

# 2020-21 ANNUAL REPORT



enliven

## CONTENTS

BOARD CHAIR REPORT.....	3
EXECUTIVE DIRECTOR REPORT.....	4
OUR GOALS.....	5
OUR PURPOSE.....	6
OUR FUNDING.....	6
<b>2021 PROJECTS:</b>	
CLIMATE CHANGE RESILIENCE AND ADAPTATION.....	7
DRUG AND ALCOHOL SERVICES PLANNING IN THE SOUTHEAST.....	9
FOOD FROM HOME – A SOCIAL MARKETING CAMPAIGN.....	11
GET ACTIVE SOUTHEAST.....	13
GROW TOGETHER.....	14
PLAIN LANGUAGE AND SELF LITERACY.....	16
“ALL ARE WELCOME” GP INCLUSIVE PRACTICE TOOLKIT LAUNCH.....	18
OBESITY PREVENTION – A SYSTEMS APPROACH.....	20
BICULTURAL WORKER AND COMMUNITY CHAMPION NETWORK.....	22
HEALTH PROMOTION STUDENT AND VOLUNTEER PROGRAM.....	24
SUPPORTING SCHOOL ENGAGEMENT FOR REFUGEE AND MIGRANT YOUTH IN MELBOURNE’S SOUTH EAST.....	25
FEED HAPPINESS.....	26
<b>enliven</b> BOARD.....	29
<b>enliven</b> STAFF.....	30
OUR FINANCES.....	31

## BOARD CHAIR'S REPORT



**GREGG NICHOLLS**  
BOARD CHAIR

In my introductory comments last year I wrote that COVID 19 had been a major disruptive factor in our lives, particularly in the Melbourne metropolitan area. Unfortunately this disruption has continued this year with the latest Delta strain causing major concerns across Victoria, Australia and the world. However despite this **enliven** has arguably, had its best year yet. The following pages provide a showcase of the great work undertaken by **enliven's** staff and partners this year.

Despite the pandemic **enliven** has been in demand with our capacity to form partnerships, and our excellent place based approaches particularly valuable to our community and service providers and government. We have received plaudits for our bicultural work which has been particularly valuable in assisting to reach communities affected by COVID.

Our year was capped off when we were awarded the Christine Mowat Plain Language Achievement Award. This is an international award which recognised our work in this important area. **enliven** is the first Australian organisation to win this award which is a tremendous achievement for our staff.

As I write this report the Victorian Government has announced that the Victorian Primary Care Partnership

(PCP) program will transition to the new Local Public Health Units (LPHU) from the end of March 2022. The PCP program makes up an important part of the work of **enliven**.

The transition period for this change has just commenced so we will be all working hard to ensure it is a success for the LPHU, **enliven**, our members and the community. The Board of **enliven**, along with our members will be assessing the implications of this for **enliven's** future.

I would like to thank my fellow Directors for their commitment and support this year in navigating new ground for us all. And I would like to congratulate Rob Macindoe, Cinzia Theobald and all **enliven's** staff for their ongoing commitment to our mission and their hard work in trying circumstances. We look forward to the future with confidence that **enliven's** contribution to strengthening our communities is both valued and supported by you all.

## EXECUTIVE DIRECTOR'S REPORT



**ROB MACINDOE**  
EXECUTIVE DIRECTOR

Yet another year has flown by, and the **enliven** team have been busier than ever, responding well to the demands and expectations placed on them in what was largely an online/remote working environment. The partnerships developed, particularly with our local government members and Monash Health, have highlighted the extra value of working together and developing respectful and effective strategies to respond to COVID 19 and promote true information regarding the Vaccination role out.

We are particularly proud of the 45 Bicultural Workers and 61 Community Champions supporting 68 different language groups and multiple culturally diverse communities working collaboratively in this space with strong leadership from **enliven**. This would not be possible without the commitment and support of so many of our member and stakeholder agencies and we look forward to the legacies of this work further strengthening relationships and collective outcomes into the future.

The four-year time frame of our last Strategic Plan concluded in the 2020/21 year, and it is pleasing to report we have achieved, and in most cases considerably exceeded, all our goals and targets. Many of these are highlighted in the pages to follow and I encourage you to dip in and out of our new look Annual Report to find out more detail on activities of particular interest.

Recognising these achievements and the contemporary evidence-based public health priorities, the Board

worked on a new strategic plan during the past year as a basis for our work moving forward. This has resulted in the adoption of three priority pillars for the new financial year with priority focus on planetary health, health promotion, food security, health literacy:

1. Community Pillar recognises our focus on “Population Health, Prevention and Health Promotion” and “Reducing Inequalities and Disparities”
2. Planetary Health Pillar recognises our focus on Climate Change adaptation and Food Security
3. Commitment to Research Pillar recognises our desire to use, contribute and develop a research base to what we do to further improve public health outcomes.

These pillars are all underpinned by an equity lens (gender, age, culture, ability, race, religion, etc.) and a focus on place-based approaches in partnership with local stakeholders.

With the Victorian PCP Program transition to Local Public Health Units, further refinement and review of our structure and priorities will be undertaken as information comes to hand.

In conclusion, I want to acknowledge our great team of staff and volunteers whose collective capacity, knowledge, energy, and commitment makes these achievements possible!

