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# CHANGE FEST NT21

ChangeFest 2021 was held in Palmerston on 8 - 10 June for young people, community members, services and all levels of government to collaborate and take action on issues impacting Palmerston.

Grow Well Live Well (GWLW) supported the ChangeFest organisers to connect with local services, and funded community member attendance.

Read the next issue of our bulletin to learn more about the impact of the national event on issues affecting young people in Palmerston.

## Get involved

### Join a GWLW Action Group

Grow Well Live Well (GWLW) is launching two new Action Groups to support community led-action and decision making to improve the wellbeing of children, young people and their families in Palmerston:

- Family and Domestic Violence Action Group
- Property Crime Action Group

The new Action Groups will build on the success of GWLW's Youth Mental Health and Wellbeing Action Group.

The themes of the Action Groups were identified as the three priority areas for collective action by the Palmerston community.

If you are passionate about these issues and would like to join an Action Group please contact GWLW at [grow\\_well\\_live\\_well@outlook.com](mailto:grow_well_live_well@outlook.com).

## What's on

### NAIDOC Week

4 - 11 July 2021

### Palmerston Youth Festival

10 - 16 July 2021

### National Aboriginal & Torres Strait Islander Children's Day

4 August 2021

### Palmerston Child and Family Services Forum

16 August 2021

### Menzies NT Youth Health Summit

26 - 27 August 2021

## Everyone belongs in Palmerston

Celebrating Harmony Day 2021



The Palmerston community celebrated its diversity through music, dance and food at this year's Harmony Day event on 22 March at the Palmerston Recreation Centre.

Grow Well Live Well partnered with community members, the City of Palmerston, STEPS, and Larrakia Nation's Palmerston Culture and Family Centre to host a series of multicultural workshops to celebrate the 2021 theme 'everyone belongs'.

The workshop participants were welcomed to country by Larrakia Elder, Aunty June Mills who joined City of Palmerston Mayor, Athina Pascoe-Bell, to cut the Harmony Day cake.

"I am really proud and happy that I have people from all over the world calling me Aunty and Nana. It fills my heart up with joy," said Aunty June Mills.

The workshops included a Larrakia cultural awareness presentation by Jeanneen McLennan, a Sri Lankan cooking demonstration by Karunika Pamarathne and belly dancing by Darwin Belly Dancers.

Lesley O'Brien and Larrakia Nation's Palmerston Culture and Family Centre served damper at the morning tea, educating participants on the long history of the staple food within the Indigenous community.

The event also featured a didgeridoo performance by Les Huddlestone and traditional Russian dancing.



## Winning spirit of the Palmerston community

### N.G.O.L. wins the 2021 Couch Surfing Race



To celebrate National Youth Homelessness Matters Day, Grow Well Live Well (GWLW) sponsored the N.G.O.L. team in the 2021 Couch Surfing Race on 21 April at Civic Park in Darwin.

GWLW sponsored the winning team of five young people from Palmerston in partnership with Grassroots Action Palmerston and Larrakia Nation's Palmerston Culture and Family Centre.

N.G.O.L.'s determination, solidarity and strategic planning helped them win the final race.

The annual competition is hosted by Anglicare NT and the City of Darwin to celebrate the resilience of young people affected by homelessness.

Twenty teams decorated couches and designed team T-shirts to enter the race.

N.G.O.L. explained that their team name stood for 'New Generation Outspoken Leaders' and that they painted "we care" on their couch because they care about the kids that are couch surfing in Darwin.

It was a proud day for Palmerston with the Palmerston Child and Family Centre's entrant, 'Young Mums Strong Mums' also winning the best dressed couch.

[Watch N.G.O.L. win the race on YouTube.](#)



## What is Grow Well Live Well?

Grow Well Live Well supports and advocates for the young people of Palmerston by bringing together the community and local services.

We facilitate and drive collaboration around a common agenda to empower and amplify the voices of Palmerston's young people.

As a collective, we all work together to develop the best resources and support networks, creating the best opportunities for young people to reach their full potential.



## Visit our community space in Palmerston

GWLW is open for the Palmerston community observing COVID-19 distancing and safety measures. All are welcome.

The GWLW community space hosts meetings, workshops and conversations 9am - 4pm, Monday to Friday.

Call Naomi or Ella if you would like to visit.

Naomi - 0418 964 230

Ella - 0439 038 491



## Follow us on social media



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[@GWLWPalmerston](#)

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Contact us at

[grow\\_well\\_live\\_well@outlook.com](mailto:grow_well_live_well@outlook.com)

Grow Well Live Well acknowledges the Larrakia people, the traditional owners of Palmerston and pay our respects to past, present and emerging Larrakia elders. We also acknowledge the First Nations people from other parts of the Northern Territory and Australia who live, work and contribute to the Palmerston Community.

GWLW is funded by the Australian Government Department of Social Services. Visit [www.dss.gov.au](http://www.dss.gov.au) for more information.

