



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.’

PROJECT UPDATE:

What are we up to?

- Anglicare NT and Australian Red Cross have committed funds to the project, no formal agreement as yet.
- Presented at AEDC conference in Adelaide in February; invited to present at NTCOSS conference in Alice Springs in June, 2015.
- Governance structures are in place, including Leadership Group Terms of Reference.
- Work is underway on the Project Facilitator job description.
- Guiding principles, work plan and budget in place.

WEBINAR: Collective Impact

Presented by:

Sally Clifford, Matrix on Board Consulting NA

Dr. Michelle Lucas, Director Opportunity Child

David Pugh, CEO Anglicare NT

[Watch Recording](#)

Grow Well, Live Well Leadership Group Update

Welcome to Issue 3 of this bulletin, which aims to encourage regular communication to interested parties regarding the Grow Well, Live Well initiative in Palmerston, NT.

The Grow Well, Live Well project continues to go from strength to strength, thanks to the significant and valued financial contribution from Johnson and Johnson, along with additional funds to the value of \$15,500 which have been secured from Northern Territory Medicare Local.

The first Grow Well, Live Well Data party (photos on page 2) was held in February 2015, with 40 participants including Government and non-Government stakeholders. The purpose was to identify potential data sources and discuss data relevant to children and families in Palmerston. As one participant noted, “This project is fantastic and has the opportunity to open a lot of doors and minds”.

The Leadership Group is in the process of negotiating additional funds for the Grow Well, Live Well Project and developing a job description for a Project Facilitator, who we hope to employ soon!

Please do not hesitate to contact us if you would like more information via grow_well_live_well@outlook.com.



What is Heads Up?

Mentally healthy workplaces work better for everyone, and Heads Up is all about giving individuals and businesses free tools and resources to take action.

Develop an action plan to create a mentally healthy workplace, find out about taking care of your own mental health, and get tips on having a conversation with someone you're concerned about.

After all, promoting mental health in the workplace is everyone's responsibility. However small you decide to start, take the first step towards a more mentally healthy workplace today.

Joining Heads Up means we can keep in touch with you and support you on your journey. We'll also keep you up to date with newly launched resources and share tips to make you and your workplace more mentally healthy.

www.headsup.org.au

Palmerston Child and Family Centre

The Palmerston Child and Family Centre is currently being established. The centre is an Indigenous focused integrated service which will include a 50 place long day care service and has facilities available to both community organisations and government departments to offer services and programs to support families. Programs and services offered could include but are not limited to: health/ preventative health; parenting/ family wellbeing and adult education/ capacity building programs and services.

Processes are being finalised for the recruitment of a centre manager and the establishment of the long day care facilities including the selection of a provider for the Long Day Care service.

If you are interested in having a look at the centre, please join us on Tuesday 2 June 2015 @ 10 am for morning tea, a walk through and chat.

Alternatively if you have any questions, please feel free to get in touch.

Palmerston Child and Family Centre
Brennan Court Farrar
A/ Manager – Jackie Bradshaw
Phone: 0477 358 901
Jacqueline.bradshaw@nt.gov.au



Values:

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



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Data Collection in the NT

The Australian Early Childhood Development Census (AEDC) collects information about all children across Australia in their first year of school. Information is collected about childrens’ physical health and well-being, social competence, emotional maturity, language and cognitive skills and communication skills and general knowledge.

In 2015 Transition teachers across the NT will collect this data for the third time, with previous collections in 2009 and 2012.

Results from the Census help communities, services, schools and governments understand how children have developed in their first five years of life and where more supports are needed for children and their families.

The AEDC information is publicly available at www.aedc.gov.au in the form of tables, maps and Community profiles.

GWLW Data Party: focus question reflection

The first Grow Well Live Well “Data Party” was held at the Palmerston City Council Chambers on Friday 27 February 2015 (see photos to the left). Around forty participants enjoyed a range of data presentations from the ABS, Menzies, the Departments of Health, Children and Families and Education, and the Red Cross and spent the rest of the morning considering the role of data in improving the wellbeing of children and young people in Palmerston.

In small groups the participants pondered and responded to a range of questions and statements. Engagement was great and overall it was agreed that data does have a significant role to play in promoting and supporting targeted, collaborative and coordinated action across all stakeholders including Government and Non-Government service providers, the business community and community groups and individuals and that a strong community voice in this was important.

The establishment of a “Report Card” on the wellbeing of children and young people in Palmerston - along the lines of the [Bendigo State of the Children Report](#) and the [East Gippsland Wellbeing of Children and Young People Report](#) - was seen as good methodology for establishing a baseline, highlighting focuses for action, setting targets and measuring progress.

A New Network in Palmerston!

On the 5th March this year a workshop was held to answer two questions:

1. Was there a need for a network for service providers working with children and their families in Palmerston?
2. If so, what would this network look like?

As a result of this workshop the Palmerston Kids Network has been formed. Made up of committed workers, representing organisations that provide services and programs to children (0-12yrs) and their families, living in Palmerston.

The next meeting will be held on Wednesday 27th May from 9am-10.30am at the City of Palmerston, 2 Chung Wah Terrace, Palmerston in Chambers. For further details about the network contact Anna Schmidt, Community Development Officer with the City of Palmerston.

LINKS:

- <https://www.livingcities.org/> Living Cities works with cross-sector leaders in cities to build a new type of urban practice aimed at dramatically improving the economic well-being of low-income people.
- <http://www.ntcoss.org.au/welcome-slide/> NTCOSS Conference
- http://www.ssireview.org/articles/entry/collective_impact Collective Impact
- <http://wired.ivvy.com/event/NTEC/> Little People Big Dreams Conference 2015

MEMBERSHIP

[Australian Red Cross](#); [Child Australia](#); [City of Palmerston](#); [Danila Dilba](#); [Department of Social Services](#); [Early Childhood Australia](#); [FAST NT](#); [Good Beginnings Australia](#); [Anglicare NT - Headspace](#); [Kidsafe NT](#); [KidsMatter](#); [Menzies School of Health Research](#); [NAPCAN](#); [NT Government Department of Education](#); [Office of the Children’s Commissioner NT](#); [Relationships Australia](#); [Save the Children](#); [The Smith Family](#)

“Are you interested in being involved or learning more?”

Contact Us



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