



Grow Well, Live Well

Palmerston working together for the wellbeing of children and young people

'The purpose of this project will be to facilitate community led action, decision making and activities to improve the wellbeing of children and young people in Palmerston.'

What is Grow Well Live Well?

UPDATE

We will be looking for people from the Palmerston community to join with us in taking the next steps, which is all about planning for positive change. If you would like to be involved, check out our Facebook page or send an email to the address below.

We are a group of community organisations that agreed to start working together in 2014 to improve the wellbeing of children and young people in Palmerston. We are using an approach called 'Collective Impact'. This approach supports different organisations to work with each other in a better way and to use evidence to ensure the best outcomes are achieved for the people of Palmerston. It also means that the services we provide are community-led (i.e. the community identifies and prioritises what is important to them), are the best they can be and draw on the strengths of the community.

The community organisations work together through a Leadership Group, who guide the project. The Leadership Group is made up of representatives from a range of government and non-government organisations.

They are: Anglicare, Australian Red Cross, Child Australia, City of Palmerston, Department of Chief Minister, Department of Education, Department of Social Services, Early Childhood Australia, FAST, Larrakia Nation, Multicultural Council NT, Save the Children, Territory Families and The Smith Family.

Community Consultations provide us with direction.



We would like to say... **THANK YOU!** to **EVERYONE** who has participated in the different stages of Grow Well Live Well and generously shared stories about what matter most to you. No matter how big or small you feel your contribution has been, **YOUR** feedback and ideas are **IMPORTANT** and **INVALUABLE**; and will continue to inform us as we move forward. Grow Well Live Well is committed to community informed and driven action so children and young people in Palmerston grow up healthy and strong; but this isn't possible without you!

THANK YOU

Did you know?

Palmerston has a very high mobility rate – with only 66% of residents staying in the same place year to year.

In the 2016 Census, there were 33,695 people in Palmerston (Statistical Area Level 3). Of these 50.4% were male and 49.6% were female. Aboriginal and/or Torres Strait Islander people made up 11.0% of the population



In March **Jeneah Oldfield**, our GWLW Community Facilitator, resigned to pursue another role with Red Cross.

We were VERY sorry to say goodbye to Jeneah as she had done a great job for us. Most of the time it was her talking to community members about GWLW and bringing their ideas back to share with the Leadership Group. This formed the basis for the first Palmerston State of the Children report. We wish her luck in the new role.

http://www.palmerston.nt.gov.au/_data/assets/pdf_file/0013/20137/FINAL_Palmerston-State-of-Children-Community-Report-Final.pdf



Like our Facebook to find out further updates. <https://www.facebook.com/GWLWpalmerston/>

Or email us: grow_well_live_well@outlook.com

What's on @ the CFC

Monday & Friday
Young Mums Strong Mums
Program Provider: Palmerston CFC / SHITE / Department of Health / Palmerston Senior College / Child Australia
Focus: Mothers under 2yrs wanting to return to study
Contact: Jody 8944 9223

Tuesday
Frangipani Friends Playgroup
Program Provider: Playgroup NT
Focus: Parents/carers experiencing symptoms of Post Natal Depression and/or anxiety with children 0-5yrs
Contact: Trudi or Susie 8945 7775
Other information: Please bring your child's healthy snack morning tea

Thursday
Bloom Group
Program Provider: WYCA Parenting Support Program
Focus: Mothers under 2yrs and children 0-5yrs
Contact: Mei/ Nat 8926 777 or 043885357

Thursday
Coffee N Yarn
Program Provider: Palmerston CFC & Gray Family Centre & Early Childhood Australia
Focus: Parents/carers with children 0-5yrs and includes Gym for Growth & Development
Contact: Lescha or Jackie 8944 9223

Wednesday
Baby Play2Learn Playgroup
Program Provider: Toddle Beginnings, part of Learn the Difference
Focus: Parents/carers with child under 2yrs old
Contact: Jeannie 8944 9223

Wednesday
Toddler Gym 4 Growth & Development
Program Provider: Early Childhood Australia
Focus: A facilitated activity program for children 1-2yrs years and their parents.
Contact: Mariee Breibauer 8988 7142
Other information: Please bring water, fruit to share and sense of humour

For information Find us on Facebook

Visit us at the CFC
2 Brennan Court, Farrar
OR
call us on 8944 9223



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'We realise that one organisation or government department by itself cannot have all the answers' -
Palmerston State of the Children Report, 2016.

What have we done so far?

Check out the full Palmerston State of the Children Report - either [online](#) or grab a hardcopy from the Save the Children Office at Swan Street, Winnellie NT



YOUTH OUTREACH OFFICERS COMMENCE WORK

Territory Families' Youth Outreach and Re-engagement Officers (YOREOs) are now settling into their new roles in key locations around the Territory including 15 YOREOs working across Darwin and Palmerston.

The role of youth outreach officers is to identify and work with at-risk youth and their families, along with other local support networks, including NGOs, to provide integrated case management services and tailored interventions specific to the young person's strengths and respectful of their cultural needs.

Consultations:

Through extensive consultation with the Palmerston community, nine priority areas for action were identified that were considered important to improving the wellbeing of Palmerston's children and young people. Following this, further consultation was undertaken through meetings and surveys to determine which three priority areas the community wanted tackled first, with 'Family Violence', 'Youth Mental Health and Wellbeing' and 'Property Crime' identified.

Actions:

Our consultation with community members also generated a lot of information (data) that we looked at closely (analysed). This helped us better understand what the community wanted to see happen (vision and goals) and the activities or strategies they thought would lead to the goals being achieved.

This knowledge was then used to guide focus group sessions in May 2017 on each of the three priority areas to look at the community's goals and strategies in more detail. All of the information gained through community consultations and the focus groups sessions was used to develop an action plan for each priority area.

Action Plans:

The Action Plan reflects the activities and strategies community members identified. The common themes included taking action in relation to:

Services and supports for children and youth and/or their families

Targeted or specialised services and supports for children and youth

*Community awareness raising
Advocacy*

*Structural or institutional responses
Policing and laws*

*Education, training and employment
Parenting supports and
Safe environments and infrastructure.*

Next Steps:

The *Grow Well Live Well* Leadership Group is spending time carefully looking at the Action Plan and working out the best way to move forward and bring about the desired changes on the ground. This is an important 'thinking' time, with the Group fully committed to community-driven action and the collective impact process and values. Once we have completed this process we will begin the work around better coordinated and targeted services, more community input, planning and involvement with services in Palmerston, and advocating for long term evidence informed and sustainable changes to systems and services.

"Are you interested in being involved or learning more?"

Contact Us



Values:

Respect -- Transparency -- Passion -- Commitment -- Pride -- Diversity -- Innovation