



Public Health Plan 2026-2031





Acknowledgement of Country

Ngalak kaadatj Nyoongar nedingar wer birdiya, baalap barn boodja-k wer kaaratj boodja-k koora koora wer yeyi.

Ngalak kaadatj baalabang malayin wer nakolak baalap yang ngalany-al City of Stirling dandjoo Nyoongar moort-al kolbang koorliny.

City of Stirling kaadatj Nyoongar moort Nyoongar boodja-k Wadjak boodja-k, Mooro boodja-k.

The City of Stirling acknowledges the Wadjak people of the Nyoongar nation as the Traditional Custodians of Mooro Country. We pay our respects to Aboriginal and Torres Strait Islander Elders past and present, for they hold the memories, the traditions, the culture and the hopes for Aboriginal Australia.

The City is committed to forging stronger relationships and a deeper respect for Aboriginal and Torres Strait Islander Australians. By acknowledging and respecting the diversity and history of our Aboriginal and Torres Strait Islander community, we will continue to realise our vision for reconciliation.

Contents

Mayor's message	4
About this plan	6
Integrated Planning and Reporting Framework	8
Health and wellbeing in our community	9
Community and stakeholder engagement	12
Reporting, monitoring and evaluation	13
Guiding principles	14
Public Health Priorities	15
Priority One: Healthy, active communities	16
Priority Two: Mentally healthy and socially connected communities	18
Priority Three: Safe, resilient and sustainable communities	20
Priority Four: Access to affordable and healthy living	22
Priority Five: Strong partnerships and collaborative leadership	24
Case studies	26
Community Grants Program – Maladjiny Dandjoo, Dianella Secondary College community garden	26
Lake Gwelup Story Trail	27
Stirling Community Kitchen Program	28
Joondanna Reserve	28
Pregnancy Wellness Program	29
Appendix 1 Alignment of Public Health Plan with existing City of Stirling plans	30

Mayor's message

The City of Stirling is in a unique position to improve the health and wellbeing of our community of around 250,000 residents. Our inaugural Public Health Plan 2026-2031 lays out a strategic and evidence-based approach to doing exactly that.

As well as being the state's largest local government by population, we are also one of the most diverse, with more than one in three people born overseas and more than one in four speaking a language other than English at home. When it comes to public health planning, it is crucial that people of all ages, cultures and backgrounds are taken into account to create a system that works for everyone and addresses inequities. That is why community engagement is such an integral part of this plan.



Our City already does fantastic work in the public health space, providing first-rate places and programs for physical activity and fostering a safe, inclusive and harmonious community. We want our Public Health Plan 2026-2031 to harness the extensive work we are already doing and make it even more strategic and proactive. It has been designed to align with our existing strategies, processes and responsibilities to ensure a whole-of-organisation approach to implementation.

The plan is based around five priority areas:

- Healthy, active communities
- Mentally healthy and socially connected communities
- Safe, sustainable and resilient communities
- Access to affordable and healthy living
- Strong partnerships and collaborative leadership.

Under each priority area, there are objectives, actions and outcomes, listed alongside the City teams responsible for delivering them. These objectives deal with everything from creating opportunities for our residents to be socially active to preparing for natural disasters. It represents a holistic and proactive approach to building a healthy, resilient and connected community.

Mark Irwin AM
Mayor



About this plan

The City of Stirling Public Health Plan 2026-2031 (Public Health Plan) aims to provide a strategic, whole-of-City approach to improving community health and wellbeing. The plan responds to the City's local health data, evidence from the State Public Health Plan for WA 2025–2030, community priorities and insights from our service areas. It helps to capture the strengths of our existing activities to improve health and wellbeing for all residents.

While many of our community members experience good health and access to services, others face greater social and economic challenges.¹ These differences highlight the need for an equitable approach that focuses on prevention and early intervention. This includes addressing factors that influence health such as housing, education, income, transport, social connection and cultural and environmental factors.²

For the City, public health means shaping environments that make healthy choices accessible for everyone. By promoting healthy lifestyles, reducing risk factors and creating inclusive spaces, we can prevent chronic disease, improve mental wellbeing, reduce health inequities and build resilience to emerging risks such as emergencies and climate impacts.

As the level of government closest to the community, local governments play a vital role in creating healthy environments. They help keep people safe and healthy by delivering essential public health services, including environmental health, waste management, community safety and emergency response.

Today, chronic diseases such as cancer, heart disease and mental health conditions present some of our most pressing health challenges.

Our most recent health insights indicate increasing impacts from preventable risk factors and growing demand for mental health and social connection initiatives, underscoring the need for a coordinated local response.³

The Public Health Plan aims to provide an overarching framework for the City that aligns the goals and actions of existing strategies to collectively improve the health and wellbeing of our diverse population.

The Public Health Plan aims to:

- Improve health and wellbeing outcomes for all residents
- Address preventable risk factors for chronic disease
- Support environments that enable healthy, active and connected lives
- Strengthen cross-department collaboration and align existing strategies
- Guide future planning, partnership and decision-making for community health and wellbeing
- Align with the State Public Health Plan for WA 2025–2030
- Ensure a coordinated and evidence-informed approach to our public health actions.



