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Last Reviewed: 28 April 2015
Endorsed by Council: 26 May 2015
LEISURE, ARTS AND LIFESTYLE PLAN

THE PURPOSE OF THE PLAN

The Leisure, Arts and Lifestyle Plan (LALP) has been developed to provide a framework and a set of objectives to assist the City of Belmont (the City) to plan, develop, implement, evaluate and sustain a range of leisure, artistic, and chronic health programs, initiatives and services until the end of 2018.

The LALP has a strong commitment to linking many of the City's business units including community wellbeing (lead role), library and heritage services, community development, environmental health, town planning, parks and environment and community safety in positive ways to promote health and wellbeing.

The health aspects of the plan have been developed around the anticipated new Public Health legislation by broadening its scope to address evidence based health risks identified from various resources across local, state and federal government and non-government organisations.

LINKS TO THE CITY’S STRATEGIC COMMUNITY PLAN 2012-2032

The Strategic Community Plan (SCP) sets the direction that Council will take and Management will follow in the City of Belmont over the next twenty years. The SCP establishes objectives, strategies to achieve them and measurable performance indicators to enable Council and the Community to review progress.

The City’s Vision Statement is as follows:

“City of Belmont - City of Opportunity: The City of Belmont will be home to a diverse and harmonious community, thriving from the opportunities of our unique, riverside City.”

To be successful, results must be achieved for:

- The residential community (Social Belmont)
- The City’s business community (Business Belmont)
- The natural environment (Natural Belmont)
- The man-made physical structure and layout of the City (Built Belmont).

These four areas of achievement make up the Key Result Areas (KRA) of the Strategic Community Plan and each KRA interacts with others. Relevant activities identified within the ‘Social Belmont’ KRA include:

- Public Health
- Community and Recreation
- Community Development
- Community Events
- Community Safety
- Cultural Activities
Implementation of the LALP directly assists in achieving several objectives of the SCP under ‘Social Belmont’ as follows:

- The City will take a key leadership role in the development of the community through a facilitative and consultative approach including partnerships and alliances
- Ensure access to services and facilities for a changing community
- Develop community capacity and self-reliance
- Encourage a high standard of community health and wellbeing
- Ensure that the cultural and historical significance of the City is identified and captured.

Notwithstanding it is important to note that all key achievement areas (social, business, built and natural) have either a direct or indirect role in the community’s wellbeing and it is therefore important that all areas play a role in implementing the LAL.

DEVELOPMENT OF THE PLAN

The objectives and strategies developed have been guided by community feedback, evidence based statistics and learning lessons from the preceding plan, Physical Activity and Healthy Eating Plan 2010 – 2014.

Since 2012, a range of internal and external studies and reviews have been undertaken providing the City with a greater understanding of its community’s health, leisure and artistic profile. These include:

- Physical Activity and Healthy Eating Survey 2012, undertaken by Curtin University School of Public Health
- Review of the usage of outdoor fitness equipment 2013, undertaken by the West Australian Health Promotion Research
- City of Belmont Club Usage Review 2013, undertaken by City of Belmont Community Wellbeing section
- Community Health Profile, Department of Health 2013
- Alcohol Profile, by Department of Health 2014
- Moving Forward Youth Strategic Plan 2015 and beyond, City of Belmont
- Library and Heritage Plan 2013 -2017, City of Belmont
- Community Infrastructure Plan, undertaken by Thao Ashford Planning Consultant 2013
- City of Belmont Arts Facilities Feasibility Study 2014, undertaken by Shaped Outcomes
- City of Belmont Effects of Alcohol Study, undertaken by Stoneham and Associates 2015
HEALTHY LIFESTYLES
THE CITY’S HEALTHY LIFESTYLE PROFILE

Good health of a person is described by the World Health Organisation (WHO, 2003) as not merely the absence of disease, but their complete physical, mental and social wellbeing. A person’s health is subject to the circumstances in which people are born, grow up, live, work and age, and the systems that exist to manage with illness. These are the ‘social determinants of health and wellbeing’ (Figure 1.0).

![Figure 1.0 Social determinants of health and wellbeing](image)

Figure 1.0 illustrates that health and wellbeing are a complex relationship with the environment and physical location in which people grow and live. Therefore, we need to take this into account when engaging with the community to educate, promote and support the residents to making healthy lifestyle choices.

STATISTICAL SUMMARY

The following health statistics highlight comparative differences in the City’s fruit and vegetable consumption, physical activity levels, alcohol consumption and psychological
distress against the Western Australian averages. The differences emphasise the need for action in these key priority areas.

<table>
<thead>
<tr>
<th>HEALTH PRIORITY</th>
<th>CITY OF BELMONT</th>
<th>WESTERN AUSTRALIAN AVERAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Insufficient vegetables consumption</td>
<td>92.9</td>
<td>87.0</td>
</tr>
<tr>
<td>% Insufficient fruit consumption</td>
<td>51.5</td>
<td>47.8</td>
</tr>
<tr>
<td>% Insufficient physical activity</td>
<td>53.1</td>
<td>46.4</td>
</tr>
<tr>
<td>% of the community who are overweight</td>
<td>36.7</td>
<td>39.5</td>
</tr>
<tr>
<td>% of the community who are obese</td>
<td>26.5</td>
<td>26.2</td>
</tr>
<tr>
<td>% high/very high psychological distress</td>
<td>10.0</td>
<td>8.3</td>
</tr>
<tr>
<td>% Risky/high risk drinking for long term harm</td>
<td>27.7</td>
<td>38.0</td>
</tr>
<tr>
<td>Aboriginal Life Expectancy Male</td>
<td>65.0 years</td>
<td>79.0 years</td>
</tr>
<tr>
<td>Aboriginal Life Expectancy Female</td>
<td>70.4 years</td>
<td>82.9 years</td>
</tr>
</tbody>
</table>

(South Metropolitan Public Health Unit, 2013)

An additional area of concern within the community is that of the general psychological distress of its residents and the disparity with life expectancy of the Aboriginal community in comparison with the non-Aboriginal community. It is imperative that the City is sensitive to the community's diverse cultural and psychological needs when implementing actions within the LALP.