# OUR GOALS | 2020-21 ANNUAL REPORT

ENHANCE OPPORTUNITIES FOR CHANGE THROUGH <b>ADVOCACY</b>	by engaging and mobilising key stakeholders within the community who will champion the development and implementation of collaborative initiatives to enhance social health outcomes.
DEVELOP AND UTILISE CONTEMPORARY <b>SERVICE SYSTEM DESIGN</b>	to strengthen enliven's planning and delivery processes, ensuring co-design and collective impact principals are embedded in practice.
POSITIVELY IMPACT ON THE <b>HEALTH OF THE POPULATION</b>	by improving the capacity of our members and stakeholders to collaboratively engage with local communities to address current and emerging health needs.
REDUCE INEQUITIES AND DISPARITIES AMONG <b>VULNERABLE GROUPS</b>	by facilitating networks involving organisational and community stakeholders in the south-east to develop tailored interventions to improve health and social outcomes for these communities.
IMPROVE <b>SERVICE COORDINATION</b>	by facilitating networks involving organisational and community stakeholders in the south-east to develop tailored interventions to improve health and social outcomes for these communities.
BUILD STRONG AND EFFECTIVE <b>PARTNERSHIPS</b>	and foster key stakeholder relationships to maximise service

# WORKING WITH OUR COMMUNITY

## GOAL AREAS

## FOCUS AREAS

### ADVOCACY

Climate change resilience / adaptation

### SERVICE SYSTEM DESIGN

Service and product development

### POPULATION HEALTH

Prevention of family violence

Low intensity mental health and youth resilience

### VAULNERABLE GROUPS

Tackling obesity in the south east

Diverse communities

### PLACE BASED

Healthy workplaces

### SERVICE COORDINATION

Early intervention and integrated care

### PARTNERSHIPS

Neutral partnership broker opportunities

Improving the organisational capacity of our member agencies and stakeholders to incorporate health literacy principles in their work is fundamental and underpins each of enliven's strategic priorities. enliven is committed to and will continue to utilise frameworks that support collective impact and community co-design principals

# enliven | 2020-21 ANNUAL REPORT

## OUR PURPOSE

**enliven** provides a collaborative, multi-agency platform focused on finding solutions to the health and health service needs of clients in south eastern Melbourne. The platform maximises the use of multi-agency capacities, health networks, and state government Primary Care Partnership structures to enhance the social health of the community.

### OUR MISSION

enliven's mission is to facilitate the collaboration and partnership of its members and broader stakeholders to improve the health and wellbeing of the community and reduce health inequalities between different population groups, with the following Strategic Intent:

- A community that keeps itself well and healthy
- A client who has a seamless journey
- A responsive service system which has better outcomes
- Capable organisations with good relationships and a high level of influence

## OUR FUNDING

**enliven** is an independent ACNC registered organisation that receives funding from a variety of sources.

**enliven** receives philanthropic and grant funding but is also the recipient of state government funding as a Primary Care Partnership (PCP). PCPs are established networks of health, local government and community services that improve the health and wellbeing of all Victorians by working together to find smarter ways to deliver health services and health promoting activities within the community.

Improving the organisational capacity of our member agencies and stakeholders to incorporate health literacy principles in their work is fundamental and underpins each of enliven's strategic priorities. **enliven** is committed to and will continue to utilise frameworks that support collective impact and community co-design principals and frameworks.

## CLIMATE CHANGE RESILIENCE AND ADAPTATION



### Key facts

- Conducted 13 presentations to 183 community members, and 5 information displays engaging with 225 people, as part of Hotspots 2.
- Created a heat awareness video interview with Casey Cardinia Libraries.
- Presented at numerous conferences and workshops.
- Facilitated 6 workshops.
- Member of 2 consultative groups.

### The initiative

enliven's climate change resilience and adaptation work in 2020-21 has occurred across a variety of projects.

#### Hotspots 2:

Building on the Dandenong Hot Spots project funded by the Lord Mayors Charitable Foundation (LMCF), enliven received funding from the Department of Environment, Land, Water and Planning (DELWP) to March 2022, to work across Casey, Cardinia and Greater Dandenong to raise awareness of the health risks of heatwaves.

This funded project empowers vulnerable communities across the South East to improve their understanding of the health impacts of heatwaves and support them to better respond to climate change and heat waves. The approach focuses both on early impact and personal/family preparedness and management. Hotspots 2 includes an educational focus, emergency/immediate response and affirmative action.

Heat imaging cameras were purchased for use by community volunteers and local agencies aiming to highlight the need for and benefits of high heat prevention strategies. This will engage community plus provide evidence for impact and increase understanding of the benefits of adaptation. enliven looks forward to reporting on outcomes at the close of the project.