1 Australian Bureau of Statistics. Socio-Economic Indexes for Areas (SEIFA), Australia. <https://www.abs.gov.au/statistics/people/people-and-communities/socio-economic-indexes-areas-seifa-australia/latest-release#data-downloads>
2 Department of Health WA, State Public Health Plan for WA 2025–2030, 2025, State Public Health Plan 2025–2030
3 City of Stirling, Everyone Belongs Community Engagement. 2025; Department of Health WA. Health and Wellbeing Profile: City of Stirling 2015-2024. 2026



Our Sustainable Stirling 2022-2032 Strategic Community Plan has five key result areas with outcomes, objectives and strategies that will help us deliver our vision of “a sustainable City with a local focus”. The Public Health Plan’s priorities and objectives directly contribute to the following four key result areas: Our Community, Our Built Environment, Our Natural Environment, and Our Leadership.

Public Health Plan priority area	Strategic Community Plan outcomes
1. Healthy, active communities	• An active and healthy City • A liveable City • An accessible and connected City
2. Mentally healthy and socially connected communities	• An inclusive and harmonious City
3. Safe, sustainable and resilient communities	• A safer City • A biodiverse City • A waste-wise City • A water-wise City • A liveable City
4. Access to affordable and healthy living	• An inclusive and harmonious City • A liveable City • An accessible and connected City
5. Strong partnerships and collaborative leadership	• A well-governed City • A customer-focused City • A capable and efficient City

The Public Health Plan meets the City's obligations under WA's *Public Health Act 2016* and has been developed in consideration with the priorities identified by the Chief Health Officer in the State Public Health Plan for WA 2025–2030. This ensures alignment with statewide public health directions while addressing local community needs.⁴

We will liaise with the WA Department of Health and work in partnership with health services, community organisations and other stakeholders to support the delivery of public health initiatives.

In line with the *Public Health Act 2016*, we will take a practical, evidence-informed approach to identifying and responding to public health risks within the City. This includes:

- Considering current and emerging risks as part of planning and service delivery
- Using available data, community insights and legislative guidance to understand potential impacts
- Prioritising risks that require City-level action
- Incorporating risk considerations into updates of this plan and broader decision-making processes.

4 Department of Health WA, State Public Health Plan for WA 2025–2030, 2025, State Public Health Plan 2025–2030; Department of Justice WA, Public Health Act 2016. Western Australia. 2016, WALW – Public Health Act 2016 – Home Page

Integrated Planning and Reporting Framework

Western Australian legislation requires local governments to plan for the future through an Integrated Planning and Reporting Framework. This includes a 10-year Strategic Community Plan, a four-year Corporate Business Plan and supporting informing plans, such as the Public Health Plan.

As part of the integrated planning process, local governments work with their communities to shape a long-term vision, examine and understand the demographic, social, environmental and economic trends shaping the future of their area, and align their activities and resources to address the community's aspirations expressed in the vision.

Under the Integrated Planning and Reporting Framework, local governments are required to measure, assess and report their performance every year to their community. This process of measurement and reporting helps local

governments continually improve their performance and progress towards their vision and objectives.

The diagram below illustrates the City of Stirling's Integrated Planning and Reporting Framework.

Informing plans provide more detail on key areas of work, outlining the actions and targets that will guide us towards our long-term goals.

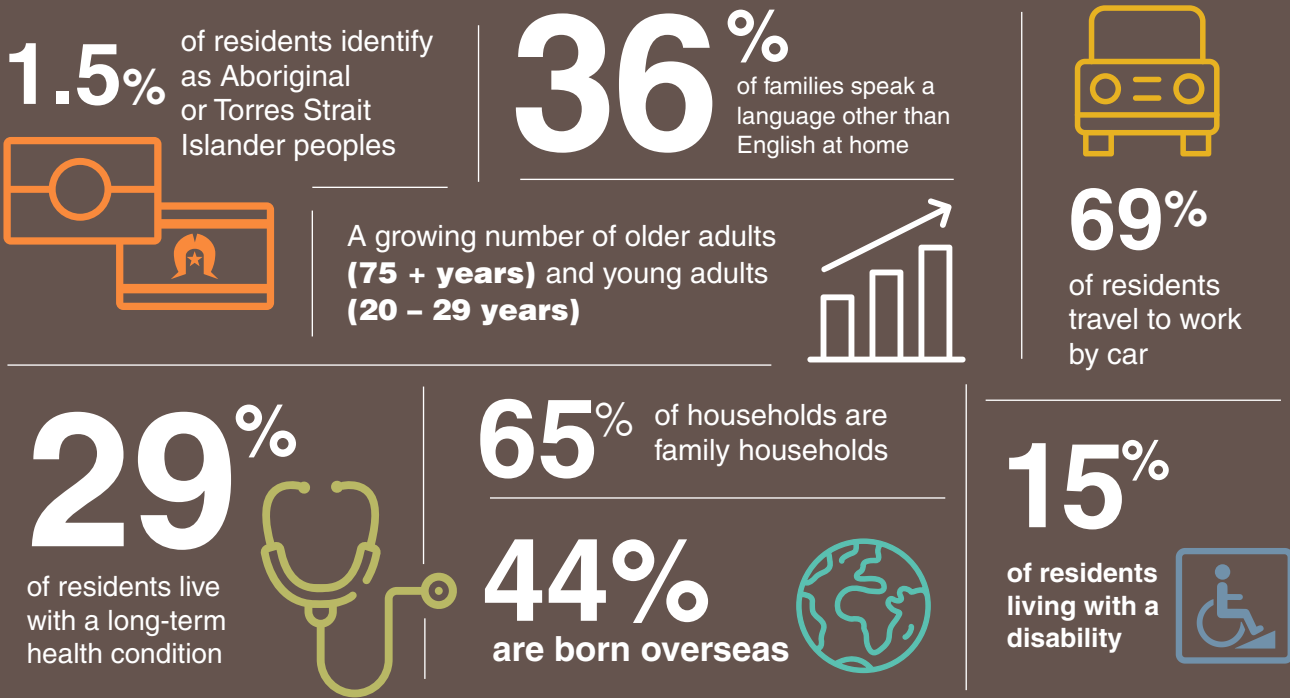
The Public Health Plan addresses our obligations under WA's *Public Health Act 2016* and will be used to help the City achieve healthy, inclusive and sustainable outcomes.



