



# Stand Like Stone

Inspiring kindness and courage

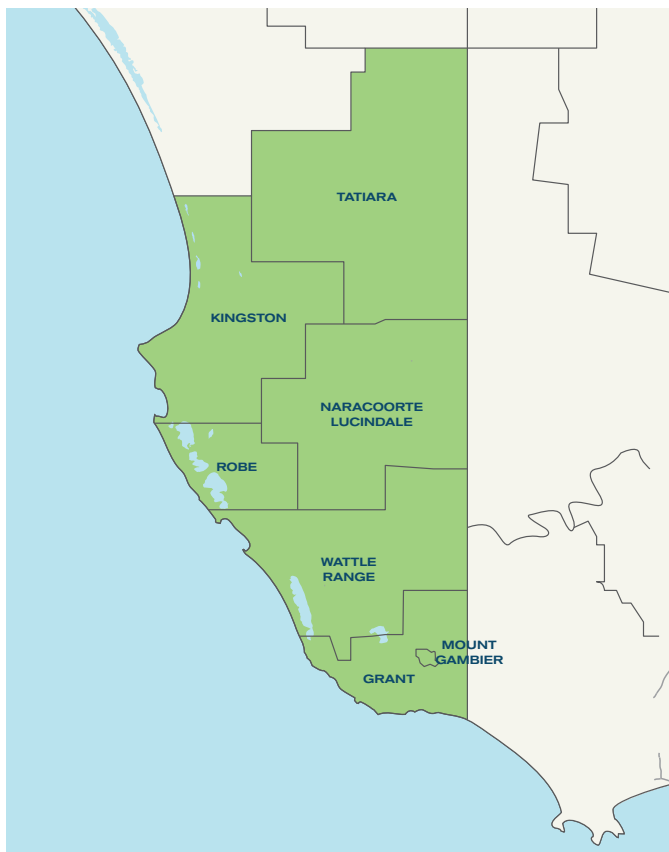
## LIMESTONE COAST

# VitalSigns®

2021

This Vital Signs report is a community check for the Limestone Coast region, outlining our strengths, challenges and needs as a community.

Located in the South-East of South Australia, the Limestone Coast encompasses seven local government areas: Grant, Mount Gambier, Naracoorte Lucindale, Kingston, Robe, Tatiara, and Wattle Range Councils.



### LIMESTONE COAST SNAPSHOT

Population (2016) - 64,794

Median age - 42 (SA 40)

Overseas migration (2019) - 222 arrivals

Net migration (2019)- 126 more people left the region than came to the region

Median weekly income - \$1,108 (South Australia \$1,203)

### IF THE LIMESTONE COAST WERE A GROUP OF 100 PEOPLE WE WOULD BE:

#### GENDER



49  
MALE



51  
FEMALE

#### COMMUNITY



28  
VOLUNTEER



21  
NO INTERNET ACCESS

#### NATIONALITY

2  
ABORIGINAL/  
TORRES STRAIT  
ISLANDER

10  
BORN OVERSEAS

90  
AUSTRALIAN  
CITIZENS

5  
SPEAK A  
LANGUAGE  
OTHER THAN  
ENGLISH AT  
HOME

#### TRAVEL TO WORK

5  
HOUSEHOLDS  
DON'T OWN  
A CAR

0  
CATCH  
PUBLIC  
TRANSPORT

75  
DRIVE A  
PRIVATE  
VEHICLE

4  
WALK OR  
CYCLE TO  
WORK

7 WORK FROM HOME

#### AGE



23  
CHILDREN  
0 - 17



58  
ADULTS

19  
OVER 65

#### HEALTH + WELLBEING



14  
EXPERIENCED  
HIGH LEVELS  
OF DISTRESS  
RECENTLY



5  
NEED  
ASSISTANCE  
WITH CORE  
ACTIVITIES

#### EDUCATION

34  
COMPLETED  
YEAR 12

09  
UNIVERSITY  
QUALIFIED

24  
VOCATIONALLY  
TRAINED

#### WORK + EMPLOYMENT

56  
FULL TIME

37  
PART TIME

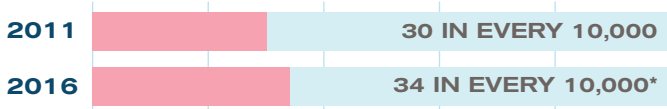
05  
UNEMPLOYED

# Housing



## HOMELESSNESS & SECURITY

### LIMESTONE COAST HOMELESSNESS RATE



South Australian average: 37 in every 10,000 people      \*218 people  
Australia average 50 in every 10,000 people

