

Dear Woden Community

6 October 2021 Public Meeting – Mental Health Month, AGM

The next WVCC public meeting (including the **AGM**) will be held at 7pm on **Wednesday 6 October 2020**.

- **Zoom link** - <https://us02web.zoom.us/j/3645757423>
- **Meeting ID** - 364 575 7423

Residents of **Weston Creek** and Canberra's south that have an interest in the Woden Town Centre and the Canberra Hospital are always welcome to our meetings.

The meeting agenda:

- Minister Davidson – Minister for Mental Health
- Jenny Kitchin – CEO Woden Community Service
- David Jeffrey – Senior Director, ACT Sports and Recreation
 - Phillip Enclosed Oval Upgrade
- Discussion on how we can help to promote wellbeing, hope, as well as a sense of community and belonging.
- **AGM – please consider joining the committee**
- Other business

Next meeting Wednesday 3 November 2021 – Public transport theme



Why is Mental Health Month important?

Each year 1 in 5 Australians experience a mental health issue. Approximately half of all individuals (45%) will experience issues with mental health in their lifetime. This could be you, a loved one, a family member, a friend, a colleague, a neighbour...

People struggling with mental health issues often find themselves isolated, lonely and left to cope on their own.

Mental Health Month is a yearly reminder of the responsibility we all share to reach out and support those in the community who suffer in silence.

Minister Davidson will inform us of the government's policies to support members of our community experiencing mental health and Jenny Kitchin will inform us about the local services that are available.

Social connectedness and mental health

In June 2020, Ben J Smith (University of Sydney) and Dr Michelle H Lim (Swinburne University of Technology) released a research paper titled 'How the COVID-19 pandemic is focusing attention on loneliness and social isolation'. <https://pdfs.semanticscholar.org/d4b8/7055101c6b3988c43eb3a53f59b8be68e986.pdf>

They found that:

- The increase in social isolation and loneliness brought about by the introduction of physical distancing measures during the COVID-19 pandemic has provided an opportunity to recognise the fundamental health importance of social connection
- Social isolation and loneliness are enduring experiences for many, and the impacts that these conditions have upon chronic disease and premature mortality have been under-recognised
- Cross-disciplinary effort should be applied to understanding the prevalence, predictors, consequences and maintenance factors of loneliness and social isolation in Australia, and the strategies that can address these factors

The UK Centre for Urban Design and Mental Health provides guidance on building mental health into our urban future. Some urban design attributes that improve mental health include:

- **Green space and access to nature** - the priority is ensuring that people have consistent, regular exposure to urban nature in the course of their daily routines.
- **Active space for exercise** – access to dedicated spaces for exercise such as football fields, tennis courts, running routes and activity facilities to encourage walking and cycling.
- **Pro-social places to encourage positive social interaction** - One of the most important opportunities for promoting good mental health is natural, positive social interactions, from close, confiding relationships to feeling part of a community. Compact, walkable neighbourhoods provide opportunities for natural, daily social interaction.
- **Safety in the city** - A sense of safety and security is integral to people's mental health and wellbeing.

We would like to hear your views about design features that we could include in our District Level Plan to promote wellbeing and a sense of belonging to our community.

District Level Planning

The ACT Government is undertaking District Level Planning as part of its Planning Review.

The table below highlights the profile of each district. Notwithstanding the fact that the Woden Town Centre is Weston Creek’s town centre and also services a large part of Canberra’s south, it is considered to have a small aging population and therefore social infrastructure is not a priority.

This can be seen in the ACT Government’s 2018 ‘Planning for Indoor Facilities and Other Sport and Recreation Infrastructure’ which found that Woden has a comparatively moderate population (34,475), low projected growth (+1,528 by 2036), and a significantly higher median age than the ACT as a whole. At our public meeting Minister Berry said that we could use our schools.

While the Woden Town Centre is seen as a facility for Woden and not a hub for the broader region, we are unlikely to be considered for an arts centre, an aquatic centre or a multi-purpose sports stadium.

District	Belconnen	Gungahlin	Molonglo Valley	North Canberra	South Canberra	Tuggeranong	Weston Creek	Woden Valley
Population in 2017	98,740	75,516	5,847	55,124	28,511	85,422	23,066	35,642
Population in 2017 - % of ACT share	24.07	18.41	1.43	13.44	6.95	20.82	5.62	8.69
Projected population by 2041	128,000	100,200	51,400	78,700	40,300	100,600	33,200	49,200
Projected population by 2041 - % of ACT share	21.73	17.01	8.73	13.36	6.84	17.08	5.64	8.35
Median age (2016 Census)	34	31	30	31	40	36	41	39
Employment	30,207	14,806	342	70,705	53,210	19,926	4,483	24,510
Employment - % of ACT share	12.85	6.3	.15	30.09	22.64	8.48	1.9	10.43
Low density housing	71	64	39	42	42	82	81	62
Medium density housing %	17	27	25	17	13	15	17	21
Higher density housing %	12	9	36	41	45	3	2	17
People per household %	2.6	2.9	2.5	2.2	2.2	2.7	2.5	2.4
Private dwellings - % of urban share	23.9	16	1.2	14.3	8.4	20.4	5.8	9.3
Tree canopy - ACT vegetation over 3m	20	11.2	13.3	24.3	20.3	21.4	24.9	25.3

Multi-purpose sports stadium

The petition is going well with over 1,500 signatures. It requests the Assembly to:

- build and own a multi-purpose indoor sports stadium in the Woden Town Centre that can be hired at a reasonable cost by local community sports groups.

To sign go to <https://epetitions.act.gov.au/CurrentEPetition.aspx?PetId=180&Index=-1>

Press **Yes**, Accept the conditions and fill in your details

Floriade bulbs

Thank you Woden residents for your fantastic work planting bulbs and annuals all over Woden, bringing colour to our shops and community areas.

- Isaacs residents (picture of Isaacs shops)
- Farrer residents
- Garran residents
- Curtin residents
- There were plenty of other community groups planting bulbs eg Torrens Hall, Sacred Heart.
- With residents, the WVCC planted bulbs at the Torrens, Pearce, Chifley, Lyons and Phillip shops – a huge effort

If anyone from Isaacs would like to join the WVCC Committee let me know at president@wvcc.org.au

We have a great committee with representatives from nearly every suburb.



For further information go to wvcc.org.au and follow the WVCC on Facebook and Instagram. Come along to our meeting and tell us your views, expectations and concerns about Woden.

Have a great day

Fiona Carrick
President, Woden Valley Community Council

For current information - Follow us on Facebook: Woden Valley Community Council
The WVCC receives support and funding from the ACT Government