ABPL90384 Semester 2 2021
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A HEALTHIER
NIGHT TIME ECONOMY

REVIEW AND STRATEGY
- FAWKNER PARK PRECINCT -

Note. Cover Page Image from 'The Alfred' Facebook Page (15 April 2020)

COVER PAGE STORY AND NIGHT TIME ECONOMY

The Alfred Hospital was lit up at night on 15th April 2020 to give thanks to the medical heroes fighting the pandemic (7 news, 2020). This light show appreciates a strong backing for the broader community who is helping and protecting the people at all times and no matter day and night: the health sector workers.

There are many people who are still awake when most people are asleep. Some of them work at night to keep the city function like employees and volunteers at Alfred Hospital, such as transport workers, maintenance workers, police officers and more; some are people who enjoy the night, appreciate the relaxing time of the day that makes them feel their own. These lovely and diverse people are an important pillar of the night-time economy. The question is, compared with the day time, are there enough night services, facilities and activities to meet their needs? More specifically, working at night might face a range of health problems (Norman, 2011), including both physical and psychological health risks. Are there ways to facilitate a healthier environment for the night time workers and for the whole community?

This report focuses on the Fawkner Park Precinct at the southeast of the City of Melbourne where the Alfred Hospital is located, looks at risks and opportunities in the precinct's night time economy and possible interventions for a healthier night time economy, aims to care and look after the people who are in and contributing to the society at night.

We acknowledge the Wurundjeri people of the Kulin Nation as the traditional owner of the land and we pay respect to their elders past, present, and emerging.

CONTENT

1 EXECUTIVE SUMMARY

Nowadays, an increasing number of people and cities are putting more wakefulness into every 24 hours, making cities at night full of new opportunities and challenges. The report looks at the Night Time Economy and activities in Fawkner Park Precinct, situated at the southeast corner in the City of Melbourne. The precinct includes Melbourne's important St Kilda Rd Corridor, historical and community significant and Fawkner Park, and State significant Alfred Hospital, and it is a region in Melbourne with a unique neighborhood character. The report divides the precinct into five different clusters with diverse night time features: residential, commercial & mixed-use, educational, healthcare cluster and the Fawkner Park. The analysis of these clusters shows that the precinct at night does not have many core nighttime industries (food, drink, and entertainment) compared with Melbourne Central Business District. A vital night time feature is that the area has a large number of night shift workers, especially from the health sector. The precinct's key challenge is that the lack of services and facilities negatively affects physical and mental health for night shift workers as well as other participants in precinct's Night Time Economy. The impact of COVID-19 has exacerbated the issue. The proposed interventions start from the precinct context, base on challenges and opportunities of the precinct, and look at international studies and best practices, in order to provide possible solutions to facilitate a healthier Night Time Economy in the Fawkner Park Precinct. The vision of the proposal is to facilitate a physically and mentally healthier night time environment for night shift workers and for all by delivering greater quantity and quality services and facilities. There are interlinked three steps of interventions implemented in order to achieve the vision: 1) establishing platform of participation; 2) commissioning night time enterprise Pilots and setting up award; 3) organising community night time activities at Fawkner Park. A healthier night time economy will benefit not only the night shift workers but also every participant in precinct's Night Time Economy.

2 BACKGROUND

2.1 The Night Time Economy

"Humans are showing a trend toward more and more wakeful activity at all hours of day and night. The activities are extremely varied. Large numbers of people are involved. And the trend is worldwide."

—— Melbin, M. (1987).

Throughout history, human has continued to make efforts to illuminate the night. From the beginning of mastering fire, to the invention of coal-gas illumination in 1803, to the invention of electric light (Melbin, 1987), as the night is gradually lit, people can overcome many limitations brought by darkness and more and more active at night. The greater opportunities for night time activity then gradually make the night time economy a significant part in cities. When looking at the night time activities, it is important to understand their variety and complexity. A vibrant night time economy does not necessarily mean music venues and bars on every corner of the city. It is more like a planned offer that respects every individual and meets their needs at night (Seijas, 2018).

A more globally accepted timeframe for night time economy is between 6 pm to 6 am of the next day (Seijas, 2018), which can be further split into two parts: evening economy, which is between 6 pm to 12 am; and late-night economy which is between 12 am to 6am. The timeframe for night time economy, together with the day time economy, constitute cities that function 24-hours-a-day.

The topics on night time economy have attracted global attention and become increasingly significant. Cities worldwide are making their distictive efforts to protect and facilitate the night-time economy according to different contexts and considering issues with night-time entertainment, safety, services, equity, impacts on the natural environment, and more. Until 2019, more than 40 cities have specifically appointed night mayors or similar roles to maintain nocturnal vibrancy (Seijas, & Gelders, 2019), which shows the growing awareness of the importance of night time economy.

2.2 Night Time Economy in Melbourne

2.2.1 OVERVIEW

Prior to the pandemic, Melbourne, a coastal capital city of the southern Australian state of Victoria, had Australia's fastest-growing Night Time Economy (License et al., 2021), which is a significant part of the overall economy with the involvement of a large proportion of the population. Portfolio Lead for City Activation, Councillor Roshena Campbell, indicated that "the City of Melbourne's night-time economy grew by $310.3 million in 2018, contributed $3.5 billion in annual turnover and supported 31,000 jobs" (City of Melbourne, 2021a). According to the report for Measuring the Australian Night Time Economy 2019-20 by Ingenium Research (License et al., 2021, p.46), in 2020, Melbourne's Core Night Time Economy by itself (includes sub-sector of Drink, Entertainment and Food) had the sales turnover of AU$3.4 billion, with 2,767 establishment and 27,095 employees. The overall night time economy in Melbourne will far exceed the above figures.

Covid-19 indeed has a huge impact on the Night Time Economy of Melbourne. Covid restrictions, which include but are not limited to lock downs, had hit many of the night time industries really hard. The night-time pedestrian activities in City of Melbourne was down by two-third compared to the same time last year (City of Melbourne, 2021a).
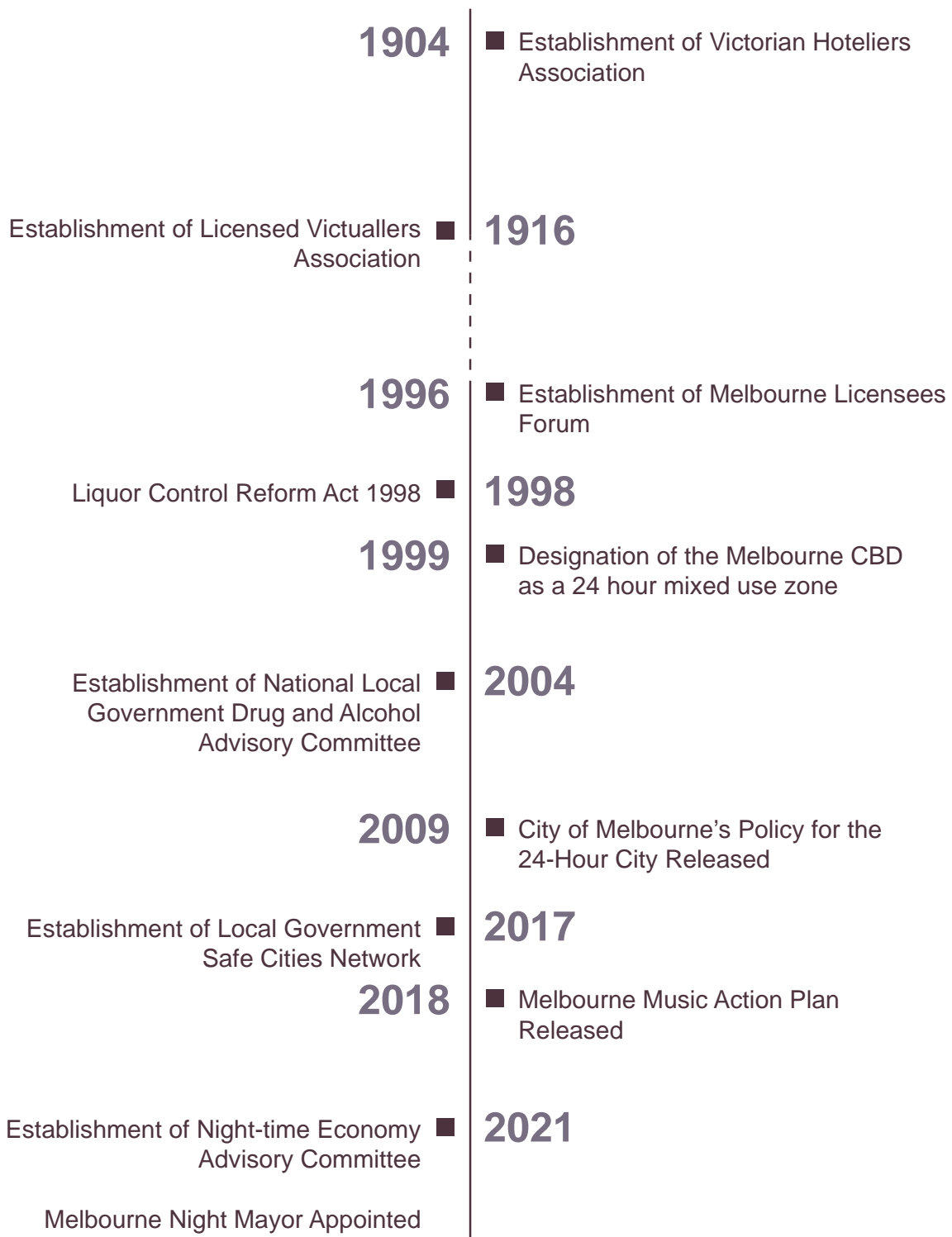
2.2.2 GOVERNANCE, POLICY AND LEGISLATIVE CONTEXT

Victorian Hoteliers Association was established in 1904, which is a breakaway group of Licensed Victuallers Society of Port Phillip (established in 1850, is a Victorian hospitality industry association representing the interests and rights of its members to government, relevant parties and stakeholders. This is an important beginning for Melbourne's core night time industry (food, drink and entertainment) governance. In the next 100 years, many institutions and policies related to the core night time industry have appeared in Melbourne, such as Melbourne Licensees Forum (1996), Liquor Control Reform Act 1998, Melbourne Music Action Plan (2018).

