



In this issue

- Changefest NT21
- headspace Palmerston

Grow Well Live Well is now online. Visit www.gwlw.org.au to find our resources, ways to get involved and information about local supports and events.



Get involved

Conversation for change

Join us at our Community Space to learn more about youth mental health, property crime, and domestic and family violence, bring your ideas and discuss how we can work together to make change.

Website video project

A \$100 shopping voucher is up for grabs for a young person in Palmerston to make a video with us to help other young people navigate our website.

Contact us to get involved at grow_well_live_well@outlook.com

Follow us for updates



What's on

Conversation for change

10.30am-12pm
18 October 2021
GWLW Community Space

Introduction to Asset Based Community Development

NTCOSS & Jeder workshop
9.30am-12.30pm
28 October 2021

Online | Register at
[events.humanitix.com/
ntcoss-intro-to-abcd](http://events.humanitix.com/ntcoss-intro-to-abcd)
Free for young people



Celebrating Palmerston's momentum for change



ChangeFest NT21 brought people from around Australia to Palmerston on 8-10 June to celebrate community-led change.

Grow Well Live Well supported the Palmerston Indigenous Network to host the national festival brought to the Northern Territory by a dedicated group of organisations working on the project since 2018.

Grow Well Live Well addressed participation barriers for community members by sponsoring 10 Palmerston locals to attend the event and working with Metro Mini Bus to provide culturally appropriate transport.

The Palmerston community led the creation of new collaborations at the festival that aim to achieve national system change. This included a movement to transform juvenile detention into cultural healing centres.

How can we work together in Palmerston to build on this momentum?

One approach to creating change is Asset Based Community Development (ABCD), where you look at what is strong in the community instead of what is wrong. Using this model, the building blocks to make change happen are:

- Skills of local residents
- Power of local social networks
- Government, businesses and non-government organization resources
- Local community resources
- The stories of our shared lives.

Learn more

Search for Cormac Russell's TED Talk on ABCD online.

Register for NTCOSS and Jeder Institute's Introduction to Asset Based Community Development workshop at:
events.humanitix.com/ntcross-intro-to-abcd





Hear from ChangeFest NT21 Participants

People travelled to Palmerston from around Australia to participate in this year's ChangeFest. But ChangeFest isn't just an event, it builds on an energy for change that is already in the community, and ramps it up. Hear how the festival inspired participants to work together to achieve change.



- Emma

"I think the biggest thing I have learnt at ChangeFest has just been the incredible power of people... and the importance of community-led organisations because they are representing the people who need those services or that change the most and I think that's the most authentic change you can have."

"The connections I have made are with peoples hearts and souls. I felt the spirit and the culture within everyone that was there and that attended and I felt that the love was real. That's what I felt and that's what I learned."



- Edmund

"At ChangeFest NT21 I am feeling a sense of system change through people, place and country. The feeling that I am getting is more of a collaborative approach of people from non-Indigenous and Indigenous backgrounds coming together to create a system change for the better and empowerment of Aboriginal people from a place-based approach."



- Darren

Stay tuned for Grow Well Live Well's video story about ChangeFest NT21 and how Palmerston can work together to build on the success of the festival.



Help co-design headspace Palmerston

headspace is coming soon to Palmerston to support young people aged 12 to 25 and their family and friends.

“50 per cent of young people accessing headspace Darwin live in Palmerston and the surrounding rural areas,” said Jade Gooding, Anglicare NT’s Mental Health Executive Manager.

“We have struggled to keep up with the number of young people who need our help and have been advocating for four years for a service dedicated to Palmerston.”

The new centre is being funded by the Australian Government through the NT Primary Health Network and will be co-designed to reflect the needs of the Palmerston community including mental health, physical health (including sexual health), alcohol and other drug services, and work and study support.

Anglicare NT have been working with youth ambassadors to identify a location for the new centre and will co-design what the centre will look and feel like and the types of support it will provide with the community.

“We will be consulting with young people and their families and working closely with services in Palmerston so that we don’t duplicate other support.”

Grow Well Live Well will promote opportunities for the community to get involved in the co-design process and headspace Palmerston’s social media accounts when they launch online.

While the centre is being set up, Palmerston’s young people can get support by visiting headspace Darwin in Casuarina, emailing headspacedarwin@anglicare-nt.org.au, calling (08) 8931 5999 or on social media.

YOUTH

STORYTELLING

COMPETITION

We want to hear what makes you feel good about yourself so that we can support you better in Palmerston.

Design an A3 poster to tell us what makes you feel strong in your mind, heart and body.

Tell your story in your own way. You could use photos, paintings, drawings, stories or poetry.

All young people under 26 years old in Palmerston and surrounding rural areas can enter.

Entries close 15 November 2021.

Drop a hard copy off to Grow Well Live Well's Community Space in Palm Plaza or email a digital copy to grow_well_live_well@outlook.com.

Winning posters will go in the draw to win a \$100 Visa Card and will be shared with the Palmerston community in Grow Well Live Well's bulletin, website and social media.



Follow us @gwlwpalmerston or visit www.gwlw.org.au for more details.



**GROW WELL
LIVE WELL**