## CLIMATE CHANGE RESILIENCE AND ADAPTATION

### The initiative (cont.)

#### Supporting Community Resilience and Building Adaptive Communities

enliven's other activity in this space included:

- Participation in a planning group and facilitation of connections with community services in the South East
- Presentation of enliven projects and break out room facilitator at:
  - JSS/RMIT Workshops – Planning for Community Resilience in Dandenong- Community Sector Response to Climate Change
  - NAGA Workshops - Building Adaptive Communities – Understanding Climate Change
  - North West Communities for Climate Action Conference – Exploring Vulnerabilities.
- Facilitation of connections between RMIT researchers and community services and consultation with researchers for Tackling Hidden Energy Vulnerability through housing, energy and health collaborations.
- Membership of consultative group for DELWP Melbourne's Climate Journey - Climate Change Adaptation - Regional Risk and Issue Identification.
- Panel member for Philanthropy Australia Conference "Applying a Climate Lens in Practice" - LMCF Dandenong HotSpots project
- Panel member for a discussion of LMCF Dandenong HotSpots project at VCOSS Launch of "Feeling the Heat" report

### Our partners

#### Hotspot 2:

DELWP  
City of Greater Dandenong  
City of Casey  
Shire of Cardinia  
Kooweerup Regional Health Service  
Southern Migrant and Refugee Centre  
VCOSS

#### Planning groups, workshops and conferences:

Jesuit Social Service (JSS)  
RMIT  
Northern Alliance for Greenhouse Action (NAGA)  
Department of Environment, Land, Water, and Planning (DELWP)



## DRUG AND ALCOHOL SERVICES PLANNING IN THE SOUTHEAST



### Highlights

- Created over 50 key collaborative activities across the life of the plan
- All working group members (30) reported that they shared common ideologies and interests and had necessary skills for collaborative action

### The initiative

Victorian state-funded Alcohol and Other Drug (AOD) services are delivered by catchment-based consortia with funding from the Victorian Government Department of Health. In the south east catchment, the South Eastern Consortium of Alcohol and other Drug Agencies (SECADA) and Substance Use and Recovery (SURE) deliver AOD services. In 2018, **enliven** was contracted to deliver the planning and implementation of the 2019-2021 Catchment Based Plan, which is a key responsibility of catchment-based consortia. Following rigorous consultation and data analysis, [the plan](#) was released in January 2019.

Working groups with wide sector representation were established and guided the delivery of the plan based on determined priority areas (service geography, clients and community, data integrity, cross sector collaboration, role of local government, and health promotion and prevention).

These working groups met regularly, and participant engagement levels remained consistently high for the life of the plan. The governance model was evaluated and deemed to be very effective in the planning and delivery of key activity.

The plan and local associated data were reviewed regularly to ensure relevance and currency and to seize opportunities that presented. Significant progress was made against the key priority areas and a summary of activity across the life of the plan is provided in the following [report](#).

## DRUG AND ALCOHOL SERVICES PLANNING IN THE SOUTHEAST

### The initiative (cont.)

Highlights include:

- Pop-up sessions with South Sudanese communities, community radio sessions, training and development of AOD Clinician's Cultural Guide.
- Establishment of multi-stakeholder data governance group.
- Development of online multi-sector services directory.
- Telehealth hub pilot in Cardinia Shire to improve access to services.
- Prevention mapping across the southeast and receipt of a successful supplementary grant for ongoing work in the prevention and harm reduction space.

Cross sector forums and communities and practice.

### What people are saying

*"The AOD catchment-based planning process is an important step toward understanding the various and discrete needs of our catchment - southeastern Melbourne. As a result ... we are proud to commend this comprehensive catchment-based plan (2019- 21) for the south east region of Melbourne."*

- Executive Officer – SECADA and Team Leader - SURE

### Our partners

SECADA (Windana as lead agent, Taskforce, Odyssey House, Monash Health YSAS)  
SURE (EACH and Anglicare)  
ADF  
City of Greater Dandenong  
City of Casey  
Cardinia Shire  
Monash Health  
Department of Families, Fairness and Housing  
AfriAus Care  
Link Health and Community  
Centre for Multicultural Youth  
SECL  
SEM PHN  
SMRC  
WAYSS

## FOOD FROM HOME – A SOCIAL MARKETING CAMPAIGN



### Highlights

- Reached over 80,000 community members in Melbourne's South East.
- Distributed approximately 3,500 packets of free vegetable seeds through nine local library services
- Cultivated a growing digital community of over 1,000 community members (across [Instagram](#) and [Facebook](#))
- Developed over 10 [Food From Home Stories](#) videos and written pieces, celebrating local individuals and groups in our community who grow food
- Developed over 20 beginner-friendly sustainable gardening [resources](#) and seasonal [recipes](#)
- Developed a [South East Melbourne Community Garden Directory](#)

### The initiative

*Food from Home* is a social marketing campaign designed to promote the health and environmental co-benefits of edible gardening for communities in Melbourne's South East. Launched in November 2020, the campaign aims to:

- Increase community attitudes and behaviours that are supportive of sustainable edible gardening.
- Increase awareness of the health and environmental co-benefits of engaging in sustainable edible gardening.
- Decrease the perceived barriers to engaging in sustainable edible gardening.

To date, the campaign has reached over 80,000 community members in Melbourne's South East, creating a community of like-minded locals to share their stories and experiences of growing their own food at home or at community gardens. Campaign resources, materials and messaging are highly tailored to the south-east region of Melbourne, specifically Casey, Cardinia and Greater Dandenong areas and are designed to reduce local barriers to edible gardening such as time, space, knowledge and cost.

## FOOD FROM HOME – A SOCIAL MARKETING CAMPAIGN

### The initiative (cont.)

In an evaluation survey of over 95 community members six months after the campaign commenced:

- 76% of respondents (who weren't previously growing food) reported that the campaign motivated them to start growing food at home, with a further 20% reporting they are planning to start growing food at home.
- 100% of respondents said they would like to see the campaign continue.

