

HOLYOAKE

Whenever you're ready.

Narembeen Community Wellbeing Plan

2026 – 2029

Creating a connected, resilient and inclusive place where people of all ages feel safe, supported and empowered to make healthy choices, access support services and actively participate in the community.

Endorsed:

Community Wellbeing Plans are endorsed by the WA Mental Health Commission, and the development process is facilitated by Holyoake's Wheatbelt Prevention Team. The Narembeen Community Wellbeing Plan Committee collectively hold ownership of the plan and any decisions relating to the CWP are made through a majority vote of the Committee members.

PURPOSE

The Narembeen Community Wellbeing Plan (CWP) aims to strengthen the health, wellbeing, safety and social connectedness of the Narembeen community through a coordinated, whole-of-community approach. The plan seeks to support individuals across all life stages by increasing access to information, services, opportunities and protective factors that promote resilience, inclusion and community wellbeing.

The Narembeen Community Wellbeing Plan endeavours to achieve this by:

- Supporting partnerships between community members, organisations and service providers to identify and respond to local priorities.
- Coordinating and implementing evidence-informed strategies that enhance mental health, wellbeing, social connection, safety and help-seeking behaviours.
- Building community capacity through prevention, education, early intervention and community-led initiatives.
- Strengthening access to supports, services and opportunities across the lifespan.

BACKGROUND

The Narembeen Community Wellbeing Plan was developed using best practice principles (see appendix 1).

The THREE planning workshops facilitated by Holyoake's Wheatbelt Prevention Team with key stakeholders and agencies and the analysis of a number of consultation documents, anecdotal data & reports, and the Narembeen Health and Wellbeing Survey, have provided the context for the Narembeen CWP. These documents reflect the collective knowledge and experience of the Narembeen CWP development workshops and should be consulted if further development is required.

Documents which inform the development:

- Shire of Narembeen Community Perception survey February - March 2026
- Narembeen Health and Wellbeing Survey 2026
- Youth Voice Survey 2024
- WACHS - Narembeen Hospital Epidemiology Data 2020 - 2023

These documents can be acquired by contacting the Wheatbelt Prevention Team.

LINKS TO EXISTING STRATEGIES

The Narembeen Community Wellbeing Plan committee acknowledges the existing strategic framework of:

National Strategies:

- [National Suicide Prevention Strategy 2025-2035](#)
- [National Suicide Prevention Outcomes Framework](#)
- [National Aboriginal and Torres Strait Islander Suicide Prevention Strategy 2025-2035](#)
- [National LGBTIQ+ Mental Health and Suicide Prevention Strategy 2021-2026](#)
- [Lifespan – Integrated Framework for Suicide Prevention](#)
- [National Mental Health and Suicide Prevention Agreement](#)
- [National Drug Strategy 2017-2026](#)
- [National Alcohol Strategy 2019-2028](#)
- [Foundation for Alcohol Research and Education \(FARE\) Strategic Plan 2024-27](#)

State Strategies:

- [Draft Western Australian Suicide Prevention Framework 2026-2031](#)
- [WA Mental Health and AOD Strategy 2026-2031](#)
- [Working Together: Aboriginal & Torres Strait Islander Mental Health & Wellbeing Principles and Practice](#)
- [WA Aboriginal Health and Wellbeing Framework 2015 - 2030](#)
- [Profile of Children and Young People in WA 2026](#)
- [Western Australian Health Promotion Strategic Framework 2022-2026](#)

Local Strategies:

- [Shire of Narembeen Public Health Plan 2022-2026](#)
- [Shire of Narembeen Council Plan 2036](#)
- [Living Well in the Wheatbelt Strategy 2025-2035](#)

Note: Are there any other local strategies that we need to include here? Eg Public Health. If so, what is the link?

GOVERNANCE AND REPORTING

Community Wellbeing Plan Committee

The Community Wellbeing Plan Committee will provide oversight of the implementation, monitoring and review of the Plan. Membership will include representatives from community organisations, service providers, local government, education, health and other key stakeholders.

The Committee will:

- Meet at least quarterly to review progress and discuss emerging community needs.
- Monitor implementation of actions and identify opportunities for collaboration.
- Review progress against key performance indicators and outcomes.
- Recommend amendments to the Plan as required.
- Support community engagement and participation in the Plan.