**PHYSICAL ACTIVITY**

Physical activity is defined as any bodily movement that results in energy expenditure (WHO, 2014). Physical activity is an integral aspect to good health and it is recommended by the Department of Health (2014) that 300 minutes (five hours) of physical activity per week is required.

Sufficient physical activity is a primary prevention against many lifestyle related diseases, as it helps to manage weight, reduce a person’s risk of cardiovascular disease, some cancers, and diabetes. Physical activity increases bone and muscle strength, as well as assisting in the management of mental wellbeing (Department of Health, 2014).

**What the community said about physical activity**

Of the 149 residents who completed the Physical Activity and Nutrition Survey in 2012:

- 69.8% of the respondents were female, 30.2% were male
- Average age of respondents was 53 years, ranging from 18 to 88 years
- Reasons for being inactive were:
  - 37.6% admission/fees
  - 28.2% safety concerns
  - 27.5% time commitments
Residents showed a great interest in the term based programs launched in 2014, which offered free or low cost programs around physical activity and healthy eating. Programs such as Dynamic Stretch Pilates, Big and Little Boot Camp, Running Club, Laughter Club and Adult Swimming were all well attended.

**HEALTHY EATING/NUTRITION**

A healthy diet is essential for good health. Poor nutrition is a primary risk factor for cardiovascular disease, some cancers, diabetes and managing a person’s weight. A healthy diet should be one that includes consuming:

- Plenty of vegetables
- Fruit
- Grain foods
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds
- Milk, yoghurt, cheese or relative alternatives
- Plenty of water (8 glasses)

(Department for Health and Aging, 2013)

The Australian Government specifically notes that those foods and drinks that contain high saturated fats, added sugar or salt should be consumed in moderation.

**What the community said about healthy eating**

Out of the 149 residents that completed the Physical Activity and Nutrition Survey in 2012:

- Residents did not eat sufficient fruit and vegetables due to price and access to quality produce.
- 12.1% of community members were concerned about food security and reported to be unable to afford to buy food.
- 47% reported that they would attend a healthy food preparation and budget workshop
- 49% would attend a farmers market
- 10.1% would be interested in forming a community garden
- 30.9% would be interested in learning how to grow their own garden

Residents showed a great interest in the term based programs launched in 2014 which offered free or low cost healthy eating programs that included cooking classes, healthy eating workshops and pop up style cooking.

**ALCOHOL**

Excessive alcohol consumption and use is now considered the most serious concern in the Australian Community according to the 2010 National Drug Strategy Household survey (AIHW, 2011). The safe levels of alcohol consumption for healthy men and women are drinking no more than two standard drinks on any day. (Note the average restaurant serving of 150 ml is approximately 1.5 standard drinks). Furthermore the ‘Alcohol think again’ (2014) campaign confirms that healthy men and women, should be drinking no more than four
standard drinks on a single occasion. This reduces the risk of alcohol-related injury arising from that occasion. Excessive alcohol consumption refers to alcohol consumption in excess of the daily or single occasion recommendations.

Excessive alcohol consumption increases the risk of long term chronic health conditions such as stroke, mental health disorders (cognitive impairment), some cancers, diabetes, liver cirrhosis and pancreatic disease (AIHW, 2011). This is coupled with the increased risk of short term health conditions and increased risk of injury from; violence/assaults, anti-social behaviour/crime/noise, littering, car accidents/road safety, falls, trips, burns and drowning. These long and short term health and associated injuries go beyond the individual and can affect the family, friends and general population.

In the City of Belmont this is a major concern with 27.7% of the population aged 16 years and over consuming alcohol at levels associated with long term harm and 11.8% consuming alcohol at levels associated with short term harm (SMPHU, 2013).

Traditionally local governments have had little power to influence alcohol policy and there is a limit to what can be achieved at a local level. Nevertheless, there are community health education initiatives and opportunities that can be undertaken by the City that have been addressed in the plan.

The Statistics

The Department of Health’s City of Belmont Health and Wellbeing Profile (2013) reported that in 2011:

- City of Belmont residents were hospitalised a total of 375 times for conditions due to alcohol, which accounts for 38.6% of hospitalisations
- City of Belmont residents consumed 2,364 bed days at an approximate cost of $2,775,159
- Rates of male hospitalisations due to liver cirrhosis, cancers, falls and assaults between 2007 and 2011 were all significantly greater for City of Belmont residents than the State average
- Alcohol contributed towards the death of 22% of City of Belmont residents.

What the community said about alcohol consumption

In 2014 City of Belmont commenced an alcohol study that included surveying City of Belmont staff, residents and business community. A total of 281 responses were received.

Survey results demonstrated the following:

- The majority of respondents have been affected by alcohol related issues in the community
- Alcohol hot spots as reported by the community are: the bus stop on Wright Street and the Kooyong Road bus stop and shopping precinct at Wilson Park
- Key effects of alcohol experienced by the community were: antisocial behaviour, violence and general feeling of being unsafe
- Comments revealed a high rate of incidents relating to violence
- The majority of respondents thought that access to alcohol was too easy
- The community has requested/suggested an increase in security or police patrols
SPORT AND LEISURE
THE CITY’S SPORT AND LEISURE PROFILE

The City of Belmont offers a range of sport and leisure opportunities with the provision of passive and active reserves, clubroom and canteens, walking groups and trails, and key facilities such as the Belmont Oasis Leisure Centre and the Belmont Sport and Recreation Club.