The campaign has been linked to a number of positive knowledge, attitudinal and behavioural outcomes including:

- More people growing more food, in more sustainable ways.
- A significant increase in understanding of the health and climate co-benefits of edible gardening.

Positive behavioural changes, including increases in seasonal eating and fruit and vegetable consumption, reduction in food waste, and engaging in gardening for physical activity and mental health benefits.

### What people are saying

*"The Food from Home initiative is a great example of a successful multi-organisational collaboration. One of Food from Home's strengths is the ability to showcase real community members stories and successes to connect with community. It provides a wide range of opportunities for communities to interact including social media, free seeds giveaways, events, recipes, newsletters and comprehensive resources to support community members on their individual journeys."*

- Lauren (Monash Health) – advisory group member

*"The campaign is doing a great job at raising awareness around the benefits to both the environment and people's overall health. Campaigns like this are a great way to reach those of us who before would've never thought to grow food from home and appreciate the overall benefits."*

- Quote from community survey

### Our partners

City of Greater Dandenong council	Kooweerup Regional Health Service
City of Casey council	Wellsprings for Women
Cardinia Shire council	Cockatoo Community House
Department of Family, Fairness and Housing	3000Acres
Monash Health	Casey Cardinia Libraries
Peninsula Health	Greater Dandenong Libraries
	Food for Change Foundation

## GET ACTIVE SOUTHEAST



### Social media campaign

- Development of the [campaign toolkit](#)
- 54757 total impressions with an average engagement of 15%
- In one week, 'Healthy at Home SE' had 490 engagements over 6 posts, compared with 'Get Active Victoria', which had 55 engagements from 4 posts.
- Successful launch of the 'Get Active SE' competition

### The initiative

The campaign incorporated a Get Active South East competition, where participants were encouraged to submit videos, photographs, or artwork to represent the novel ways they are getting active. Prizes were awarded to the winning entry from each of the local government areas (LGAs) in the South East – Greater Dandenong, Casey, and Cardinia.

Entries for each municipality were judged by local ambassadors, including the Citizen of the Year, Youth Citizen of the Year and Senior Citizen of the Year across the different LGAs.

Enliven is currently seeking funding to extend the reach and timelines of this campaign, based on promising metrics, engagement and stakeholder collaboration.

### What people are saying

*"We all love what the initiative offered and provided for our communities last year, and what it could continue to offer moving forward."*

- Jude Glenny, City of Casey, Leisure Activation Coordinator

### Our partners

The Get Active South East working group comprised of the following partners:

enliven Victoria  
Monash Health  
City of Greater Dandenong council  
City of Casey council  
Cardinia Shire council  
Department of Health and Human Services

The Get Active South East working group is a sub-group of the South East Prevention Leadership Group coordinated by enliven Victoria

## GROW TOGETHER



### Highlights

- Delivered 205 planter kits to individuals and families in Greater Dandenong, City of Casey, Cardinia Shire.
- Received positive feedback from the recipients of the planter kits:
  - 86% had **not** grown vegetables before receiving the Grow Together planter kits
  - 96% enjoyed receiving the planter kits
  - 75% were successful in growing their produce
  - 89% reported they would continue to grow vegetables beyond this project

### The initiative

Grow Together was a pilot project undertaken in partnership with the Southern Migrant & Refugee Centre (SMRC), to address the rapidly growing reliance on food relief services within the south east suburbs of metropolitan Melbourne. The aim of the project was to build the capacity of the local community to grow, harvest and consume fresh produce at home. The project was funded by City of Greater Dandenong and City of Casey, and was expanded due to a number of donations received from The Hive, Galaxy of Plants Nursery and Seasol.

Grow Together mobilised the community and local businesses to put together five varieties of “planter kits”, consisting of planter bags, a variety of vegetable/herb seedlings, potting mix, fertiliser, and simple growing resources. The growing resources included an instruction sheet and Grow Together booklet. The instruction sheet provided a step-by-step guide about how to set up the planter box and seedlings. The Grow Together booklet was developed to help community members to continue their food journey beyond the garden and into the kitchen. It included seasonal recipes, tips on food deprivation and food waste and a seasonal food guide.

The 205 individuals and families from Casey, Cardinia and Greater Dandenong who received the planter kits were identified by partner organisations as those who would benefit from receiving a Grow Together kit due to their experience of hardship and/or food insecurity.

## GROW TOGETHER

### What people are saying

*“The community members were very pleased to receive their seedlings and planter boxes and excited to embark on their gardening journey.”*

- Partner Organisation

*“The whole project was extremely popular.”*

- Partner Organisation



### Our partners

Southern Migrant Refugee Centre (SMRC) – main project partner

Cornerstone

Wellsprings for Women

South East Community Links (SECL)

Casey North Information and Support Service

Cranbourne Information and Support Service

Kooweerup Regional Health Service (KRHS)

### Funded by:

City of Greater Dandenong Council

City of Casey Council

## PLAIN LANGUAGE AND HEALTH LITERACY



### Winners of the International Christine Mowat Plain Language Award 2021

For our efforts and achievements in the online delivery of Health Literacy Training, and for the development and design of Easy English resources throughout the pandemic.

### The initiative

Throughout 2020 and 2021, **enliven's** health literacy offerings have continued to grow, with a significant focus on training and document conversion.