In addition to the focus on the core night time economy, Melbourne has gradually begun to have more comprehensive night time governance strategies and implementations for a safer, more vibrant, and diverse night time economy. For example, the design of the Melbourne CBD as a 24 hour mixed-use zone (1999), establishment of the National Local Government Drug and Alcohol Advisory Committee (2004). A significant document is the City of Melbourne's Policy for the 24-Hour City (2009), including municipal strategic statement; retail strategy; strategy for a safer city; municipal public health plan; waste management strategy; arts strategy; and urban design strategy.

The year 2021 is another milestone for Melbourne's Night Time Governance. In this year, Melbourne appointed the first Night Mayor, and the establishment of Melbourne's Night-time Economy Advisory Committee brings together the industry leaders, representatives from government and professionals in relevant field to solve challenges for the Night Time Economy and particularly considering the impact of Covid.

Figure 1. Timeline for governance, policy and legislative context for Melbourne's Night Time Economy.

| Year	Event
1904	Establishment of Victorian Hoteliers Association
1916	Establishment of Licensed Victuallers Association
1996	Establishment of Melbourne Licensees Forum
1998	Liquor Control Reform Act 1998
1999	Designation of the Melbourne CBD as a 24 hour mixed use zone
2004	Establishment of National Local Government Drug and Alcohol Advisory Committee
2009	City of Melbourne's Policy for the 24-Hour City Released
2017	Establishment of Local Government Safe Cities Network
2018	Melbourne Music Action Plan Released
2021	Establishment of Night-time Economy Advisory Committee / Melbourne Night Mayor Appointed

3 PRECINCT NIGHT TIME ECONOMY ANALYSIS

3.1 Precinct Context

3.1.1 LOCATION

The Fawkner Park Precinct situated at the southeast corner in City of Melbourne and it is within the area of South Yarra West (Statistical Area 2, SA2, shown in red in Figure 2). The significant sites and suburbs nearby include Albert Park, Royal Botanic Garden, City of Yarra, City of Stonnington, City of Port Phillip. The precinct is bounded by St Kilda Road (leading to Melbourne CBD and as a key route for transport), Domain Road, Punt Road, and Hight Street.

South Yarra is a distinctive area in the City of Melbourne. It returned as Melbourne's most liveable suburb in Domain's (2019) report of Melbourne's 307 suburbs ranked for liveability. The report mentioned that "(South Yarra) performs exceptionally well in several categories including cafes, trains, trams, employment and walkability. The only major negatives are its relatively high crime ranking and congested roads".

Figure 2. Location of Precinct
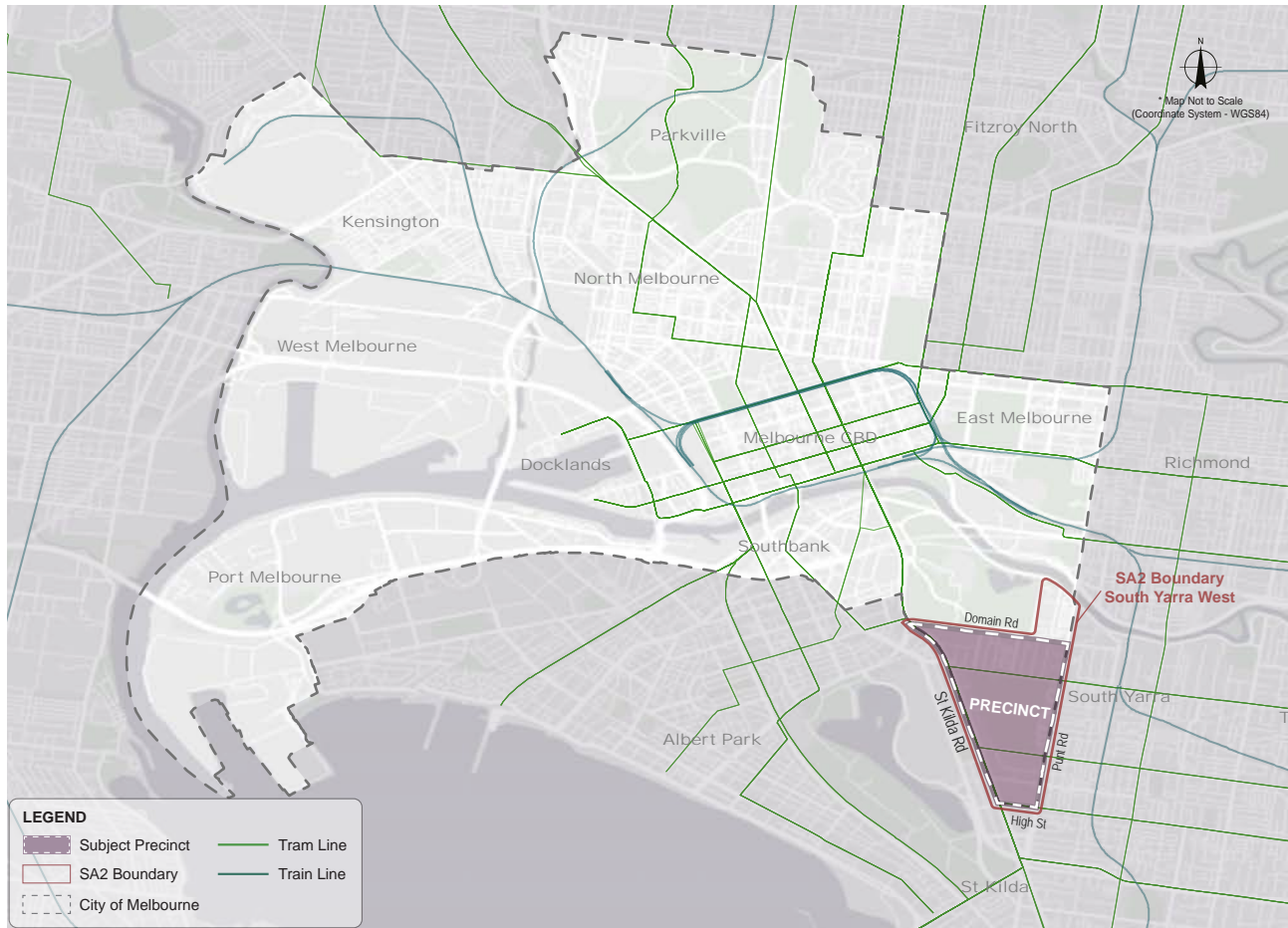
Note. Created by author (2021). Data retreived from Data Vic (2021). https://www.data.vic.gov.au/., and ABS (2016a). https://quickstats. censusdata.abs.gov.au/census_services/getproduct/census/2016/quickstat/206041125?opendocument