CLUB DEVELOPMENT

The Department of Sport and Recreation (DSR) along with Local Government and regional club development stakeholders have developed a club development framework which aims to ensure sport and recreation clubs are well resourced, supported and adaptable organisations that continue to provide quality sporting opportunities and contribute positively to the community into the future. As a result of this, a significant investment has been made in the area of club development by (DSR) and partnering Local Governments.

One of the key strategies that has been implemented from the Club Development Framework by DSR and a growing number of local governments has been the Club Development Scheme, which has seen over 40 Club Development Officers (CDO) employed across 48 regions, tasked with the role of advocating and supporting the development of sustainable high-level sport and recreation clubs. The City of Belmont became part of this scheme in the 2014/2015 financial year resulting in the employment of a part time (24 hours per week) CDO.

The CDO has been employed to develop new initiatives to respond to the diverse needs and constantly changing club environment; provide education, training and professional development opportunities for club administrators and community organisations.

Trends in membership

Statistics for sporting clubs within the City of Belmont have been recorded for the last 10 years. Over this period the following trends have been identified:

- In the 2013/14 season the City of Belmont had approximately 2146 active club members. Of these numbers 1730 participants (80%) were junior and 416 (20%) were senior members
- Summer junior sport clubs have experienced an increase of 500 participants over the 10 year period
- Winter junior sport has seen the largest increase of 600 members over the last 10 years
- Summer senior sport memberships have remained steady over the 10 year period
- Winter senior sport memberships had a large increase in membership over the first 5 year period but have been in a steady decline since due to the departure of rugby league, as well as a slight decrease in Australian Rules football.

What our sporting clubs said about Club Development

The Club Development Officers commencement has been well received with 13 of the 20 sporting clubs in the City seeking assistance with club related matters. Being a new position, the sporting clubs were unsure what the position offered. Following meetings with a number of club committees it has been noted that this new role has been a much needed link between Council and the sporting clubs. Along with established sporting clubs there has...
been contact with several sporting groups looking to set up new clubs in the Belmont community.

From initial meetings with various clubs, the City’s CDO and club committee members have identified a number of areas that require assistance:

- The need to develop active club committees which work together to oversee club operations
- Planning sessions to define short term and long term goals
- Up to date and relevant club constitutions
- Focus on attracting and retaining younger aged volunteers
- Ensuring clubs are educated on legislation and laws that can affect them including liquor licences and Working with Children Checks
- Innovative fundraising and funding opportunities
- Developing inclusive opportunities for the Belmont community, including Culturally and Linguistically Diverse, Aboriginal and for people with disabilities.

With a majority of club administrators being volunteers, it has been identified that it is becoming increasingly difficult to manage the demands of their respective clubs. Attracting and retaining volunteers for committees and coaching roles have become very difficult as people are becoming more time poor and unable to fit volunteering into their busy lives

By working on the above mentioned areas it will ensure clubs have a solid foundation, a clear plan, potential for growth and a succession plan with the recruitment of fresh volunteers who will take the clubs forward into the future.

FACILITIES

The City provides the community with a number of facilities and active reserves for organised sport and activities.

Primary Leisure/Aquatic Multi Use Facilities

- Belmont Oasis Leisure Centre
- Belmont Sport and Recreation Club

Number of Sporting Clubs using Council Reserves in 2015

- 19 regular seasonal hirers that use Council reserves
- 3 Clubs that lease Council facilities

Number of Active Sporting Reserves

- 9 active turf reserves including 1 athletics track and field
- 1 Netball Centre (16 netball courts, 1 basketball court and 2 tennis courts)
- 1 Tennis Centre (6 hard courts and 13 grass courts)
### Summary of facilities