#### Training:

Responding to the continued presence of the pandemic, **enliven** shifted their existing face-to-face workshops to an online format. These workshops were conducted with members of multiple organisations, and have seen health professionals, research staff, administration staff, community service workers and volunteers trained in multiple aspects of health literacy. **enliven's** health literacy team has enjoyed tailoring these training sessions to the learning goals of participants, and has been able to deliver specific content on working with linguistically diverse clients and creating accessible documents for patients in tertiary health settings.

#### Document Conversion:

**enliven** continued to be sort after for document conversion, completing plain language conversion for City of Greater Dandenong and Monash Health. We look forward to seeing these resource out in the community. We are excited to have also been able to provide ongoing support to some individuals who completed our training as they work towards converting existing resources into plain language.

enliven continued to develop and co-design multiple [COVID-19 plain language resources](#) for culturally diverse members of our community to inform and support health and wellbeing.



## PLAIN LANGUAGE AND HEALTH LITERACY

### The initiative (cont.)

#### International Plain Language Federation:

The **enliven** health literacy team was selected to participate in the International Plain Language Federation (IPLF) Training Committee. This international committee had 22 volunteers and met regularly over the first four months of 2021. The goal of this committee was to consider the ways IPLF might best support its organizations and their members in terms of training people to follow the ISO Plain Language Standard. This was an exceptional opportunity to network amongst other plain language professionals, showcase the health literacy work **enliven** does and be part of a committee that is shaping future standards and further developing the plain language profession.

#### PLAIN Award:

**enliven** was honoured to receive the Christine Mowat Plain Language Achievement Award - an international award recognizing an outstanding contribution to advancing plain language. **enliven** was recognised for successful leadership in public Plain Language projects, delivering Easy English health information and COVID-19 messaging in the times of the pandemic, and adapting to the changing circumstances with innovation.

### What people are saying

*“Health literacy is one of the front lines of the campaign for plain language and this organization has achieved what plain language is meant to achieve – delivering clear information to those who need it most.”*

- Plain Language Association International in awarding **enliven** the Christine Mowat Award

## “ALL ARE WELCOME” GP INCLUSIVE PRACTICE TOOLKIT LAUNCH



### Highlights

- Facilitated the development of the Inclusive Practice Toolkit, to assist GP practices in identifying areas to prioritise to be inclusive of LGBTIQ+ patients.
- Launched the website “All Are Welcome” to support GPs to improve their care of LGBTIQ+ patients.

### The initiative

In early 2020, **enliven’s** LGBTIQ+ Community Reference Group (CRG) identified the need for GP practices to be more inclusive. The resource-intensive processes required to attain Rainbow Tick Accreditation were recognised as a barrier for many practices that may wish to take steps towards inclusive practice.

To address this issue, the CRG (facilitated by **enliven**) developed a GP Inclusive Practice Toolkit covering four priority areas: Knowledge and Understanding, Attitudes, Communication and Practice Environment. The toolkit aims to provide GP practices with a framework to take the important, achievable, measurable steps towards inclusive practice. Framing these steps as achievable quality improvement activities tied this in with work that is already undertaken to main GP practice accreditation.

Simple examples of quality improvement activities that can easily be adopted are provided within the toolkit alongside aligned training and other resources to guide the activities of each practice. An advantage of the toolkit is that it provides a quick audit to help each practice to tailor their activities depending upon the areas of inclusive practice they would like to prioritise first.

## “ALL ARE WELCOME” GP INCLUSIVE PRACTICE TOOLKIT LAUNCH

### The initiative (cont.)

After the GP Inclusive Practice Toolkit was developed, **enliven** sought funding to develop a dedicated website to further support GP practices. Thorne Harbour kindly provided the funding to enable **enliven** to engage a web designer and develop a dedicated website for the Toolkit. The website was successfully launched in March 2020 and provides support to GPs to improve their care of LGBTIQ+ patients to be more inclusive and thereby promote a positive relationship with the health system, assist in gender affirming care and reduce illness within this population.

**enliven** and the LGBTIQ+ CRG are currently pursuing further funding to support the implementation of the Toolkit into five GP practices.

### What people are saying

General practitioners (GPs) do not typically receive education regarding gender diversity despite the increasing number of trans, gender diverse and nonbinary (TGDNB) patients presenting to general practice. It is important for GPs, as the first point of entry into the healthcare system, to provide a safe and affirming environment for TGDNB patients to reduce ill-health later in life.

- [Australian Journal of General Practice \(Volume 49, Issue 7, July 2020\)](#)



## OBESITY PREVENTION – A SYSTEMS APPROACH

### The initiative (cont.)

**Workshop 1:** Developing of a causal loop diagram of the problem.

**Workshop 2:** Refining and further developing the causal loop diagram of the problem and briefly considering additional partners to invite to workshop 3.

