

Open your World

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It takes one small step
to find the tools and
resources you need to
improve your wellbeing
and stay healthy, active
and connected.



**KEEPING SA
SAFE & STRONG**



Government of
South Australia

Foreword

South Australia has had a really tough time lately. The COVID-19 pandemic has ridden roughshod over our settled way of life and created uncertainty, fear and anxiety in a way that no one could have dreamt when we started 2020.

South Australia is doing well in our fight against the virus. As a community we have stepped up and changed our way of life to contain its spread.

But to achieve this many of our daily rituals and lifelong traditions have been swept away as restrictions, critical to securing our physical health, have been put in place. With life so different and the changes likely to last for some time, it is inevitable that our wellbeing is affected.

This is a time when we need to focus on our personal and community wellbeing like never before.

Wellbeing means different things to different people, but the spirit is often the same, it's about being comfortable, connected, healthy and happy, and it's about having the confidence, skills and resources to get to that place.

The State Government's Wellbeing Strategy aims to give South Australians a helping hand towards better resilience and quicker recovery. By harnessing some of our state's great strengths and assets, we have built a plan which will protect the most vulnerable and help all South Australians explore what wellbeing looks like for them.

Getting out into our stunning natural environment; exploring our dynamic arts scene; embracing our love for sport and recreation; and inspiring the development of new skills form the foundation stones of this strategy. Overlaying all of this is our desire to see South Australians create connections with their neighbours, establish thriving communities of interest and build lasting resilience which will see us through this difficult time and beyond.

This strategy is about people growing their sense of wellbeing and I have every confidence that by coming together we will be stronger than before.

Stay well, as we work together and help each other.

**Hon David Speirs MP
Lead Minister –
COVID-19
Wellbeing Strategy**



Statewide Wellbeing Strategy

The Statewide Wellbeing Strategy aims to build community resilience and support physical, social, mental and community wellbeing in response to the COVID-19 crisis.

This will be achieved through:

- The provision of relevant and uplifting information that elicits hope and motivation and is provided via a range of mediums
- Minimising harm in specific priority population groups that are disproportionately impacted
- Funding statewide and community based initiatives that address gaps and focus on building community resilience

Priority focus areas

The priority focus areas cover aspects of mental, physical, social and community wellbeing.

The following are the key areas of focus for the short to medium term, recognising that physical activity, healthy eating and social connectedness have a key role in overall mental wellbeing. These focus areas may change over the medium to long term.



Priority focus area 1

Promoting the opportunities and benefits of sport and physical activity



Priority focus area 2

Creating connection through arts and culture



Priority focus area 3

Encouraging use of green spaces in recognition of the health, wellbeing and environmental benefits



Priority focus area 4

Supporting learning and skill development



Priority focus area 5

Connecting people in their local communities and neighbourhoods

Overarching principles

- Focus on positivity, hope and building community resilience
- Apply a population approach – focused on the wellbeing of the whole population whilst recognising and being responsive to the unique and significant health needs of priority population groups, such as Aboriginal South Australians, in the short, medium and long term
- Use data and evidence to inform engagement and action
- Value and encourage community engagement and localised community action
- Work in partnership across government, non-government organisations, peak industry groups, universities and community
- Take a holistic view of wellbeing including physical, mental and social aspects.

Key target groups

The Statewide Wellbeing Strategy to support community wellbeing and resilience in the short, medium and long term, in response to the COVID-19 crisis will be relevant to all South Australians.

The strategy will be particularly targeted to those who are disproportionately negatively impacted including vulnerable population groups such as women and children at risk of domestic and family violence, children at risk of abuse and/or neglect, people with disabilities, carers, Aboriginal people, people with existing mental health conditions, people experiencing housing vulnerability, those who are unemployed or under-employed, people aged over 65 years and the front line clinical and service workforce.

Anticipated outcomes

Anticipated outcomes from implementation of the Statewide Wellbeing Strategy include:

- Improved access to wellbeing information for South Australians with a less fragmented, single source of information and messaging.
- Reduced inefficiency of multiple agencies and departments preparing separate information.
- Ability to target those who are disproportionately negatively impacted including priority population groups.
- Mobilisation of community based organisations and initiatives
- Opportunity to demonstrate the benefits of Wellbeing SA becoming a presence and a resource in the lives of all South Australians.



Strategies

Communication and Engagement

Communication and engagement with community are central to the Statewide Wellbeing Strategy.

The new platform Open Your World **openyourworld.sa.gov.au** provides South Australians and their families with valuable resources, tools and information to support improving wellbeing by staying healthy, active and connected.

Open Your World brings together information from a wide range of government agencies and non-government organisations in one place, providing an interactive and accessible one-stop-shop for information about wellbeing. Other messaging and campaign platforms including YouTube, radio and television will provide support and resources as the Strategy rolls out.

