

WELCOME TO MELBOURNE VITAL SIGNS 2014

What is *Melbourne Vital Signs 2014*?

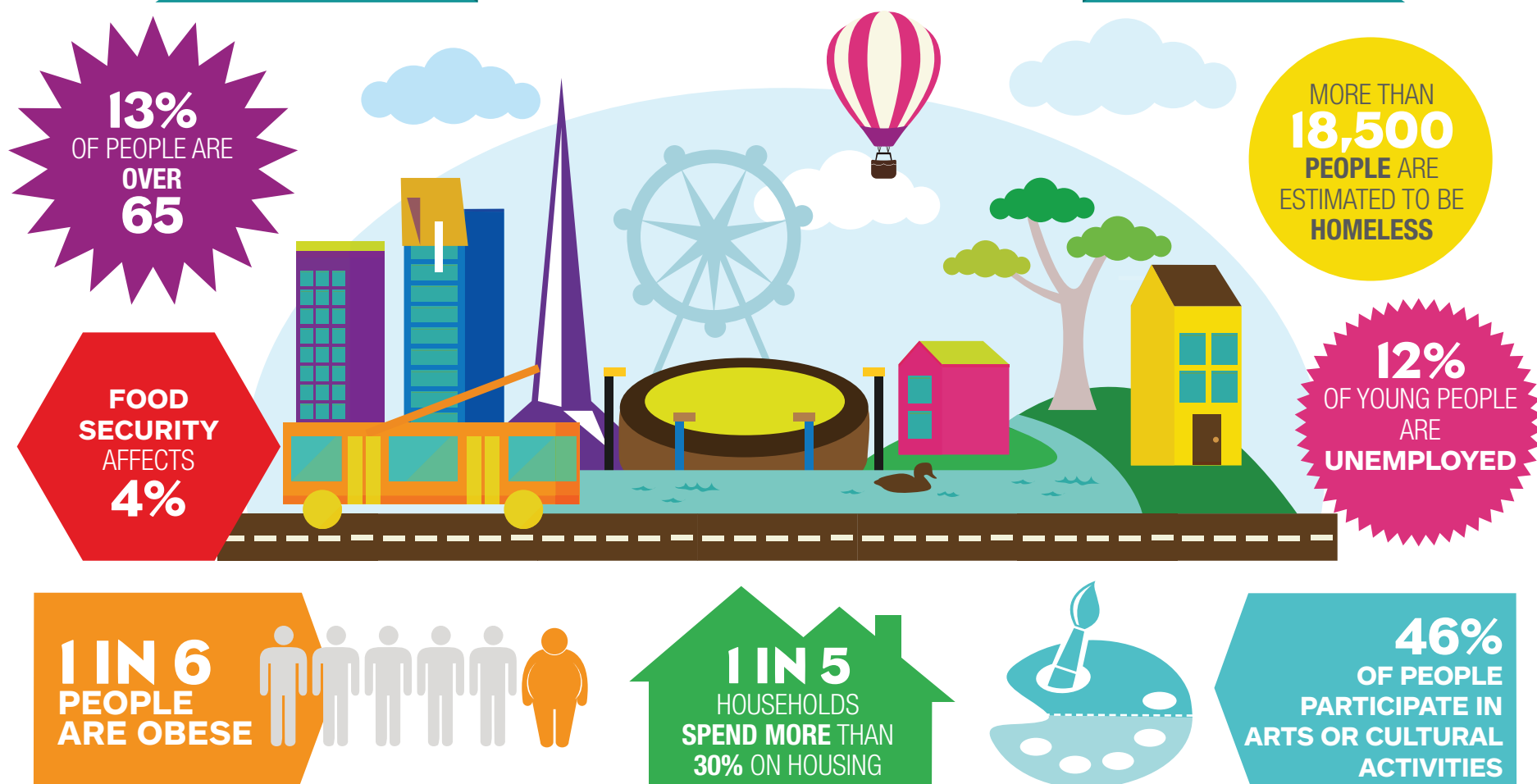
Melbourne Vital Signs 2014 is a comprehensive community report on key indicators assessing the quality of life, health and wellbeing of residents in our city which is defined according to the boundaries of Metropolitan Melbourne. First developed in Canada by the Toronto Community Foundation in 2001, Lord Mayor's Charitable Foundation commissioned Community Indicators Victoria (University of Melbourne) to provide the research for Melbourne's first edition of Vital Signs.