**Workshop 3:** Identifying actions in response to the problem, based on the diagram from workshops 1 and 2, including those who will lead implementation

Several themes emerged for collective action moving forward, including

- The Land for Food Project
- Community gardens across each suburb, with a social inclusion, literacy and education focus

The full report can be viewed [here](#)

### What people are saying

*“The SE Food and Nutrition Network members reported on how useful this process was and thought it could help guide SEFNN actions this year.”*

- Julie Anne Coyle, Monash Health

*“The Group Model Building sessions were a great partnership opportunity to build a local systems map for obesity in the South-East. It was a great sector capacity building opportunity to work through mapping such a complex issue at a local level with the support of systems experts. This work has been effectively used to develop local solutions to food system issues. The diversity of representation at the workshops enhanced the quality of the outcomes, which is testament to the breadth of relationships enliven has across the region. Thanks to enliven for leading this collaborative work.”*

- Marni Ford, City of Casey

### Our partners

City of Casey

City of Greater Dandenong

Cardinia Shire Council

South East Water

SMRC

Sustain

Monash Health

DHHS

Reclink Australia

Bluearth

Kooweerup Regional Health Service

Monash University

Monash Children’s Hospital

Women’s Health in the SE

## BICULTURAL WORKER AND COMMUNITY CHAMPION NETWORK



### Highlights

- The network is comprised of 13 agencies, 35 bicultural workers (BCWs) and 47 (CCs). The bicultural workers and community champions represent 27 community groups.
- Since December 2020, the network reached 3965 community members through 27 project activities and events since December 2020
- **enliven** has chaired 16 BCW/CC and 13 agency representative meetings

### The initiative

A Bicultural worker (BCW) is 'a person employed to work specifically with people or communities with whom they share similar cultural experiences and understandings, and who is employed to use their cultural skills and knowledge to negotiate and communicate between communities and their employing agency.' A Community Champion (CC) is 'someone in the community who raises awareness and support for an issue or a project'.

In December 2020, **enliven**, in partnership with City of Greater Dandenong and City of Casey, supported the expansion of the BCWs and CCs network. The network was tasked with the dissemination of COVID 19 and vaccination information to their communities in a culturally sensitive manner. Since this time, the BCWs and CCs have worked collaboratively to facilitate activities and events which have been accessed by approximately 3965 community members within the City of Greater Dandenong and City of Casey. This is in addition to other activities through social media and sharing of personal experiences.

## BICULTURAL WORKER AND COMMUNITY CHAMPION NETWORK

### The initiative (cont.)

The network is underpinned by a framework emphasising continued training, support and communication. This is achieved through fortnightly meetings and the encouragement of peer-support. The training sessions have been facilitated by enliven, South East Primary Health Unit (SEPHU) and Murdoch Children's Research Institute. Continued communication mediums include emails, the Diversity Matters newsletter, sharing of in-language resources from the Department of Health and support from enliven's health literacy team.

The ongoing success of this network resulted in the award of a subsequent grant that commenced in July 2021. This has allowed for the expansion of the reach of the network to Cardinia Shire.

### What people are saying

#### Bicultural Workers:

*"I am very pleased to have decided to participate in this project. Under the professional guidance of the organizers, we are all doing excellent work for our different communities."*

*"Thank you for initiating this forum to discuss and update us about Covid-19 information and in regard to how vaccines are delivered and administered across Victoria."*

*"I am so happy be bicultural co-worker."*

#### Company Champions:

*"Before Covid 19 I was not aware that enliven existed. I find that has very useful resources in their website. - I find that the staff leading the meetings are very patient with the BCW and CC s, always re-assuring that it is a safe place to express concerns from the community."*

*"I am so happy, and I would like to thanks all team they gave me chance to participate this meeting and give right information others thanks."*

*"Thank you so much for putting these (bicultural and community champion) together."*

### Our partners

City of Greater Dandenong  
City of Casey  
Monash Health

## HEALTH PROMOTION STUDENT AND VOLUNTEER PROGRAM



### Highlights

- **enliven**'s volunteers contributed over 400 hours to health promotion projects and activities
  - 100% of volunteers would recommend enliven's Student and Volunteer Program to their peers with an interest in health promotion and prevention.
  - 100% of volunteers reported increased knowledge, skills and confidence in participating in health promotion and prevention activities.
  - All volunteers reported being 'very satisfied' with their overall experience at enliven.

### The initiative

**enliven**'s volunteer and student program offers practical and supportive opportunities for aspiring health promotion and prevention practitioners to gain professional experience. In its second year, the program has continued to develop and evolve to incorporate remote volunteer roles.

Collectively, **enliven**'s three volunteers have dedicated over 400 hours of their time toward supporting enliven's health promotion projects and initiatives. Volunteers have supported various projects and tasks such as resource development, evaluation activities, research, report writing, and grant writing.

**enliven** would like to extend our sincere gratitude to the ongoing support and dedication of our volunteers over the past year.

Our student program is recommencing in the 2021-22 financial year, with a number of health promotion placements being undertaken in partnership with Monash University.

### What people are saying

*"Volunteering at enliven has really enhanced my confidence, knowledge, and employability within the Health Promotion field. I am grateful for the supportive environment, networking opportunities, and the ability to develop my skills with helpful feedback and guidance. I would highly recommend enliven's volunteer program to anyone interesting in gaining practical experience in the health prevention space"*

- Claire (Health Promotion Volunteer, enliven)



## SUPPORTING SCHOOL ENGAGEMENT FOR REFUGEE AND MIGRANT YOUTH IN MELBOURNE'S SOUTH EAST



- This research project identified 20 different risk factors unique to refugee and migrant youth and their experiences of school disengagement.
- We developed 18 recommendations, based upon a literature review and the research project, to inform future planning to prevent and address educational disengagement in South East Melbourne.

