

THE CIRCLE FOUNDATION COOPERATIVE LTD

Putting community  
at the heart of  
improving healthcare



Circle Foundation

# What is the Circle Foundation?

**The Circle Foundation Co-operative Ltd (the Circle Foundation) is a community-owned and led healthcare cooperative that seeks to collaborate with existing health and community services to drive better health outcomes in the Eurobodalla Shire.**

Founded in 2021 by a group of concerned local health professionals and community members, the Circle Foundation was established to develop a new and innovative community-led approach to improving health in our community.

The Circle Foundation brings together and builds upon existing prevention, early intervention, allied health and peer support and advocacy services to improve community health and wellbeing

and address the impacts and costs of chronic conditions within our community. Our model will be a prototype for communities across regional and rural Australia.

Through community collaboration we believe we can create collective impact.

We also want to create better working environments for health professionals, thereby attracting and retaining the best rural health professionals within the Eurobodalla Shire.

The Circle Foundation is a registered charitable organisation which is democratically owned, operated and controlled by its community members and staff. It is overseen by a skills-based professional Board of Directors including community members with lived experience of chronic health conditions.

Our Board ensures we operate in an efficient, and socially and financially sustainable manner.



## Mission

*To improve the health and wellbeing of people residing in the Eurobodalla, regional and rural Australians, by preventing and managing chronic health conditions through integrated community-based, allied health services, education and social connection programs across the Shire.*

## Establishment Plan

The Circle Foundation will develop in phases, with the ultimate goal of providing services from a beautiful and welcoming purpose-built building. The building will reflect our local community needs and will be built using the principles of healing architecture. Once complete, our centre(s) will act as a permanent home for health and wellbeing services in our community, a place of employment, and a village hub for wellbeing and social connection activities for the entire community and like-minded community groups/organisations.

For further information visit our website.



## Principles

- We are **community-led**, and adopt **place-based** and **co-design** principles to shape our services and activities
- We **collaborate** and bring together multisector providers, services and individuals to address community need and create collective impact.
- We use **local data and evidence to inform our actions**
- We are **transparent**, and build partnerships with our community and partners

## Our focus

1. Build a guiding coalition of partners that collectively creates a healthier local community
2. Co-design of health and wellbeing services, programs and approaches with community
3. Implementation of an improved integrated care model aligned to existing services and interventions, which responds to care gaps, barriers and opportunities
4. Community-led local data collation, analysis, monitoring and evaluation to help drive ongoing delivery
5. Health professional workforce strategy to attract and retain the best health professionals in our community.

# Eurobodalla's health and community wellbeing challenges

**The Eurobodalla has a population of approximately 40,000 residents spread across almost 3500 square kilometres.**

- 1 in 2 residents (approximately 20,000) live with chronic health conditions
- 1 in 5 residents (approximately 8,000) live with multiple chronic health conditions
- 32% of our population are aged over 60 years (State average 28%)
- More than 1 in 5 of our residents aged over 65 years (approximately 2,500 residents) live alone and are at risk of social isolation
- Eurobodalla LGA has high rates of socio-economic disadvantage with around one quarter of residents (26%) living in low income households

**The Eurobodalla has a higher burden from chronic physical and mental health conditions than many other regions.**

- Higher rates of Eurobodalla residents (per 100,000 population) die from chronic conditions like coronary heart disease, dementias, cerebrovascular disease, lung cancer, COPD, diabetes, suicide, Parkinson disease than the state or national average
- Chronic conditions such as COPD, Congestive cardiac failure and Diabetes complications are amongst top five preventable hospitalisations in South Eastern NSW catchment

**Despite our increased burden of chronic physical and mental health conditions the Eurobodalla region has:**

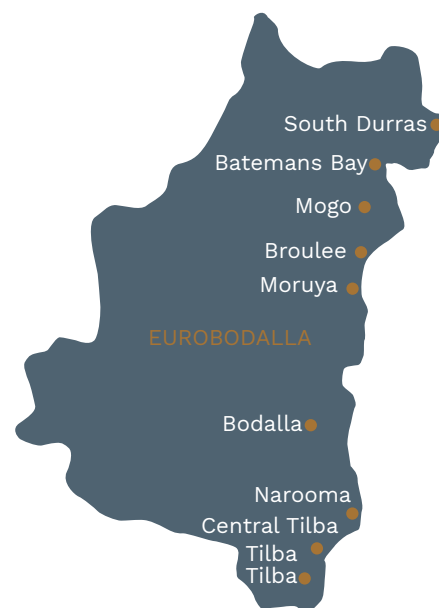
- Up to 50% fewer health providers than major cities (per capita)
- Fewer psychologists per capita compared with state and national averages; and
- Existing community based services and mental health services for the region have insufficient capacity to meet the high demands.



