

Healthy Towns Woolgoolga

Community Overview and Action Plan



healthy
towns
NORTH COAST

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An Australian Government Initiative

Woolgoolga Community Overview

Healthy Towns, a program funded by North Coast Primary Health Network (NCPHN), is partnering with the Woolgoolga community to design and implement local solutions to improve wellbeing. We started by asking residents about life in their town, local priorities and health and wellbeing needs...

Community Demographics¹

	Woolgoolga	Coffs Harbour	NSW
Median Age	47	44	38
Aboriginal and Torres Strait Islander people as % of population	4.3	5.0%	2.9%
Population 0 – 14 years	15.6%	18.3%	18.5%
Population 65 years and older	24.8%	21.0%	16.2%
Median gross weekly household income	\$949	\$1,107	\$1,486
Population 15 & over - Year 12 highest education level attained	13.2%	11.6%	15.3%
Working population in full time employment	49.6%	51.0%	49.2%
Total households in rental housing stress*	14.3%	14.0%	12.9%

421 
people participated in the Woolgoolga Community Survey²

On a scale of 1 to 10:

80.1%
survey respondents rated their overall life satisfaction above 7

75.3%
survey respondents rated their health above 7

* Rental stress: Households paying 30% or more of household income on rent

Top 10 Issues²

Cost of living	52.4%
Ageing issues	51.5%
Housing affordability	48.7%
Drug and alcohol misuse	47.9%
Transport	46.8%
Mental health issues	45.4%
Diet and exercise	35.5%
Social isolation	22.3%
Poor access to healthcare	21.4%
Cancer	19.4%

What people think about the community of Woolgoolga²

94.2%	Feel proud to live in this community
86.7%	Think the community copes pretty well when faced with challenges
78.1%	Agree the town has good facilities like shops, childcare, schools, libraries
76.1%	Agree there is easy access to sports, recreational and leisure facilities
85.4%	Agree people here get involved in local issues and activities
94.5%	Agree this community is a safe place to live
76.3%	Agree all groups in this community are treated with respect
67.7%	Disagree that racism is a problem in our community
47.2%	Agree living costs are affordable here, e.g. food, petrol, housing

Access to Services²

found it easy...

76.8%	To access a GP
56.0%	To access aged care services
55.3%	To access education and training
69.3%	To access childcare

found it difficult...

65.3%	To access a specialist doctor
67.3%	To access allied health (e.g. psychologist, speech therapist)
64.3%	To access alcohol and other drugs services
56.4%	To access mental health services

Health and Wellbeing Priorities^{2,3}

Community members' key priorities for improving health and wellbeing included:

- Improve paths, sports equipment and playgrounds
- Affordable and reliable transport to Coffs Harbour
- More bulk-billing GPs including after hours
- More activities and support for young people
- Access to mental health and alcohol and other drugs services
- Increase awareness of existing programs and services



Woolgoolga Community Action Plan

Based on the outcome of our consultations, NCPHN worked with communities to identify a range of projects for implementation. NCPHN is funding or supporting the following initiatives in Woolgoolga in 2019.

Key Action / Initiative	Contact Information
 <p>Healthy Towns Month Family fun day and community awareness raising events. Free local health promotion activities and offers. <i>May 2019.</i></p>	<p>Woolgoolga Chamber of Commerce Lisa Nichols Email: social@woolgoolga.org.au</p>
 <p>Men's 40+ Wellbeing Program Men's health and exercise program including social and peer support for 40+ men in the community. <i>Commenced January 2019.</i></p>	<p>Nexus Gym Woolgoolga Marty Symmons Email: martinsymmons@gmail.com</p>
 <p>Community Newsletter Free monthly community newsletter sharing community information including services, events and activities. <i>Planned commencement September 2019.</i></p>	<p>Woolgoolga Chamber of Commerce Lisa Nichols Email: social@woolgoolga.org.au</p>
 <p>Men's 50+ Wellbeing Program Men's health and exercise program including social and peer support for 50+ men in the Indian Sikh Community. <i>Commenced January 2019.</i></p>	<p>Woolgoolga Personal Training Simon Peutrill Phone: 0418 319 929 Email: simon@woolgoolgapersonaltraining.com.au</p>
 <p>Community Information Strategy Website and social media for the Neighbourhood Centre including training for volunteers. <i>Planned commencement September 2019.</i></p>	<p>Woolgoolga Neighbourhood Centre Rashmere Bhatti Phone: (02) 6654 1598 Email: rb.wnc@bigpond.net.au</p>
 <p>Intergenerational Gardening & Cooking Classes Weekly gardening and nutrition education for older people, children and families at Woopi Community Gardens. <i>Planned commencement September 2019.</i></p>	<p>Woopi Gardens Helen Plummer Email: woopigardens@gmail.com</p>
 <p>Woolgoolga Interagency Meeting Bi-monthly interagency meeting held at CWA Woolgoolga to improve service coordination and integration. <i>Commenced September 2018.</i></p>	<p>Woolgoolga Neighbourhood Centre Rashmere Bhatti Phone: (02) 6654 1598 Email: rb.wnc@bigpond.net.au</p>
 <p>PCYC Safer Drivers Course PCYC Safer Driving Program at Woolgoolga High School. <i>Commenced June 2019.</i></p>	<p>Woolgoolga High School Ian Cooke Email: ian.d.cook@det.nsw.edu.au</p>
 <p>ASIST Suicide Prevention Training Two-day suicide prevention training run by Living Works in Woolgoolga. <i>13 - 14 June 2019.</i></p>	<p>North Coast Primary Health Network Jacqui Smith Email: jasmith@ncphn.org.au</p>

About Healthy Towns

Healthy Towns works in partnership with North Coast communities to design local initiatives that improve health and wellbeing. Woolgoolga is one of six towns participating in the program in 2018 and 2019. The program goals are to:

- Build individual and community connections
- Strengthen service integration and coordination
- Identify and address service gaps

Program Steps

01 Connect

January – June 2018

In the first stage we asked Woolgoolga residents to tell us about life in their town and to identify local priorities to help improve health and wellbeing. During this phase we conducted 30 face-to-face consultations and surveyed 421 community members.

02 Co-design

June 2018 – June 2019

In the next phase, we brought together 58 participants including community members, NCPHN and service providers for Action Planning Workshops. Working groups were formed to design solutions to meet local needs. NCPHN selected a range of initiatives to implement.

03 Implement

June 2019 – June 2021

From June 2019, Healthy Towns funded initiatives will be implemented in Woolgoolga. We have also coordinated community events including a health and wellbeing day, Healthy Towns Month and a community breakfast as part of program implementation.

04 Evaluate

June 2019 – June 2021

All Healthy Towns initiatives will be evaluated to ensure we made a positive difference in the community and to inform future activities.

www.ncphn.org.au/healthy-towns



Health
Mid North Coast
Local Health District



The Healthy Towns program is delivered by North Coast Primary Health Network in partnership with Mid North Coast Local Health District. The program is supported by funding from the Australian Government.

1 Australian Bureau of Statistics, 2016. Census of Population and Housing: QuickStats, [Online] Available at <http://www.abs.gov.au/websitedbs/D3310114.nsf/Home/Census?OpenDocument&ref=topBar> **2** Healthy Towns Woolgoolga Community Survey April 2018 **3** Community consultation interviews January - May 2018