

Connecting
Community for



OUR DATA STORY



TOGETHER WE CAN HELP OUR CHILDREN THRIVE!



Connecting
Community for

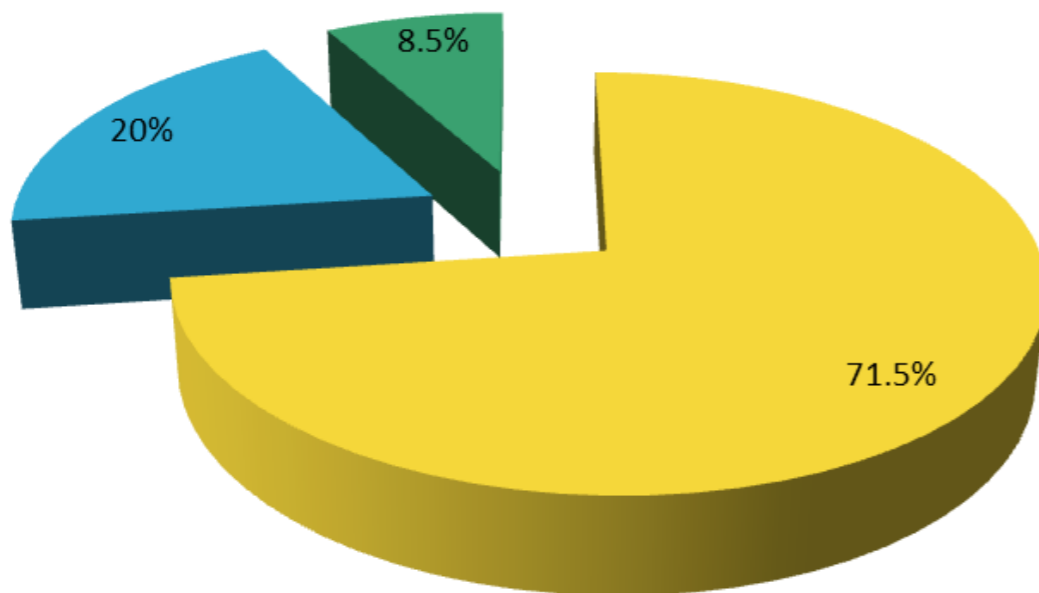
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COCKBURN DATA

277 (20% or 1 in 5) children attending pre-primary in Cockburn were vulnerable in one or more domain(s), and 118 showed vulnerability in two or more domains.

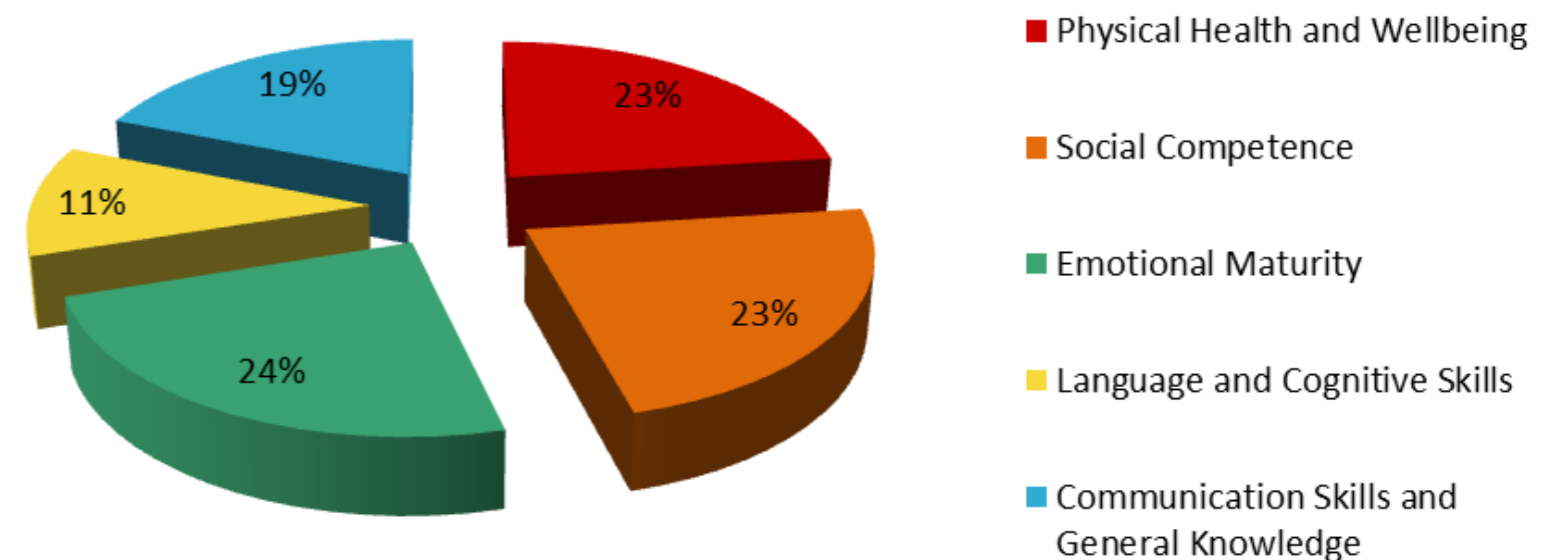
% OF VULNERABILITY

■ On track ■ Vulnerable in one or more domain(s) ■ Vulnerable in two or more domains



Emotional maturity domain had the highest number of vulnerable children, followed closely by physical health and wellbeing and social competence. Language and cognitive skills had the lowest number of vulnerable children, a significant improvement from the 2012 results.

