
We're all in it together

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Today's talk

- The ISEPICH vision of social inclusion
 - Not everyone 'gets' social inclusion
 - What we have done – three examples
 - How did the PCP add value?
 - Future opportunities for partnership
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ISEPICH

- Inner South East Partnership in Community and Health
 - Glen Eira, Port Phillip and Stonnington
 - 49 member agencies
 - Community advisory group
 - www.isepich.org
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Inner South East

- Generally wealthy area with “pockets” of severe disadvantage
 - Gentrification - pressure on low income groups
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‘We’re all in it together’

- ISEPICH’s vision:
 - *To improve the health and wellbeing of the inner south east community, through working in partnerships, with a commitment to equity and inclusion*
 - “We’re all in it together” is about partnerships
 - partnerships of agencies
 - partnerships with disadvantaged community members
 - partnerships with community
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Creating equitable and inclusive communities

- The vision is about working with disadvantaged groups
 - Importantly, it's also about working with whole communities
 - Addressing the social and economic causes of ill-health
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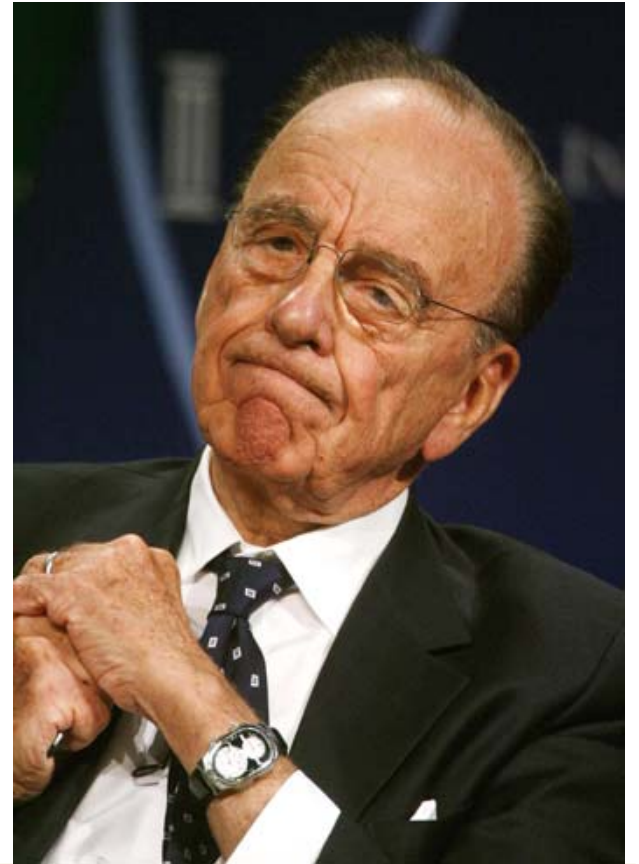


Not everyone gets social inclusion

- Strong evidence for social inclusion as a key determinant of health

Depression, social isolation and lack of quality social support ... can have as great an effect on a person's risk of coronary heart disease as other, better-known risk factors such as smoking, high cholesterol levels or high blood pressure (Heart Foundation 2003)

- But differences persist at centres of power
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What we are doing

Example 1 Advocacy project

- Access to economic resources
 - A Local Response to Welfare to Work
 - 60+ agencies involved in supporting project
 - 22 individual stories
 - Validation for individuals
 - Input to policy and National Mental Health and Disability Employment Strategy
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- *‘The last time he was breached (for missing appointments), he ended up starving, and got into considerable debt.’*
- *‘... unable to get food for the kids, who were also affected. As a single mum, this was very harsh. She doesn’t like to visit welfare agencies for help, but this extra pressure has now contributed to her getting behind in her bills.’*
- *Marianne’s mental health problems relate to abuse she suffered as a child ... treatment by Centrelink evokes feelings “similar to the feelings of that childhood trauma”. She suffered her first major relapse in seven years after being breached.*

Example 2 Work with Rooming Houses

- 2002-03 project with particularly disadvantaged rooming house
 - Benefits to residents – improved wellbeing, links to services, some changes to house
 - System benefits – workers' network, Social Meals project, 'One step off the street' (community members), ConnectED
 - Resolve Consulting 'Is this a halfway house or a home?' 2006
 - Contributed to St Kilda Social Inclusion project 2008
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One Step Off the Street

- Produced by and for rooming house residents, *One Step Off the Street* is a lifestyle manual that provides essential information, practical tips, and outlines the rights and obligations of those making the transition into low-income shared accommodation.
 - Originally published in 2005, a subsequent grant is facilitating an update of the content. An interactive internet site will increase the publication's audience range and level of accessibility.
 - More information at www.ppcg.org.au
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Example 3 Physical activity and social inclusion

- **Stepping Stones and Stepping Out**
 - Began with small walking group, now a model for seven agencies
 - *Engaging about 100 walkers, including people on low incomes and people with disabilities*
 - **Falls Prevention peer education**
 - 12 peer educators, six community languages, two PCPs, over 20 agencies
 - *Has reached over 2000 seniors, almost half culturally and linguistically diverse*
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How has the PCP added value?

- There was a strong existing tradition of partnership, social justice
 - PCP has strengthened this through:
 - Information sharing
 - Networking
 - Resource sharing
 - Staff support
 - Collaborative approach to funding submissions
 - Advocacy
 - PCP has particularly strengthened community participation
 - ISEPICH recognised as a leader in this area
 - Community members have led important initiatives
 - Include and represent people who have experienced hardship
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Future opportunities for partnerships

- Violence prevention
 - Increasing access to economic resources
 - Improving links between clinical services and community programs
 - Strengthening equity focus
 - Introducing environmental focus

 - ***Opportunities for partnerships – existing and new!***

 - www.isepich.org
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