Melbourne Vital Signs 2014 identifies current and emerging community issues in the Foundation's Impact Areas of Homelessness, Ageing, Youth, Food Security, Environment, Arts and Health.

Inside *Melbourne Vital Signs 2014* you will find information about the challenges we face as a community, issues we have identified as important, as well as things to celebrate. There are interesting facts about our wellbeing as a city and great stories about people and projects funded by Lord Mayor's Charitable Foundation that are making a positive difference in our community.

To download a copy and more information about data included in the *Melbourne Vital Signs 2014 Report*, please go to lmcf.org.au or communityindicators.net.au

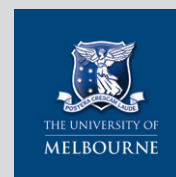
SNAPSHOT OF MELBOURNE



WHO WE ARE AS A CITY

- Greater Melbourne is a vibrant city with more than four million residents
- We are culturally diverse with more than 200 languages spoken
- We like to recycle and are concerned about the environment
- 46% of residents participate in arts and cultural activities
- 66% of residents participate in sport and physical recreation
- We value our health and we rate our wellbeing as high
- Our ageing population is increasing, with more than 524,000 people over the age of 65
- Homelessness continues to be a serious community issue
- Unemployment is highest amongst our young people aged 15 to 24
- There is an increasing demand from the community for food assistance

Melbourne Vital Signs is published by Lord Mayor's Charitable Foundation with Community Indicators Victoria.



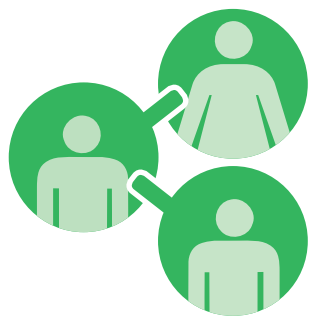
Community Indicators Victoria

AGEING



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Lord Mayor's Charitable Foundation is committed to supporting a socially inclusive community. Through our work undertaken in our Ageing Initiative, we know that those experiencing disadvantage are particularly vulnerable in older age.



PEOPLE AGED **55 YEARS AND OLDER** FEEL MOST **CONNECTED** TO THEIR COMMUNITIES COMPARED WITH OTHER AGE GROUPS

25%

OF PEOPLE **AGED OVER 50** EXPERIENCE **TRANSPORT LIMITATIONS**



OF PEOPLE **AGED OVER 55** HAVE **INTERNET ACCESS**



ONLY 42% OF PEOPLE AGED 55 YEARS AND OVER REPORT THEIR HEALTH AS VERY GOOD OR EXCELLENT



COTA: CREATING AGE FRIENDLY COMMUNITIES

Council on the Ageing (COTA) is working with older people, local councils, seniors organisations, state government and businesses to identify what is needed to make our community more age friendly. Age friendly cities and communities are places where older people live safely, enjoy good health and stay involved. Guiding the development of age friendly places is a process that actively involves older people in decision-making, implementation and evaluation of a plan of action to bring about sustainable change.