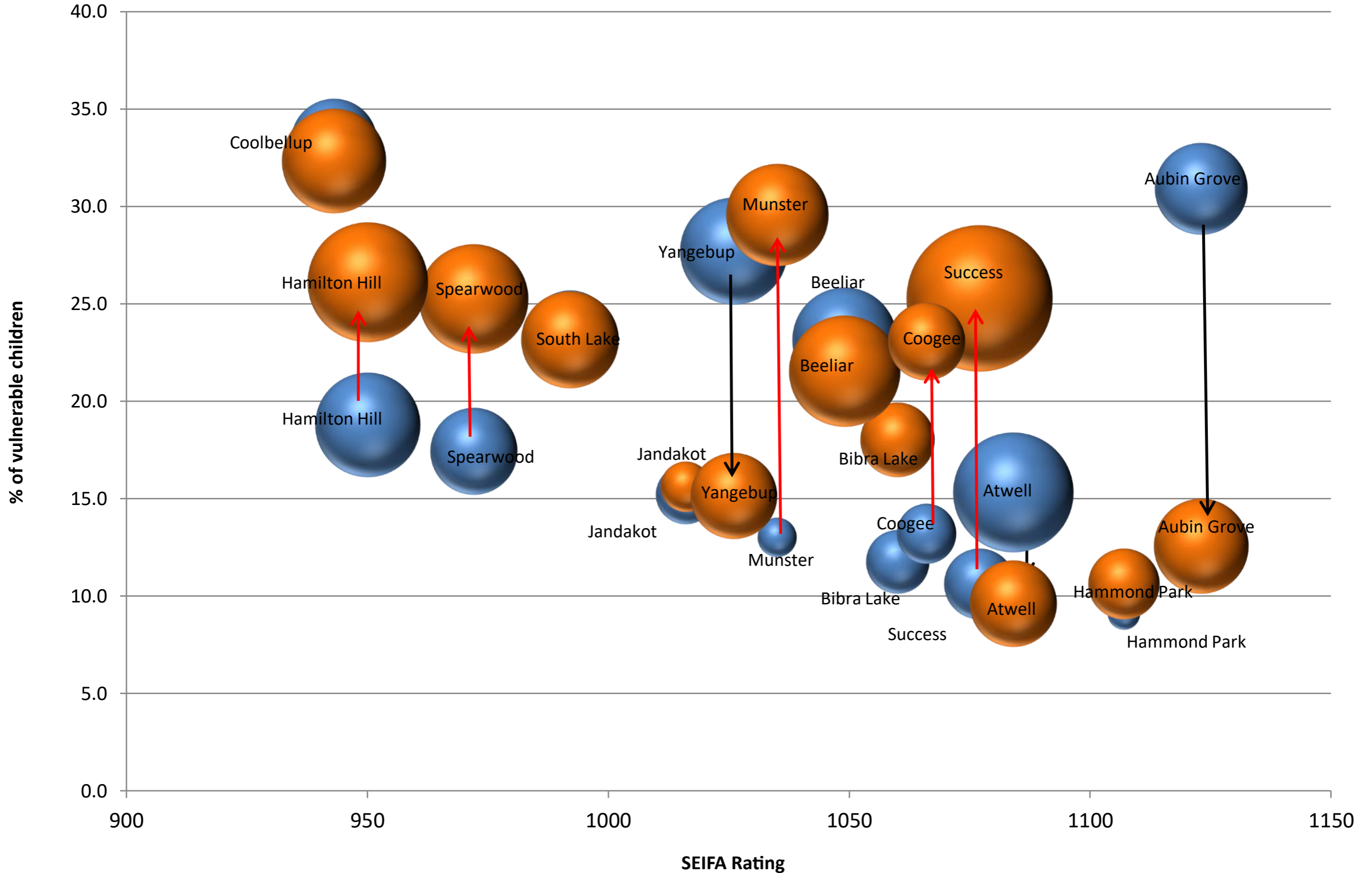
DOMAINS OF VULNERABILITY



City of Cockburn

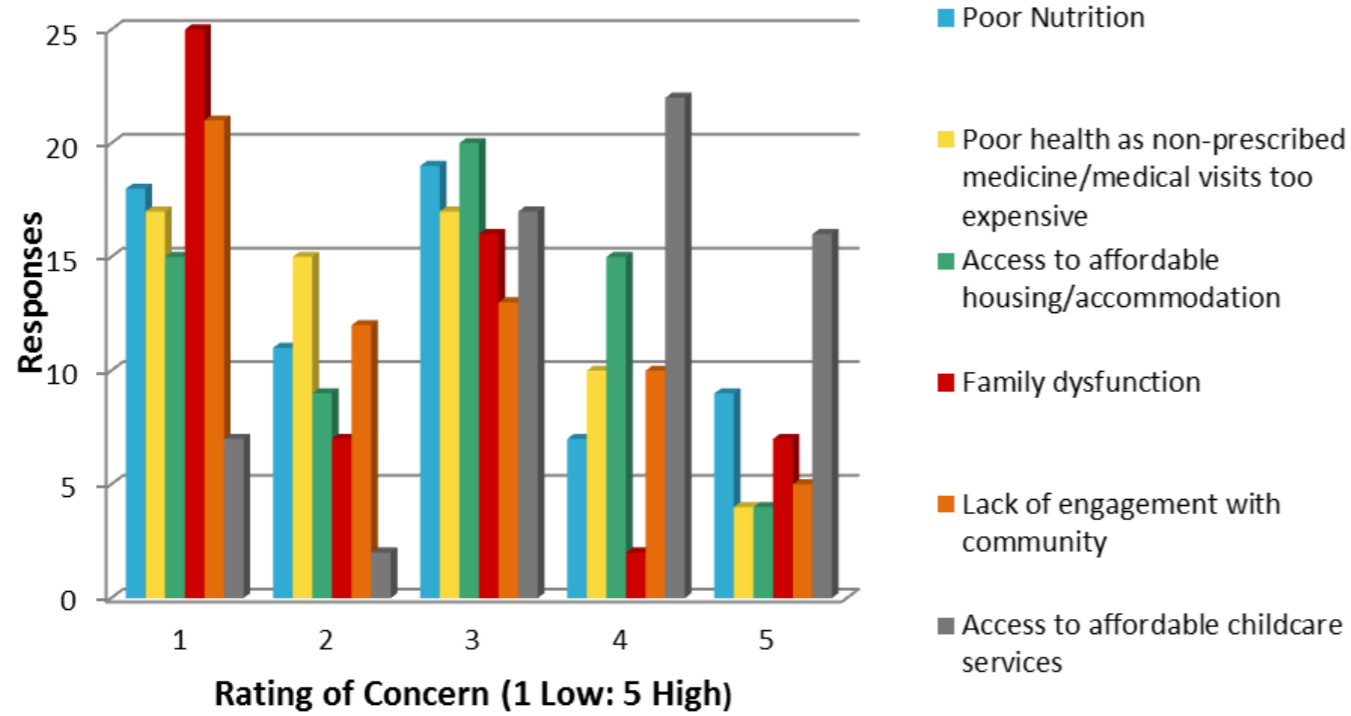


● 2009 ● 2015

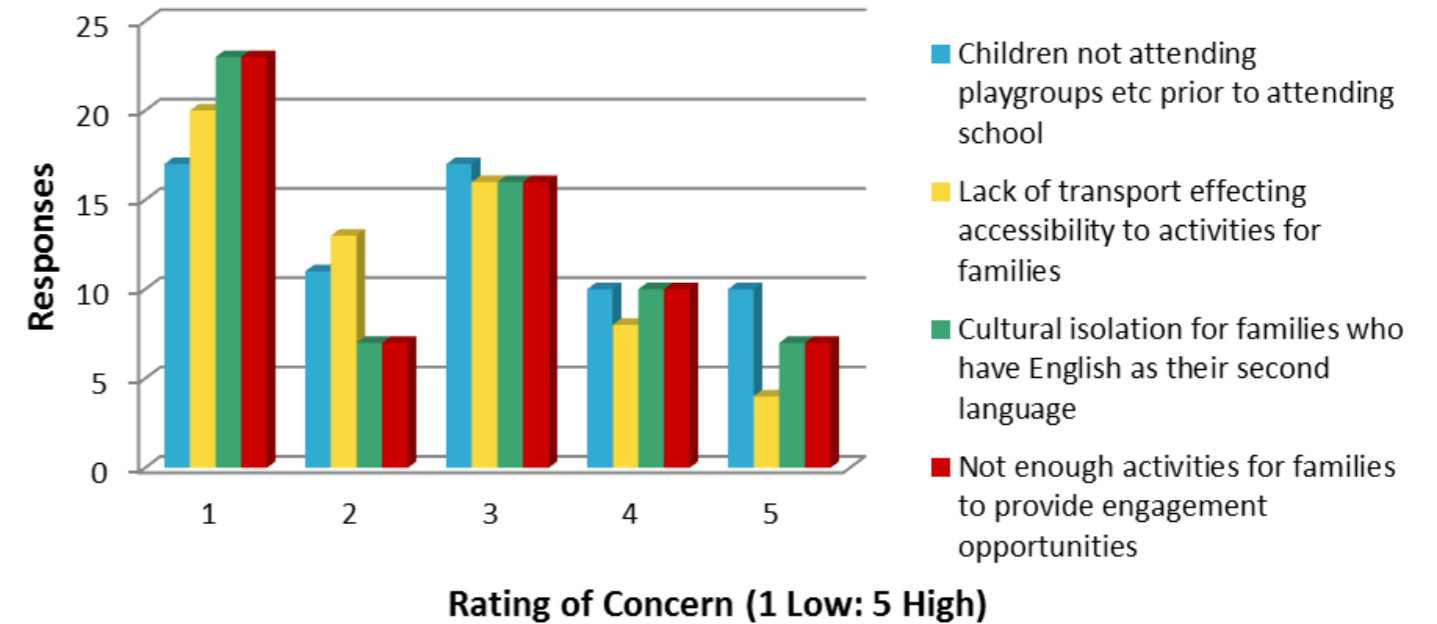


Feedback from our Community Conversations identified four key areas as having the biggest impact on children's development in Cockburn. We developed a survey to ask the community to rate each item with a number from 1 to 5 with 1 being the lowest concern and 5 being the highest concern to them as a resident of Cockburn.