### FAMILY AND DOMESTIC ABUSE

**347** CHARGES FOR FAMILY AND DOMESTIC ABUSE IN 2018-19

## HOUSING AFFORDABILITY AND STRESS

### MEDIAN HOUSE PRICE (2019)

**\$239,183**

(up 17% since 2014)



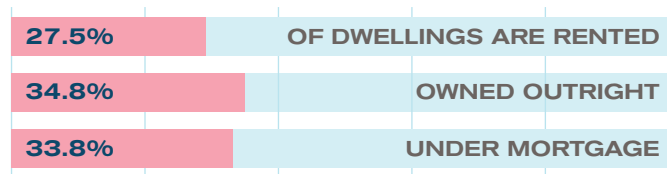
### AVERAGE HOUSEHOLD SIZE

**2.4** PEOPLE

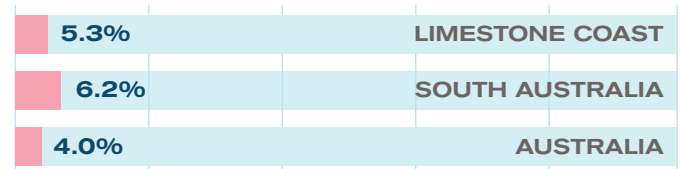
(South Australia 2.4 people)



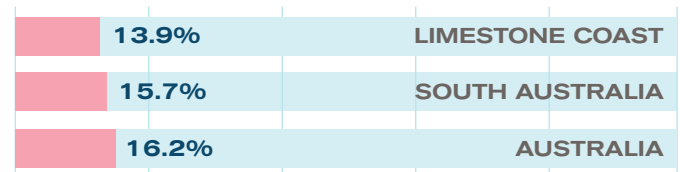
### RENTING V OWNER-OCCUPIED



## LIVING IN SOCIAL HOUSING



## HOUSEHOLDS RECEIVING COMMONWEALTH RENT ASSISTANCE (2017)



## AVERAGE MONTHLY RENTAL COST

**\$787** PER MONTH

(South Australia \$1,146/month)

## AVERAGE MONTHLY MORTGAGE PAYMENT

**\$1,235** PER MONTH

(South Australia \$1,605/month)

## STRESS

### MORTGAGE HOLDERS EXPERIENCING HOUSING STRESS

**4.7%**

DOWN FROM 6.9%

(South Australia 4.0% Australia 7.2%)



### RENTERS EXPERIENCING HOUSING STRESS

**7.3%**

UP FROM 6.9% IN 2011

(South Australia 15.7% Australia 16.2%)



# Disadvantage & Poverty



UN SUSTAINABLE DEVELOPMENT GOALS

## POVERTY

**13%**

OF FAMILY HOUSEHOLDS LIVE IN POVERTY

\*poverty here is calculated at income of \$800/wk for couple families and \$650/wk for single parent families



SINGLE PARENT FAMILIES ARE FIVE TIMES MORE LIKELY TO LIVE IN POVERTY THAN FAMILIES WITH TWO PARENTS.



**22%**

OF CHILDREN LIVE IN LOW-INCOME, WELFARE-DEPENDANT FAMILIES (2017)

(South Australia 24% Australia 21%)

## DISADVANTAGE

SEIFA (INDEX OF SOCIO-ECONOMIC DISADVANTAGES) BASED ON AUSTRALIAN SCORE OF 1000 - A LOWER SCORE INDICATES GREATER RELATIVE DISADVANTAGE

Mount Gambier and Wattle Range rank amongst the 20% most socio-economically disadvantaged LGAs in Australia.

MOUNT GAMBIER	925
WATTLE RANGE	940
GRANT	1018
ROBE	1011
KINGSTON	973
NARACOORTE LUCINDALE	974
TATIARA	989
SOUTH AUSTRALIA	979

## INCOME

MEDIAN WEEKLY HOUSEHOLD INCOME

**\$1,108**

(South Australia \$1,203)



MEDIAN INDIVIDUAL WEEKLY INCOME

**\$617**

(South Australia \$600)



## INCOME SUPPORT

RELIANCE ON UNEMPLOYMENT BENEFITS

**2,293** PEOPLE 2019

**2,554** PEOPLE 2016

(4.9% of population aged 15+)