Health and wellbeing in our community

With almost 250,000 residents across 30 suburbs, the City of Stirling is WA's largest local government by population. Our City is also one of the most diverse local governments in the state, home to residents of all ages and backgrounds. This diversity is one of our greatest strengths and a key consideration in shaping inclusive public health initiatives.

Our community:⁵



⁵ Australian Bureau of Statistics. Population estimates and components by LGA, 2023 to 2024. Canberra (ACT): ABS; 2025. <https://www.abs.gov.au/statistics/people/population/regional-population/latest-release#data-downloads>



City of Stirling Health and Wellbeing Profile: ⁶

The City's population is projected to grow by almost **40,000** people by 2036



12%
Tree canopy coverage

Most suburbs have low to moderate walkability

1 in 4



residents have been told by a doctor in last 12 months they had a mental health condition such as **anxiety, stress or depression**

31% of residents live alone

Less than **3%** of residents walk or cycle



8% of adults and **5%** of children eat fast foods more than twice a week



6% of adults and 10% of children meet the recommended daily vegetable intake



28% of adults drink alcohol at levels that pose long-term health risks



11% of residents aged 18 years and above currently smoke and **8%** currently vape

23% of children and **68%** of adults are classified as overweight or obese



46% of children and **36%** of adults exceed recommended screen time limits



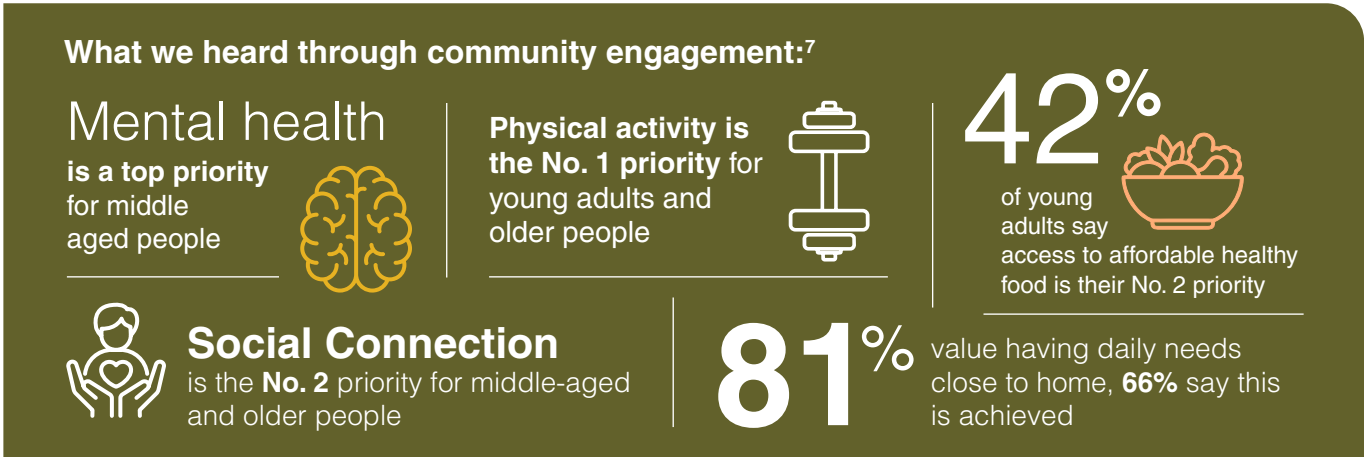
65% of children and **35%** of adults did not complete the recommended amount of physical activity

The City acknowledges the North Metropolitan Health Service for providing data that has helped inform the development of this plan.

⁶ Department of Health WA. *Health and Wellbeing Profile: City of Stirling 2011-2020. 2024*; Department of Health WA. *Health and Wellbeing Profile: City of Stirling 2015-2024. 2026*

Community and stakeholder engagement

Community and stakeholder input has been central to the development of the Public Health Plan. We undertook a comprehensive engagement process to ensure the plan reflects local needs, values and priorities. Community members were invited to participate in the Everyone Belongs and Future Stirling community engagement initiatives. In partnership with the our Reconciliation Action Plan Working Group, we engaged local Aboriginal Community Controlled Organisations (ACCOs) to gather insights on local Aboriginal health priorities.



