

# GWLW BULLETIN

MAY 2019  
ISSUE 10

## Update

Welcome to the first Grow Well Live Well (GWLW) bulletin for 2019. A lot has happened since you last heard from us.

### Backbone

Last year, the GWLW Backbone was established to assist GWLW's collective impact initiatives and support the GWLW Leadership Group and the Palmerston community by guiding vision and strategy; supporting aligned activities; establishing shared measurement practices; building public will; advancing policy and mobilising funding opportunities.

The Backbone team is made up of Naomi Brennan as GWLW's Executive Officer, and we are in the process of hiring two new staff members in the roles of Community Engagement Facilitator, and Social Media and Administration Officer.

### Action Groups

Last year, we Leadership Group established three Action Groups: 'Working with Community', 'Empowering Parents and Families' and 'Strengthening Service Delivery', who are looking at addressing the 3 community priority areas of youth mental health and wellbeing; family violence; and property crime.

So far, the Actions Groups are working to on identifying the actions that they are going to take for the next 6-12 months, that are based on GWLW Action Plan (which will be made publicly available in the coming months).

The Action Groups, along with the Backbone team are busy trying to engage new members to join the Action

Groups, and we are currently calling for Palmerston locals from all walks of life and cultures to enquire about getting involved with GWLW initiatives and activities.

To find out more, please contact us:  
[grow\\_well\\_live\\_well@outlook.com](mailto:grow_well_live_well@outlook.com)

## Upcoming Events in Palmerston

### City of Palmerston FlicNics

Free Movie under the stars at Goyder Square – The Boulevard  
Saturday 13 April – 14 Sept 2019

Movies Start 7pm  
Pack a picnic, chair bean bag or rug.