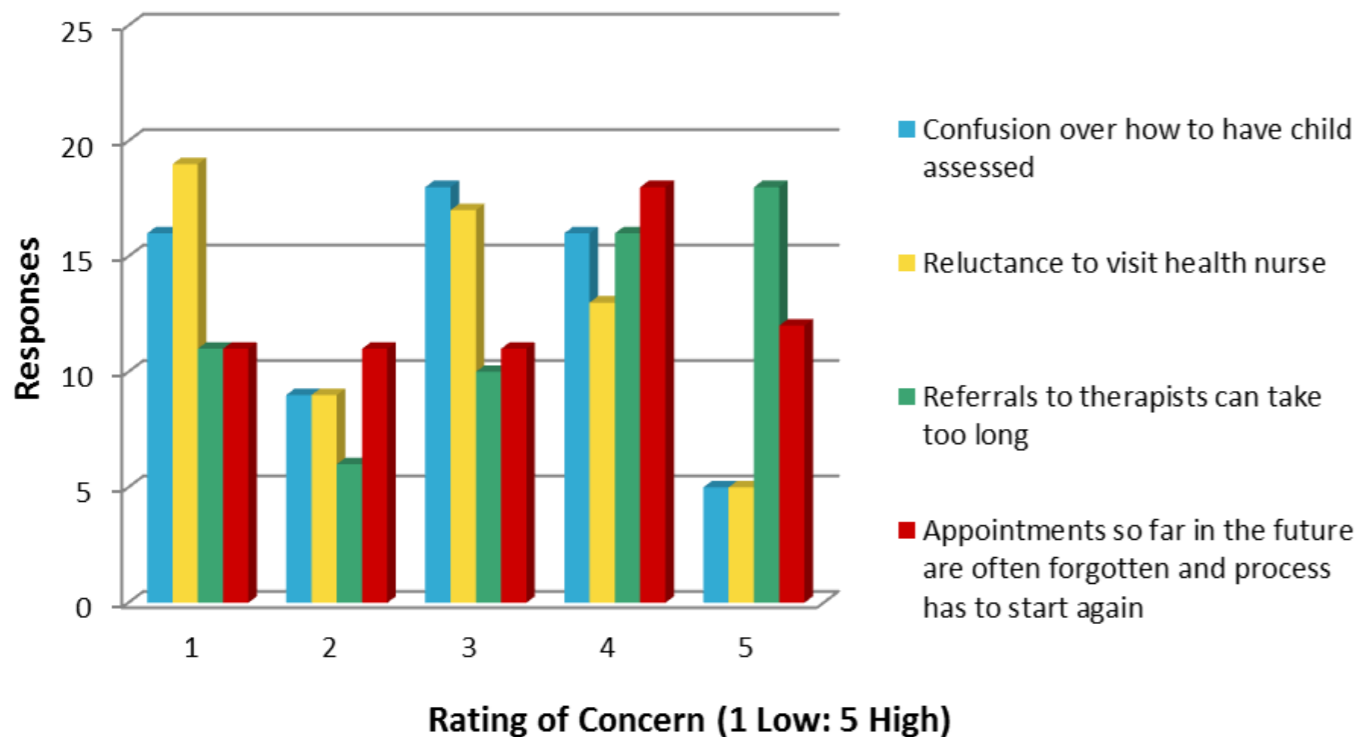
FINANCIAL STRAIN



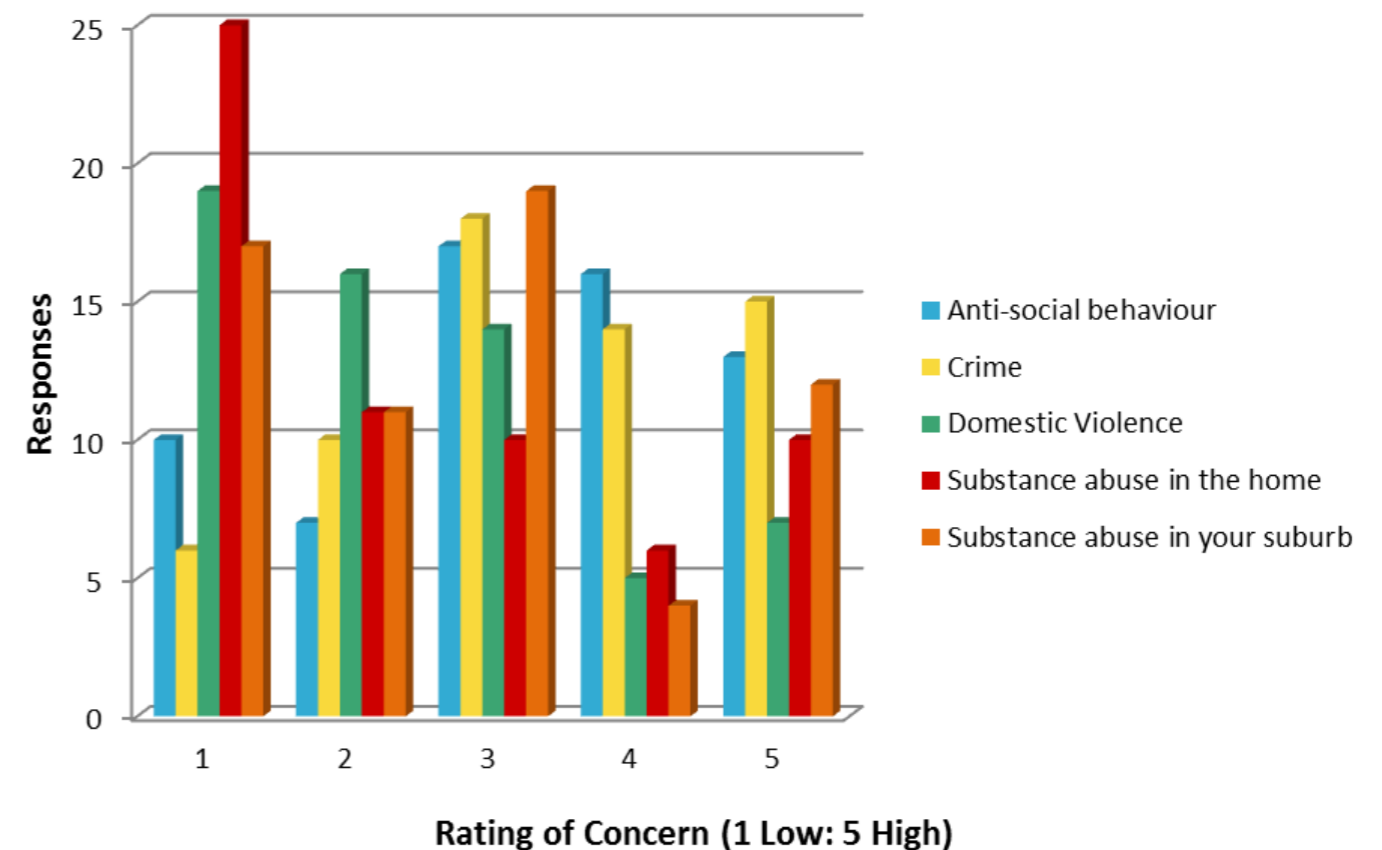
FAMILY ISOLATION, LIMITED ACCESS TO SOCIAL ENGAGEMENT ACTIVITIES



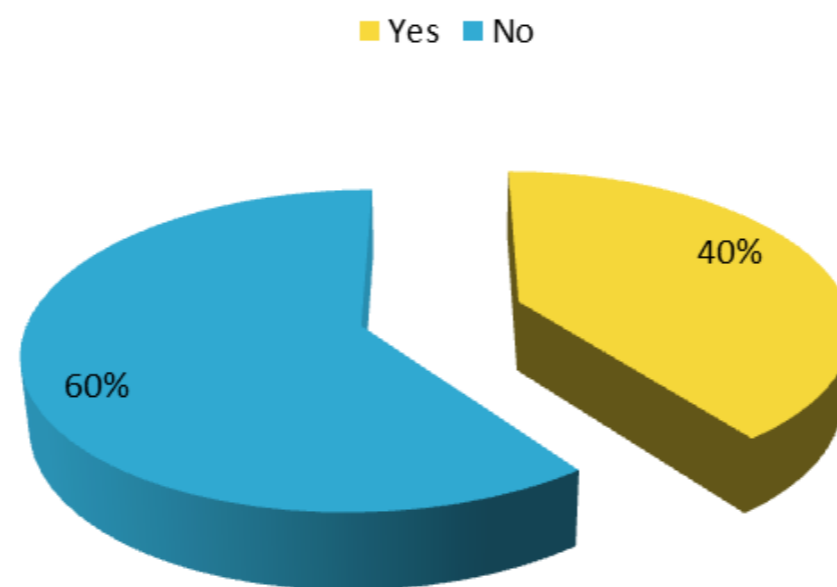
DELAY IN HEALTH ASSESSMENT OF YOUNG CHILDREN



SAFETY



DID YOUR CHILD ATTEND THEIR 3 YEAR OLD HEALTH CHECK

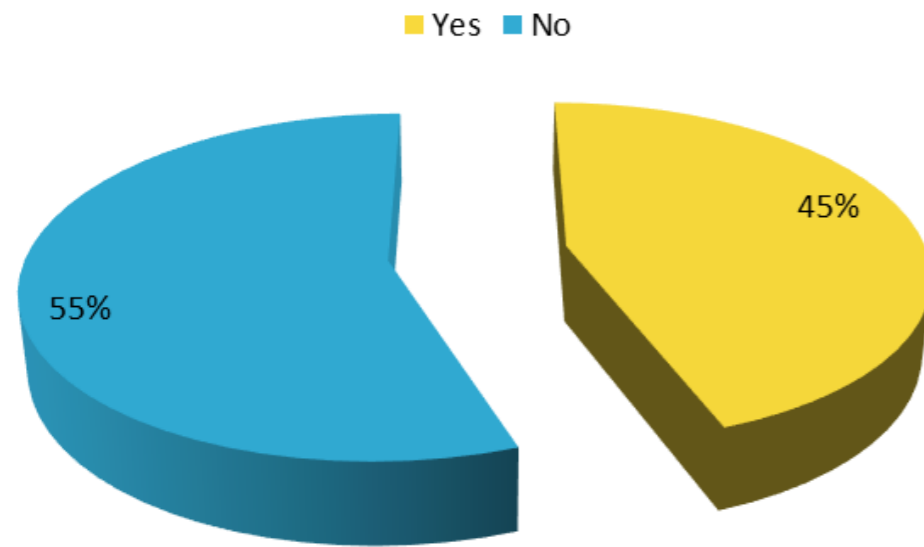


Department of Health Data