⁷ City of Stirling, Everyone Belongs Community Engagement. 2025; City of Stirling, Future Stirling Phase One Engagement Report for Public Health Plan. 2025
⁸ City of Stirling, Aboriginal Health Priorities Engagement. 2025



Reporting, monitoring and evaluation

The Public Health Plan is designed to be implemented through a whole-of-organisation approach that aligns with existing City strategies, business planning processes and legislative responsibilities under the *Public Health Act 2016*. Implementation should focus on strengthening existing activity, coordinating service areas and identifying opportunities for collective action that supports long-term health and wellbeing outcomes.

The Public Health Plan is a living framework that can help the City continue to:

- Respond to emerging health risks, climate impacts and demographic change
- Adjust actions to respond to opportunities that strengthen health and wellbeing outcomes
- Strengthen partnerships with key stakeholders and community organisations
- Engage and collaborate with community.

Ongoing implementation will be supported by a Public Health Steering Group to maintain cross-service alignment and support continuous improvement. The flexible approach allows for adaptations to ensure it remains relevant to community needs over the five year lifespan of the plan.

Each service unit will report on the Public Health Plan-related actions through quarterly KPI reporting and monitoring and annual business planning.

We will annually review and report against the Public Health Plan to ensure implementation is on track and actions remain achievable and aligned to emerging health priorities and risks. The reviews will be conducted through KPI reporting and Corporate Business Plan updates. The community will continue to stay involved by way of consultation and delivery updates through our Annual Report and other communication methods, such as existing advisory groups and working groups where relevant.

In 2031, the Public Health Plan will be evaluated and reviewed to understand what worked well, new opportunities and any lessons learned. A new Public Health Plan will be developed in line with any new evidence and community consultation to ensure it is relevant to community priorities and emerging risks.

Guiding principles

This plan is shaped by six core principles that guide our approach to improving health outcomes and building community resilience:

Aboriginal health and wellbeing

We recognise that Aboriginal health is holistic, encompassing physical, social, emotional, cultural and spiritual wellbeing. We are committed to culturally safe, inclusive and community-led approaches to public health initiatives.

Equity and inclusion

We strive to reduce health disparities and ensure that all residents have equitable access to opportunities for good health, regardless of age, ability, cultural background, income or location. Our strategies aim to prioritise vulnerable groups and promote inclusive environments and services.

Prevention and early intervention

We will focus on preventing illness and injury before they occur. We will promote healthy lifestyles and address risk factors to reduce long-term disease burden and improve quality of life.

Community engagement and empowerment

We believe meaningful change comes from collaboration. We intend to actively involve residents, local organisations and service providers in shaping and delivering health initiatives that reflect community needs and aspirations.

Evidence-based decision-making

Our strategies are guided by reliable data, research and local insights. We intend to monitor progress, evaluate outcomes and adapt actions to remain effective and responsive to emerging health trends.

Sustainability and resilience

We aim to promote health in ways that also support environmental sustainability and community resilience. This includes planning for the climate-related health impacts, encouraging active transport and designing healthy built environments.

Public Health Priorities

To achieve the City's Strategic Community Plan (SCP) vision of a "sustainable City with a local focus", the Public Health Plan focuses on five interconnected priority areas. These areas reflect the most significant health and wellbeing needs identified through community engagement and data analysis and align with our SCP to ensure a coordinated, whole-of-City approach.

1

Healthy, active communities

Creating environments that make healthy and active living easy and accessible for all, reducing chronic disease risk and promoting lifelong wellbeing.

2

Mentally healthy and socially connected communities

Strengthening mental health, cultural identity and social connection through inclusive spaces and partnerships.

3

Safe, resilient and sustainable communities

Building safer neighbourhoods, preparing for emergencies and adapting to changing climates to protect health and wellbeing.

4

Access to affordable and healthy living

Supporting equitable access to housing, healthy food and essential services to reduce financial stress and health inequities.

5

Strong partnerships and collaborative leadership

Fostering collaboration across sectors and strengthening governance and accountability to deliver integrated, impactful health outcomes.

Timeframes for implementation

The actions in the Public Health Plan are categorised using the following timeframes to guide planning, resourcing and reporting:

Short term	1–2 years
Medium term	3–4 years
Long term	5–plus years
Ongoing	Continuous delivery throughout the life of the Public Health Plan.

Priority One

Healthy, active communities

Communities thrive when people can easily access safe, inclusive and engaging places to move, play and connect. Active communities support long-term wellbeing by reducing the risk of chronic disease, strengthening mental wellbeing, fostering social connection and enhancing quality of life. The City plays an important role in shaping neighbourhoods, spaces and programs that make healthy, active living the easy choice for all

Objective	Link to SCP	Action
1.1 Enable inclusive access to a range of active and healthy lifestyle opportunities through recreation and open spaces	An active and healthy City A liveable City	1.1.1 Maintain and upgrade high-quality public open spaces, recreation spaces and walkable environments with inclusive amenities guided by universal design 1.1.2 Deliver and promote diverse, low-cost/free physical activity programs 1.1.3 Enable access to unstructured physical activity opportunities including nature play, outdoor gyms, walking trails, active transport and open-space activation 1.1.4 Enable, support and promote community events that encourage movement and outdoor recreation
1.2 Support transport networks that enable walking, cycling and public transport use	An active and healthy City An accessible and connected City	1.2.1 Improve neighbourhood walkability and accessibility through pathway upgrades, pedestrian access ways, shared paths, safer crossings, lighting, shade and end-of-trip facilities 1.2.2 Deliver behaviour-change programs and initiatives that support walking and cycling 1.2.3 Support bicycles and State Government-endorsed infrastructure, including parking facilities and safe, accessible paths 1.2.4 Promote awareness and accessibility of local walking and cycling routes through signage, maps and digital resources
1.3 Support and promote partnership-based health education and prevention activities across City services	An active and healthy City	1.3.1 Support childhood wellbeing through children and family services networks across the City to promote best practice in the child health and family wellbeing space 1.3.2 Promote and encourage healthy environments through Healthway's Healthy Venues program in City-run facilities, and support the use of healthy environment messaging through our events and programs 1.3.3 Deliver injury prevention initiatives, including water safety education and fall prevention programs