Monitoring and Reporting

The Community Wellbeing Plan Committee will monitor implementation of the Plan and review progress on a quarterly basis. Progress reports will include:

- Actions completed, underway and delayed.
- Emerging community needs, issues and opportunities
- Partnership and collaboration outcomes.
- Participation and engagement data.
- Progress against key performance indicators.

Information gathered through quarterly reporting will be used to inform continuous improvement and support the Shire of Narembeen's Public Health Planning and other relevant strategic planning processes.

Simple Measures

The Committee will monitor a small number of community wellbeing indicators to help understand trends over time. These may include:

- Attendance at education, training and awareness initiatives

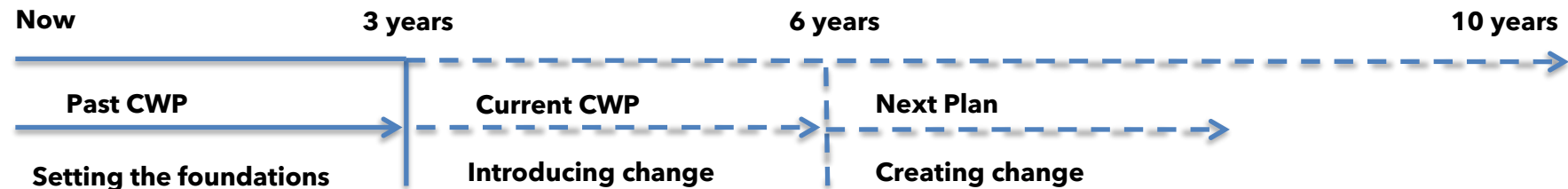
- Awareness of local services and supports (through periodic surveys).
- Community perceptions of wellbeing, belonging and safety (through periodic surveys).
- Number of community partnerships and collaborative projects.
- Participation in community events and activities.
- Youth participation and engagement opportunities.
- Older adult participation and social connection opportunities.

Working Document and Plan Review

The Narembeen Community Wellbeing Plan is intended to be a **three-year** plan. The Plan will be reviewed annually to ensure it remains responsive to community needs and emerging priorities. A final review will be undertaken in 2029 to inform future community wellbeing and public health planning.

LIST OF ACRONYMS USED IN THIS DOCUMENT

AOD	Alcohol and other drugs
CITS	Dept of Creative Industries, Tourism and Sport
CRC	Community Resource Centre
CWP	Community Wellbeing Plan
DHS	District High School
FDV	Family & Domestic Violence
RSDE	Road Safety and Drug Education
WACHS	WA Country Health Service
WAPOL	WA Police
WCADS	Wheatbelt Community Alcohol and Drug Service



Priority Areas:

1. **Alcohol and Other Drugs**
2. **Mental Health, Wellbeing and Safety**
3. **Supporting Community Across the Lifespan (including access to services)**

Priority 1: Short-term Outcomes (next 36 months)

- Increased community **awareness** and **understanding** of alcohol and other drug-related **harms, protective behaviours** and **available supports**.
- Increased implementation of **safer, low-risk** and **supportive** community environments.

Priority 2: Short-term Outcomes (next 36 months)

- Enhance inclusiveness and create a stronger sense of social connection and belonging.
- Improved awareness of safety practices, strategies, and preventative measures.
- Increased awareness of mental health literacy, support services and the importance of help-seeking behaviour.
- Ongoing delivery and development of SOCK Week activities.

Priority 3: Short-term Outcomes (next 36 months)

- Increased opportunities for meaningful **youth engagement**, participation and leadership.
- Increased access to safe, inclusive and **activated youth-friendly** spaces.
- Increased **social connection**, participation and **wellbeing** opportunities for **older adults**.
- Strengthened **intergenerational connection** and community participation opportunities.
- Increased awareness and accessibility of community services, supports and information.
- Improved access to appropriate supports, referral pathways and practical assistance across the lifespan.

