

15 July 2024

City of Holdfast Bay
Attn. Sarah Notridge
Wellbeing Hub Project Officer
PO Box 19
BRIGHTON SA 5048

Email: SNotridge@holdfast.sa.gov.au

Dear Ms Notridge,

Thank you for giving Cancer Council SA the opportunity to contribute to the consultation on the creation of a City of Holdfast Bay Wellbeing Hub.

For over 90 years Cancer Council SA has worked to reduce the rate and impact of cancer for South Australians. We do this through the provision of prevention programs, funding vital research and providing free support services to lessen the emotional and financial burden of cancer.

Individual and community wellbeing can play an important role in cancer prevention and support by providing opportunities for healthy options and encouraging people to be physically active while also ensuring people undergoing cancer treatment are well supported.

Our suggestions below align with a number of the City of Holdfast Bay's public strategies including City of Holdfast Bay Regional Public Health Plan 2021-2026.

Healthy open spaces

Cancer Council SA believes in the provision of open space to encourage community members to be physically and socially active.

Open space should include:

- **Adequate shade**

Adequate shade is a vital part of allowing people to improve their health and wellbeing whilst avoiding UV overexposure and reducing their risk of a skin cancer diagnosis. Individuals should be protected when the UV radiation level is 3 and above, including by seeking shade when outdoors. Being under a tree canopy or built shelter can reduce overall UV exposure, while still having the enjoyment of being outdoors.

Adequate shade protection is also an important way to promote wellbeing amongst Council staff.

Seeking shade is one of the 5 ways to protect your skin along with slipping on a long-sleeve shirt, slopping on SPF 50 or 50+ sunscreen, slapping on a broadbrim or bucket hat and sliding on wraparound sunglasses.

We recognise that the Open Space and Public Realm Strategy includes shade and protection as a key item for better use of open space in corridors and streets. Adequate shade would give greater opportunities for both Council run, and community led free and low-cost wellbeing activities. It can also increase conservation efforts through revegetating areas with native shade providing plants.

- **Smoke-free spaces**

Open spaces should be smoke-free to ensure people are not exposed to second hand smoke or vape emissions. Declaring additional outdoor areas smoke-free is a great way the community can be protected.

The City of Holdfast Bay led the way with the declaration of Moseley Square as a smoke-free zone in 2013. Then Mayor Dr Ken Rollond declared "passive smoking is one area we want to try and eliminate, especially for young people." Cancer Council SA would welcome the opportunity to work with Council to examine other opportunities for smoke-free zones in the community.

Providing more smoke-free events and spaces would encourage a reduction in tobacco and vape use in the community.

This would also build on the State Government's regulations ensuring beaches between and within fifty metres of red and yellow patrol flags, and under and within five metres of jetties are smoke-free.

In addition, it is a great opportunity to declare additional areas free from tobacco smoke or vape emissions, with smoke-free spaces extending to at or within:

- early childhood services premises, and education and children's services facilities (including schools), and within ten (10) metres of their boundaries;
- ten (10) metres of non-residential building entrances, such as entrances to shopping centres, government and commercial buildings;
- public hospitals and health facilities, private hospitals and residential aged care facilities, and within ten (10) metres of their boundaries;
- outdoor public swimming facilities;
- major events venues declared under the Major Events Act 2013;
- ten (10) metres of a sporting venue during an organised underage sporting event, training or practice session.

- **Rehydration options**

Tap water is the best option for individuals in the community, and we encourage the provision of additional water fountains or drink bottle refilling stations to allow community members more options and to make water the drink of choice.

We also encourage Council to provide easily accessible water options for staff and community members at Council-led events and activities. Having easily accessible healthier options is a great way for the Council to increase the wellbeing of residents.

We recognise the community feedback to the City of Holdfast Bay's Open Space and Public Realm Strategy 2018-2030 also included a number of these suggestions which shows community support for actions like these.

Opportunities for physical activity

Physical activity is an important part of cancer prevention and research shows that exercise benefits most people with cancer before, during and after treatment.

Many people with cancer lose fitness, muscle mass and strength, and find it harder to do normal everyday tasks. Exercise can improve physical function and fatigue and help individuals regain strength to get back to daily activities.

Exercise can reduce the risk of side effects of treatment, improve an individual's response to treatment, improve sleep and boost an individual's mood and wellbeing.

Providing healthy open spaces for individuals to walk, ride a bike or swim is a great way to encourage physical activity. As is facilitating exercise groups, creating opportunities for residents get motivated to leave their homes and participate in wellbeing activities.