<table>
<thead>
<tr>
<th>Facility</th>
<th>Latest refurbishments</th>
<th>Cost ($)</th>
<th>Lighting meets current standard Y/N</th>
<th>Current Sports</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Belmont Oasis Leisure Centre</strong></td>
<td>• 2007 Building extension and upgrade to gym/front entrance/café</td>
<td>$2,035,000</td>
<td>Y</td>
<td>Health club</td>
</tr>
<tr>
<td></td>
<td>• 2008 Roof replacement over sports courts</td>
<td></td>
<td></td>
<td>Group Fitness</td>
</tr>
<tr>
<td></td>
<td>• 2011 Upgrade to air handling units</td>
<td></td>
<td></td>
<td>Swim/spa/sauna</td>
</tr>
<tr>
<td></td>
<td>• 2013 Installation of meeting room &amp; offices in café area</td>
<td></td>
<td></td>
<td>Sport courts</td>
</tr>
<tr>
<td></td>
<td>• 2015 sports lighting upgrade</td>
<td></td>
<td></td>
<td>Creche</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Café</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Childcare</td>
</tr>
<tr>
<td><strong>Miles Park</strong></td>
<td>• Built in 1970’s</td>
<td>Information unavailable</td>
<td>N</td>
<td>Soccer</td>
</tr>
<tr>
<td></td>
<td>• 1985 extension to include kiosk/ rear access storeroom</td>
<td></td>
<td></td>
<td>Teeball</td>
</tr>
<tr>
<td></td>
<td>• 1998 Upgrade to roof</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Mid 90’s extension to include a clubroom</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 1998 playgroup store room</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Peet Park</strong></td>
<td>• 2000 Upgrade to clubrooms and change rooms</td>
<td>$232,000</td>
<td>Y (AFL)</td>
<td>AFL</td>
</tr>
<tr>
<td></td>
<td>• 2010 Upgrade of clubroom toilets</td>
<td>$93,000</td>
<td></td>
<td>Cricket</td>
</tr>
<tr>
<td></td>
<td>• 2011 New Sports Lighting</td>
<td>$72,000</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Middleton Park</strong></td>
<td>• 2007 Major building upgrade and lighting installation</td>
<td>$585,000</td>
<td>Y (AFL)</td>
<td>AFL</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Cricket</td>
</tr>
<tr>
<td><strong>Belmont Sport and Recreation Club</strong></td>
<td>• 2008 Refurbishment of kitchen</td>
<td>$67,000</td>
<td>N</td>
<td>Lawn Bowls</td>
</tr>
<tr>
<td></td>
<td>• 2010 Refurbishment of bar area</td>
<td>$186,500</td>
<td></td>
<td>Soccer</td>
</tr>
<tr>
<td></td>
<td>• 2012 Air conditioning upgrade</td>
<td>$17,750</td>
<td></td>
<td>Darts</td>
</tr>
<tr>
<td></td>
<td>• 2013 Refurbishment to main hall and mechanical services</td>
<td>$303,000</td>
<td></td>
<td>Numerous community groups</td>
</tr>
<tr>
<td><strong>Redcliffe Park Community Centre</strong></td>
<td>• 2000 Stage 1 built clubroom and change room</td>
<td>$880,000</td>
<td>N</td>
<td>Softball</td>
</tr>
<tr>
<td></td>
<td>• 2005 Stage 2 extension to include hall, foyer and meeting room</td>
<td></td>
<td></td>
<td>Cricket</td>
</tr>
<tr>
<td>Location</td>
<td>Years and Projects</td>
<td>Total Costs</td>
<td>Funded by</td>
<td>Notes</td>
</tr>
<tr>
<td>-------------------</td>
<td>-------------------------------------------------------------------------------------</td>
<td>-------------</td>
<td>-----------</td>
<td>-----------------------------------------</td>
</tr>
</tbody>
</table>
| Gerry Archer      | 2008 Upgrade and extensions to clubrooms  
                    2011 Additional storeroom for soccer club  
                    2014 Gateway WA shifting of entire reserve and upgraded shed, lighting and grandstand  
                    2015 Additional toilets                  | $430,000    | Y (ALL)  | Little Athletics  
                                      Soccer  
                                      Gaelic Football |
| Belmont Oval      | 2010 Upgrade to light fittings                                                     | $25,000     | N         | Soccer Dog Group                        |
| Wilson Park Netball Courts | 2011 Stage 1 upgrade to canteen and clubroom roof and exterior  
                                                              2012 Stage 2 upgrade to change rooms  
                                                              Resurface of 17 courts                   | $224,000    | To be assessed | Netball                         |
| Wilson Park Tennis Courts | Approximately early 90's  
                                                              Information unavailable                      | N/A        | Free public use only                   |
| Forster Park      | 2008 Lighting upgrade  
                                                              2012-2013 Upgrade to building  
                                                              2012 Upgrade to car park lighting  
                                                              2014 Baseball batting cages             | $46,000     | Y (AFL) | AFL  
                                      Baseball  
                                      Tee-ball                                    |
| Centenary Park    | 2012 Connect facility to sewer  
                                                              2013-2015 Upgrade to entire building  
                                                              2014 Car park lighting                   | $103,500    | N/A       | Cricket                                   |
| Belmont Park Tennis Club | 2007 Court lighting installation                                                  | $92,000     | Y         | Tennis                                   |
| Garvey Park Kayak Club | 2007 New kayak club                                                               | $445,000    | N/A       | Kayaking  
                                      Canoeing                                   |

*Note: this table does not include funding bodies which may include contributions by sporting clubs, state and federal government.*
Opportunities for underutilised sporting reserves

At the time of developing the LALP, a number of sporting reserves were identified as being underutilised. Subject to further study, these reserves may have capacity to cater for additional usage. These include:

- **Redcliffe Park Reserve**: Currently used by the Belmont Cricket Club as their secondary reserve on competition day during the summer season and by the Belmont Bears Softball Club, a small club that uses the reserve 1 to 2 times per week through the summer and winter seasons.

- **Centenary Park Reserve**: The West Australian Rugby League (WARL) was the last lease holder of the facility, using the facility primarily for their elite junior team. Due to the facility undergoing a full refurbishment and becoming a multipurpose facility, WARL ceased use of the facility in late 2013.

- **Belmont Sport and Recreation Club Oval**: Due to the current management arrangements under the lease, use of the reserve at the Belmont Sport and Recreation Club is cumbersome. The current lease arrangement specifies that the City manages and maintains the reserve. Notwithstanding, all ancillary services are managed and maintained by the lessee. That includes use of lighting, toilets and change rooms. This arrangement results in confusion for customers as well as additional costs in comparison with the use of other Council reserves.
CREATIVE LIFESTYLES
THE CITY’S CREATIVE ARTS PROFILE

National studies commissioned by the Australia Council, found a very high percentage of arts participation and consumption, as well as support for the arts in Australia.

In 2014, the City engaged consultants, Shaped Outcomes to undertake an Arts Facilities Feasibility Study. The objective of the study was to enable the City to understand the level of provision, utilisation and community aspirations for the arts.

STUDY FINDINGS

The study had distinct stages, they were:

1. Literature Review and site visits
2. Consultation with:
   a) Belmont staff and residents
   b) Staff at comparable or Benchmark Councils (Kwinana, Rockingham, Vincent, Victoria Park and Kalamunda)
   c) Staff from external organisations
   d) Residents via a survey
3. Evaluation and comparison of Belmont services and facilities with Benchmark Councils and national standards
4. Reporting

Plans and reports from Benchmark Councils (Kwinana, Rockingham, Vincent, Victoria Park and Kalamunda) showed a trend towards integrating the arts with plans to activate and revitalise urban spaces.