Plenty of municipal statutory and strategic documents also indicate the significance of the subject site. Plan Melbourne 2017-2050 (2017, p.14 & 16) pointed out the St Kilda Rd Corridor as a major and key precinct in Melbourne; the policy 4.1.3 in the Plan further highlights the strategy of strengthening Melbourne's network of the boulevard, which includes the St Kilda Rd precinct. Melbourne Planning Scheme (2021, Clause 21.16) suggested that the development of St Kilda Rd and the South Yarra region is necessary to introduce "a wide range of uses and services to support residents, workers and businesses in the area" and maintain and preserve the neighbourhood features and historical character. Besides, the planning scheme particularly highlights the importance of supporting the "on-going operation of the State significant Alfred Hospital and other institutions on St Kilda Road" and "preserve and enhance the landscape qualities and recreational role of Fawkner Park", which are all key aspects to be considered when planning for the precinct's night time economy.
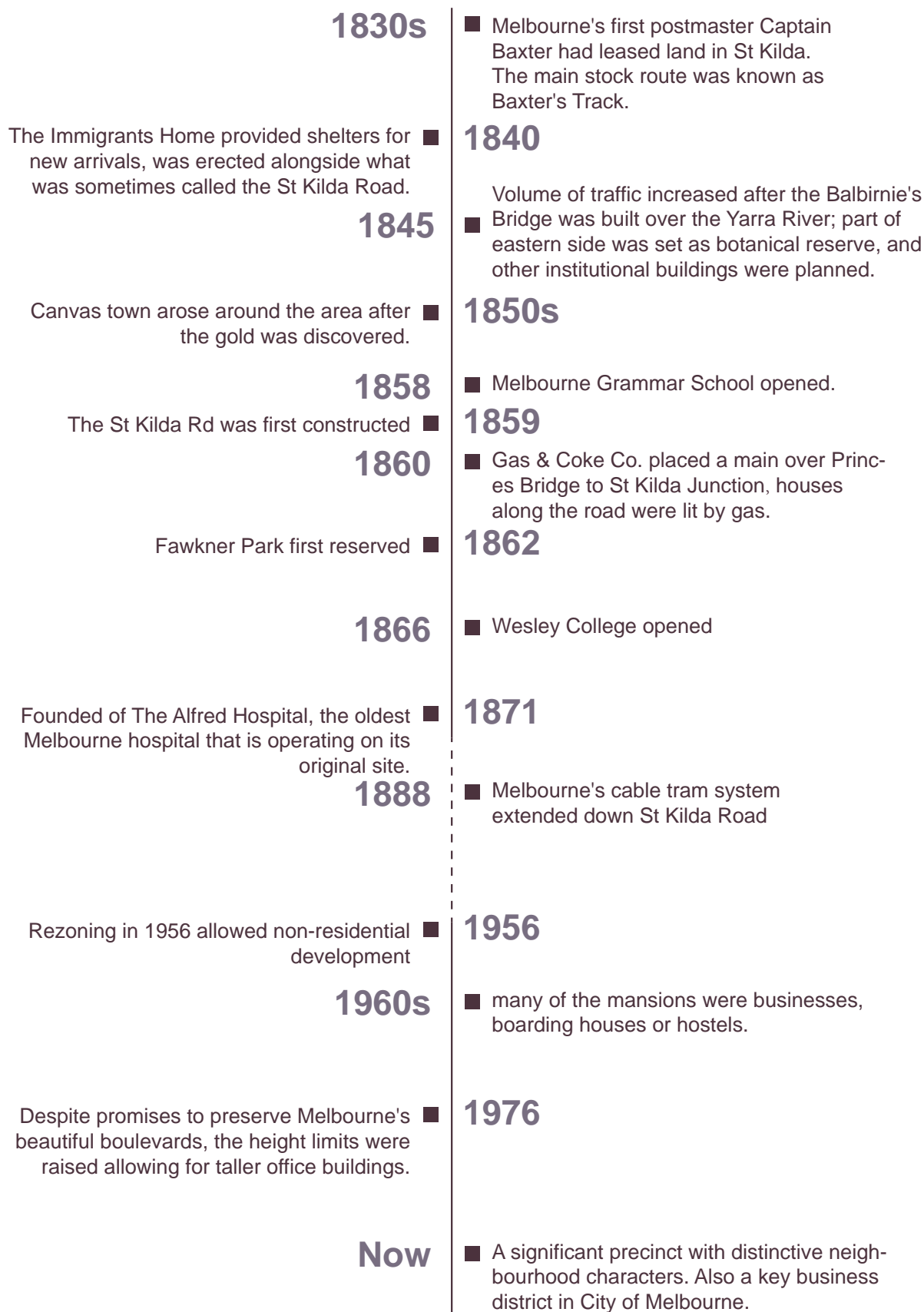
Unlike the majority of the Melbourne CBD area, which has more prosper food, drink and entertainment industries at night, the Fawkner Park Precinct's night is more for the local residents, night workers and visitors in the area, as well as the nature creatures (especially in the Fawkner Park). Therefore, study in this precinct in Melbourne is particularly important because the night time economy is much more than just the 'core industires'.

3.1.2 HISTORY

The history of the precinct gradually shaped what it is today. The precinct is on the land of Wurundjeri people who traditionally owned this land. Back in the 1830s, the surrounding area was first used as the main stock route. The construction of Balbirnie's Bridge on Yarra River had linked the precinct with the city centre to its north, and the traffic along the St Kilda Road started to increase. Many of the key sites in the precinct today were constructed between the 1850s to 1870s, including Melbourne Grammar, Wesley College, Fawkner Park and Alfred Hospital. In 1860, Gas & Coke Company in Melbourne placed a main over Princes Bridge to St Kilda Junction, and houses along the road were lit by gas, which is a significant effort in history by predecessors to illuminate this region at night.

After the extension of the cable tram system down to St Kilda Road in 1888, from the late nineteenth century to the late twentieth century, on the basis of protecting some of the important historical sites, the area had undergone rezoning and land-use changes. Many lots along St Kilda are used for commercial and mixed-use purposes with raised building height limits. The number of hotels, higher apartments, and office buildings has increased. Nowadays, it is a unique precinct where historical features and modern commerce coexist. How to protect the neighbourhood character while developing the night time economy is indeed a question worth pondering.

Figure 3. Precinct History Timeline.

1830s — Melbourne's first postmaster Captain Baxter had leased land in St Kilda. The main stock route was known as Baxter's Track.

The Immigrants Home provided shelters for new arrivals, was erected alongside what was sometimes called the St Kilda Road. — **1840**

1845 — Volume of traffic increased after the Balbirnie's Bridge was built over the Yarra River; part of eastern side was set as botanical reserve, and other institutional buildings were planned.

Canvas town arose around the area after the gold was discovered. — **1850s**

1858 — Melbourne Grammar School opened.

The St Kilda Rd was first constructed — **1859**

1860 — Gas & Coke Co. placed a main over Princes Bridge to St Kilda Junction, houses along the road were lit by gas.

Fawkner Park first reserved — **1862**

1866 — Wesley College opened

Founded of The Alfred Hospital, the oldest Melbourne hospital that is operating on its original site. — **1871**

1888 — Melbourne's cable tram system extended down St Kilda Road

Rezoning in 1956 allowed non-residential development — **1956**

1960s — many of the mansions were businesses, boarding houses or hostels.

Despite promises to preserve Melbourne's beautiful boulevards, the height limits were raised allowing for taller office buildings. — **1976**

Now — A significant precinct with distinctive neighbourhood characters. Also a key business district in City of Melbourne.

3.1.3 KEY SITES AND CLUSTERS

In the Fawkner Park Precinct, various land use and built forms have increased the complexity of studying day and night activities in the region. Considering these different characteristics, the report divides the precinct into five clusters: i) residential cluster, including residential zones in north the east of the region; ii) commercial & mixed-use cluster, including commercial & mixed-used zones along the St Kilda Rd; iii) educational cluster, including Melbourne Grammar on the northwest of the precinct and Wesley College and Victorian College for the Deaf located at the south of the precinct; iv) healthcare cluster, including Alfred Hospital and Royal Freemasons Coppin Centre (an aged care centre); and v) the Fawkner Park.

Figure 4. Key Sites and Clusters in the Precinct.

i. Residential Cluster

The residential cluster in the precinct has its unique neighbourhood character. The majority of the housings on site are low- to mid-rise residential dwellings. Many of these buildings are Victorian structures (Figure 6) and within the heritage overlay, according to Vic Plan (2021). It is not an area with strong street lighting at night especially compared to Melbourne CBD in the background, which makes the space relatively darker at night (Figure 7).
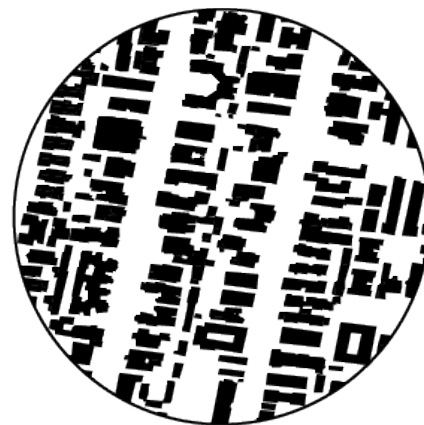
Activities at night in this cluster can include residents or visitors coming back, going out, or hanging around this region (for example, a walk after dinner). In some specific points, especially in areas that are not major roads, night activities appear to be unwelcoming and with potential risks. The laneway on site (Figure 8) is a typical example. Both sides of the laneways usually are solid walls and opaque entrances to garages or storage rooms. These laneways are generally narrow, relying only on a limited amount of street lighting and lack of safety cameras.
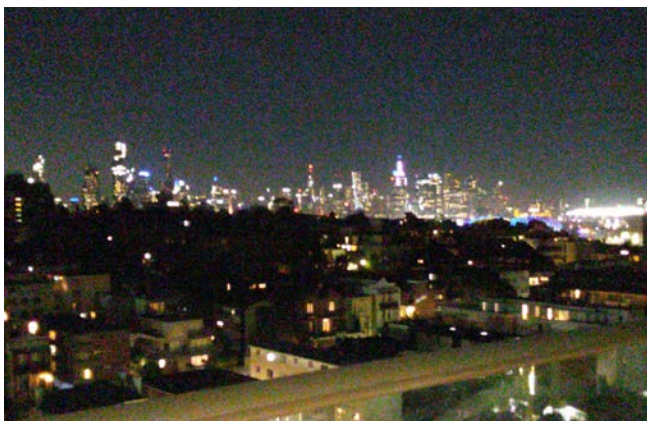
Figure 5. Panorama of cluster i.

Note. Image from Near Map (2021).

Figure 6. Residential housing in the cluster.

Note. Image from Google Street View (2021).

Figure 7. Night view of the residential cluster.

Note. Image from Flatmates (2021). https://flatmates.com.au/share-house-melbourne-south-yarra-3141-P985889

Figure 8. Laneway in the cluster at night.

Note. Image from Google Street View (2021).

ii. Commercial & Mixed-Use Cluster

Unlike the residential cluster, there are more mid- to high-rises commercial and residential buildings in this cluster. The commercial and mixed-used cluster in the Fawkner Park Precinct is a significant employment precinct in the City of Melbourne. The cluster is full of current and future opportunities near such an important arterial boulevard - St Kilda Rd, with good access to infrastructures like public transport lines.