A network of older people in each community assist in identifying local outcomes, such as age friendly parks, facilities where various generations can come together and age friendly shops and workplaces. In practical terms, an age friendly community adapts its structures and services to be accessible to and inclusive of older people with varying needs and capacities.

cotavic.org.au

THINGS TO CELEBRATE

- Older people feel most connected to their communities

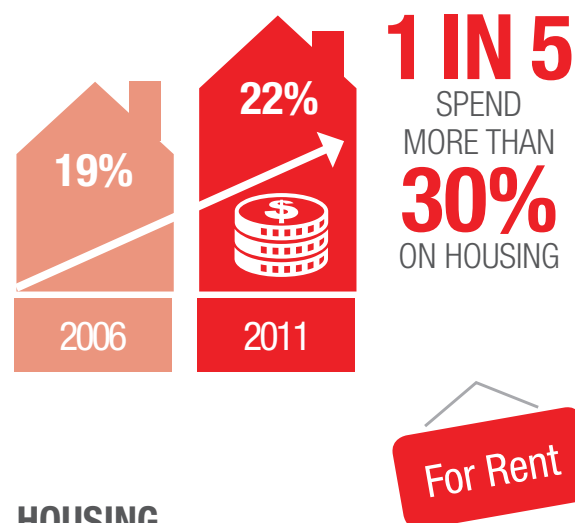
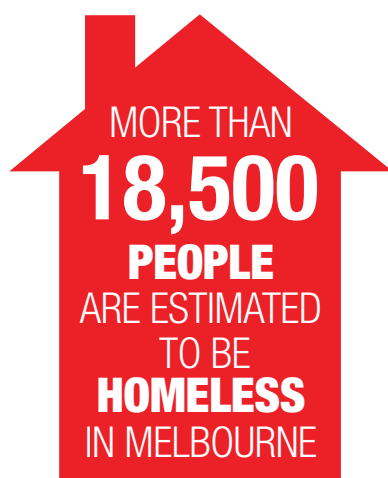
THINGS TO IMPROVE

- We need to improve the accessibility of services for older people
- We need to plan for age friendly communities across Melbourne

HOMELESSNESS

Homelessness can happen for a number of reasons. We know that family violence, a shortage of affordable housing, unemployment, mental illness, family breakdown, and drug and alcohol abuse are all reasons as to why someone may become homeless.

Our Homelessness and Affordable Housing Initiative aims to address this issue by funding programs that intervene early to prevent long term homelessness and increase the supply of affordable housing.



JUSTICE CONNECT: WOMEN'S HOMELESSNESS PREVENTION PROJECT

Family violence is the most common cause of homelessness in Victoria for women and children. An innovative new project by Justice Connect Homeless Law, aims to prevent the evictions of women and children from their homes.

Women facing homelessness receive legal advice and representation from pro bono lawyers, as well as intensive social work support from a dedicated social worker employed by Justice Connect Homeless Law.

With a focus on prevention, the project also aims to support women and their children by keeping them safely in their homes.

justiceconnect.org.au



Justice Connect Homeless Law

HOUSING AFFORDABILITY STRESS

IS PARTICULARLY ACUTE FOR PRIVATE RENTERS, SINGLE-PERSON HOUSEHOLDS AND LOW-INCOME HOME PURCHASERS

THINGS TO IMPROVE

- More affordable housing options
- The rate of homelessness needs to decrease
- The rate of family violence needs to decrease

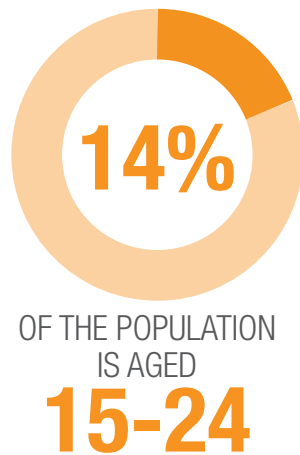
YOUTH



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Most young people in Melbourne have access to the support and resources to achieve success at school, and make the transition beyond school into employment.

However, there is a growing number of young people who are disengaged from education and employment, which highlights a need for specialised programs to enable all young people to realise their potential.