In general, the Benchmark Councils provided high quality arts facilities and programs, either directly through staffing and operating, or indirectly through providing operating funding to not-for-profit entities. Those consulted shared lessons about the costs of building and running performing arts centres, the pitfalls of retro-fitting buildings to become arts centres, the benefits of co-locating facilities, and the emergence of libraries as multi-purpose cultural centres.

The major trends in provision of arts and cultural services, particularly in local government are a greater focus on integration, flexibility, and place making. This means a more strategic approach to the arts in creating local identity, community spirit and economic vibrancy. This generally means a combination of professional and community practice, and ensuring broad participation from a diverse community.

Services and programs in the City of Belmont

When compared with services and facilities provided by Benchmark Councils, as well as outcomes of consultation and research through workshops, survey, interviews and literature review, the City of Belmont does not provide a suitable level of resources for arts and cultural activities. However, the employment of staff dedicated to arts and cultural development, and the implementation of the City’s Public Art Masterplan, would greatly improve this situation.

There is an opportunity to develop a more proactive or community arts approach, which might include artist-in-community projects with experienced professional artists. This type of approach, coupled with more integration into urban and community development objectives,
would both increase community participation in the arts and provide added value to investment into the provision of arts services and programs.

**Current Facilities**

The City of Belmont has a range of community facilities, which cater for a range of activities. They can be used for arts programs from time to time. The Belmont Resource Centre has been used throughout 2014 for a variety of term based art programs and achieved 100% capacity demonstrating a high level and ongoing interest from the community.

However, facilities dedicated to providing space for arts practice are limited. Appropriate spaces for the performing arts are lacking.

The Belmont Resource Centre provides a venue for peer led visual arts and crafts groups. There is a need to update this facility to ensure safety and comfort for current users, attract new users, and allow the development of more professional arts practice. The space needs to be inspirational with a need for greater legibility, visibility and access within the town centre.

The Garvey Park Art Studios work well for organisations that have creative and artistic pursuits but are not considered suitable for hire to individual artists.

In 2015, the City’s art specific facilities were utilised by the following groups:

<table>
<thead>
<tr>
<th>Facility</th>
<th>Users</th>
</tr>
</thead>
<tbody>
<tr>
<td>Belmont Resource Centre Pottery Room</td>
<td>Belmont Potters Group Inc.</td>
</tr>
<tr>
<td>Belmont Resource Centre Arts and Crafts Room</td>
<td>Amphitheatre Arts</td>
</tr>
<tr>
<td></td>
<td>City of Belmont Term Art Programs</td>
</tr>
<tr>
<td>Garvey Park Art Studios</td>
<td>Nulsen Disability Services</td>
</tr>
</tbody>
</table>

**Potential Facilities**

Most of the Benchmark Councils have arts centres and most have dedicated performing arts centres. In the City of Belmont there are no clear candidate buildings for conversion into combined arts and/or performing arts centres. Benchmark Councils indicated the pitfalls of retrofitting, including the costs of conversion and a subsequent a lack of demand for not fit/built for purpose facilities.

Purpose built centres provide better options in terms of providing appropriate arts facilities. However, either of these options would require detailed planning and the raising of substantial capital. Such options would need further detailed analysis.

Nevertheless, there is still a great opportunity to integrate arts components into the development of a new library and museum at the Belmont Civic Centre as referenced in the City’s Community Infrastructure Plan. Modern libraries such as the new Library at The Dock in Melbourne’s Docklands provide a range of arts spaces including a theatre, arts and crafts rooms, and a recording studio.
What the community said about the Arts

Through community consultation the community identified a number of common themes:

- A desire for vibrant and easily understood city spaces, while maintaining native trees and landscaping
- A need for dedicated staff and facilities for arts and culture
- Appreciation and desire for a place with a vibrant culture, pop up spaces, good food and a city centre
- Art opportunities that reflect the diversity of the community
- This survey showed a high interest in the arts, although low participation in classes and workshops
- The survey showed that while there is a latent demand for participation in the arts, participation in programs is lower in Belmont than in Benchmark Councils. It is also lower than Australian averages, which show that 94% of Australians in 2013 participated in the arts in some way, with 50% as creators (the person or organisation who creates art initiatives).
- The community were most interested in the arts and cultural facilities or services in the following order: farmer’s markets, arts and crafts markets, live music, open air spaces, Pop up spaces, live theatre shows, participation in arts and crafts, museum, language and performing arts centres.
THE PLAN AND ACTIONS
THE PLAN

As a result of understanding the City’s leisure, arts and healthy lifestyle profiles, the following key focus areas have been identified for the Leisure, Arts and Lifestyle Plan 2015 – 2018:

- Physical Activity
- Healthy Eating
- Alcohol
- The Arts

Strategies and actions have been developed around the following key themes and prioritised from 1 (high priority) to 3 (low priority):

- **Sustainable programs:** Creating and delivering ongoing programs with internal and/or external partners.

- **Creating supportive environments:** Understanding the impact of the built and natural environment and its effect on creating positive impacts on physical activity, healthy eating, alcohol harm and the arts.

- **Capacity building:** Increasing the community’s capacity at an individual, community and organisational level.

Detailed actions, goal, timelines and responsible officers are outlined between pages 22 to 34.
## KEY FOCUS AREA: PHYSICAL ACTIVITY

**Strategy:** Create and promote sustainable programs and health campaigns that encourage a more physically active community.