ages and abilities. By improving walkability, expanding recreation opportunities, increasing access to open space and promoting healthy environments and preventative health initiatives, we aim to support a community where residents can lead active, healthy and fulfilling lives.

Lead	Timeline	Health + wellbeing outcomes
Parks and Environment	Ongoing	Increased physical activity, improved mobility and use of public spaces, stronger social connection and reduced chronic disease risk and health inequities
Recreation and Leisure	Ongoing	
Parks and Environment	Ongoing	
Customer and Communications	Ongoing	
Engineering Services	Ongoing	Increased active transport participation, reduced injury risk, improved air quality, improved access to walking and cycling networks and stronger community connectivity
Engineering Services	Ongoing	
Engineering Services	Ongoing	
Engineering Services	Ongoing	
Community Development	Ongoing	Improved nutrition and health literacy, earlier awareness and prevention, reduced injury risk and reduced exposure to preventable health risks
Recreation and Leisure, Community Development	Ongoing	
Recreation and Leisure, Community Development	Ongoing	

Priority Two

Mentally healthy and socially connected communities

Strong social connection, cultural identity and supportive environments are essential for mental health and wellbeing. Feeling connected, valued and included within your community helps protect against stress, anxiety and depression and supports emotional resilience. We recognise that for many residents – particularly Aboriginal and Torres Strait Islander peoples and culturally and linguistically diverse (CaLD) communities – connection to culture,

Objective	Link to SCP	Action
2.1 Strengthen social cohesion and inclusion by facilitating community participation, volunteering and local connection	An inclusive and harmonious City	2.1.1 Coordinate and deliver inclusive, community-based programs and activities that encourage participation and connection
		2.1.2 Support and promote volunteering opportunities as pathways to social connection and civic participation
		2.1.3 Develop public spaces that support social interaction through inclusive infrastructure, equipment and nature-based elements
2.2 Foster cultural connection, identity and belonging through reconciliation, multicultural engagement and intergenerational connection	An inclusive and harmonious City	2.2.1 Celebrate cultural and community events that strengthen visibility, cultural pride and shared understanding
		2.2.2 Support and promote culturally safe spaces for Aboriginal and Torres Strait Islander and CaLD communities
		2.2.3 Support public art, creative programs and place-based cultural expression that reflect local identity, diversity and Nyoongar culture
		2.2.4 Provide multilingual, accessible information to improve participation in our programs and services
2.3 Enhance access to mental wellbeing supports through partnerships and the use of community spaces	An inclusive and harmonious City	2.3.1 Maintain partnerships with community mental health organisations to improve access to outreach services in priority locations, such as libraries, community hubs and activity centres

Country, family and community is central to social and emotional wellbeing. The City plays a key role in fostering belonging and inclusion through accessible public spaces, culturally safe programs, community events and arts initiatives. This priority focuses on reducing isolation, improving mental health literacy and creating environments where all residents feel safe, connected and supported.

Lead	Timeline	Health + wellbeing outcomes
Community Development	Ongoing	Reduced social isolation, increased community participation and connection and improved mental wellbeing and community resilience
Community Development, Parks and Environment, Recreation and Leisure	Ongoing	
Parks and Environment	Ongoing	
Community Development	Ongoing	Stronger cultural identity and cultural safety, increased social inclusion and belonging, stronger intergenerational connection and improved emotional wellbeing
Community Development	Ongoing	
Community Development	Ongoing	
Community Development	Ongoing	
Community Development	Ongoing	Improved mental health literacy and awareness of supports, reduced stigma, stronger perceptions of safety and improved community resilience

Priority Three

Safe, resilient and sustainable communities

Safe, resilient and sustainable communities are essential for protecting public health, wellbeing and quality of life. This priority focuses on creating environments where residents feel secure, prepared and supported. With climate-related hazards increasing in frequency and impact, proactive and coordinated responses are vital to the community's health and safety.