PRIORITY ONE: Alcohol and Other Drugs

Primary Target Group: Whole of Community

SHORT-TERM OUTCOME/S	KEY PERFORMANCE INDICATOR	COLLECTION TOOL	COLLECTED BY
1.1 Increased community awareness and understanding of alcohol and other drug-related harms, protective behaviours and available supports.	Number of AOD awareness campaigns disseminated Number of places AOD harm minimisation messaging is displayed Number of AOD harm minimisation education sessions delivered in school	Campaign tracking records Log of venues displaying messaging Activity register	Whole of committee
1.2 Increased implementation of safer, low-risk and supportive community environments	Number of local events implementing harm minimisation strategies Number of sporting clubs engaged in low-risk alcohol initiatives Number of FDV and drink/drug driving awareness initiatives delivered	Event acquittals/checklists Club engagement records Activity records	Whole of committee

ACTIONS	LEAD	COLLABORATIVE PARTNERS
Short-term Outcome: 1.1 Increased community awareness and understanding of alcohol and other drug-related harms, protective behaviours and available supports.		
1.1.1 Disseminate peak bodies campaigns that provide education on the harms associated with AOD use, protective behaviours and available supports (national, state and Wheatbelt) through various platforms (e.g. online/social media, newsletters/newspapers, radio ads, website).	Holyoake Narembeen CRC	Whole of committee
1.1.2 Implement visible and accessible AOD harm minimisation messaging and education throughout community spaces and licensed venues (e.g. sporting clubs, pubs, changerooms and public facilities) using practical resources such as QR codes, posters, coasters, signage and digital media.	Holyoake Narembeen CRC	Whole of committee Local licensed venues
1.1.3 Continue to implement AOD harm minimisation messaging within SOCK Week campaigns (e.g. campaign materials).	Narembeen CRC Narembeen DHS	Holyoake
1.1.4 Continue to support Narembeen DHS and RSDE to provide AOD education to parents/carers, teachers and students.	Narembeen DHS RSDE	Holyoake
Short-term Outcome: 1.2 Increased implementation of safer, low-risk and supportive community environments.		
1.2.1 Support community events to implement harm minimisation strategies including alcohol-free and low-alcohol options, food availability, safe transport messaging, family-friendly event design, positive role modelling and lived experience stories.	Narembeen CRC	Holyoake WAPOL Shire of Narembeen
1.2.2 Support sporting clubs to strengthen safe and inclusive environments through low-risk alcohol practices, responsible service messaging and community wellbeing initiatives (e.g. skipper programs, educational campaigns, no alcohol during junior games, SOCK Week).	Holyoake Narembeen CRC RSDE	Local sporting clubs Shire of Narembeen
1.2.3 Implement activities that aim to reduce drink and drug driving (e.g. Blow Zero campaigns, promote campaign material, Dry July).	Holyoake Narembeen CRC	Whole of committee

		WAPOL RSDE	
	1.2.4 Increase Family Domestic Violence (FDV) awareness through education on types of FDV (e.g. signs), legislation/leave, support services available, increase help-seeking, including the promotion of 16 days in WA.	Narembeen CRC Holyoake	Whole of committee

PRIORITY TWO: Mental Health, Wellbeing and Safety			
<i>Primary Target Group: Whole of Community</i>			
SHORT-TERM OUTCOME/S	KEY PERFORMANCE INDICATOR	COLLECTION TOOL	COLLECTED BY
2.1 Enhance inclusiveness and create a stronger sense of social connection and belonging.	Attendance at events	Event records Surveys	Whole of Committee
2.2 Improved awareness of safety practices, strategies, and preventative measures.	Number of safety practices, strategies, and preventative measures awareness campaigns disseminated Number of safety practices, strategies, and preventative measures displayed	Campaign evaluations Training session records Training session surveys	Whole of Committee

	Number of safety practices, strategies, and preventative measures training sessions delivered in the community		
2.3 Increased awareness of mental health literacy, support services and the importance of help-seeking behaviour.	Number of mental health literacy, support services and the importance of help-seeking behaviour communication disseminated Number of safety practices, strategies, and preventative measures displayed	Communication records	Whole of Committee
2.4 Ongoing delivery and development of SOCK Week activities.	Number of activities implemented Feedback received	Activities held Records of activities	Shire of Narembreen

ACTIONS		LEAD	COLLABORATIVE PARTNERS
Short-term Outcome: 2.1 Enhance inclusiveness and create a stronger sense of social connection and belonging.			
2.1.1 Continue to run community events that promote social connection and belonging.		Narembreen CRC Shire of Narembreen	Whole of Committee
2.1.2 Develop and promote Welcome to Town Packs for new residents moving to Narembreen, available in both digital and printed formats.		Narembreen CRC Shire of Narembreen	
2.1.3 Implement inclusive community engagement strategies that ensure all members of the community are informed, represented, and consulted through surveys, focus groups, feedback opportunities, and targeted outreach to diverse community groups (e.g. surveys, community feedback, focus groups etc).		Narembreen CRC Shire of Narembreen	Whole of Committee