City of Cockburn % of Births receiving child health assessment by child health nurses
2015/2016 financial year

6-8 WEEK	3-4 MONTHS	8 MONTHS	18 MONTHS	3-3.5 YEARS
87.3%	79.5%	53.9%	40.2%	16.1%

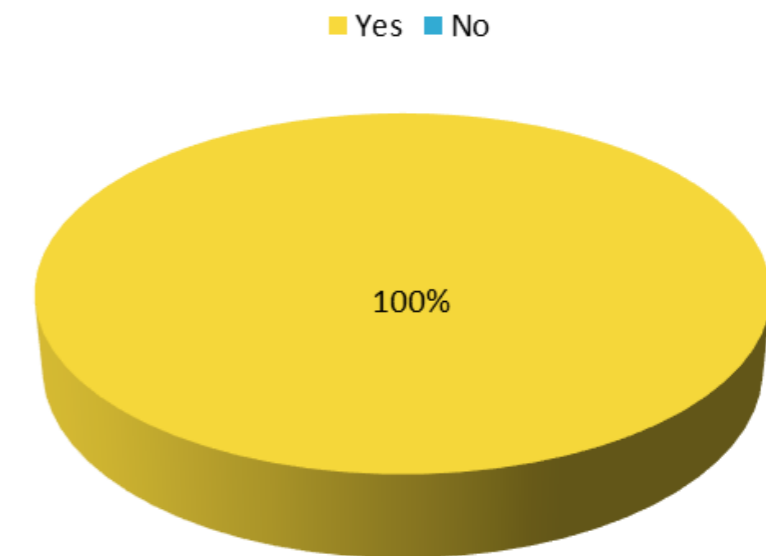
While social and cultural isolation didn't rate as highly as the other 4 focus areas; it became a recurring conversation during our meetings with the community and we decided to conduct further surveys.