The Strategy is designed to be flexible and responsive to the needs of all South Australians. The Open Your World site will encourage the sharing of comments, ideas and tips on how to improve wellbeing, creating stronger connections between individuals and communities across South Australia and beyond. Feedback about the content and style of Open Your World from community will also guide new information, resources and programs for the site.

A citizen's science approach will also be trialed, offering the opportunity for South Australians to assist in the collection of data for a variety of issues, which may include COVID-19 symptoms or broader wellbeing measures.

High profile South Australians including Gavin and Pippa Wanganeen, Andrew 'Cosi' Costello, Maggie Beer AM, Dr James Meucke AM and Jane Reilly OAM will be Ambassadors for the Wellbeing Strategy.





Strong Partnerships

Government departments and non-government organisations have the opportunity to strengthen partnerships and work together in a smarter, more collaborative and coordinated way to build a healthy and resilient South Australian community.

Through this Strategy, funding will support co-designed and co-invested initiatives that will have a positive impact on issues that are important to South Australians such as food security, financial services and advice, child safety, family violence, housing, workplaces and tourism. This will involve working collaboratively with the non-government organisations who currently provide services and information across these areas and to priority population groups.

The Healthy Parks Healthy People program is an example of a partnership between the Department for Environment and Water (DEW), Department for Health and Wellbeing (DHW) and Wellbeing SA that supports community wellbeing. This initiative connects environment, health, urban planning and landscape design fields together to protect and enhance quality green spaces, recognizing the health, wellbeing and environmental benefits they provide.

The Game On project by the Office of Recreation, Sport and Racing (ORSR) provides a call to action for industry leaders, Government and other interested stakeholders to achieve the Government's vision for a healthy and active South Australia.

A COVID-19 Social Recovery Committee has been established to provide oversight, strategic direction and leadership to a collaborative, coordinated and community-focused approach to social recovery in South Australia, post COVID-19. The Social Recovery Committee and the Government Taskforce leading the Statewide Wellbeing Strategy will work in a coordinated way to support social recovery initiatives and will seek input from community and community organisations into recovery plans and implementation strategies.

Wellbeing Fund

A Wellbeing Fund will be established to support local government and non-government organisation initiatives that address gaps in services or information, particularly for the priority focus areas of this Strategy.

Initiatives will be considered for their positive economic, social, physical and environmental impacts in supporting community resilience and wellbeing for all South Australians.

Priority funding will be given to those initiatives that address gaps and minimise harm in specific priority population groups that are disproportionately impacted by the Coronavirus pandemic.

Funding will be available to support the development of strategic partnerships that focus on co-design and co-investment opportunities across Government, non-government organisations, private sector and philanthropic organisations. These strategies will be in line with the priority focus areas of the strategy.





Tailored data collection

Collecting up to date, meaningful data about the wellbeing and resilience of South Australians is central to this Strategy. It enables key issues to be identified as they are emerging, informing the required response.

The South Australian Population Health Survey already asks South Australians questions about their health and wellbeing on a regular basis, covering topics such as food security, confidence in the health system, mental wellbeing, mental distress and suicidal ideation.

Through this Strategy, additional questions related to COVID-19 will be included in the South Australian Population Health Survey, providing insights about the specific impact that the pandemic and isolation is having or has had on the wellbeing of South Australians.

The results and findings of the survey will be available on a weekly basis and distributed to key partners involved in supporting the community. This iterative process will enable early identification of emerging issues and support the prompt response to developing trends.

Community mental health and wellbeing

Supporting the South Australian workforce during COVID-19 restrictions is a focus of the Statewide Wellbeing Strategy.

Support will be given to community mental health and wellbeing initiatives developed in partnership with the Office of the Chief Psychiatrist and the Mental Health and Wellbeing Directorate of Wellbeing SA to address the impact on individuals and community.

Maintaining and improving morale and wellbeing of front-line workers during COVID-19, will be a key focus of strategies that will be developed to support the South Australian workforce.

Strategies could include online psychology support, and tools for employers to give to help maintain connections between their staff and assist with positive interaction.

Long-term recovery plan

A long-term recovery plan will be developed to enable a strategic and planned response to community wellbeing and resilience across the South Australian population.

Attention will be given to actions that address issues as a direct result of COVID-19, and its impact on mental health and wellbeing for individuals and communities.

The potential learning gaps for children that may exist as a result of school at home will be considered, and strategies may be developed to address the impact depending on the duration of the learning at home period. Training or re-training, education and skills development may be required to support employment across a range of sectors.

The plan will also include ongoing work with the social support sector given the likely economic consequences from COVID-19.

For more information

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