<table>
<thead>
<tr>
<th>Action</th>
<th>Responsibility</th>
<th>Timeline</th>
<th>Priority</th>
<th>Measurable Goals</th>
</tr>
</thead>
</table>
| 1. Continue to promote, deliver and monitor the CountUSin program | Healthy Communities Project Officer | Annually (Term 2 & Term 3) | 1 | • Registrations in CountUSin program – maximum of 15 participants per round  
• Reduction in chronic disease risk factors evident in CountUSin participants through pre and post assessment of: Weight, BMI, girth measurements, reported physical activity and the number of participants |
| 2. Work in partnership with both internal and external stakeholders to facilitate community wide physical activity programs | Healthy Communities Project Officer  
Coordinator Community Wellbeing  
Club Development Officer  
Community Wellbeing Officer  
Aboriginal Engagement Officer  
Youth and Community Projects Coordinator  
Coordinator Community Development  
Coordinator Library and Heritage Services  
Coordinator Project – Parks | Ongoing | 2 | • Seek potential partnerships with organisations with mutual goals in achieving physical outcomes for specific target groups. e.g. Aboriginal communities, CaLD communities, youth and people with disabilities  
• Advocate and support partnerships with individuals, not for profit organisation, other local governments, government and private organisations to increase the number of physical activity options available to the wider community  
• Continue to support Heart Foundation Walking Groups by training local walk leaders |
<table>
<thead>
<tr>
<th>Task</th>
<th>Responsible Officers</th>
<th>Duration</th>
<th>Notes</th>
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</thead>
</table>
| 3. Continue to deliver Term Based Physical Activity Programs        | Healthy Communities Project Officer, Community Wellbeing Assistant                    | Ongoing on school term basis. | 1 • Delivery of two physical activity based programs each school term  
• Classes to meet 80% registration  
• Continual evaluation of term programs to determine continuity and value for money  
• Maintain database of suppliers and providers |
| 4. Work in partnership with internal and external stakeholders to improve the promotion and access to information about physical activity | Healthy Communities Project Officer, Coordinator Community Development, Youth and Community Projects Coordinator, Coordinator Library and Heritage Services, Media and Communications Officer, Project Officer Communications | Ongoing    | 2 • Disseminate up to date information through the City’s website, social media, library displays, existing focus groups and email networks  
• Continue to seek alternative methods to increase access to information  
• Develop and maintain partnerships formed |
| 5. Promote community facilities and equipment that encourages the whole community to increase physical activity e.g. Outdoor fitness equipment | Healthy Communities Project Officer, Community Wellbeing Assistant, Parks Administration Officer, Buildings Clerical Assistant | Ongoing    | 2 • Ensure the City’s website provides up to date information about the City’s fitness equipment and facility provisions  
• Offer and promote community interactive sessions on how to utilise outdoor gym equipment – two or more sessions per year based on demand |
6. Provide support to local sporting clubs to increase participation rates

| Club Development Officer  
| Community Wellbeing Assistant |

- Disseminate information to clubs on relevant training opportunities, grants, maintain and manage the facilities
- Continue to disseminate club information to schools and community groups
- Ensure the City’s website is up to date with club contact details

**Strategy: Support the creation of environments that encourage physical activity.**

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</thead>
</table>
| 7. Assist in the implementation of the City of Belmont Travelsmart Plan | Travelsmart Officer  
Coordinator of Environment  
Healthy Communities Project Officer |
| Ongoing (2012-2017)  
December 2017  
Ongoing |
| 3 | • Maintain the Healthy footpath messages (includes travel smart messages) around Tomato Lake  
• Work with Environment team and Travelsmart to explore alternative sites for healthy path messages around the City’s Parks  
• Incorporate travel smart messages in programs facilitated by the City (term based programs and CountUSin) |
| 8. Review the City’s policies and processes relating to lighting provision on sporting reserves | Coordinator Community Wellbeing  
Community Wellbeing Officer  
Coordinator Building Operations |
| October 2016  
Ongoing |
| 1 | • Policy reviewed and adopted by Council |
9. Create an online Geographical Information System (GIS) map to correlate physical activity, transport routes and public open space to establish a better understanding of how infrastructure can be conducive to physical activity.

- Map layers completed
- Analysis of map data undertaken to provide a clear understanding of the relationships between the built environment and opportunities for physical activity.

<table>
<thead>
<tr>
<th>Task</th>
<th>Leader</th>
<th>Start Date</th>
<th>End Date</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Create a GIS map</td>
<td>Coordinator Community Wellbeing</td>
<td>December 2015</td>
<td>1</td>
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<tr>
<td>Investigate how the 'Healthy Active by Design' tool (a resource developed by the Heart Foundation to provide easy to use practical guidelines and checklists to support the design and construction of healthy and active communities) can be applied to City policies and procedures</td>
<td>Coordinator Community Wellbeing</td>
<td>February 2016</td>
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<td></td>
<td>Healthy Communities Project Officer</td>
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<td></td>
<td>Coordinator Planning</td>
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<td></td>
<td>Travelsmart Officer</td>
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<td>Coordinator Parks Projects</td>
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<td></td>
<td>Coordinator Building Operations</td>
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<td>Develop a Master plan for the Belmont Oasis Leisure Centre to guide the redevelopment of the City’s primary leisure and aquatic centre for the community now and into the future</td>
<td>Coordinator Community Wellbeing</td>
<td>October 2015</td>
<td>1</td>
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<td>June 2016</td>
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<tr>
<td>Undertake an Infrastructure and Community Needs Assessment of 400 Abernethy Road (recreational precinct between Belmont Oval and Belmont Sport and Recreation Club)</td>
<td>Coordinator Community Wellbeing</td>
<td>November 2015</td>
<td>2</td>
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<td>June 2016</td>
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</table>
13. Partner with the City’s Parks and Environment Department in the review of the Wilson Park precinct

| Co-Director Project – Parks | April 2015
|---------------------------|-----------------
| Coordinator Community Wellbeing | July 2016
|                               | December 2016 |

- Landscape survey and analysis to be undertaken
- Community Consultation
- Concept Design development

Strategy: Increase the capacity within Council and the community to produce positive physical activity outcomes