AS A FAMILY FROM ANOTHER CULTURE, DO YOU FEEL MORE SOCIALLY ISOLATED?



Our Cockburn Facilitator was able to attend a Methamphetamine Workshop in Feb 2017 and ask attendees whether drug use impacts family social isolation. Of 70 attendees 16 responded. The most relevant contributing factors were; relationship conflict, safety concerns, financial pressures and emotional difficulties.

DOES SOCIAL ISOLATION IMPACT GREATER ON FAMILIES AFFECTED BY DRUGS?



Members of our Decision Making Group were sent out with resource kits to ask one or more family their experience of social and cultural isolation.

A family came from India in 2008 and said that no family support contributed to social isolation.



A family from the UK arrived in Australia in 2003 and felt that absence of friends, family and unemployment were contributors.



A family from Japan arrived in Australia in 2000 reported that their age and language barrier were contributors to social isolation.

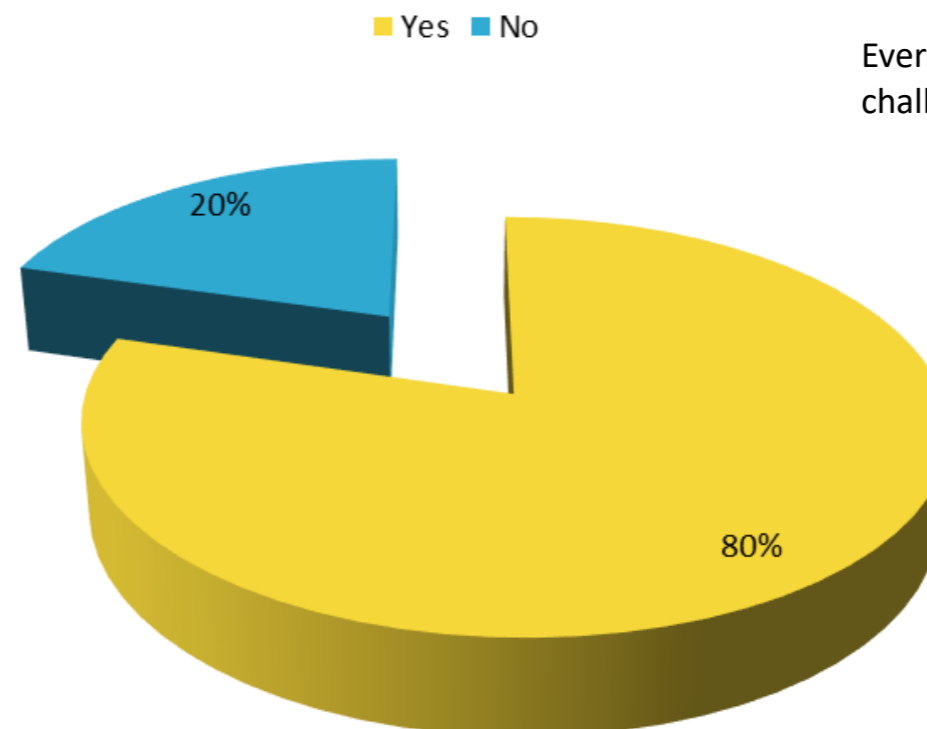


A family from Singapore arrived in Australia in 2013 and found that transport and lack of family support were contributors to social isolation.



A family from South Africa, came to Australia in 2005 and said that starting from scratch with making new friends was difficult.

DO YOU FEEL SOCIALLY ISOLATED AT TIMES?



Contributing Factors:

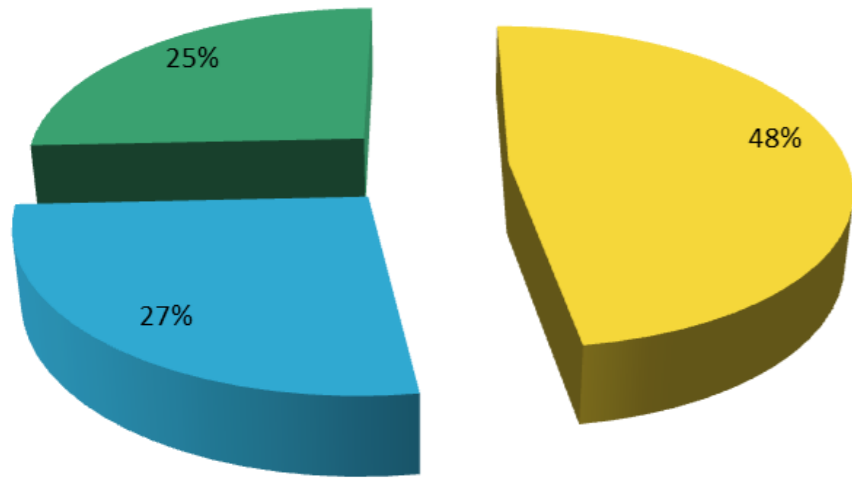
- Location
- Lack of transport
- Everyday living/life challenges
- Expensive indoor play centres
- Shy
- Lack of friends
- No walking paths
- Age of child
- Friends and family live away
- Feel like an alien when it's time to be social
- Money (lack of)
- No child friendly coffee shops
- Being a young Mum

DATA SO FAR COCKBURN

We decided to hear what the kids had to say and developed an interactive children's survey. Kids were asked to choose who makes them feel safe, choosing from friends, family or community members; where do they feel most safe, choosing from home, school or playground; what makes you healthy, choosing from exercise, food or sleep; and then they could choose 3 things from all the options for what makes them feel happy. Answers were given by children throwing bean bags into their tub of choice and answers were tallied. Children aged from 3 to 12 were engaged for this survey through day care centres, family centres, events and City of Cockburn's Children's Reference Group.