Majority of the businesses in this cluster close before 6 pm, but when night falls, it can be found that the lights in some office buildings are still on (Figure 11). Workers who finish their work late, the residents living in the apartment and other visitors on site are the main groups for the night activities of the cluster. Compared to the residential cluster, the commercial & mixed-used cluster has much better lighting conditions.
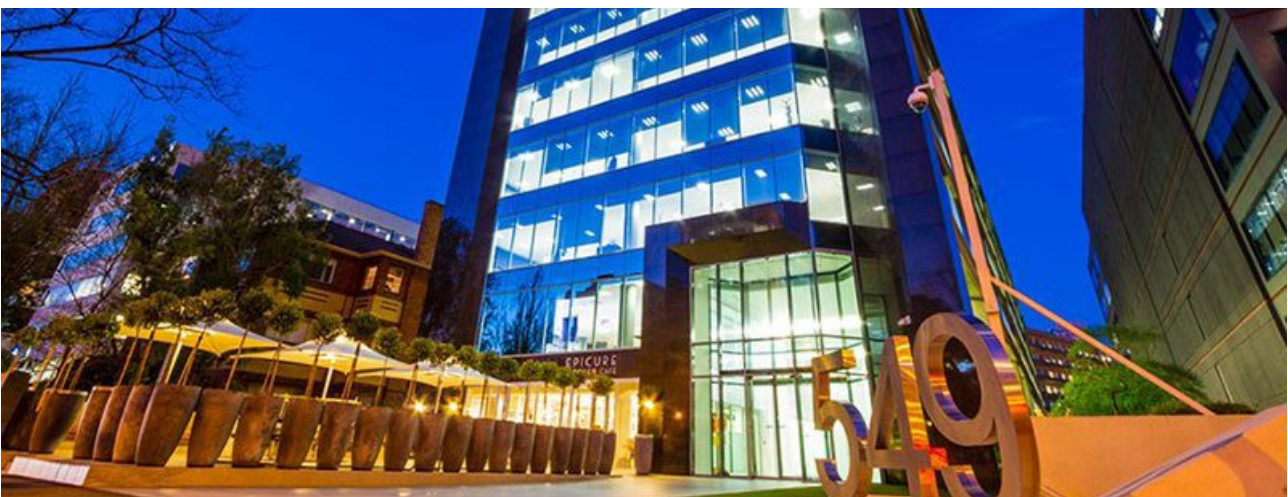
Figure 9. Panorama of the cluster ii.

Figure 10. Residential building in the cluster at night.

Note. Image from Near Map (2021).

Note. Image from Real Estate (2021). https://www.realestate.com.au/sold/property-apartment-vic-melbourne-122751838

Figure 11. Commercial Building in the cluster at night.

Note. Image from Harris HMC (2021). https://www.harrishmc.com.au/projects/549-st-kilda-rd-base-build-refurbishment/

iii. Educational Cluster

The educational cluster consists of two parts, the north and the south, consisting of well-known schools including Melbourne Grammar, Wesley College, and Victorian College for the Deaf. The schools on site normally close between 4.30 pm to 5.00 pm, some are with boarding faciliites. Most of the time, these schools are not open to the public. The people who can access these sites mainly include students, teachers, staffs, and sometimes visitors such as parents.
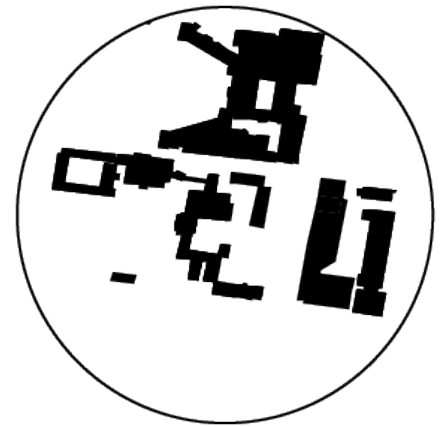
The 'semi-closed' feature of these educational facilities makes the night activities of the educational cluster unique. At night, these schools will continue to have staffs work to maintain the operation and security of the schools. Interestingly, these schools also regularly hold night activities, such as the annual quad-play at Melbourne Grammar (Figure 15) and speech night at Wesley College (Figure 13).

Figure 12. Panorama of cluster iii.

Note. Image from Near Map (2021).

Figure 13. Speech Night at Wesley College.
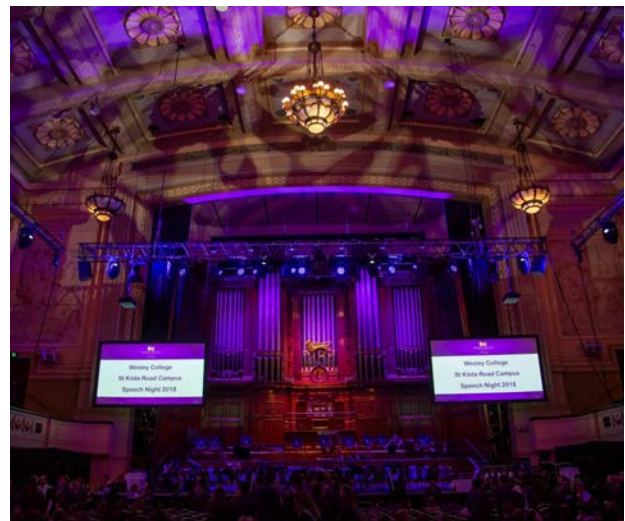
Note. Image from Wesley College Melbourne Facebook. (2018).

Figure 14. Melbourne Grammar at night.

Note. Image from the New Daily. (n.d).https://thenewdaily.com.au/wp-content/uploads/2016/09/5JG7178.jpg

Figure 15. Quad Play at Melbourne Grammar.

Note. Image from Melbourne Grammar School. (2018). https://www.mgs.vic.edu.au/community/news-and-events/latest-news/quad-play-antigone

iv. Healthcare Cluster

The healthcare cluster in the precinct is a significant study area for both day and night time economy. The cluster includes Alfred Hospital, Royal Freemasons Coppin Centre and the surrounding area. The Alfred Hospital is a State Significant health institution and the Coppin Centre is a residential aged care centre that provides 24 hour low and high care services to its residents. These healthcare institutions are not only vital to the health of the local and broader community, but also provide a large number of employment opportunities. For patients, their caregivers, clients and staffs, the continuous operation of both hospital and aged care centre at night time is as important as day time. A topic which will be further investigated in this report is, as the healthcare cluster has created a large number of night activities in the local area with lots of people involved in it, have the needs of these people at night been met? Besides, there are even more challenges faced by these health sectors due to Covid-19. Therefore, the corresponding night time strategies are urgently needed.

Figure 16. Panorama of cluster iv.

Note. Image from Near Map (2021).

Figure 17. Ambulance on street at night.

Note. Image from ABC News. (2020). https://www.abc.net.au/news/2020-07-05/coronavirus-mental-health-crisis-response-team-during-covid-19/12402370

Figure 18. Night time view of the Copping Centre.

Note. Image from Royal Freemasons (2021). https://www.royalfreemasons.org.au/care/residential-care/locations/coppin-suites.html

Figure 19. Light show on Alfred Hospital.

Note. Image from 'The Alfred' Facebook Page. (15 April 2020)

v. The Fawkner Park

"Fawkner Park is a much loved place where a diverse range of recreation and sporting activity is enjoyed in a magnificent setting of significant tree avenues and open, spacious la wns".

——The Fawkner Park Master Plan (2006)

"Great place to walk, run, picnic, bring the dog or kids" —— *Google Review (2021)*

"Fawkner Park is lovely. I go here a lot to get my quarantine outside time. It's always niceseeing so many dogs playing, and the trees scattered around are great to sit under"

—— *Google Review (2021)*

Fawkner Park is an essential open space in the subject precinct, and it is crucial to the wellbeing of the whole community. The lawns, sports fields and other various facilities in the park make Fawkner Park a welcome space for all ages and diverse activities during the day. In contrast, Fawkner Park at night does not seem to be as welcoming as it is at daytime.
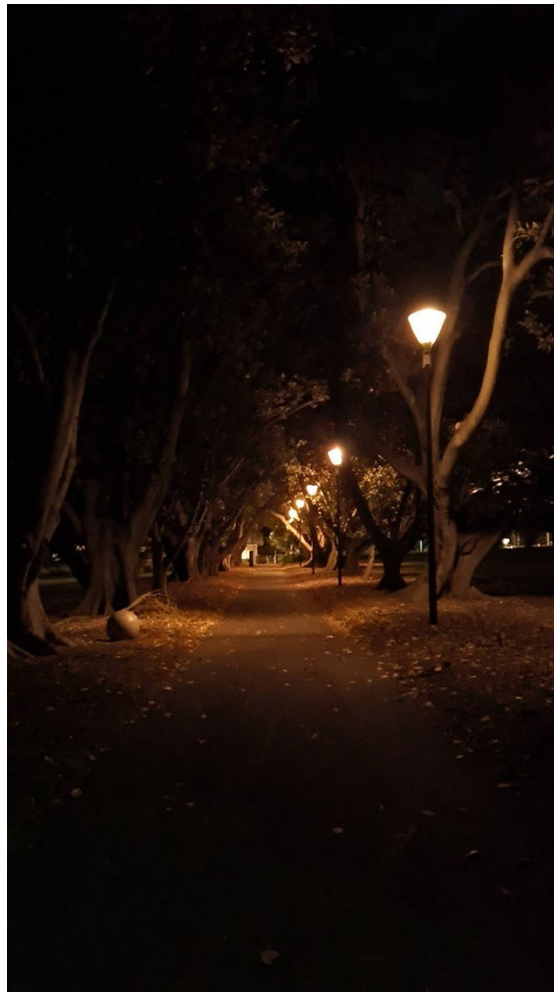
Figure 20. Fawkner Park at night.

Note. Image from the Real Estate. (2021).https://www.realestate.com.au/sold/property-apartment-vic-south+yarra-127919850

Figure 22. Forensic police on the scene at Fawkner Park after a man was shot dead there.