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<tr>
<th>Action</th>
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<th>Priority</th>
<th>Measurable Goals</th>
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</table>
| 14. Promote grant and funding opportunities that support increasing physical activity | Grant and Business Support Officer (GBSO)
Club Development Officer (CDO)
Coordinator Community Development
Healthy Communities Project Officer
Community Wellbeing Assistant | Ongoing (2015-2018) | 1 | • Assist Clubs in sourcing and applying for grants
• Establish strong communication and working relationships with sporting clubs and community groups
• Establish good working relationship between CDO and the GBSO
• Continue to promote the Community Contribution Fund and KidSport to community groups via community newspaper, Belmont Bulletin, email networks, and flyers/brochures |
| 15. Develop, implement and evaluate a sporting club recognition event to recognise and thank sporting club volunteers | Club Development Officer | December 2015
February 2016 | 2 | • Pilot sporting recognition event/s for club volunteers
• Survey the clubs level of participation and satisfaction of the pilot volunteer recognition event/s coordinated by the City with potential for continuation on annual basis
• Undertake a 3 month follow up review of volunteer recognition event/s to ascertain whether the initiatives have a positive effect on volunteer participation |
16. Continue to seek and promote training and development opportunities to community groups that build their capacity to deliver physical activity outcomes. Eg. Club Coaching courses  

Coordinator Community Wellbeing  
Healthy Communities Project Officer  
Ongoing  
3  
- Disseminate regular updates about physical activity professional development initiatives as they arise

**KEY FOCUS AREA: HEALTHY EATING**

**Strategy:** Create and promote opportunities that allow the community to make informed healthy eating decisions.

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<tr>
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</table>
| 17. Continue to promote, deliver and monitor the CountUSin program | Healthy Communities Project Officer | Annually (Term 2 and Term 3) | 1 | • Registrations in CountUSin program – maximum of 15 participants per round  
• Reduction in chronic disease risk factors evident in CountUSin participants through pre and post assessment of: Weight, BMI, girth measurements, reported fruit and vegetable consumption and the number of participants |

18. Continue to deliver Term Based Healthy Eating Programs  

Healthy Communities Project Officer  
Community Wellbeing Assistant  
Ongoing  
1  
- Delivery of two healthy eating based programs each term  
- Classes to meet 70% registration  
- Continual evaluation of term programs to determine continuity and value for money  
- Maintain database of suppliers and providers |
19. Work in partnership with both internal and external stakeholders to facilitate community wide healthy eating programs

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<th>Priority</th>
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</thead>
</table>
| 20. Support the establishment of a Community Garden(s) and a Farmers’ Market in appropriate locations | Coordinator Community Wellbeing, Healthy Communities Project Officer, Coordinator Park Projects | December 2016 | 1 | • Policy adopted by Council to formalise position on community gardens and farmers markets.  
• Policy communicated to community |
| 21. Support the City’s internal catering section in developing and promoting internal healthy options | Healthy Communities Project Officer, Functions Officer, Manager Marketing and Communications | July 2015 - ongoing | 2 | • Develop and promote social marketing campaigns on a quarterly basis to encourage staff to choose healthy options when organising internal catering |
| 22. Create an online Geographical Information System (GIS) map to highlight/identify fresh food outlets in relation to transport routes to establish a better understanding of how infrastructure can be conducive to making healthy eating choices | Healthy Communities Project Officer, Coordinator GIS & Mapping | December 2015 | 1 | • Create map layer that identify fresh food outlets in the City and any places that supply fresh food  
• Create map layer with transport routes |

Strategy: Support the creation of environments that encourages healthy eating
23. Work with the City’s Environment Health Officers to provide resources and information to local food outlets/restaurants to improve healthy food options

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<tbody>
<tr>
<td>23.</td>
<td>Healthy Communities Project Officer</td>
<td>Ongoing</td>
<td>3</td>
<td>• Disseminate information and education material through the City’s website and other agreed avenues such as ‘Food Tips’ bi annual newsletter</td>
</tr>
</tbody>
</table>

### Strategy: Increase the capacity within Council and the community to produce positive Healthy eating outcomes

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<tr>
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<th>Measurable Goals</th>
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</thead>
<tbody>
<tr>
<td>24.</td>
<td>Healthy Communities Project Officer, Community Wellbeing Assistant, Environmental Health Officers, Manager Building Services</td>
<td>December 2016</td>
<td>2</td>
<td>• Determine access, procedures and administration of the Community Kitchen in consultation with internal stakeholders</td>
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<td>25.</td>
<td>Coordinator Community Wellbeing, Healthy Communities Project Officer, Manager Community Lifestyle and Learning</td>
<td>Ongoing</td>
<td>2</td>
<td>• Disseminate regular updates about professional development opportunities around healthy eating initiatives as they arise</td>
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# KEY FOCUS AREA: ALCOHOL