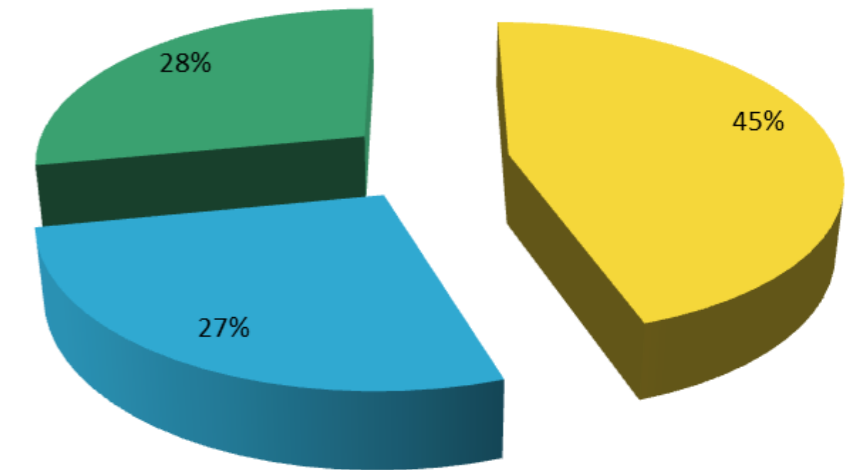
WHO MAKES YOU FEEL SAFE?

Family Friends Community Members



WHERE DO YOU FEEL MOST SAFE?

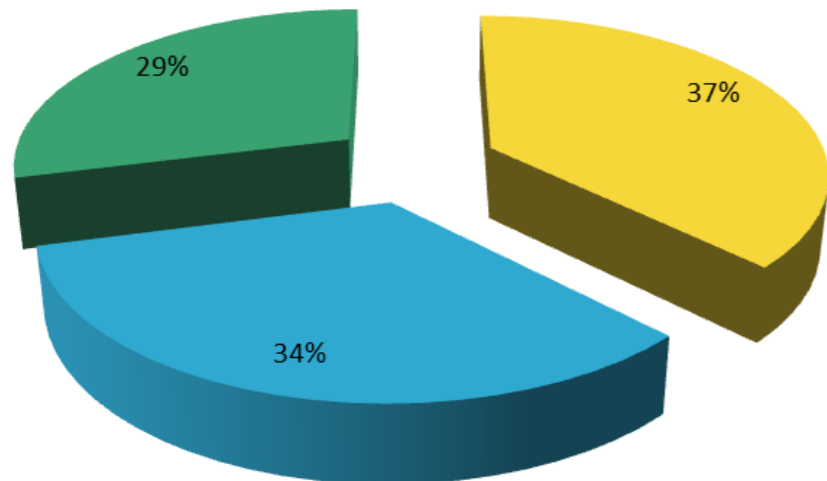
Home School Playground



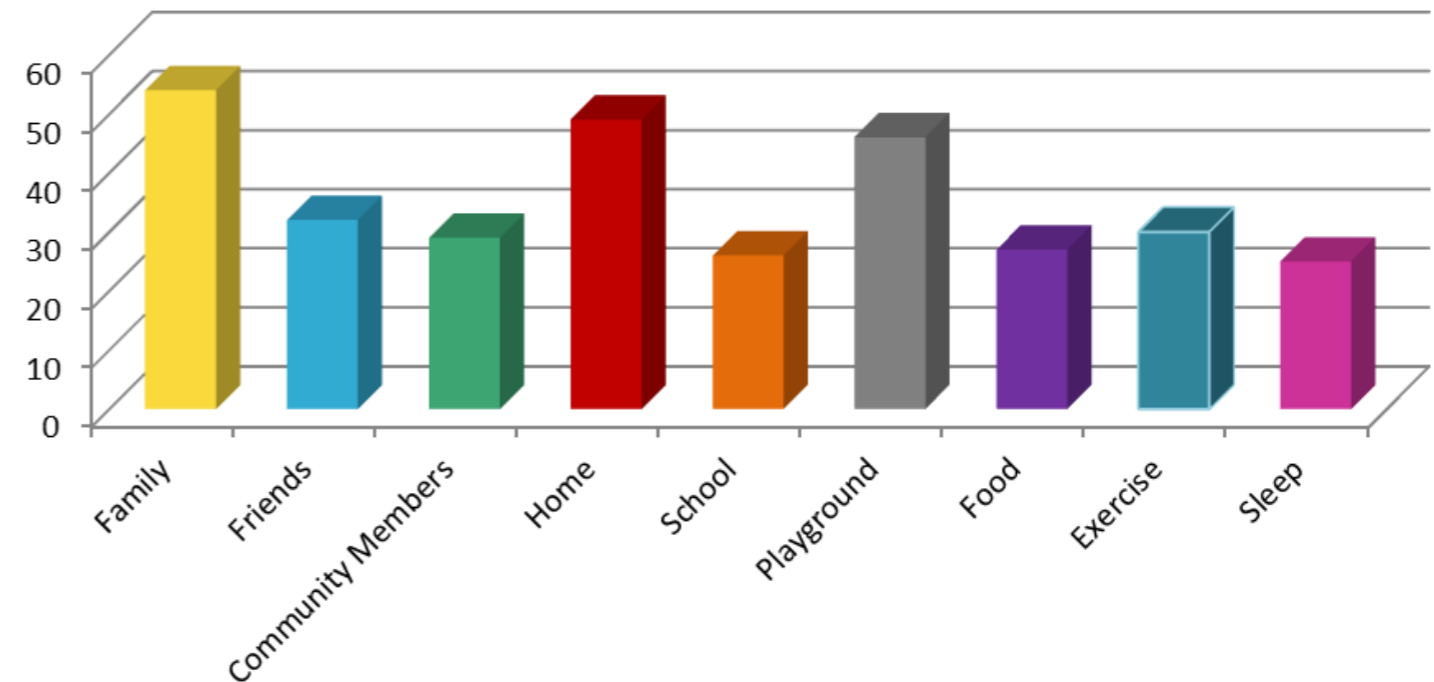
WHAT MAKES YOU HAPPY?