Note. Image from the Australian. (2019).https://www.theaustralian.com.au/news/one-man-dead-in-shooting-at-fawkner-park-south-yarra/news-story/09f3ed23680525856828fdb4b1046182

Figure 21. Track in Fawkner Park at night

Note. Image from Reddit. (2021).https://www.reddit.com/r/melbourne/comments/kydnpy/fawkner_park_south_yarra/
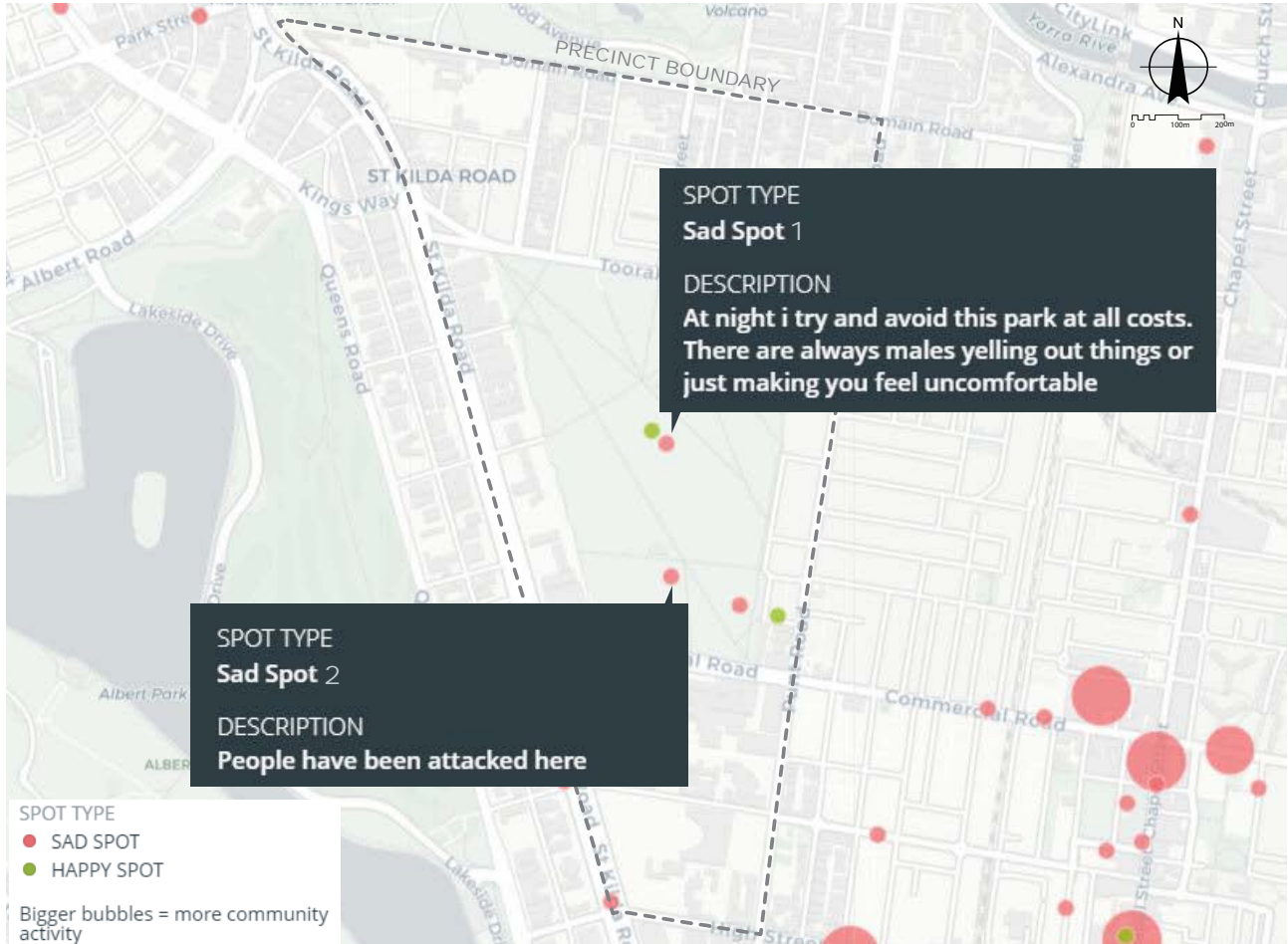
Figure 23. Popular Times of Fawkner Park.

Weekdays

Weekends

The statistics on the Popular Times of Fawkner Park (Google, 2021), which based on the visits to the place, indicated that the park is usually not busy between 9 pm to 6 am.

There are indeed safety risks in Fawkner Park at night. At points, the lighting is quite dim and does not provide a safe atmosphere for people visiting the place (Figure 21). There have also been some crimes here, such as the sensational gun shooting incident in 2019 (The Age, 2019). In Figure 22, it is forensic polices who were working on site late at night 24 hours after the incident. Some visitors' negative narratives on the park (Figure 24) also mentioned the attacks in the park; some commented that they tried to avoid the Fawkner Park area at night, out of concerns about some harassment issues.

Figure 24. Sad spots in Fawkner Park and descriptions.

3.2 PEOPLE AND STAKEHOLDERS

3.2.1 DEMOGRAPHICS

Looking at the demographics for South Yarra West (SA2), where the Fawkner Park Precinct is located, there are 6096 residents with a medium age of 37, and 53.5% of them are women (Australian Bureau of Statistics, ABS, 2016a). People younger than age 15 comprise 7.5% of the population and 19.9% people aged 65 years and over in South Yarra West. There are 43.4% of residents born outside Australia. The demographics imply that the subject precinct is indeed a diverse area, and the night time economy and governance should consider all those various people with different backgrounds, gender, and ages.

Top responses for the industry of employment in South Yarra West, according to ABS (2016a) are: Hospitals (5.1%), Computer System Design and Related Services (4.1%), Legal Services (4.0%), Higher Education (3.0%), Cafes and Restaurants (2.9%). The percentages of people working in these industries are all higher than figures in broader Victoria. Among all the above industries, hospitals, cafes and restaurants employments are particularly important for this precinct's night-time economy studies.

In terms of residents' travel modes in South Yarra West, 35% of them are travel to work by car, which is much lower than the figure in broader Victoria (68.3%), representing a lower car dependency. The percentages of residents choosing other transport modes to work are higher than those in the whole of Victoria. There are 27.9% people traveling by public transport (compare to 27.9% in Victoria); 15.9% by walking (compare to 3.2% in Victoria); 5.4% by bicycle (compare to 1.2% in Victoria). These data characteristics mean that other than driving, the experience of walking, cycling, and taking public transport should also be emphasized for both day and night.
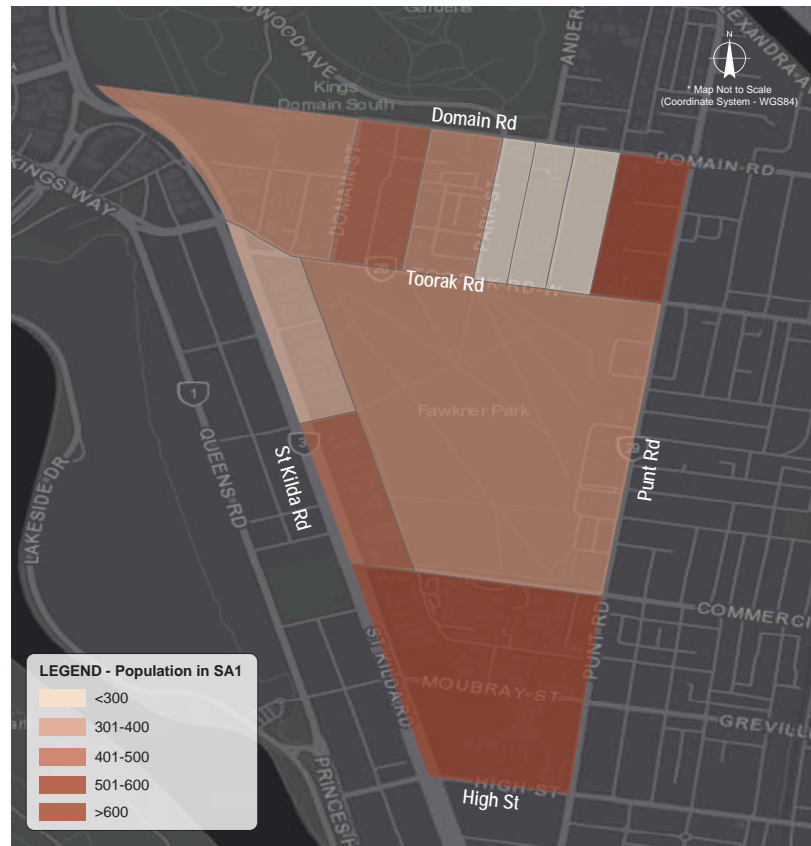
Figure 24. Demographics of South Yarra West (SA2).
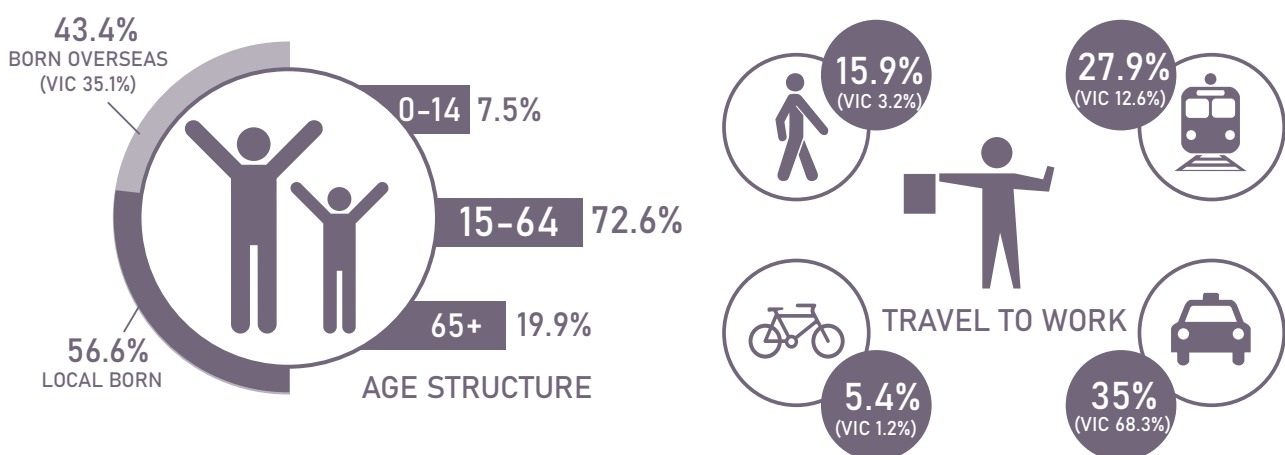
Where People Live

Statistical Area Level 1 (SA1) is the smallest unit for releasing the census, and each SA1s has a population between 200 to 800 (ABS, 2016b). Compared to Key Sites and Clusters map (Figure 4), in addition to living in the residential cluster, plenty of local residents live in the residential apartments along the St Kilda and south area of the precinct.