2.1.4 Continue promoting community activities and events through local social media platforms, the Shire website, Fence Post, and other community communication channels.	Narembreen CRC Shire of Narembreen	
Short-term Outcome: 2.2 Improved awareness of safety practices, strategies, and preventative measures.		
2.2.1 Continue delivering cybersafety education initiatives and awareness strategies across schools and the wider community.	Narembreen DHS	Whole of Committee
2.2.2 Ensure all CCTV infrastructure is regularly maintained and explore opportunities to expand coverage to enhance community safety and security.	Shire of Narembreen WAPOL	
2.2.3 Continue providing education and resources to households on health, safety, and emergency preparedness strategies.	Shire of Narembreen Narembreen CRC	
Short-term Outcome: 2.3 Increased awareness of mental health literacy, support services and the importance of help-seeking behaviour.		
2.3.1 Provide mental health literacy resources and education for stakeholders and the wider community to strengthen confidence in recognising, understanding, and safely discussing mental health (e.g. Mindframe guidelines).	Holyoake	Whole of Committee
2.3.2 Develop and maintain a clear referral pathway flowchart to streamline community access to support information and services, with annual reviews to ensure accuracy and encourage help-seeking behaviours.	Holyoake	Whole of Committee
2.3.3 Provision of accessible education, training, and workshop opportunities for community members and stakeholders, including but not limited to: - Gatekeeper Suicide Prevention Training (2 Days) - Accidental Counsellor (1 Day) - Mental Health First Aid (2 Days) - Agribalance+ (1 Day)	Holyoake	Whole of Committee
Short term outcome: 2.4 Ongoing delivery and development of SOCK Week activities.		
2.4.1 Continue promote, implement and evaluate SOCK Week.	Narembreen CRC	Shire of Narembreen

	2.4.2 Explore opportunities to expand SOCK Week into a statewide initiative.	Narembeen CRC	Shire of Narembeen
	2.4.3 Continue strengthening and expanding relationships and partnerships with stakeholders.	Narembeen CRC Shire of Narembeen DFES St John WA WAPOL	Whole of Committee

PRIORITY THREE: Supporting Community Across the Lifespan (including access to services)			
<i>Primary Target Group: Young People, Older Adults and Whole of Community</i>			
SHORT-TERM OUTCOME/S	KEY PERFORMANCE INDICATOR	COLLECTION TOOL	COLLECTED BY
3.1 Increased opportunities for meaningful youth engagement, participation and leadership.	Number of youth activities/events delivered	Activity records Attendance records	Whole of committee
3.2 Increased access to safe, inclusive and activated youth-friendly spaces.	Number of safe, inclusive and activated youth-friendly spaces.	Number of spaces	Whole of committee
3.3 Increased social connection, participation and wellbeing opportunities for older adults.	Number of programs/events delivered for older adults	Program records	Whole of committee

3.4 Strengthened intergenerational connection and community participation opportunities.	Number of intergenerational activities delivered	Event records	Whole of committee
3.5 Increased awareness and accessibility of community services, supports and information.	Number of community directories/resources distributed	Distribution records	Whole of committee
3.6 Improved access to appropriate supports, referral pathways and practical assistance across the lifespan.	Number of people supported through one-on-one assistance	Service records	Whole of committee

ACTIONS		LEAD	COLLABORATIVE PARTNERS
Short-term Outcome: 3.1 Increased opportunities for meaningful youth engagement, participation and leadership.			
3.1.1 Collaboration and value add to the Happiness Hub and Smiling Minds initiatives that have been established at Narembeen District High School.		Narembeen DHS	
3.1.2 Continue delivering regular activities and engagement opportunities for young people, including school holiday programs, youth leadership forum and events.		Narembeen DHS Narembeen CRC WACHS	Whole of Committee Shire of Narembeen
3.1.3 Explore and implement new activities and initiatives for young people, including January school holiday programs and expanded access to the local gym, sporting facilities, and exercise classes to support health, wellbeing, and community participation.		Narembeen DHS Narembeen CRC	Whole of Committee Shire of Narembeen
3.1.4 Ongoing consultation and engagement with young people, aligned with relevant council strategies and community priorities.		Narembeen DHS Shire of Narembeen Narembeen CRC	