1 in 6
YOUNG PEOPLE
AGED 15-24
WERE
BORN OVERSEAS

12% OF YOUNG PEOPLE AGED
15-24 YEARS ARE SEEKING
EMPLOYMENT COMPARED TO
5% AGED **25-34**



Hands On Learning

HANDS ON LEARNING

Hands On Learning is an innovative education program that caters to the different ways young people learn by providing opportunities for them to develop new skills outside their classrooms. The program is based on authentic building projects that provide a platform for students to engage, grow confidence and achieve success at school. It aims to foster strong, long term relationships that help young people develop the skills and abilities they need to succeed in work and life, and reach their potential.

handsonlearning.org.au

IN 2011, **14%** OF YOUNG PEOPLE AGED
15-19 YEARS WERE **NOT ENGAGED IN
WORK OR STUDY**

THINGS TO CELEBRATE

- Secondary school retention rate is at 89% and is slowing increasing

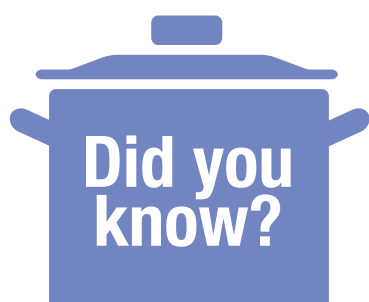
THINGS TO IMPROVE

- Increase the rate of youth employment by creating more opportunities for young people to be engaged in work and/or study

FOOD SECURITY

Foodbank Australia's 2013 *End Hunger Report* found that the demand for food relief is not being met. Over 11,000 Victorians seeking food relief each month are unable to be assisted – 38% are children. Many people face difficulties accessing and affording healthy and nutritious food, with some relying on food from charitable food agencies. Organisations such as Foodbank, Secondbite and FareShare are working to support the needs of Melbourne by ensuring that individuals and families don't go without meals or fresh food.

Secondbite.org Fareshare.net.au
Foodbankvictoria.org.au



4% OF PEOPLE
WHO **RAN OUT
OF FOOD** IN THE
LAST 12 MONTHS
COULD NOT AFFORD
TO BUY MORE



FareShare

FEED MELBOURNE APPEAL

Demands for food assistance are increasing all over Melbourne. The *Feed Melbourne Appeal* is a partnership between Lord Mayor's Charitable Foundation, FareShare and Leader Community Newspapers aimed at stopping the rising problem of food insecurity.

With the support of the community, funds raised by the *Feed Melbourne Appeal* are granted to food service charities to assist in the collection, storage, cooking, serving and distribution of food to their clients. Over the past six years \$2.4 million has been raised and granted to 150 charitable organisations in Melbourne.

feedmelbourne.org.au

SECONDBITE DELIVERED



OF FOOD TO **610** COMMUNITY FOOD
PROGRAM PARTNERS IN
GREATER MELBOURNE



**FARESHARE
PRODUCED
1,316,697
MEALS**

FOR COMMUNITY
FOOD PARTNERS
AND **RESCUED
446 TONNES
OF FOOD**



THINGS TO CELEBRATE

- A resurgence in community interest in growing locally produced fruit and vegetables

THINGS TO IMPROVE

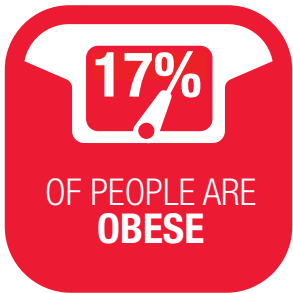
- Enhancing community understanding of the positive impact we can all make on food security

HEALTH



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Good physical and mental health improves our quality of life and wellbeing. Following a healthy lifestyle and adopting activities that promote good health are important in reducing or preventing disease.