Figure 25. Residential population in SA1 units (2016b).

Note. Created by author (2021). Data retreived from ABS (2016b). https://www.abs. gov.au/AUSSTATS/abs@.nsf/DetailsPage/1270.0.55.001July%202016?OpenDocum entDetailsPage/1270.0.55.001July%202016?OpenDocument

Where People Work

Census of Land Use and Employment's (CLUE, 2019) data shows that the employment concentrated at the Commercial & Mixed-Used Cluster and the Healthcare Cluster within the Fawkner Park Precinct. In 2019, there are 8710 worked in the Healthcare precinct, according to CLUE (2019). Alfred Health Annual report 2018-2019 (2019) shows that the total number of employees of The Alfred in 2019 was 7,248, including casual, part-time and full-time workers.

Figure 26. Employment number in CLUE's blocks (2019).

Note. Created by author (2021). Data retreived from City of Melbourne (2019). https://data.melbourne.vic.gov.au/stories/s/CLUE/rt3z-vy3t

3.2.2 RIGHT TO THE NIGHT

"Any analysis of social groups (who inhabit the city at night) must be alert to the inter-sectionality of social identities: the experience of a homeless man and a homeless woman, or homeless people of minority ethnicities, will differ."

—— *Shaw, R. (2018, p.43).*

As Jacobs (1961, p.433) said, "cities happen to be problems in organized complexity", studies related to cities, including the Night Time Economy, need to be soberly aware that what we are facing is a diverse world. Stereotypes that imagine the night city as a one as full of alcohol and crime needs to be broken; at the same time, a vibrant night time economy that we are advocating should not only focus on food, drink and entertainment without thinking about who is invited/allowed to the desired Night Time Economy and who is excluded/overlooked. We need to also care about people without a car/do not drive, the elderly and the children, night-shift workers, women, homeless, LGBT group, the abortionals and any other minority or "maginal groups" (Shaw, 2018) of the cities at night. The desired Night Time Economy is not only for the turnover, but also for the welfare "for all".

3.2.3 KEY STAKEHOLDERS AT NIGHT

The night time economy is used by a wide array of residents, businesses, visitors and key stakeholders. They can be categorized to people who enjoy the night, people who work at night and people who manage the night (Seijas, 2018). Understanding these participants who are involved in the Night Time Economy is crucial to understanding their needs and demand as well as proposing corresponding night time economy development strategies. The following list hopes to comprehensively cover all participants in Fawkner Park's Night Time Economy as much as possible, especially those who are important and easily overlooked in the subject precinct, such as patients' families and friends as caregivers when they are in hospital. It's also worth noting that this is an ongoing list. There is always room for new participants to be added.

ENJOY THE NIGHT		
· Residents	· Passengers	
· Visitors	· Shoppers	
· Drinkers	· People hangout at night	
· Dinners	· Patients at hospital & their caregivers	
· Clubbers		
· Nighttime sports	· Homeless	
· Late night gym users	·	

WORK AT NIGHT

- Health sector workers (Alfred Hospital and Coppin Centre)
- Hospitality workers
- Public transport workers
- Taxi & mini cabs & Uber (and other ride-hailing services provider) drivers
- Security guards
- Maintenance workers
- Support services (e.g South Yarra telephone exchange – communication service)
- People working across time zones
- ......

MANAGE THE NIGHT

State

- Department of Justice and Community Safety Victoria
- Department of Health
- Department of Environment, Land, Water and Planning (DELWP)
- Victoria Police
- Public Transport Victoria
- ......

Regional

- The Inner Melbourne Action Plan (IMAP) – a collaborative partnership
- Department of Justice Northern Metropolitan Regional Justice Reference Group
- ......

Local

- Melbourne City Council (general issues and particularly on managing the Fawkner Park)
- Melbourne Night-time Economy Advisory Committee
- Melbourne Licensees Forum
- National Local Government Drug and Alcohol Advisory Committee
- Melbourne Night Mayor
- Yarra Trams
- Local Government Safe Cities Network
- Alfred Health's Board (accountable to the Minister for Health)
- Citi Power (street lighting)
- Business owners (hospitality, nursing home, gym and more)
- ......

3.3 SERVICES AND FACILITIES

3.3.1 FACILITIES

There are various services and facilities within the Fawkner Park Precinct (Figure 27). The problem is that although they already exist, they often operate during day time. Most shops and restaurants are closed before 6 pm; many of the restaurants located on the ground floor in the office building along the St Kilda Rd only serve breakfast and lunch, and they will be closed before 3 pm. In addition, all of the night time food and entertainment businesses in precinct only operate before 12 am

Figure 27. Day time facilities in the Fawkner Park Precinct (6 am to 6 pm).
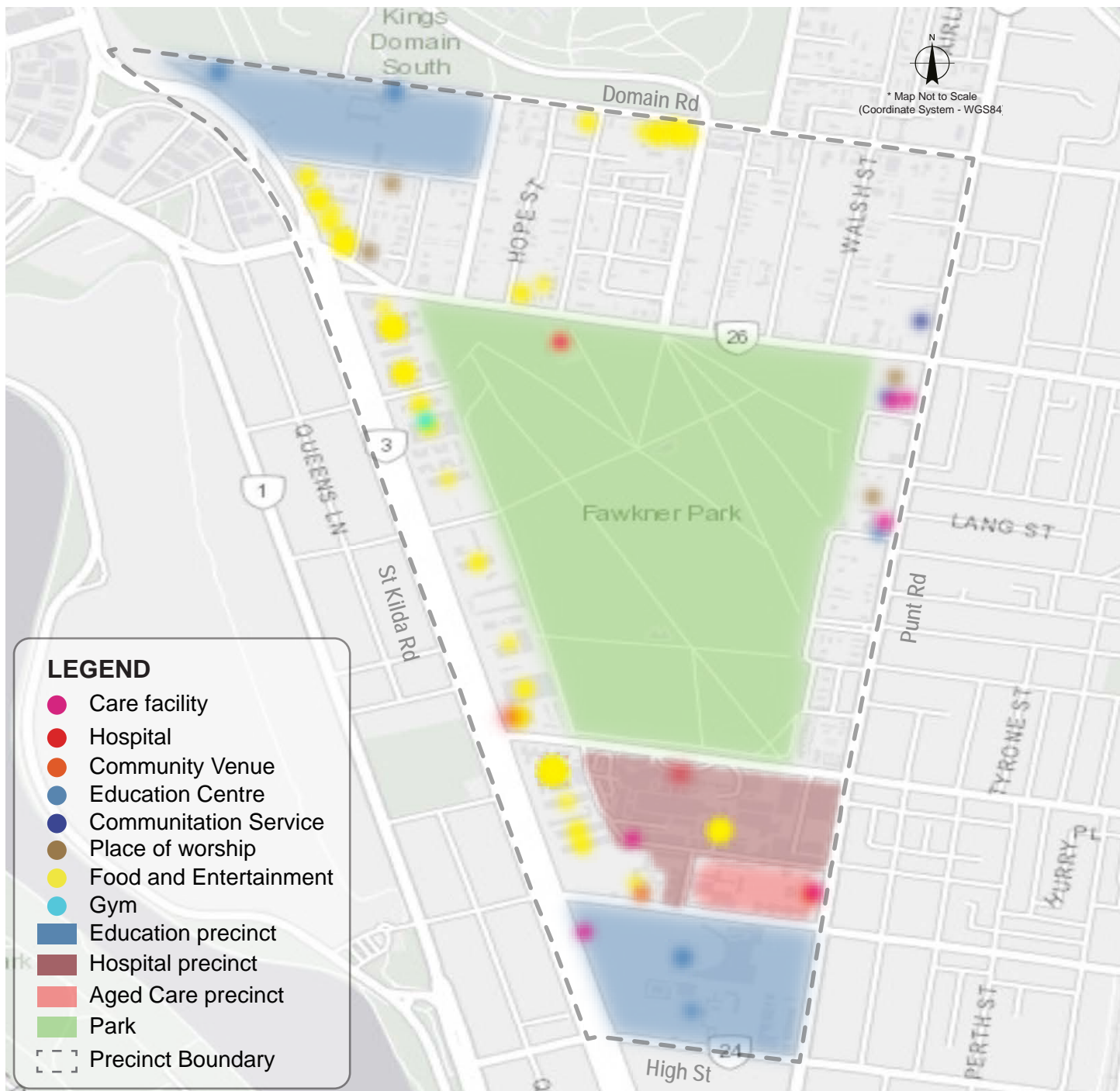
LEGEND
- Care facility
- Hospital
- Community Venue
- Education Centre
- Communication Service
- Place of worship
- Food and Entertainment
- Gym
- Education precinct
- Hospital precinct
- Aged Care precinct
- Park
- Precinct Boundary

(evening phase only). Besides, the impact of COVID has led to the temporary or permanent closure of many shops and restaurants. Services and facilities open 24 hours within the subject precinct only include the Fawkner Park, Alfred Hospital, Royal Freemasons Coppin Centre, and a 24-hour gym. This means that if there are residents, night-shift workers or other visitors in the precinct after midnight, it is difficult to find a place to buy food (even fast-food restaurant like McDonald's is only open until 10 pm), and there are not many options for other types of activities.