Encouraging active travel

Cancer Council SA endorses active travel and encourages the City of Holdfast Bay to consider additional opportunities to promote walking, cycling and public transport use throughout the community. The Holdfast Bay region has some beautiful walks, cycleways and opportunities for active travel.

We would encourage more investment in active travel opportunities across the whole Council, providing adequate shade along with maintaining footpaths, ensuring disability access and good lighting. These are key strategies of the City of Holdfast Bay Regional Public Health Plan 2021-26 and key action 4.5 of the Open Space and Public Realm Strategy. In addition to the benefits for public health, this investment would increase opportunities for community wellbeing activities and provide healthier options.

Healthy lifestyle

The Our Holdfast 2050+ Strategic Plan includes a 2020-2030 Objective of increased participation rates in community events, and it is encouraging to see that the City of Holdfast Bay has an expansive range of events for the community to participate in, from arts and culture, festivals, events promoting cleaner environments and food and drink activities.

Cancer Council SA encourages further opportunities for community members to come together through community sharing opportunities to learn life skills including cooking healthy meals and growing fresh fruit and vegetables at home.

We recognise and celebrate the City of Holdfast Bay's Community Gardens and encourage Council to promote more opportunities for individuals to grow and use fresh produce. We recognise this also aligns with action 1.2 in the Open Space and Public Realm Strategy.

Opportunities like this also provide food security for residents and the whole community. This is another key part of wellbeing in the community and Cancer Council SA believes an extension of opportunities for residents to have access to cheaper fresh food options would improve the wellbeing of populations in the City of Holdfast Bay.

These healthy lifestyle opportunities will also allow for residents to increase their skillset while improving their wellbeing.

We would be pleased to work with the City of Holdfast Bay to examine opportunities to include activities encompassing healthy meals and using seasonal and locally grown produce.

Events and community involvement

Cancer Council SA is excited to work with communities to create and manage events that bring the community together boosting wellbeing for participants and spectators alike.

One example of this is the Marilyn Jetty Swim. Held every year as part of the Brighton Jetty Classic our Marilyn's delight the crowd and have raised over \$1,000,000 since its inception for people impacted by cancer.

Cancer Council SA would like to explore ways of working with the City of Holdfast Bay to boost the wellbeing of participants and community members supporting the event. This could include providing prevention messaging to participants and the community, including being SunSmart when UV is 3 or above.

The Brighton Jetty Classic is also held around the same time as World Cancer Day every year. Held every 4 February and run by the Union for International Cancer Control, World Cancer Day is a global initiative to raise awareness improve education and coordinate action to reduce the global impact of cancer.

Cancer Council SA has numerous events which engage and promote wellbeing in the community, including Australia's Biggest Morning Tea and Relay for Life, which this year was held just across the Council border at Immanuel College.

We would welcome the opportunity to work with the City of Holdfast Bay to promote events and combine with wellbeing activities for local residents.

Screening

For most cancer types, finding it early means treatment has a better chance of success. Some cancers—such as breast, cervical and bowel—have screening programs to find cancer early. Encouraging local residents to participate in national screening programs would increase early diagnosis of cancers at a stage when treatment is more effective. This would have a direct impact on the wellbeing of residents and reduce the burden on Council services.

The City of Holdfast Bay website lists skin screening as a benefit of working for Council. We would encourage this to be expanded to encourage participation in national screening programs for employees who are eligible.

Transport to treatment

A cancer diagnosis can significantly impact an individual's wellbeing. Physically it may lead to changes in daily life due to treatment and side effects. Emotionally the diagnosis can cause anxiety, depression and other mental health challenges.

One of the largest impacts on an individual's wellbeing after they are diagnosed with cancer, and the topic that causes the most calls to Cancer Council SA's 13 11 20 Information and Support line, is transport to treatment, especially for people aged under 65 years.

Many people aged over 65 have access to My Aged Care plans and the transport options that come with them. Individuals aged under 65 are locked out of programs and schemes designed to help get people to and from their treatment. These people are left to rely on family or friends, or if they are alone, can be at the mercy of public transport to reach lifesaving treatment.

We would encourage City of Holdfast Bay to investigate ways to mitigate these transport problems for people aged under 65, reduce their stress and improve their wellbeing.

To discuss any of these suggestions or wellbeing in general, please contact Bronte McQueen at bmcqueen@cancersa.org.au or (08) 8291 4116.

Thank you for your consideration.

Yours sincerely



Lucy Ayre
Acting Chief Executive