

Healthy Towns Evans Head

Community Overview and Action Plan



**healthy
towns**
NORTH COAST

phn
NORTH COAST
An Australian Government Initiative

**Mid - Richmond
NEIGHBOURHOOD CENTRE Inc.**

In partnership with our community

Evans Head Community Overview

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

Community Demographics¹

	Evans Head	Richmond Valley	NSW
Median age	51	44	38
Aboriginal and Torres Strait Islander people as % of population	4.5%	7.2%	2.9%
Population 0 - 14 years	15.3%	19.1%	18.5%
Population 65 years and older	28.1%	22.6%	16.2%
Median gross weekly household income	\$900	\$953	\$1,486
Population 15 & over - Year 12 highest education level attained	10.2%	10.2%	15.3%
Working population in full time employment	48.2%	50.5%	49.2%
Total households in rental housing stress*	20.8%	12.3%	12.9%

200 
people participated in the Evans Head Community Survey²

On a scale of 1 to 10:

81.1%
survey respondents rated their overall life satisfaction above 7

68.3%
survey respondents rated their health above 7

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

Top 10 Issues²

Ageing issues	66.9%
Housing affordability	65.2%
Cost of living	52.8%
Transport	45.5%
Mental health issues	34.3%
Drug and alcohol misuse	31.5%
Diet and exercise	25.8%
Social isolation	23.0%
Poor access to healthcare	19.7%
Cancer	18%

What people think about Evans Head²

94.8%	Feel proud to live in this community
89.5%	Think the community copes pretty well when faced with challenges
81.8%	Agree the town has good facilities like shops, childcare, schools and libraries
80.1%	Agree there is easy access to sports, recreational and leisure facilities
77.4%	Agree people here get involved in local issues and activities
92.7%	Agree this community is a safe place to live
75.8%	Agree all groups in this community are treated with respect
61.7%	Agree living costs are affordable here, e.g. food, petrol, housing

Access to Services² found it easy...

73.5%	To access a GP
56.4%	To access childcare

found it difficult...

76.5%	To access a specialist doctor
67.8%	To access allied health (e.g. psychologist, speech therapist)
70.4%	To access alcohol and other drugs services
81.5%	To access mental health services
55.2%	To access aged care services
55.6%	To access education and training

Health and Wellbeing Priorities^{2,3}

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

- Residential aged care facility
- More affordable housing
- After hours medical services and emergency care
- Improved general and health transport services
- Better promotion of what services and activities are available
- More activities for young people
- Reducing social isolation
- Mental health and alcohol and other drug services

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 the following initiatives in Evans Head in 2019–2020.

Key Action / Initiative



Evans Head Community Connector

Employment of a Community Connector based at the Mid Richmond Neighbourhood Centre. The Community Connector will increase community access to health information and education, support community members to access health and social services, and implement local initiatives to improve health and wellbeing. *Commenced August 2019.*



Mental Health First Aid Training

Delivery of mental health first aid training for Evans Head community members to increase skills, knowledge and confidence to support people experiencing mental health issues. *Planned commencement February 2020.*



Defibrillator and Training

Installation of a defibrillator that will be accessible to community members in the case of a medical emergency. Delivery of training to community members to ensure they have the skills and knowledge to use the defibrillator if needed. *Planned commencement February 2020.*



Mental Health Peer Support Group

Establishment of a Mental Health Peer Support Group by working with relevant stakeholders. *Planned commencement 2020.*



Community Networking and Volunteer Events

Regular networking morning teas to share information about services and activities, and build volunteer participation in Evans Head. *Commenced November 2019.*



Health Education Events

Delivery of a series of health education and coaching sessions on topics relevant to the Evans Head community. *Planned commencement 2020.*



Intergenerational Activities

A range of community activities will be organised to reduce social isolation and build intergenerational links. *Planned commencement 2020.*

Contact information

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About Healthy Towns

Healthy Towns works in partnership with North Coast communities to design local initiatives that improve health and wellbeing. Evans Head is one of six towns participating in the program. 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 2018 – June 2018

In the first stage we asked Evans Head residents to tell us about life in their town and to identify local priorities to improve health and wellbeing. During this phase we conducted 27 face-to-face consultations and surveyed 200 community members.

02 Co-design

May 2018 – June 2018

In this phase, we brought together community members, NCPHN and local service providers to agree on key priorities for the Evans Head community. Two Action Planning Workshops were held in May 2018 with 35 participants. Local projects were identified and co-designed in consultation with the community.

03 Implement

July 2019 – December 2020

Healthy Towns projects commenced delivery in Evans Head in July 2019 focusing on improving health and wellbeing outcomes, delivering individual and community connections, improving access to health services and building coordination between services.

04 Evaluate

January 2020 – June 2021

All Healthy Towns initiatives will be evaluated to ensure the projects have made a positive difference in the Evans Head community.

www.ncphn.org.au/healthy-towns

The Healthy Towns program is delivered by North Coast Primary Health Network in partnership with the Northern NSW 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 Evans Head Community Survey April 2018
- 3 Community consultation interviews January–May 2018