ONLY 6% OF PEOPLE
**ATE THE RECOMMENDED
5 SERVES OF VEGETABLES
PER DAY**



A BODY MASS INDEX (BMI) **GREATER THAN 30** IS OBESE WHICH INCREASES THE RISK OF HEALTH PROBLEMS AND DECREASES QUALITY OF LIFE

THINGS TO IMPROVE

- Reducing the rising rates of obesity
- Increasing physical activity to achieve health benefits

ENVIRONMENT

Two of the greatest challenges facing Melbourne's environment is the growing population and the increasing levels of consumption. Our challenge is to become a more sustainable city by reducing water and energy use, reducing the amount of waste we produce, and increasing the collection and re-use of water.

**RECYCLABLE WASTE
GENERATED BY
HOUSEHOLDS**

2010-11 290 KG

2007-08 303 KG



FOLLOWING A POSITIVE
**UPWARD TREND, 45% OF
RECYCLABLES AND GREEN ORGANICS
ARE BEING DIVERTED AWAY
FROM LANDFILL**



Yarra Keeper Association

YARRA RIVERKEEPER ASSOCIATION

Established in 2004 the Yarra Riverkeeper Association monitors the health of the Yarra and provides opportunities for the community to access and learn about its environment and heritage through river tours and presentations. The Association is known as the 'voice of the river' and monitors all activities happening on the river, advocates for its wellbeing and raises awareness about issues affecting it, including environmental flows and levels of pollution. yarrariver.org.au

THINGS TO CELEBRATE

- The increase in recycling and composting initiatives underway

THINGS TO IMPROVE

- Reducing our consumption of non-recyclable products
- Increasing the amount of waste water we collect

ARTS

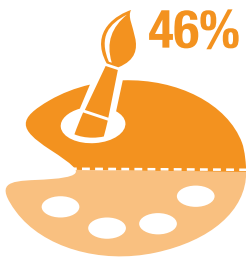
The Lord Mayor's Charitable Foundation recognises that participation and engagement with the arts can address social inequality and disadvantage, and create a greater sense of community.

ARTS WEST

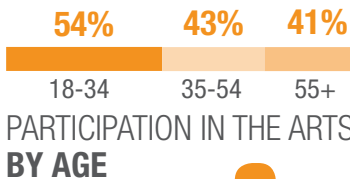


Arts West

Arts West is a unique arts alliance supported by a collaborative grant from the Lord Mayor's Charitable Foundation, Gandel Philanthropy and Arts Victoria. Now in its second year, Arts West comprises nine arts organisations in Melbourne's inner west: Footscray Community Arts Centre, Ausdance Victoria, Snuff Puppets, Big West Festival, Western Edge Youth Arts, Barkly Arts Centre, 100 Story Building, Women's Circus and The Substation. These nine organisations are working together to increase arts access and participation. artswest.com.au



46% OF PEOPLE **PARTICIPATED IN
ARTS AND RELATED ACTIVITIES**



THINGS TO CELEBRATE

- We have a vibrant arts and culture community
- We value arts and culture as important for our communities

LORD MAYOR'S CHARITABLE FOUNDATION INSPIRING PHILANTHROPY SINCE 1923

Established in 1923, the Lord Mayor's Charitable Foundation continues a wonderful tradition of community philanthropy as a contemporary, independent organisation that leads positive social change to grow and build strong communities.

Through grantmaking, research and philanthropic services, we take a proactive role to improve the health and wellbeing of our community. Our research into community needs informs our grantmaking and assists us to identify emerging issues to proactively address the challenges we face as a community.

Melbourne Vital Signs 2014 is published by the Lord Mayor's Charitable Foundation with Community Indicators Victoria, University of Melbourne. To download a copy and more information about data included in the Melbourne Vital Signs 2014 Report, please go to lmcf.org.au or communityindicators.net.au

To learn more about the Lord Mayor's Charitable Foundation and how you can make a positive difference in your community, please contact us on **9633 0033**, info@lmcf.org.au or visit our website lmcf.org.au

For more information about Community Indicators Victoria please go to communityindicators.net.au or email civ-info@unimelb.edu.au

Lord Mayor's Charitable Fund ABN 63 635 798 473

THE DESIGNERY