



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?

- Johnson & Johnson, Northern Territory PHN, Anglicare NT and Australian Red Cross have committed funds to the project, with formal agreements in place.
- Project Facilitator – Community Engagement, Jeneah Oldfield, commenced 22 September.
- Presented at the Healthy Kids – Smart Kids Indigenous Leadership Conference in September and ABS “World Statistics Day” in October.
- Larrakia Nation joined the Leadership Group in July 2015.

PROFESSIONAL DEVELOPMENT:

Deep Democracy

At our August Leadership Group meeting we were fortunate to have Susan Kilgour, Principal of Wulagi PS, and Karen Cieri, Assistant Director, Centre for School Leadership at CDU, present to us on Deep Democracy.

A few of the group members are familiar with Deep Democracy and we have included reference to Deep Democracy in our Terms of Reference. We apply Deep Democracy principles to our decision making processes and find it a really useful approach. For more information on Deep Democracy <http://www.deep-democracy.net/>



Grow Well, Live Well Leadership Group Update

Welcome to Issue 4 of this bulletin, which aims to encourage regular communication to interested parties regarding the Grow Well, Live Well initiative in Palmerston, NT.

The pooled funding model for the Grow Well, Live Well project has been finalised for Year 1 of the project, which has meant we have been able to proceed with the recruitment of a Project Facilitator- Community Engagement. This is a very exciting step for the project and we are looking forward to taking the project to a new level with this fantastic new human resource! You can learn more about Jeneah on page 2 of the bulletin!

Working groups have been formed within the Leadership Group focused on induction, membership and community engagement. The development of a draft Community Engagement Strategy means we will soon be commencing community consultations. Please contact Jeneah on 0447 043 545, if you would like to be involved or find out more about the consultations.

In October, we facilitated a community engagement activity during Children’s Week asking parents/carers and children about what it’s like to raise children/grow up in Palmerston. Data has been collated and is summarised below.

If you’d like someone to come out and talk to your organisation/group about Grow Well, Live Well or if you would like more information, please do not hesitate to contact us via grow_well_live_well@outlook.com.



Palmerston Family and Cultural Centre

Larrakia Nation Aboriginal Corporation is keen to be involved in supporting the best outcomes possible for Aboriginal families in Palmerston and Darwin. In August, the Nation started its new Palmerston Family and Cultural Centre project. The project is just beginning and so far is staffed by only two people, Kathy Bannister (Coordinator) and Marcia Gerrard (Development Officer). Larrakia and other Aboriginal cultural teachers are on our community Reference Group while others will come on board soon as cultural activity leaders. The role of the Reference Group is to guide the development of the Centre, provide cultural direction and community feedback to the staff.

Many service providers and schools will be hearing from us soon, if they haven’t already. We want to make contact and introduce ourselves and our project. Our new premises are at 1/17 Georgina Cres, Yarrowonga. Our service number is 8931 2120.

Introducing the staff

Kathy has worked in many different areas over many years in the NT although she comes originally from NSW. Her background is in bilingual and multicultural schools, adult education, cultural services, joint land management, visitor services, community engagement, governance and management training and support. She has lived in Aboriginal communities in both the Top End and Central Australia and is a strong advocate for families, Indigenous languages and culture.

Marcia has worked in family based service projects in WA and NT. She is a Mirriwong Gadjerrong woman from the East Kimberley. Her background is in Early Childhood & Parenting Programs, “At Risk” Youth & Families and early intervention programs.

Values:

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



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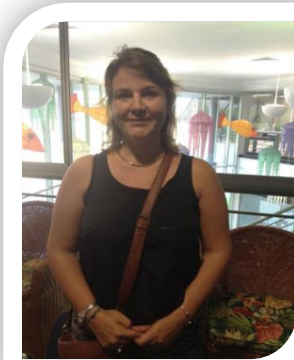
Introducing Jeneah – Project Facilitator (Community Engagement)

Hi there, my name is Jeneah. I am very excited to join the Grow Well Live Well project as Project Facilitator. I have met the Grow Well Live Well Leadership team, and I love their drive and commitment. What a great team! I am looking forward to meeting more Palmerston community members; discussing your ideas, plans and hopes for a better future for our children and young people!

A little bit about me ... I immigrated with my family to Australia in March 2014 from Wales, UK. Whilst in the UK, I was working and training as a Social Worker, having worked in many different departments; physical disability, child protection, mental health, children services and adult services. The communities I have worked in all faced many different issues affecting the wellbeing of young people - it was great to work alongside them and design solutions, and produce positive outcomes. I am hoping we can do the same at Palmerston.

Since my arrival in Australia, NT I have worked with the YMCA, Corrections Department and lastly at a school, working with defence families.

I am looking forward to meeting you. Please make contact with me as I would like to hear how Palmerston meets your family's needs! You can email me at grow_well_live_well@outlook.com or phone my mobile - 0447 043 545.



New Project Facilitator
– Jeneah Oldfield

Children's Week 2015

On Tuesday 27th October, Grow Well Live Well attended the Palmerston Children's Week event and asked parents/carers and children about what it is like raising children or growing up in Palmerston. 59 surveys were completed. Many people were very positive about living and raising their children in Palmerston. The main issues highlighted by parents/carers included:

- Lack of specialist medical services and a hospital (many acknowledged the hospital issue was being addressed)
- Need for more accessible support, training and education for young families and vulnerable people.
- A huge raft of services for children aged 0-5 years but a large gap in activities, events and facilities for older children, adolescents and teenagers.
- Families felt that Marrara is too far to travel for sporting activities and they would like more sporting facilities in Palmerston. The ovals were identified as excellent resources but were not available for the community to access.
- More shops needed (although many acknowledged this was being addressed with the development of the Gateway Shopping Centre)
- Need for more indoor facilities with air conditioning and more gardens to picnic in with shade.
- People were concerned about crime as there is nothing for youth to get involved in.
- The library opening earlier.

Children attending were often shy about responding but were helped by their parents. There were 29 responses to the questions, "What makes you happy about growing up in Palmerston?" with families indicating that they enjoyed and appreciated attending activities, groups, events and having access to great parks. There were 26 responses to the question, "What makes you sad growing up in Palmerston?" with most responses focusing on safety issues from crime, anti-social behavior and a need for more shaded areas. Other needs included better access to public amenities, more specialist services and more opportunities for community participation.



Some of the
Grow Well
Live Well
Leadership
Group
members

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

Contact Us



MEMBERSHIP

[Anglicare NT](#) - [Hespey](#); [Australian Red Cross](#); [Child Australia](#); [City of Palmerston](#); [Danila Dilba](#); [Department of Social Services](#); [Early Childhood Australia](#); [FAST NT](#); [Good Beginnings Australia](#), part of [Save the Children](#); [Kidsafe NT](#); [KidsMatter](#); [Larrakia Nation](#); [Menzies School of Health Research](#); [NAPCAN](#); [NTCOGSO](#); [NT Government Department of Education](#); [Northern Territory PHN](#); [Office of the Children's Commissioner NT](#); [Relationships Australia](#); [Save the Children](#); [The Smith](#)

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