IMPACT OF COVID-19 ON NUMBER OF PEOPLE ON JOB SEEKER AND YOUTH ALLOWANCE

LIMESTONE COAST:

**6.6** OF PEOPLE AGED 15-64 PERCENT

MARCH 2020

(South Australia 7%)

**8.8** OF PEOPLE AGED 15-64 PERCENT

OCTOBER 2020

(South Australia 10.1%)



**FOOD RELIEF FOR THE VULNERABLE**

LIMESTONE COAST HOME HAMPER DELIVERY PROGRAM

When the global COVID-19 pandemic hit, Foodbank Limestone Coast quickly adapted its distribution model and provided 140 food hampers to people in need within 48 hours of receiving the order.

The Home Hamper Delivery program provided food to many families who were isolated, had limited supply of food in their town, or simply didn't have the necessary funds to access food.

Thanks to funding from one of our donors, the Stand Like Stone Foundation was able to make a real difference to people experiencing food poverty during an emergency.

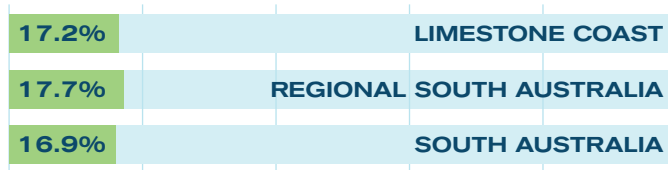
# Healthy & resilient communities



UN SUSTAINABLE DEVELOPMENT GOALS

## PHYSICAL HEALTH

POPULATION WITH FAIR OR POOR SELF-ASSESSED HEALTH



MULTIPLE CHRONIC CONDITIONS



OVERWEIGHT OR OBESE ADULTS



ADULTS UNDERTAKING THE RECOMMENDED 150 MINUTES OF PHYSICAL ACTIVITY EACH WEEK

**52.9%**

(South Australia 66%)



## MENTAL HEALTH

PEOPLE EXPERIENCING HIGH LEVELS OF PSYCHOLOGICAL DISTRESS\* (AGED 18+)

\*using Kessler 10 scales



**LIMESTONE COAST**  
(South Australia 14.1%  
Australia 13%)



## ALCOHOL CONSUMPTION

PERCENTAGE OF PEOPLE DRINKING MORE THAN FOUR STANDARD DRINKS ON A SINGLE OCCASION (AT LEAST MONTHLY, AGED 15+)



**LIMESTONE COAST**  
(South Australia 21.2%)

ESTIMATED PERCENTAGE OF ADULTS WHO DRINK MORE THAN TWO STANDARDS DRINKS PER DAY ON AVERAGE

**20.6%**

(South Australia 15.3% Australia 16.1%)



## COMMUNITY CONNECTEDNESS

DONATION & GIFTING REPORTING

**25.9%**

of employed people made tax-deductible donations (median donation of \$100)

VOLUNTEER RATES

**28.1%**

(South Australia 21.4% Australia 19%)



**HELPING PEOPLE BOUNCE BACK FROM ADVERSITY**

RESILIENCE TRAINING

The Junction is a not-for-profit mental health organisation, supporting people experiencing or recovering from mental illness.

The Resilience Training program provided Esher House Resilience Training and Equine Assisted Learning to community members with various disabilities and mental health issues such as post-traumatic stress disorder, anxiety, depression, drug and alcohol problems.

Thanks to funding from the OneFortyOne Community Grants program, the Stand Like Stone Foundation is helping people improve their mental health wellbeing.

# Education & learning



UN SUSTAINABLE DEVELOPMENT GOAL

## EARLY CHILDHOOD LEARNING

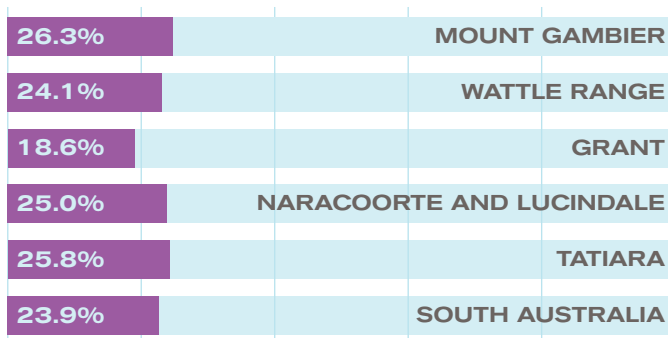


2018

OF CHILDREN ARE ASSESSED IN THEIR EARLY CHILDHOOD DEVELOPMENT AS VULNERABLE IN ONE OR MORE OF:

- Physical Health & Wellbeing
- Language and Cognitive Skills
- Social Competence, Emotional Maturity
- Communication Skills
- General Knowledge

PERCENTAGE OF 5 YEAR OLDS ASSESSED AS VULNERABLE OR AT RISK IN ONE OR MORE AREAS OF AUSTRALIAN EARLY DEVELOPMENT CENSUS



ATTENDED RECOMMENDED 15 HOURS OF PRESCHOOL PER WEEK

**63.1%** LIMESTONE COAST  
**69.7%** SOUTH AUSTRALIA  
**81.5%** AUSTRALIA



## HIGH SCHOOL

HIGH SCHOOL COMPLETION RATES



(South Australia 47.4% Australia 51.9%)

## FURTHER EDUCATION

UNIVERSITY QUALIFICATION

**9%**

(South Australia 19% Australia 22%)



YOUTH (15 TO 19 YEAR OLDS) FULLY-ENGAGED IN EMPLOYMENT, SCHOOL EDUCATION OR ADDITIONAL STUDY

**79%**

(South Australia 81.1%)



VOCATIONAL QUALIFICATION

**23.6%**

(South Australia 20.1% Australia 18.8%)



## HELPING LOCAL STUDENTS THRIVE

STAND LIKE STONE  
EDUCATIONAL  
SCHOLARSHIPS

The Stand Like Stone Foundation has 19 sub-funds established specifically to provide educational scholarships to students with a connection to the Limestone Coast. Donations are held in trust and invested, with the income generated granted back to the community through scholarships.

Thanks to our donors, the Stand Like Stone Foundation is able to give local students the opportunity to thrive so that they, in turn, can make great contributions to our region.

## HOW TO USE THIS REPORT?

We have a lot to be proud of in the Limestone Coast, though we face some challenges. Use this report to start conversations with friends, family and colleagues. Start thinking about how you can make a difference and be a change maker for a better Limestone Coast.

## THE STAND LIKE STONE FOUNDATION

The Stand Like Stone Foundation was established in 2004 by a passionate group of people, leading and encouraging the creation and growth of a community fund, benefiting the region in perpetuity.

We offer individuals, families, groups, corporations and not-for-profit organisations an easy and satisfying way of giving something of real value back to the community that they care about. Donations are held in trust and invested to maximise income. Income earned is then granted in the form of grants for charitable projects and scholarships to local individuals.

We work in partnership with donors, local organisations and our community to strengthen and increase opportunities, promoting wellbeing within the community.

## WHAT HAPPENS NEXT?

This report is an important starting point, measuring many things with pre-COVID data that will provide an important baseline for future reports. But data is only one tool, and it is when we engage deeply with our community through service providers and individuals that we fully understand their needs and how we can provide support.

As we launch this inaugural Vital Signs report, we acknowledge that this is just the beginning. We can use this as a tool to track our progress and measure impact for years to come.

Date: August 2021

## ABOUT VITAL SIGNS AND THE SUSTAINABLE DEVELOPMENT GOALS

Vital Signs is a community driven data program used by community foundations around the world to measure the vitality of their communities and identify significant trends in a range of quality-of-life areas. We acknowledge with appreciation the work of the Toronto Foundation that has developed and shared the Vital Signs concept. The Vital Signs trademark is used with permission from Community Foundations of Canada and licensed through Australian Community Philanthropy.

The Vital Signs approach connects with the United Nations' Sustainable Development Goals. These 17 goals were adopted by United Nations Member States in 2015 as a universal call to action to end poverty, protect the planet and ensure that all people enjoy peace and prosperity by 2030.

## ACKNOWLEDGEMENT

The Stand Like Stone Foundation acknowledges Aboriginal people as the First People and Nations of the ancestral lands and waters of the Limestone Coast. We acknowledge the elders past, present and future and we respect the deep feelings of attachment and relationships of Aboriginal People to Country including the language groups: Meintangk, Potaruwutij, Bunganditj, Tatiara/Ngarkat, Tanganekald (Southern Clans) and Ngarrindjeri.

## CONTACT US

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## THANK YOU

We would like to thank The Wyatt Trust for providing the leadership, support and project management to create Vital Signs reports for the five South Australian Community Foundations:

