

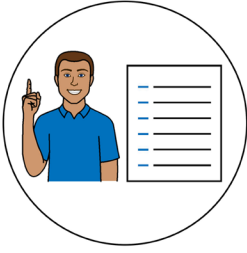
# Health and wellbeing plan

Banyule City Council



Easy English

## Hard words



This book has some hard words.

The first time we write a hard word

- the word is in **blue**
  
- we write what the hard word means.

## You can get help with this book



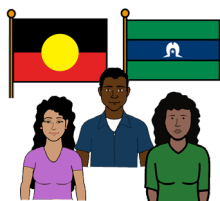
You can get someone to help you

- read this book
  
- know what this book is about
  
- find more information.



We will write contact information at the end of this book.

## We acknowledge First Nations people

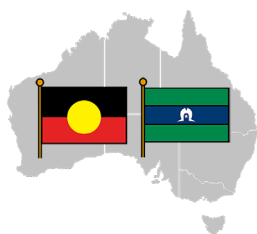


**Acknowledge** means we understand the importance of **First Nations people's**

- culture



- language



- history.



First Nations people are the Aboriginal and Torres Strait Islander people.

In the City of Banyule the First Nations people are called the Wurundjeri Woi-wurrung.



## About this book

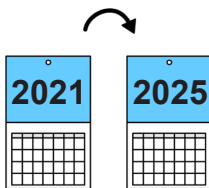
This book is from Banyule City Council.

This book is about our **health and wellbeing plan**.



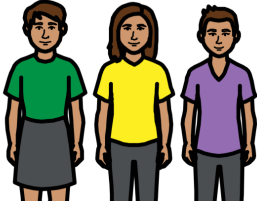
The health and wellbeing plan

- is about how we will help the community stay healthy

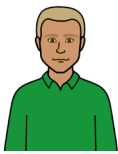


- goes from 2021 to 2025.

## How we will help the community stay healthy



We will try to make sure people of every **gender** are treated the same.



Your gender might be

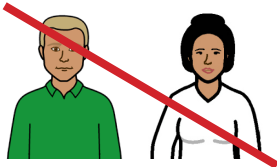
- man



- woman



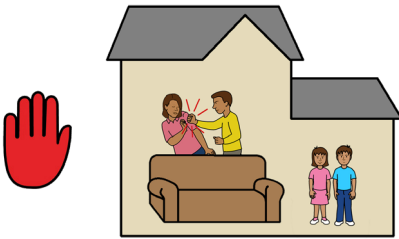
- both man and woman



- **not** man or woman



- something else.



We will try to help women who experience **violence**.

Violence means someone hurts you.



**Physical violence** is when someone hits you.



**Sexual violence** is when someone makes you

- have sex when you do **not** want to
- touch private parts when you do **not** want to.



**Verbal violence** is when someone says things

that make you feel



- bad



- afraid.



**Financial violence** is when someone

- spends all your money
- does **not** let you have your money or things.



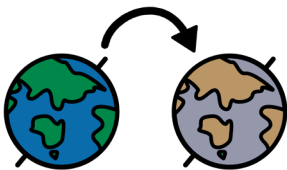
To help women who experience violence  
we will



- work with other organisations to support women



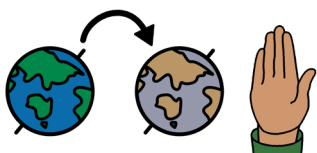
- help the community understand that violence is **not** okay.



**Climate change** can make it hard for people to stay healthy.



Climate change means that things people do to live and work make the planet hotter.



We will help the community understand what they can do to stop climate change.



We want to help people in Banyule

- feel part of the community



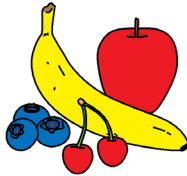
- meet new people.



## Other ways we will help the community stay healthy



We want to support you to get **healthy food**.



Healthy food might mean

- fruit
- vegetables.



We want to help you

- know where to get healthy food
- make healthy food.



We also want to help you be more active.



We want to help you

- feel safe in our parks



- feel safe when you play sport.



To help people be more active we will make more places where people can

- walk



- play sport.

For example we will make our parks better.

## We will help people feel included



To help people feel included we will have events for people to meet each other.



We will help people learn about

- disability



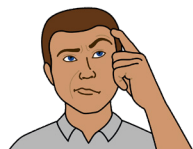
- different cultures



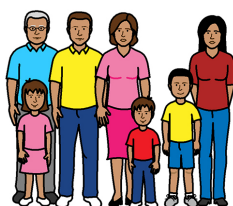
- different religions.

We will try to make sure people can get the services they need.

## We will do what we say in the plan



We will think about how we can support people from different groups.



For example we will think about how we can support

- people of all ages



- people with disability.

We will work with different organisations.



For example we will work with

- health services

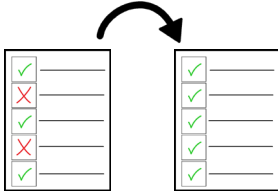


- libraries.



Each year we will

- check if we reach our goals



- change our health and wellbeing plan to get better



- write a report to tell you what we have done.

## More information



For more information contact  
Banyule City Council.



Call           03 9490 4222



Website    [banyule.vic.gov.au](http://banyule.vic.gov.au)

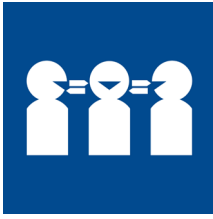


Email        [enquiries@banyule.vic.gov.au](mailto:enquiries@banyule.vic.gov.au)

**You can read more about health and  
wellbeing online.**



Website  
[banyule.vic.gov.au/Community-services/  
Public-health-and-safety/Health-wellbeing](http://banyule.vic.gov.au/Community-services/Public-health-and-safety/Health-wellbeing)



### **If you do not speak English**

Use the free Translating and Interpreting Service or TIS.



Call            131 450

Give the TIS officer the phone number you want to call.



### **If you need help to speak or listen**

The National Relay Service can help you make a phone call.



Call            1800 555 660



Website    [accesshub.gov.au/nrs-helpdesk](http://accesshub.gov.au/nrs-helpdesk)

Give the relay officer the phone number you want to call.

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