Figure 28. Night time facilities in the Fawkner Park Precinct. (6 pm to 12 am)

3.3.2 PUBLIC TRANSPORT SERVICES

The tram route 67 services (runs between Melbourne University and Carnegie) is the only night time public transport service in Fawkner Park Precinct currently. The latest timetable shows that tram 67 operates only between 5 am and 1 am (on the second day), and the service interval is around 20 minutes. Before COVID-19, night bus 969 was another night public transport service running through the area. However, the night bus services were first suspended due to the restriction of the epidemic. After the 24th of September, the night bus route 969 was ultimately canceled (Public Transport Victoria, 2021). As mentioned in Section 3.2, the proportion of the local residents traveling by public transport is relatively high, but the current status means that if you want to travel through the area at night by public transport, the only option is tram 67; especially between 1 am By 5 am, it was almost impossible to find public transport services. Majorities, especially night-shift workers who do not live in local areas, still need to rely on cars to travel during the night.

Figure 28. Public transport services in the Fawkner Park Precinct.

Note. Created by author (2021). Data retrieved from Data Vic (2021). https://www.data.vic.gov.au/. Public Transport Victoria (2021). https://www.ptv.vic.gov.au/

3.3.3 FACILITIES AND EXPERIENCE AT NIGHT

> ## A Night Shift in the Intensive Care Unit at the Alfred
>
> *Story from Facebook Video posted by The Alfred: "Dr Dave Pilcher takes us through a night shift in the intensive care unit" (4 August, 2020b).*
>
> *__8:00 pm__, Dr Pilcher is about to do the handover. He and his team need to take care of the 17 patients in the intensive care units (ICU), including the five sickest patients who have got COVID.*
>
> *__3:00 am__, 7 hours after the handover and after a series of high-intensity work, Dr Pilcher is going into the tea room. "This has been one of the hardest things actually making the tea room restricted (due to COVID) so you can get very few people in there", Dr Pilcher said while having a quick cup of tea in a paper cup, behind him is a vending machine, "the lack of being able to sort of talk to people during the tea breaks is probably one of the harder things. You have to maintain and separate yourselves from your work colleagues". He then shows the rooms where the medical team normally have meetings with the family of patients (although families are not allowed to visit their loved ones in ICU due to restrictions). But there are some innovative ways of continuing to communicate, such as using iPads, phone calls and more.*
>
> *__7:00 am__, when the next nursing shift has come on, Dr Pilcher's is going for a quick check around the patient over in COVID zone.*
>
> *__9:00 am__, Dr Pilcher's night shift has finished and he is having a cup of coffee and ready to go home.*

People who are used to daytime working or more active during the day can find it hard to understand what nightshift work could look like. Dr. Pilcher's night shift in the ICU of Alfred Hospital sometimes runs from 8 pm to 9 am (13 hours), which is unimaginable for most other jobs. In addition to such high-intensity health sector workers, "medical evidence shows that working night shifts increases the likelihood of developing a range of health problems", as indicated by Norman (2011, p.4). Norman (2011) explores the lives of people who work at night finds that lack of facilities open at night usually leads to poor diets (more rely on, for example, tea, coffee and fast food), which further negatively affects health

Besides, the impact of lacking services and facilities at night on mental health cannot be underestimated. Nightshift workers do not have many opportunities to socialize or carry out various activities, and COVID-19 has exacerbated these kinds of issues. Like Dr. Pilcher's narrative, even during a tea break, they cannot communicate with colleagues in the same room due to COVID restrictions, making him feel even harder. This problem is highly significant at the Fawkner Park Precinct because there are plenty of night shift workers in the precinct as highlighted in section 3.2, and the existing services and facilities at night are far beyond the level of being able to meet the demand of the workers and the whole community.

3.4 NATURE

It is necessary to emphasize nature-related issues when conducting studies on night time activities in the Fawkner Park Precinct. Whether it is the century-old sidewalk trees on both sides of St Kilda Rd (mostly planted in the 1860s), or Fawkner Park, located at the centre of the precinct, the relationship between man and nature at night within the subject precinct is a significant topic.

Figure 29. Wildlife at night.

Both City of Melbourne (n.d.c) and DELWP have highlighted the importance of protecting habitat also protecting entire communities of animals and plants. Gaynor et al. (2018) conducted a global study. They revealed the strong influence of human disturbance on wildlife nocturnality, which shifts away from their natural activity patterns with "consequences for fitness, population persistence, community interactions and evolution" (p.1). Gaston (2018) pointed out that artificial light will affect the natural lives of plants and animals, including the secretion of melatonin. These studies remind us that when facilitating a safer and more vibrant night time precinct, we must try to minimize the natural environment's negative impact.

Figure 30. Vegetations at night in Fawkner Park.

Note. Image from Film Victoria. (n.d.).https://www.film.vic.gov.au/choose-victoria/locations/fawkner-park

4 KEY FINDINGS

4.1 Challenges

Challenge 1 - Coverage Gap

Most night services and facilities are concentrated to Toorak Rd, Domain Rd, Alfred Hospital, and its surrounding area. The Business & Mixed-Use Cluster along St Kilda Rd and Fawkner Park lacks night time services and facilities.

Challenge 2 - Availability, Diversity and Opening Hours

There is a large number of night-shift workers within the Healthcare Cluster. However, the number of services and facilities operating between 6 pm to 12 pm (evening phase) is limited (only a few cafes and restaurant); and there is no food and entertainment services at all which opens 12 pm to 6 am (late-night phase) in and near the cluster. This can lead to the risk of health (both physical and mental) for patients, night shift workers, caregivers, and visitors. Many businesses, including shops and restaurants, are temporarily or permanently closed due to COVID, which exacerbate the issue.

Challenge 3 - Public Transport Services

The precinct is only served by night tram route 67 on St Kilda Rd after 25th September 2021 (Covid is one of the reason for the further reduction of night time public transport services) and it is not operating between 1am to 5am. Majorities, especially night-shift workers who do not live in local areas need to rely on cars to travel. It is also hard for other participants in the precinct's night time economy as well. Particularly, census data has shown that a large number of local residents prefer to travel by public transport. The existing public tranposrt services is far from meeting the actual demand at night.

Challenge 4. Potentially Unsafe Sites

Some sites in the precinct, such as laneways in the Residential Cluster, Fawkner Park, and others, are having security risks. They are reflected in the feedbacks of residents and visitors and crime news. The main reasons include but are not limited to lack of proper lighting, adequate safety cameras and management at night.

Challenge 5. Human Activities Impact on Nature

The current and future night time activities may affect the natural creatures and vegetations of the vicinity, especially in Fawkner Park. The negative impacts include but are not limited to occupying their night time territory, generating noise, and improper use of lighting.

4.2 Opportunities

Opportunity 1 - Existing Needs and Market

There are many people who live in, work in and visit the Fawkner Park Precinct. Night-shift workers, especially from health sector in the region, are very active at night. Studies and narratives for night shift workers expressed that lack of good food and social activities made them feel sad. Implementing the corresponding measures is highly likely to get a wide range of responses. A more welcoming night time precinct will attract more participants to involve in the diverse night time activities and further contribute to a more prosperous Night Time Economy in the precinct.

Opportunity 2 - Current Established Infrastructures, Services and Facilities

The St Kilda Rd is an important transit corridor in Melbourne. It has well-established infrastructures, services and facilities (public transport lines, lightings, shops, restaurants, open space and more). There are great possibilities in the new use of existing resources in our strategies and make improvements to them, such as extending some of the daytime services into night time and getting better use of the Fawkner Park at night to better suit the needs of the community.

Opportunity 3 - Park + Hospital?

What does having a community significant park near the State significant hospital mean for night time activities? - More combinations and possibilities. The Fawkner Park can be an excellent spot to hold diverse activities to promote physical and mental health for nighttime participants.

4.3 Strategic Priorities

The Night Time Economy is a complex topic that requires interdisciplinary thinking. Many challenges in The Fawkner Park Precinct, such as public transport services, are common night time urban issues in the many other places in Melbourne or in broader Victoria, which requires more systematic changes at different levels. A particularly outstanding challenge in the subject precinct is: ***the lack of services and facilities negatively affects the physical and mental health of night shift workers and other participants in the precinct's night time economy***. Covid has further exacerbated this impact. On the one hand, some businesses further shortened opening hours or chose to close; on the other hand, the pandemic has increased the working load and intensity of the health sector workers (big group working night shifts in the precinct). Strategies to address the issue need to be put on top of the agenda. Caring about the people who are taking care of the whole society is essential. Better quality and quantity of facilities will not only provide support for night shift workers, including medical workers, but also benefit the entire community. This will be a key step toward making the Fawkner Park Precinct more vibrant at night.

5 PROPOSAL AND INTERVENTIONS

5.1 VISION AND STEPS

Facilitating a physically and mentally healthier night time environment for night shift workers and for all by delivering greater quantity and quality services and facilities.