3.1.5 Explore grant opportunities to support and increase participation in sport and recreational activities.	Shire of Narembeen Narembeen CRC	
3.1.6 Explore opportunities to develop and deliver joint activities in collaboration with the ROEROC Community Development Working Group.	Narembeen CRC	Shire of Narembeen
3.1.7 Investigate the feasibility and long-term sustainability of a supervised youth space that fosters social connection, recreation, and wellbeing for young people.	Shire of Narembeen	Whole of Committee
Short-term Outcome: 3.2 Increased access to safe, inclusive and activated youth-friendly spaces.		
3.2.1 Explore activation strategies to increase community use and engagement with Apex Park and local recreation facilities.	Shire of Narembeen	
3.2.2 Explore the development of a supervised Youth Booth/Club to provide a safe and engaging space for young people.	Narembeen CRC Shire of Narembeen Narembeen DHS	
Short-term Outcome: 3.3 Increased social connection, participation and wellbeing opportunities for older adults.		
3.3.1 Align the location and scheduling of seniors' events and activities to support inclusive participation across both genders.	Narembeen CRC	Shire of Narembeen
3.3.2 Continue delivering existing and new initiatives and activities for older adults, while exploring the introduction of a 'Buddy System' initiative to strengthen social connection and community support.	Narembeen CRC Narembeen Hospital	Whole of Committee
3.3.3 Explore opportunities to increase participation in Stay on Your Feet programs and related exercise and education groups.	Narembeen CRC WACHS Hospital	Whole of Committee
Short-term Outcome: 3.4 Strengthened intergenerational connection and community participation opportunities.		
3.4.1 Develop and implement a volunteer register of community members interested in supporting youth activities and events.	Narembeen CRC	Shire of Narembeen

3.4.2 Explore a Buddy Program in partnership with Autumn Club, the Lodge, Senior Citizens, CRC, and Lions to strengthen social connection and community support for older adults.	Narembeen DHS Hospital	Shire of Narembeen
3.4.3 Continue delivering activities and projects that support training, engagement and participation across all age groups.	Narembeen CRC Uplyft	Shire of Narembeen WAPOL
Short-term Outcome: 3.5 Increased awareness and accessibility of community services, supports and information.		
3.5.1 Continue the implementation of bi-annual community directory and WACHS Community Directory.	Narembeen CRC WACHS	Whole of Committee
3.5.2 Ensure information is communicated through a range of accessible and appropriate channels to reach all community members, including mail drops, social media, electronic noticeboards, SMS/WhatsApp, Fence Post, websites, Shire and CRC noticeboards, and local business displays.	Narembeen CRC	Shire of Narembeen
3.5.3 Provide and distribute information about available rebates and support programs to community members.	Narembeen CRC	Shire of Narembeen
3.5.4 Finalise, maintain, and promote the vulnerable resident framework, including community information sessions to raise awareness and understanding of its purpose and benefits.	Shire of Narembeen	Narembeen CRC WAPOL
3.5.5 Increase awareness of alcohol and other drug support and mental health and wellbeing and referral pathways through the promotion and distribution of state, national, and Holyoake-developed resources, including flowcharts, snap frames, brochures, social media campaigns, coasters, and community events.	Holyoake	Whole of Committee
Short-term Outcome: 3.6 Improved access to appropriate supports, referral pathways and practical assistance across the lifespan.		
3.6.1 Continue providing one-on-one support at the CRC and medical centre to increase awareness of available services and assistance, including help with completing forms, accessing Seniors Cards and associated benefits, understanding advance health directives, and navigating senior rebates and support programs.	Narembeen CRC	Medical Centre

APPENDIX 1 - PLANNING FOR AN EFFECTIVE PLAN

Prior to establishing and implementing a Community Wellbeing Plan (CWP), a number of steps need to happen to ensure the resulting plan has been developed in partnership to reflect the communities needs and has the best chance at creating sustainable change.

It is important that the community have a strong understanding of the issues and have ownership of the strategies developed to address them. To ensure this, processes should be put in place that allow community input into all stages of the development and implementation of the CWP, including progress made against addressing the issues.