### International Harry Potter Day

2 May | 2:30pm - 4:30pm  
Location: City of Palmerston Library  
Admission: Free  
Free movie screening.

### Star Wars Scavenger Hunt

4 May | 10:00am - 1:00pm  
Location: City of Palmerston Library  
Admission: Free

### Brekkie in the Park

Joan Fejo Park  
12 May | 8am-12pm

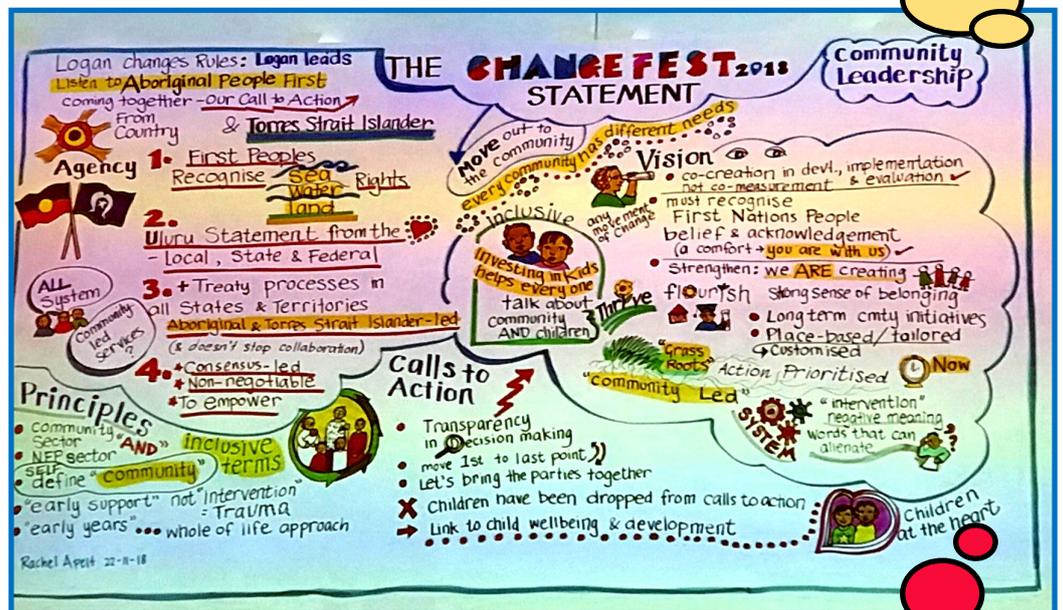
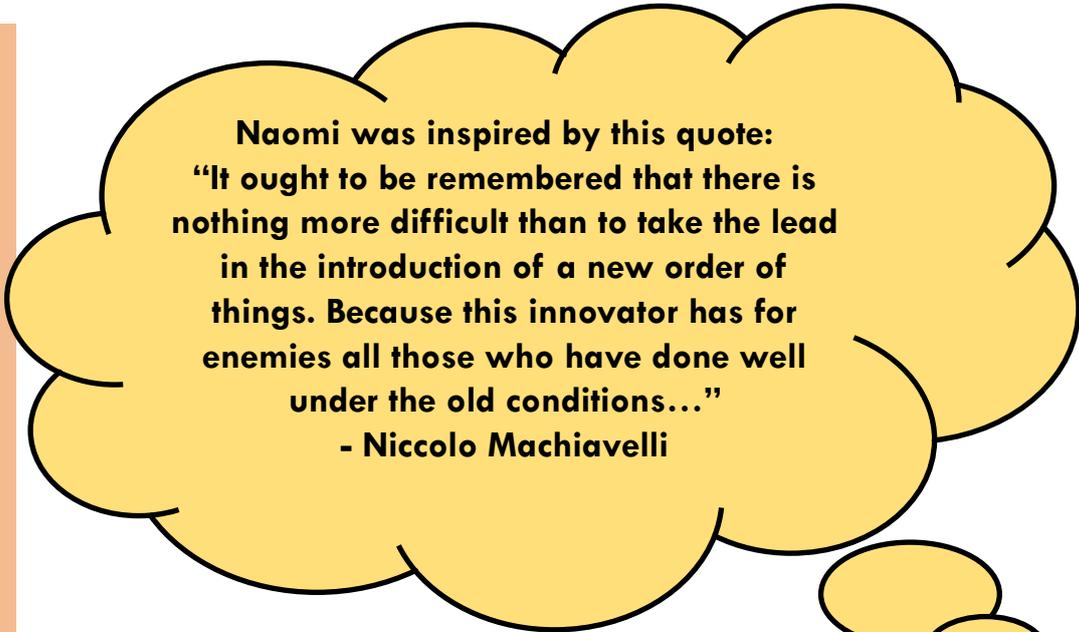
Follow GWLW on Facebook: @GWLWpalmerston

# ChangeFest Reflections

In November 2018, members of GWLW's Leadership Group and Backbone team attended the ChangeFest conference held in Logan QLD.

ChangeFest was a conference for collective community led initiatives and provided an opportunity for GWLW to learn from other collective impact projects and the organization's around Australia and internationally.

Catherine, Naomi and Kathy share some take-home messages from the conference.



# Artistic opportunities for children & young people

## Art Competition for Child Protection Week



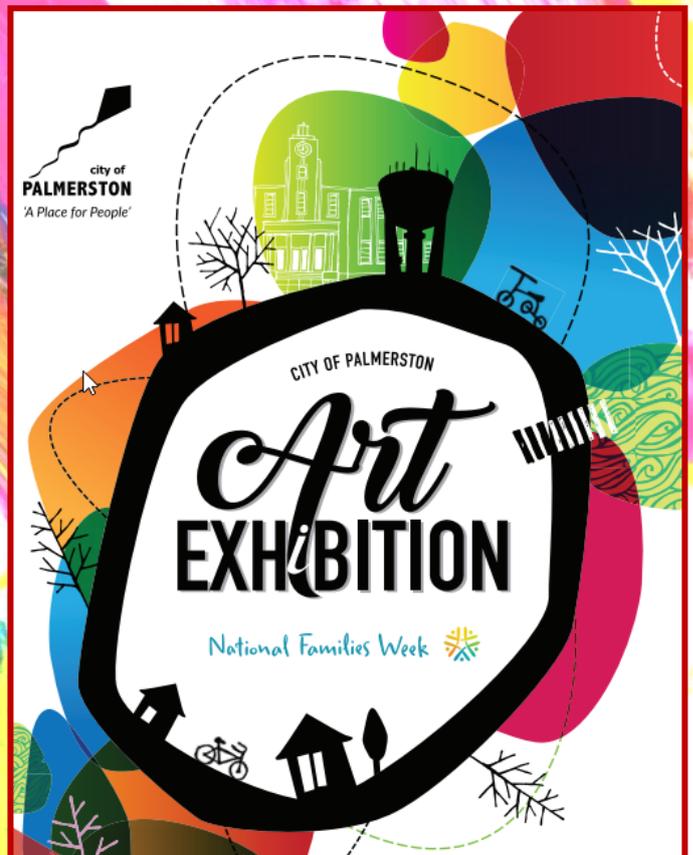
Image sourced from NAPCAN flyer.