### The initiative

**enliven** was contracted by Eastern Access Community Health (EACH) to undertake a research project in response to reports of high levels of complex educational disengagement within refugee and migrant youth in South East Melbourne.

**enliven** undertook a series of research-based activities to establish an understanding of the local issue of school disengagement within refugee and migrant youth. This project utilised multiple sources of information to develop an informed report, including a rapid review of literature, collating local data, and conducting interviews and focus groups with local young people, parents, school staff, and health professionals.

[The final report](#) provides a significant contribution to efforts in increasing understanding and awareness of the complexity of school disengagement within refugee and migrant youth in Melbourne's South East. The recommendations in the report provide evidence-informed actions to improve educational outcomes for refugee and migrant youth that can be undertaken by local services, schools and other key stakeholders.

### Our partners

EACH

## FEED HAPPINESS



Social media campaign promoting healthy eating to support good mental health

- Content reached over 160,000 people over the four-week campaign
- 94% of project partners rated the quality of the campaign as either 'good' or 'excellent'.
- 88% of community respondents reported that they will now include foods in meals identified throughout the campaign.

### The initiative

*Feed Happiness* was an innovative social media campaign undertaken by 19 organisations in Melbourne's Southern Metropolitan Region in February-March 2021. In a region-first approach, and in response to the impacts of the COVID-19 pandemic and the 'lock-down' of Greater Melbourne, the campaign focused on the promotion of healthy eating to support good mental health. Feed Happiness involved collaboration between all partner organisations to develop and promote campaign messaging, supported by capacity building workshops and consultancy from Common Cause Australia and Ellis Jones. The campaign was delivered via Facebook and Instagram over four weeks.

The campaign utilised values-based messaging to encourage more people to choose healthier food options within the places that they live, learn, work and play, to support good mental health and wellbeing. The aims of the campaign were to:

- Increase understanding of food and its link to mental health and wellbeing.
- Identify specific foods that can support better mental health (to make healthy options easy).
- Find and build motivation for people to prepare and eat healthy foods that can support better mental health (to make healthy options easy).

Building upon the success and learnings from the *Feed Happiness* campaign, a second iteration of the campaign is currently being explored by the partnership for 2022.

[Evaluation Report](#)

## FEED HAPPINESS

### What people are saying

“enliven was excited to be a key partner of the “Feed Happiness” initiative, a ground breaking approach to promote good mental health and healthy eating. Partnering with 18 other participating organisations, the use of social media to drive healthy behaviours and influence change was an exciting innovation that both met the challenges of working within the constraints of the COVID pandemic as well as optimising the use of social media as a contemporary approach to effective messaging”

- Rob Macindoe, Executive Director of enliven

“This was a timely and important campaign to help support good mental health and wellbeing for people in our community. By raising awareness of the links between healthy eating and good mental health, particularly within groups that might not fully understand these links, the campaign helped to support our community through a critical period of COVID-19 management and recovery”

- Julie-Anne Coyle (Program Manager of Population Health & Partnerships, Monash Health)

### Our partners

Alfred Health  
Baker Heart and Diabetes Institute  
Bayside City Council  
Cardinia Shire  
Caulfield Community Health Service  
Central Bayside Community Health Services  
City of Casey  
City of Greater Dandenong  
City of Kingston  
City of Stonnington  
Enliven Victoria  
Frankston City Council  
Frankston Mornington Peninsula PCP  
Glen Eira City Council  
Monash Health Community  
Mornington Peninsula Shire  
Peninsula Health  
Southern Melbourne PCP  
Star Health

## OUR STAKEHOLDERS AND MEMBERS

### PARTNERSHIPS

The achievements of **enliven** are only possible because of the hard work, support and commitment of many organisations and individuals. **enliven** partners with many public and private sector organisations (in health, social services and beyond), universities and researchers, community groups, government bodies, peak bodies and corporates. The Board and staff of **enliven** would like to formally acknowledge and thank everyone who has contributed, shared their knowledge and worked with us.

\***enliven** is supported by funding from the Victorian Government under the Department of Health and Human Services (DHHS) Primary Care Partnership Program. During 2020-21, **enliven** also received grant funding from a number of sources.

### ORGANISATIONAL MEMBERS

AMES Australia  
Australian Croatian Community Services  
Australian Multicultural Community Services Inc  
Baptcare  
Bayside City Council  
Bolton Clarke  
BrainLink Services  
Campbell Page  
Cardinia Shire Council  
City of Casey  
City of Greater Dandenong  
Connect Health & Community  
Connections UnitingCare  
Dandenong and District Aborigines Cooperative Ltd

Dental Health Services Victoria  
Doveton Neighbourhood Learning Centre Inc  
Emerge Australia  
Family Mediation and Counselling Victoria  
Glen Eira Kindergarten Association  
Independence Australia  
Kooweerup Regional Health Service  
LIME Management Group  
Link Health and Community  
mecwacare  
MiCare Ltd  
MIND Australia Ltd  
Monash Health  
Motor Neurone Disease Association Victoria  
Move 4 Health  
Palliative Care South East