The vision of the proposal is in line with several key highlights in Melbourne's Policy for the 24 Hour City (2009) relating to health factors and the welfare of the night shift workers as well as the whole community. It addresses one of the most outstanding challenges in the Fawkner Park Precinct: a disconnection between available services and facilities at night and the demand for healthier lifestyles by a large group of night shift workers and other participants at night in the precinct. These Night Time Economy participants in the precinct generally have poor diets and limited social opportunities, which affect their physical and psychological wellbeing. The proposed interventions start from the precinct context, based on challenges and opportunities of the precinct, and look at international studies and best practices, in order to provide possible solutions to facilitate a healthier Night Time Economy in the Fawkner Park Precinct. The proposal covers three important aspects: 1) facilitating participation; 2) creating incentives to increase businesses that provide services at night; 3) getting better use of the Fawkner Park to create outdoor spots for night time activity. The interlinked three steps of interventions are as follows:

INTERVENTION STEP 1 - Platform of Participation

INTERVENTION STEP 2 - Night-time Enterprise Pilots and Rewards.

INTERVENTION STEP 3 - Community Night Time Activities at Fawkner Park.

5.2 INTERVENTIONS

INTERVENTION STEP 1 - Platform for Participation: "HAVE YOUR SAY FOR YOUR NIGHT"

One of the keywords throughout the night time precinct review is "complexity": there are different clusters with different night time features; diverse people with different ages, backgrounds, and occupations and lifestyle choices; the night time economy itself is also a complex topic that requires interdisciplinary thinking. As Costa (2010, p.120) emphasizes, "no one has a priori the best solution," and the corresponding strategies requires the worker's participation "not only because of their direct experience of the problems, but also to promote good motivation for adopting the most convenient coping strategies that are able to limit, as much as possible, significant perturbations of their health and social life". It is true for the night time workers in the precinct and every current and potential participant in the Night Time Economy. These are the reasons why facilitating participation is the first intervention step of the proposal - not planning for them but planning with them.

Intervention Step 1 is to develop a platform for participation of the Night Time Economy participants (both on-site and online for better coverage). On-site: place "Have Your Say for Your Night" bulletin boards and suggestion boxes at important night time sites in the precinct (such as The Alfred Hospital, Fawkner Park, tram stops and more); online: create a long-term effective website/mobile app. For both on-site and online platforms, timely release and update new night time policies and news, opening up weekly discussion topics (e.g. what type of food and activities are you expecting at night?). Regularly collect and sort out the opinions and suggestions received about night time experiences, provide monthly summary report, and finally publish on the platform. The platform will include interactive maps to help participants add comments to specific locations.

> **Best Practices - "Participation is Key to Revitalisation"** (Seijas, 2018)
>
> **Valparaiso**: *In 2016, Valparaiso undertook a revitalisation project in plaza and its surroundings in a region with the second highest crime rate. The first phase of the project consists of a diagonisis of the area's needs by implementing a public opinion survey to gauge the perception of security in the area. Feedbacks received is of great help to subsequent phases. (Seijas, 2018).*
>
> **Melbourne - Free to Be**: *In 2016, a mobile app named Free to Be was introduced and developed. It is interactive digital online map, which allowed women to mark spots where they do and don't feel safe in their cities in a clear and visualized way. The app has received a wide range of responses and support, and its final results have widely influenced researches and studies in many different fields. (Plan International, 2019).*

INTERVENTION STEP 2 - Night-time Enterprise Pilots and the "Night Time Wellbeing Business Award"

One of the current issues in the precinct is that at night, especially after 12 am, few businesses can provide food and entertainment services. Starting from improving the diet for night shift workers, the second step of intervention can begin with selecting popular businesses (or potential new businesses) based on the answers in the first participation step to the food they expect to get at night. Step 1 feedbacks can show business owners that their food and services are very popular at night, and the extension of opening hours will have great opportunities to bring good revenue. Then, through communications with these businesses, commissioning a set of enterprise pilots, especially those near the Healthcare Cluste, who are willing to extend their opening hours.

Setting up the "Night Time Wellbeing Business Award" as another specific incentive for businesses to extend their opening hour. The award can be publicly voted on the "Have Your Say For Your Night" platform, and awarded by the Melbourne City Council or the night mayor's office to businesses that have outstanding contributions to a healthier local night time economy. Businesses that achieve the award can 1) Get chances to establish cooperation agreement (for example, food service delivering) with institutions or businesses like Alfred Hospital and Royal Freemasons Coppin Centre, which operate at night (or 24 hours) and have large number of night-shift workers; 2) Receive certain amount of funding/subsidy; 3) Free marketing opportunities (for example at influential government and night time economy organizations' websites or social media accounts, participation platform in Step 1 and more); 4) Access to an exclusive network of leading employers of night time economy in City of Melbourne. The detail of the reward can be continuously optimized according to the actual situation and the suggestions of all night time participants.

> **Best Practices - London: "Support for Night Time Health Workers"**
>
> *In the session of "support for night time health workers" in 2019, Sadiq Khan, the mayor of London mentioned that third of London's workforce, 1.6 million, work at night and 181,000 of these work in the health sector (Mayor of London,2019). He listed a series measures to help the night time health workers, including they published guidance to help boroughs to create night-time strategies; they were researching the benefits of later opening hours and commissioning a night-time enterprise pilot to see how they can boost London's night time workers, particularly in the health sector. In addition, the Mayor of London's Office set up the London Healthy Workplace Award (LHWA) for businesses who are really focusing on health and wellbeing. Organisations that achieve the award gain:*
>
> *1) Recognition as a top employer in London;*
>
> *2) Access to an exclusive network of leading employers;*
>
> *3) Ongoing support from the GLA Health Team*

INTERVENTION STEP 3 - Community Night Time Activities at Fawkner Park.

The psychological and mental health of night shift workers and other night time economy participants are the most concerning issues in intervention step 3. Studies show that "irritability, nervousness, and anxiety in relation to more stressful working conditions and higher difficulties in family and social life" are the hardships that night shift workers complain about the most (Costa, 2010, p.115), which also coincides with the narratives of some night shift workers in the subject precinct. The unique opportunity in the precinct is having a public open space next to the Health Cluster: the Fawkner Park. There can be diverse kinds of activities organized to provide physical exercises and socializing opportunities for the participants. Again, inspiration and information about the night time activities that the community expects to get can be obtained from the intervention step 1. Possible events may include outdoor movie nights, night time picnic, and more.

At the same time, when holding these night events, it is a key to consider the impact of these new activities on flora and fauna in Fawkner Park, especially the selection of specific activity spots and the impact of additional lighting and noise. Therefore, before these events are held, advice from environmental experts and professionals will be needed. The activities will also need to wait until getting permission from the relevant working group who manages the Fawkner Park from Melbourne City Council.

Best Practices - Night Time Activities in Parks

Marin- Film Night in the Park

Marin and Bay Area in California hold outdoor family movies in some open public spaces in summer, usually starting at dusk or from 8pm. Such activities have been widely welcomed by the local community, which gradually become a characteristic evening event in the local area. (Film Night, n.d.)

Note. Image from Film Night. (2021). https://www.filmnight.org/free-outdoor-family-movies-in-the-marin-and-bay-area/

Rosario- Night Time Picnic

Rosario's night picnic in public spaces is a common activity. Marina Borgatello, the Secretary of the Environment and Public Space, said: "The night picnics aim to encourage the use of public spaces in an intensive and sustained way over time. Sports or walking in these places that are open and free to use 24 hours a day." (Rosario Noticias, 2017).

Note. Image from Rosario Noticias. (2017). https://www.rosarionoticias.gob.ar/page/noticias/id/73621/title/Vivir-la-ciudad-de-noche:-el-segundo-picnic-nocturno-tuvo-una-respuesta-masiva-en-el-Parque-Yrigoyen

5.3 LEAD AND PARTNERS

The proposed interventions will be led by a Fawkner Park Precinct Night Time Economy Board. As the highest responsibility agency for the intervention, the board will include members from Melbourne City Council, Melbourne Night Time Economy Advisory Committee, Alfred Health's Board, as well as business representatives, community representatives, and night shift workers' representatives in the precinct. In addition, it is necessary to form a Fawkner Park Precinct Night Time Economy Working Group, including fixed group members and volunteers, to further implement the proposed interventions. Partners for the interventions include:

- Melbourne Night Mayor
- Melbourne City Council
- Melbourne Night Time Economy Advisory Commitee
- Alfred Health's Board
- Melbourne City Council Management Team for Fawkner Park
- Technicians for Website and Mobile App development
- Environmental Experts and Professionals
- Local Businesses
- Night Shift Worker Group
- Local Community
- Other Participants in Precinct's Night Time Economy

5.4 MONITORING AND EVALUATION

The "Have Your Say For Your Night" participation platform in intervention 1 will become a valuable tool for an open and transparent monitoring and evaluating process for the proposed interventions. The platform can provide timely responses and feedback for the new actions and policies from Night Time Economy participants, as to know whether the interventions are successful and effective for facilitating a Healthier Night Time Economy for the Fawkner Park Precinct. Regular evaluation is essential for the entire proposal. The Fawkner Park Precinct Night Time Economic Working Group is expected to summarize and analyze the feedback and suggestions from the platform every month. The monthly report is composed of two important sections: 1) evaluating the positive and negative feedback on the actions and activities which has already been executed; 2) suggestions for future actions and activities. The report will be posted on both online and on-site on the platform and sent to the Fawkner Park Precinct Night Time Economy Board at the same time. The Board will organize sessions or meetings to discuss the report's findings, adjust the current interventions, and propose further interventions based on all evidence and suggestions. Creating such a planning and governance system for the precinct's Night Time Economy, which is participatory, transparent, accountable and has the ability of self-correction is the key to successfully facilitating a Healthier Night Time Economy for the Fawkner Park Precinct.

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