Objective	Link to SCP	Action
3.1 Build a safer, more prepared community through coordinated emergency management, crime prevention and visible safety infrastructure	A safer City	3.1.1 Implement and review emergency management plans, including disaster preparedness, response and recovery planning
	A liveable City	3.1.2 Deliver community education and awareness programs on emergency preparedness, bushfire readiness, severe weather and household safety
		3.1.3 Deliver proactive community safety initiatives and supporting referrals for vulnerable residents
		3.1.4 Coordinate and support emergency management while partnering with agencies to ensure community resilience and psychosocial support
		3.1.5 Support vulnerable communities with safety and early intervention through engagement programs, partnerships and outreach
3.2 Improve environmental health resilience by promoting climate-adaptive practices, biodiversity and safe urban environments	A biodiverse City	3.2.1 Continue to expand tree canopy, urban greening and biodiversity protection to support environmental and community health
	A waste-wise City	3.2.2 Promote water-sensitive urban design and flood mitigation to reduce injury risk, water contamination and climate-related health impacts
	A water-wise City	3.2.3 Support waste reduction and sustainable waste systems to reduce environmental health risks and contamination in waste and recycling streams
		3.2.4 Promote community awareness of weather and climate-related health risks
		3.2.5 Provide environmental health education and promote community awareness of health-related risks
3.3 Support cross-unit resilience efforts to reduce injury, protect against health risks from environmental sources and strengthen community trust in safety services	An active and healthy City	3.3.1 Continue statutory environmental health services, including food premises inspections, waste management oversight, public building surveillance and regulated premises monitoring
	A safer City	3.3.2 Continue to reduce injury risk through animal management and local laws enforcement
		3.3.3 Partner with state agencies and service providers to respond to emerging public health and environmental risks

Access to green spaces and urban greening also play a vital role in building a safe, resilient and sustainable community. Trees and vegetation reduce urban heat, improve air quality and support biodiversity, while parks and natural areas promote physical activity, mental wellbeing and social connection.

Lead	Timeline	Health + wellbeing outcomes
Community Safety	Ongoing	Reduced injury and crime-related harm, improved perceptions of safety, and stronger community resilience during emergencies
Community Safety	Ongoing	
Community Safety	Ongoing	
Community Safety	Ongoing	
Community Safety	Ongoing	
Parks and Environment	Ongoing	Improved climate resilience, air quality and neighbourhood health, with reduced weather and climate-related health risks
Engineering Services	Ongoing	
Waste and Fleet	Ongoing	
Community Safety	Ongoing	
Development Services	Ongoing	
Development Services	Ongoing	Reduced environmental health risk and preventable injuries, with stronger trust in safety services and community resilience
Community Safety	Ongoing	
Development Services	Ongoing	

Priority Four

Access to affordable and healthy living

Access to safe and affordable housing, healthy food and essential services is foundational to good health and wellbeing. The City plays an important enabling role in shaping inclusive neighbourhoods, advocating for housing diversity and affordability, strengthening access to culturally and socially accessible services and

Objective	Link to SCP	Action
4.1 Promote inclusive access to safe and healthy living environments through housing, public space and service delivery	A liveable City	4.1.1 Continue to develop our Local Planning Strategy to support a greater mix of housing types and affordability
	An accessible and connected City	4.1.2 Support vulnerable community members experiencing housing vulnerability through partnerships, referral pathways, and access to support services
4.2 Strengthen access to culturally and socially accessible services that support daily living and wellbeing across the community	An inclusive and harmonious City	4.2.1 Support older adults to live safely and independently through transport services and social support programs
	A liveable City	4.2.2 Strengthen pathways to essential services for people living alone and people experiencing disability, chronic illness or mental health conditions
		4.2.3 Seek to reduce the impacts of poverty and financial hardship through targeted initiatives and the promotion of relevant services
		4.2.4 Support and promote access to affordable healthy food through community partnerships and local initiatives
4.3 Support inclusive design in community infrastructure to improve accessibility, participation and community wellbeing	An accessible and connected City	4.3.1 Integrate universal design principles into all stages of planning and design for City buildings, facilities, events and natural environments, ensuring accessibility and inclusivity are core considerations
	An attractive and well-maintained City	4.3.2 Continue to strengthen neighbourhood-based planning and community infrastructure delivery to improve service catchment access, affordability, transport access, safety and usability

supporting the delivery of community infrastructure that meets diverse needs. This priority focuses on improving access to the conditions and supports that enable residents to live safely, independently and with dignity.

Lead	Timeline	Health + wellbeing outcomes
City Future	Ongoing	Improved access to housing support and essential services, reduced risk of housing insecurity and improved health and wellbeing outcomes
Community Development	Ongoing	
Community Development	Ongoing	Improved access to essential supports, increased food security and nutrition, cultural safety and social inclusion
Community Development	Ongoing	
Community Development	Ongoing	
Community Development	Ongoing	
Community Development	Ongoing	Improved mobility and participation, greater independence and stronger social inclusion and quality of life
Recreation and Leisure	Ongoing	

Priority Five

Strong partnerships and collaborative leadership

Strong partnerships and collaborative leadership are essential to delivering sustainable, integrated public health outcomes. Improving health and wellbeing requires shared responsibility across government agencies, community organisations, service providers, businesses and residents. The City plays an important role in bringing sectors and service areas together to coordinate action, strengthen shared leadership and embed

Objective	Link to SCP	Action
5.1 Strengthen cross-sector partnerships and shared leadership to support co-designed, community-led public health and outcomes	A customer-focused City	5.1.1 Advocate to the State Government and key partners for policy, funding and investment decisions that support positive health and wellbeing outcomes
	A capable and efficient City	5.1.2 Integrate health, equity and wellbeing considerations into strategic planning, project design, evaluation and service delivery across the organisation
		5.1.3 Strengthen cross-directorate collaboration to support implementation of the Public Health Plan and embed shared responsibility for health and wellbeing outcomes
5.2 Promote transparent and accountable governance of public health action through regular monitoring, reporting and evaluation	A well-governed City	5.2.1 Establish a Public Health Plan monitoring and reporting framework to track progress against public health objectives
	A capable and efficient City	5.2.2 Use data, evaluation and community feedback to inform continuous improvement of plans, programs and priorities
		5.2.3 Undertake ongoing, meaningful engagement with diverse community members and stakeholders, in line with our Community Engagement Policy, to capture local insights that inform evidence-based public health priorities and actions

a consistent health and wellbeing lens across decision-making. This priority focuses on strengthening cross-sector partnerships, coordinating internal capability and promoting transparent monitoring, reporting and evaluation to support a responsive, accountable and continually improving public health system.