Queen Elizabeth Centre Scope (Vic) Ltd  
SECCCA  
Southern Melbourne Integrated Cancer Service  
Southern Academic Primary Care Research Unit  
Southern Migrant and Refugee Centre  
The Bridge Inc  
UnitingCare lifeAssist  
Uniting Age Well  
Vision Australia  
Wellsprings for Women Inc  
Windermere Child and Family Services  
Women's Health in the South East

## WHO WE ARE

### enliven Board



**GREGG NICHOLLS**

**CHAIR**



**PHILLIP TOOVEY**

**VICE CHAIR**



**MARY RYDBERG**

**DIRECTOR**



**PROF. GRANT  
RUSSELL**

**DIRECTOR**



**TOM  
MCLAUGHLIN**

**DIRECTOR**

## WHO WE ARE

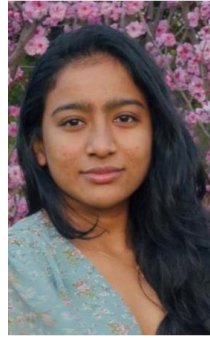
### enliven Staff



**ROB MACINDOE**  
EXECUTIVE DIRECTOR



**CINZIA THEOBALD**  
EXECUTIVE DIRECTOR



**NATASHA JOE**  
COMMUNICATIONS AND  
ADMINISTRATIONS  
OFFICER



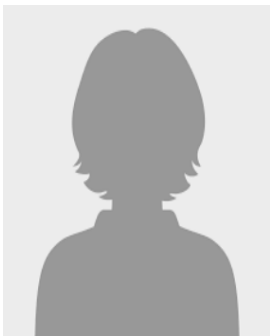
**HEATHER LAWSON**  
CLIMATE CHANGE  
RESILIENCE AND  
ADAPTATION MANAGER



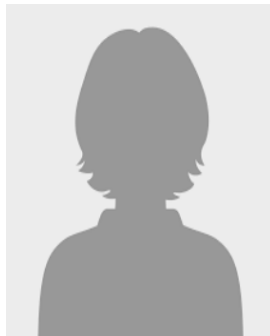
**GEORGIA LANGMAID**  
PLANETARY HEALTH  
PROJECT OFFICER



**KATE LOWSBY**  
HEALTH PROMOTION AND  
WELLBEING MANAGER



**TIA FARRELL**  
HEALTH PROMOTION  
OFFICER



**CLARIE DIMSEY**  
GRADUATE HEALTH  
PROMOTION OFFICER



**SILVA NAZARETIAN**  
EQUITY, ACCESS AND  
DIVERSITY MANAGER



**SANDRA YOUNG**  
EQUITY, ACCESS AND  
DIVERSITY PROJECT  
MANAGER



**NATALIE WARD**  
HEALTH LITERACY  
PROJECT MANAGER



**JANNEKE PORT**  
HEALTH LITERACY  
TRAINING OFFICER

# OUR FINANCES | 2020-21 ANNUAL REPORT

Statement of Income & Expenditure & Other Comprehensive Income  
For the Year Ended 30 June 2021

	2021	2020
	\$	\$
<b>Income</b>	<b>906,039</b>	<b>947,830</b>
<b>EXPENDITURE</b>	-	-
Accounting fees	(22,307)	(18,590)
Depreciation and amortisation expense	(807)	(1,093)
Advertising	(3,353)	(5,714)
Employee benefits expense	(541,462)	(487,350)
Project costs	(73,772)	(103,013)
Computer expenses	(6,838)	(3,885)
Travel expenses	-	(165)
Rental expenses	(36,435)	(41,181)
Admin expenses	(8,853)	(9,065)
Conference cots	-	(25,588)
Office expenses	(8,850)	(13,017)
Other expenses	(1,740)	(1,172)
Vic PCP expense's	(244,725)	(181,596)
<b>OTHER COMPREHENSIVE INCOME FOR THE YEAR</b>	-	-
<b>TOTAL SURPLUS (DEFICIT) FOR THE YEAR</b>	<b>(43,103)</b>	<b>(55,401)</b>

Statement of Financial Position  
As At 30 June 2021

	2021	2020
	\$	\$
<b>ASSETS</b>		
<b>CURRENT ASSETS</b>		
Cash and cash equivalents	919,425	781,509
Trade and other receivables	30,583	27,930
Prepayments	2,632	909
<b>TOTAL CURRENT ASSETS</b>	<b>952,640</b>	<b>810,348</b>
<b>NON-CURRENT ASSETS</b>		
Plant and equipment	8,134	1,031
<b>TOTAL ASSETS</b>	<b>960,774</b>	<b>811,379</b>
<b>LIABILITIES</b>		
<b>CURRENT LIABILITIES</b>		
Trade and other payables	81,649	52,336
Employee benefits	70,906	38,141
Other liabilities	299,264	150,649
<b>TOTAL CURRENT LIABILITIES</b>	<b>451,819</b>	<b>241,126</b>
<b>NON-CURRENT LIABILITIES</b>		
Employee benefits	-	18,195
<b>TOTAL LIABILITIES</b>	<b>451,819</b>	<b>259,321</b>
<b>NET ASSETS</b>	<b>508,955</b>	<b>552,058</b>
<b>EQUITY</b>		
Retained surplus	440,611	483,714
Reserves	68,344	68,344
<b>TOTAL EQUITY</b>	<b>508,955</b>	<b>552,058</b>

SEHCP Incorporated t/a Enliven  
ABN: 56 183 844 961