**1 in 2** residents (approximately 20,000) **live with chronic health conditions**



**1 in 5** residents (approximately 8,000) **live with multiple chronic health conditions**



For further information visit [Eurobodalla's local Population Health Profile \(2022\)](#)

# Why is the Circle Foundation needed?

Our community needs better coordination and integration of health and community services to support health and wellbeing [1, 2, 3].

Our community needs more focus on preventive healthcare in order to make our health system effective and sustainable [4].

Local data shows the Eurobodalla community want a health hub and non-clinical approaches to improve physical and mental health [3,5].

Our community faces rural health workforce challenges that require innovative solutions [6].

The Circle Foundation model directly aligns with the key principles of the the Australian Government's National Preventive Health Strategy: 2021-2030

Including :

- Multi-sector collaboration
- Enabling the workforce
- Community participation in healthcare
- Adapting to emerging threats and evidence
- Addressing inequalities in healthcare
- Embracing the digital revolution

For further information visit our website.



# Our model

The Circle Foundation will provide:

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meaningful social connection programs (aka social prescribing),

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health education and skills training programs, and

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peer support and advocacy services.

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allied health therapy services for people with chronic conditions. integrated with local primary care

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community-driven health research

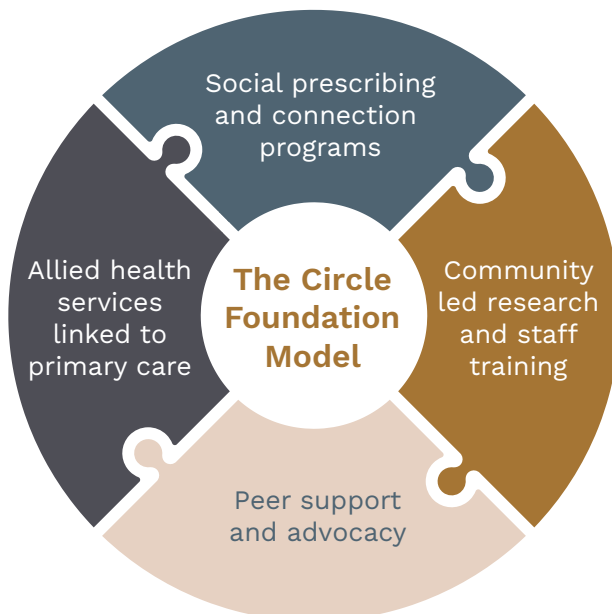
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will embrace technology

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The Circle Foundation is an innovative, scalable and potentially replicable model across regional Australia.

Our model's foundation is community collaboration.



## Our Business Model

- Not for profit - Surplus funds will be reinvested into service provision and staff training and support.
- Social enterprise - We will pursue endeavors which generate revenue to fund our main purpose
- Non-distributing - we will not share profits with our members.

Surpluses will be reinvested into service provision and staff training and support.

Whilst funds are needed to help establish operations, The Circle Foundation has a sound and sustainable multi-stream revenue model that, once operational, will enable it to continue its work and grow its reach and impact.



## References

1. Southern NSW Local Health District (2020) Southern NSW Local Health District Clinical Services Plan 2020, Queanbeyan
2. The Royal Australian College of General Practitioners and Consumers Health Forum of Australia 2020 Social Prescribing Roundtable, November 2019: Final Report, Consumers Health Forum of Australia
3. Beacon Strategies (2022), SENSW Social Prescribing Codesign Project Final Report, COORDINARE, Wollongong, Australia.
4. Department of Health (2021), National Preventive Health Strategy 2021–2030 Canberra, Australia
5. Eurobodalla Shire Council (2021) Eurobodalla Mental Health Forum Final Report
6. Department of Health (2020) National Rural Health Commissioner Final Report, Canberra



Circle Foundation

**For further information, contact:**

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