Lead	Timeline	Health + wellbeing outcomes
Strategy and Performance	Ongoing	Stronger service coordination, improved collaboration across partners, and consistent application of a health and wellbeing lens across City functions
Community Development	Ongoing	
Recreation and Leisure	Ongoing	
Strategy and Performance	Short – ongoing	Improved transparency and accountability, and evidenced-informed decision-making to support better health and wellbeing outcomes
Recreation and Leisure	Ongoing	
Community Engagement	Ongoing	

Case Studies

Community Grants Program Maladjiny Dandjoo, Dianella Secondary College community garden

Our Community Grants Program offers various funding options to support projects that provide excellent value and meet the diverse community needs without duplicating existing services. One of the successful initiatives funded through this program is the Maladjiny Dandjoo (Grow Together) Dianella Secondary College community garden. Its location at the college ensures accessibility for the wider community, creating a welcoming shared space that has helped foster stronger cultural, educational, environmental connections and community benefits.

Karalee Blake, Aboriginal Education Coordinator at the college, spoke of how students had begun developing hands-on skills in gardening, harvesting, cooking and sustainable food practices, with many gardening for the first time. The produce grown in Maladjiny Dandjoo is used in the college's after-school Dookerniny Garbala (late afternoon) Cooking Club.

Students harvest ingredients directly from the garden and cook alongside Elders-in-residence. In this space, students create healthy meals using fresh produce and native ingredients while learning about nutrition, sustainable food systems and Nyoongar cultural knowledge. This creates a powerful paddock-to-plate learning experience grounded in cultural practice and wellbeing.

The garden has had a positive impact on local biodiversity through native plants, herbs and vegetables, improving soil health and transforming the area into a thriving outdoor classroom. Waste has been reduced through a worm farm and composting system, building practical knowledge of sustainability. The program has helped support Nyoongar knowledge-sharing as Elders are able to teach the students cultural meanings behind plant use and caring for Country. Socially and emotionally, the garden has become a calm and inclusive space where students connect with peers, volunteers and staff, supporting wellbeing, belonging and positive engagement.

Funding from this grant has helped the college continue daily garden sessions with selected students and established a before-school Garden Club open to all year levels, ensuring ongoing participation and cultural learning. The college is committed to further developing the space as an outdoor classroom for cross-curriculum learning. From 2026, the college will also open a weekly schedule for families and community members to access and enjoy the garden, supporting intergenerational learning, community connection and shared stewardship of the space.⁹



Lake Gwelup Story Trail

The Lake Gwelup Story Trail offers a unique experience with insights into Nyoongar culture, local history and the area's rich biodiversity. The trail has ground-based artworks created by local Nyoongar artists Emily Rose and David Jones, in collaboration with design fabricator Jahne Rees. These artworks incorporate key symbols and elements significant to Lake Gwelup, weaving together a narrative that honours traditional knowledge, practices and connection to the land. This combination of the story trail and public art provides people with an enriching cultural and educational experience.

The Lake Gwelup Story Trail was created to connect the community with the many fascinating features and stories of Lake Gwelup. Created in partnership with the Rotary Club of Karrinyup to celebrate the club's 50th anniversary, the trail was enriched by contributions from local cultural associations, wildlife groups and the Wadjak Nyoongar community.

The Lake Gwelup Story Trail delivers substantial health, wellbeing and environmental benefits by protecting wildlife habitats and highlighting the ecological importance of wetlands. It provides residents and visitors with an opportunity to learn about the history, cultural significance and environmental features in the area. The trail also offers a free and accessible way for people of all ages and abilities to engage with nature, helping support healthy movement, mental wellbeing and overall physical health.

In addition to these benefits, the trail strengthens social connection by creating an inclusive and family friendly space where community members can come together. The trail further encourages community participation and stewardship by offering opportunities to engage with volunteer groups such as the Friends of Lake Gwelup, fostering local pride and ongoing care for the area.

⁹ Dianella Secondary College, Sustainable Communities 25/26 Quick Response Acquittal. 2025

Stirling Community Kitchen

The City established the Stirling Community Kitchen program as an initiative to address social isolation by bringing local community members together to prepare, cook and eat food. Using fresh produce generously donated by stallholders from the Stirling Farmers Market, the initiative removes some cost barriers and encourages hands-on learning about healthy cooking.