**Strategy:** Educate and advocate for the safe consumption of alcohol.

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<th>Priority</th>
<th>Measurable Goals</th>
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</thead>
<tbody>
<tr>
<td>26. Create opportunities to educate the community on the harms of excessive alcohol consumption.</td>
<td>Healthy Communities Project Officer Coordinator Community Safety Coordinator Community Development Aboriginal Engagement Officer</td>
<td>June 2016</td>
<td>1</td>
<td>- Develop and disseminate innovative alcohol specific health promotion campaigns and education in partnership with relevant agencies and stakeholders</td>
</tr>
<tr>
<td>27. Establish the City’s position on alcohol promotion and signage through Council policy.</td>
<td>Coordinator Community Wellbeing Healthy Communities Project Officer Coordinator Planning</td>
<td>Ongoing</td>
<td>1</td>
<td>- Appropriate policy adopted by Council - Reduced number of alcohol promotion in City of Belmont, particularly around schools</td>
</tr>
<tr>
<td>28. Provide support for sporting clubs to encourage alcohol free events and the safe consumption of alcohol at licensed events</td>
<td>Healthy Communities Project Officer Club Development Officer Community Wellbeing Officer</td>
<td>Ongoing</td>
<td>1</td>
<td>- Disseminate education resources, training and signage to encourage safe and/or no consumption of alcohol to community groups, staff and sporting clubs</td>
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<td>Action</td>
<td>Responsibility</td>
<td>Timeline</td>
<td>Priority</td>
<td>Measurable Goals</td>
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<td>29. Develop and implement a scope of works to enhance the Belmont Resource Centre and the legibility of the facility within the Faulkner Park Civic Precinct</td>
<td>Community Wellbeing Officer, Coordinator Community Wellbeing, Coordinator Building Operations, Parks Department</td>
<td>June 2015 - December 2016</td>
<td>1</td>
<td>• Scope of works developed in conjunction with the user groups and internal stakeholders</td>
</tr>
</tbody>
</table>
| 30. Investigate funding opportunities available to enhance and upgrade the City's art facilities as identified in the 2014 City of Belmont Arts Facilities Feasibility Study | Community Wellbeing Officer, Grants and Business Support Officer | December 2015 | 1 | • Liaise with the City's Grants and Business Support Officer to identify grant opportunities that may apply for the Belmont Resource Centre and Garvey Park Arts Studios  
• Seek Council support for funding in the 2016/2017 financial year to progress enhancements and upgrades to the City's art facilities |
| 31. Work with Community groups to ensure that facilities remain relevant to their future needs | Community Wellbeing Officer | Ongoing - March 2015 | 2 | • Meet with community art groups as needed |
Strategy: Create and promote opportunities that engage the community in the arts.

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<th>Action</th>
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<th>Timeline</th>
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<th>Measurable Goals</th>
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</table>
| 32. Work with existing community groups (Belmont Potters, Amphitheatre Arts etc) to assist in providing strategies to promote their artistic pursuits | Community Wellbeing Officer                        | Ongoing                 | 2        | • Coordinate meetings to maintain open channels of communication  
|                                                                                                                                             |                                                     |                         |          | • Promote Community Contribution Fund rounds and grant writing workshops                              |
| 33. Continue to promote and deliver five art programmes and events per financial year                                                      | Community Wellbeing Officer                        | Ongoing                 | 1        | • Deliver five programmes and events based on community trends and the aspirations identified in the consultation stage of the Arts Facilities Feasibility Study 2013/2014 |
| 34. Continue to deliver Term Based Art Programs                                                                                           | Community Wellbeing Officer                        | Ongoing school terms   | 1        | • Delivery of two art programs each term  
|                                                                                                                                             | Community Wellbeing Assistant                      |                         |          | • Classes to meet 80% registration  
|                                                                                                                                             |                                                     |                         |          | • Continual evaluation of term programs to determine continuity and value for money  
|                                                                                                                                             |                                                     |                         |          | • Maintain database of suppliers and providers                                                        |
| 35. Undertake the annual art and photographic exhibition and continue to attract Aboriginal participation                                      | Community Wellbeing Officer                        | Ongoing                 | 1        | • Continue to seek attractive sponsorship opportunities for prize categories  
|                                                                                                                                             |                                                     |                         |          | • Increased number of Aboriginal entries in the exhibition                                           |
| 36. Expand communication networks to promote community participation in the arts | Community Wellbeing Officer  
Youth and Community Projects Coordinator  
Aboriginal Engagement Officer  
Coordinator Library and Heritage Services | Ongoing | 3 | • Coordinate network meetings as needed to maintain open channels of communication  
• Partnership activities identified and investigated with internal departments and external providers and local businesses. e.g. Victoria Park Centre for the Arts |

| 37. Provide advice to the City’s Civic Precinct working group regarding art opportunities that can be incorporated into future redevelopments of the precinct | Manager Community Lifestyle and Learning | Ongoing | 2 | • Advocate the communities’ aspirations in the arts at Civic Precinct Working Group meetings as reflected in the Arts Facilities Feasibility Study 2013/2014 |

| 38. Investigate potential community art projects that create a sense of place and community identity | Community Wellbeing Officer | April 2016 | 2 | • Community Art Projects identified and planned for the 2016/2017 |

**Strategy: Enhance the public realm with Public Art.**

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</table>
| 39. Continue to deploy the City’s ‘Public Art Directions and Masterplan 2011-2015’ | Coordinator Community Wellbeing  
Community Wellbeing Officer  
Public Art Advisory Panel | Ongoing | 1 | • Actions delivered as required under the Masterplan |
40. Review the City’s ‘Public Art Directions and Masterplan 2011-2015’
   
   Coordinator Community Wellbeing
   April 2016
   1
   • New Masterplan adopted by Council

   
   Coordinator Community Wellbeing
   June 2015
   1
   • Process Map developed and located on the Business Management System.

42. Develop a Swan River foreshore public art strategy to provide a coordinated approach in the development of public art in the precinct
   
   Coordinator Community Wellbeing
   Coordinator Environment Swan River Trust
   June 2016
   2
   • Strategy developed and endorsed by Council

**Strategy: Increase the capacity within Council and the community to assist in the development of the Arts.**

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</table>
| 43. Promote grant, funding and training opportunities to Art community groups to increase capacity and sustainability. | Community Wellbeing Officer | Ongoing | 2 | • Promote Community Contribution Fund and grant writing workshops  
• Disseminate regular updates about professional development opportunities around art initiatives as they arise |
REFERENCES


City of Belmont Alcohol Study. 2014. *A study on the effects of Alcohol Consumption in the City of Belmont 2014*. Dr Melissa Stoneham, Stoneham Associates.


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