NAPCAN is inviting children and young people up to the age of 18 years to submit artwork to help spread important messages about what children need to have a happy, healthy childhood.

Selected artwork will receive a \$50 gift voucher and be used in social media and printed documents related to National Child Protection Week (1-7 September).

**Deadline is 12 April 2019.**

[www.napcan.org.au](http://www.napcan.org.au)



The City of Palmerston are calling for Palmerston children aged 3 to 16, to take part in their 2019 Art Exhibition, celebrating National Families Week, 7 - 25 May 2019.

The exhibition will be on display at the Palmerston Recreation Centre from Tuesday 7 May until Saturday 25 May 2019.

Children aged 3 to 16 years have the opportunity to get creative with the exhibition categories encouraging a range of entries including painting, drawing, photography, sculpture, poetry, writing and much more.

**Entries close Friday 26 April 2019.**

[www.palmerston.nt.gov.au](http://www.palmerston.nt.gov.au)

## The Australian Breastfeeding Association



# Australian Breastfeeding Association

Join the ABA on Saturday 1 June 2019, at the Supporting mothers with infant feeding in emergencies training day.

This one-day seminar aims to support local health practitioners to increase their knowledge of the mechanics of breastfeeding, improve their communication practices to support the mother-baby dyad and increase their knowledge of the information, support and resources that may be required to support infant feeding during emergency situations.

Training will be held at Charles Darwin University (room TBA) between 9am – 4pm.

For more information and to register, email: [aba.darwin@gmail.com](mailto:aba.darwin@gmail.com) or call 04 52 485 310 .

## Young Carers NT



Young carers are offering services for people aged 5 to 25 who care for a family member or friend who has an illness, disability, a mental health issue or an alcohol or other drug issue.

Services include school holiday activities, education support, a Young Carer Bursary Program, and much more.

For more information contact Mieke at [youngcarers@carersnt.asn.au](mailto:youngcarers@carersnt.asn.au) or call 1800 242 636

## Life Line—DV Training Course

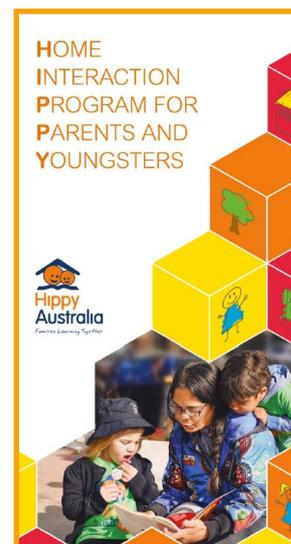


Life line are calling for registrations for their upcoming free Multicultural 2 day DV Alert accredited training course. The course is being held at Multicultural Council of NT, Shop 15, Malak Shopping Centre, Malak NT 0812.

[Register here](#). For further information, **contact:** [dvalertqld@uccommunity.org.au](mailto:dvalertqld@uccommunity.org.au)

## Local training opportunities and services

Save the Children's HIPPY program are looking for Palmerston families who are interested in free home tutoring for children ages 3.5-6.



Contact Program Coordinator Megan Caswell for more details.

[megan.caswell@savethechildren.org.au](mailto:megan.caswell@savethechildren.org.au)