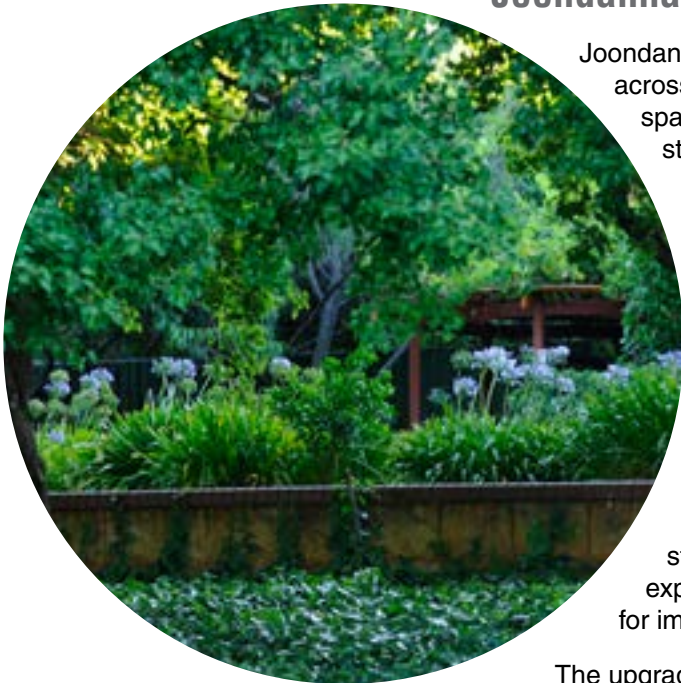
The program invites people of all ages and backgrounds to connect and learn new skills in a relaxed and supportive environment.

Stirling Community Kitchen helps to strengthen community connection, reduce social isolation and increase access to nutritional food for participating residents. It helps residents build confidence in preparing affordable meals at home while encouraging healthier eating habits.

The welcoming environment provides an opportunity for relationship building and fosters a sense of belonging within the community.



Joondanna Reserve



Joondanna was identified as one of five suburbs across the City with the lowest provisions of public open space at three per cent. This is significantly lower than the state's recommendation of 10 per cent and it is expected to get worse as population and density grows.¹⁰ Public open spaces are essential to any community, providing a wide range of health, social, environmental and economic benefits and supporting a sense of place and local identity.

In response to low access to public open spaces and increasing growth pressures, we undertook upgrades to Joondanna Reserve. The improvements created a more inclusive space that supports structured and unstructured physical activity, recreation, relaxation and social interaction. The design of the upgrades was strongly informed by community consultation, with residents expressing high value for the reserve and a clear need for improved amenities.

The upgraded reserve now offers a more welcoming, accessible and healthy environment that strengthens community belonging and identity, encourages active lifestyles and provides quality green space for residents to share.

10 City of Stirling, *Community Infrastructure and Public Open Space Action Plan – Joondanna*. 2024

Pregnancy Wellness Program

Many pregnant women face limited access to exercise options that support their physical and emotional wellbeing throughout all stages of pregnancy.¹¹ Traditional pregnancy programs often focus on either land-based or water-based activities, leaving few opportunities for women to benefit from a balanced approach that combines both. Recognising this gap, we identified an opportunity to create a unique and inclusive Pregnancy Wellness program that offers the advantages of dry and aquatic exercise in one coordinated experience. The program includes classes such as Pre-Natal Aqua Fitness and Pre-Natal Yoga, along with unlimited access to pool facilities for the duration of the course.

The program provides structured, evidence-informed classes and delivers a wide range of physical, social and emotional benefits for pregnant women. Participation in the program can help maintain cardiovascular fitness and build strength, while the water-based activities reduce strain on joints and support safe, low-impact movement. The program's focus on pelvic floor health, mobility and mindful practices support healthy weight management, reduce stress and contribute to better sleep during pregnancy. Additionally, the group-based format creates opportunities for social interaction and connection, helping women feel supported throughout their pregnancy journey.

11 Australian Government Department of Health, *Evidence-based physical activity guidelines for pregnant women*. 2020

Appendix 1

Alignment of Public Health Plan with existing City of Stirling plans

This ensures a consistent organisational view of improving health and wellbeing outcomes.

Public Health Plan priority area	Contributing City plans	Strategic links (from existing City plans)	Strategic Community Plan alignment
Healthy, active communities	Reconciliation Action Plan 2026-2028 Disability Access and Inclusion Plan 2026-2031 Active Transport Principles Age-Friendly Plan 2023-2027 Youth Framework Alcohol and Other Drugs Action Plan 2025-2028	Physical activity Recreation Nutrition Active transport Healthy behaviours	An active and healthy City A liveable City An accessible and connected City
Mentally healthy and socially connected communities	Reconciliation Action Plan 2026-2028 Disability Access and Inclusion Action Plan 2026-2031 Multicultural Framework Youth Framework Age-Friendly Plan 2023-2027 Public Art Masterplan 2021-2025	Inclusion Cultural identity and belonging Inclusion Social participation Intergenerational connection	An inclusive and harmonious City
Safe, sustainable and resilient communities	Climate Change Adaptation Plan Active Transport Principles City of Stirling Local Emergency Management Plan	Safety Injury prevention Climate resilience Emergency preparedness Environmental health	A safer City A biodiverse City A waste-wise City A water-wise City A liveable City
Access to affordable and healthy living	Reconciliation Action Plan 2026-2028 Disability Access and Inclusion Action Plan 2026-2031 Multicultural Framework Age-Friendly Plan 2023-2027	Social inclusion Healthy environments Equity of access Universal design	An inclusive and harmonious City A liveable City An accessible and connected City
Strong partnerships and collaborative leadership	All major strategies	Partnerships Community engagement Cross-sector collaboration Co-design Internal capacity building	A well-governed City A customer-focused City A capable and efficient City





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