example, transport has been recently identified by the National Seniors Australia's 'Older Australians and Community Survey 2023'⁷ as a key issue that senior citizens wish to be addressed by their Councils.

Carers have listed transport and cost of transport issues as one of the key concerns in their daily life. In the Carers SA regional Transport and Care survey⁸ 67% of the participating Carers reported that they have missed out on important appointments or events due to transport issues.

Only 18% stated that transport was not an issue.

Transport becomes an even more poignant issue, when not a lot of daily supply or services can be reached without the use of a car, or even require the purchase and maintain a second car in the family. It puts tremendous pressure on already tight Carer family budgets. When the ability to access supplies, getting to medical or other appointments, or taking part in social and community activities causes regular concerns or may not even be possible at times due to a lack of available transport, it becomes clear that this negatively influences social participation and community cohesion and ultimately community wellbeing.

Recommendation 2: - Combatting Isolation & Transport Issues

- Ensure future town planning projects are in line with concepts that support the development of liveable, healthy and resilient communities

- Consider introducing or expand on existing affordable community and other transport options for easier access for citizens to key services within a community.

- Assure that service locations, community activities and events planning include equitable access and inclusion consideration.

Services and Resources

Councils as 'Central Resource & Healthy Communities Innovators'

Our world has become extremely information intensive across many offline and online platforms and systems.

In principle, Carers report to us that it is very difficult to know what information or supports are available, where to start a search and what exactly to ask for. It is of course

⁷ National Seniors Australia March 2023 Survey Report available here:

<https://nationalseniors.com.au/uploads/2023-NSA-Community-change-wishlist-two-up.pdf>

⁸ Carers SA – Transport and Care Survey report 2018, available here:

<https://www.carerssa.com.au/wp-content/uploads/2018/12/Carers-SA-Transport-and-Care-Survey-2018-Report.pdf>

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even harder for those Carers and members of the community who for various reasons are not accessing the Internet, or only do so infrequently.

Councils, local libraries and community centres have become important distributors of locally relevant information. However, there is room for further expansion of this important service.

We recommend that the range of information and important links provided about available concessions and services to citizens is extended from its current level and regularly updated. A collaborative effort to design and update a joint approach to such a resource across all three council would benefit the entire population including Carers across the Southern Eyre Peninsula.

Carers are telling us of the substantial negative health and wellbeing impact they are experiencing due to a lack of health and allied health professional and related services operating across the area.

This is an issue that is repeated across the state and nationally and will require long-term cross jurisdiction planning and long-term interventions.

However, this raises potential opportunities for cross Council innovation and

Recommendations 3 – Councils as Central Resource

- Councils develop a joint listing of services and resources for citizens including Carers which list local as well as cross-Councils information and supports communities can access

- Councils take the lead to collaborate with Local Health Networks and others to investigate the feasibility of the provision of a culturally competent ‘roving specialist and allied health team’

collaboration to attract health and allied health service providers to the area permanently or on a regular visiting / mobile basis. A solution may be to encourage and incentivise ‘roving’ specialists across the region. We encourage Councils take the lead to collaborate with Local Health Networks and others to investigate the feasibility of the provision of a culturally competent ‘*health team on wheels*’. Carers reported that especially mental health and paediatric health professionals are particularly needed.

Councils as Healthy Community Capacity Builders

It is important to assure that community centres and councils are culturally friendly places with staff and volunteers that often act as a ‘first sign post’ for community needing to address information, support, health and wellbeing needs.

We also know from our collaborations with the health sector and feedback from Carers, that health literacy and other general healthy life skills training or wellbeing related workshop events are of particular community and health sector interest.

Councils play an important role in the provision of community education and could continue to further expand skills training (for example health literacy training),

interest workshop and event offerings that support the envisaged outcomes stated in the EP Public Health Plan.

It is of particular importance to Carers to assure that such capacity and resilience building events and workshop are facilitated in a culturally sensitive and inclusive way and accessible for people with disability. Ideally, planning considerations would include potential day options for children and adults with disability, those who are ageing and are accessible for people with mobility restrictions.

Recommendations 4 – Councils as Community Capacity Builders

Councils extend their current community education and information activities to further align content and accessibility to the EP Public Health Plan’s intended outcomes.

Voices of Carers living in the three Southern EP Councils’ areas

Below are some examples of what EP Carers have told us about what is causing them high stress and impacting on their own and family wellbeing. Please note that names have been altered other details were de-identified to protect the privacy of Carers and their families:

- *We have arranged counselling services this year [to help us cope], but here is a 2 months waiting list.*
- *I was as just seen as the child, not even considered as a Carer. Frustrating. [Young Carer about a local health service]*
- *The service [we could get] was good. But No one can help me with finding registered, trained support workers in this area to give me a break.*
- *There are limited or no local services (regional South Australia) and not even any online services.*
- *My [child] is 12 years old, there are no inclusive sporting activities; limited support workers who are experienced, available and suitable for my child’s [disability related] needs.*
- *There are not enough Allied Health services for my child - particularly for his behaviour support needs (PBSP; Psychology) but also Occupational Therapy and Speech Pathology.*
- *LegalAid services won't touch most of the things we needed help with, they just refer you on. Actual lawyer services are way out of reach in \$\$.* *And no one else gives a crap.*
- *People ... living in regional and small country towns who do not drive, face severe barriers to accessing appointments, employment and volunteer opportunities, and community events due to lack of transport options.*

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