WHAT KEEPS YOU HEALTHY?

Food Exercise Sleep



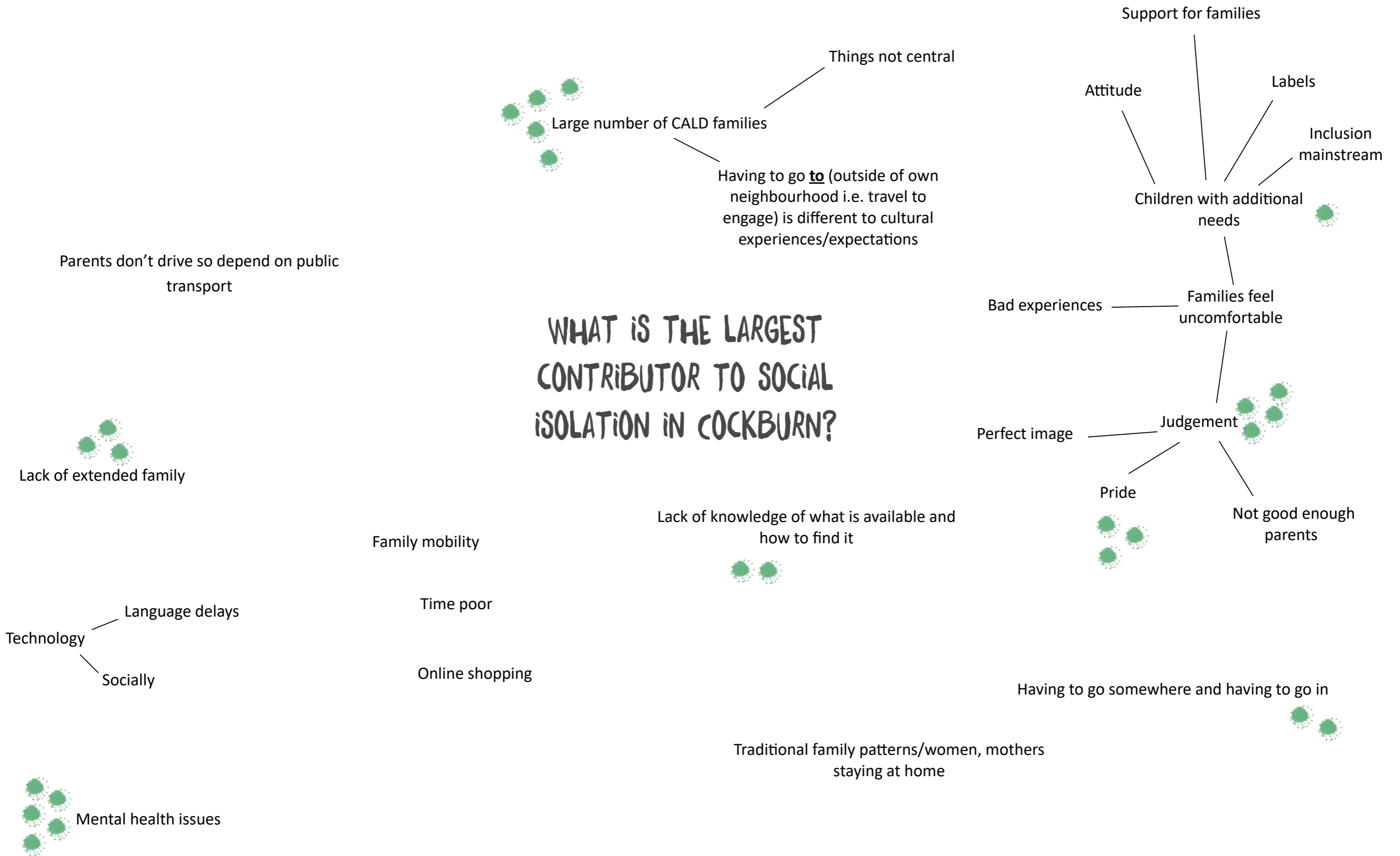
Family Friends Community Members Home School Playground Food Exercise Sleep



BRAINSTORMING - COCKBURN COMMUNITY CONVERSATION OCTOBER 2016



WHAT IS THE LARGEST CONTRIBUTOR TO SOCIAL ISOLATION IN COCKBURN?

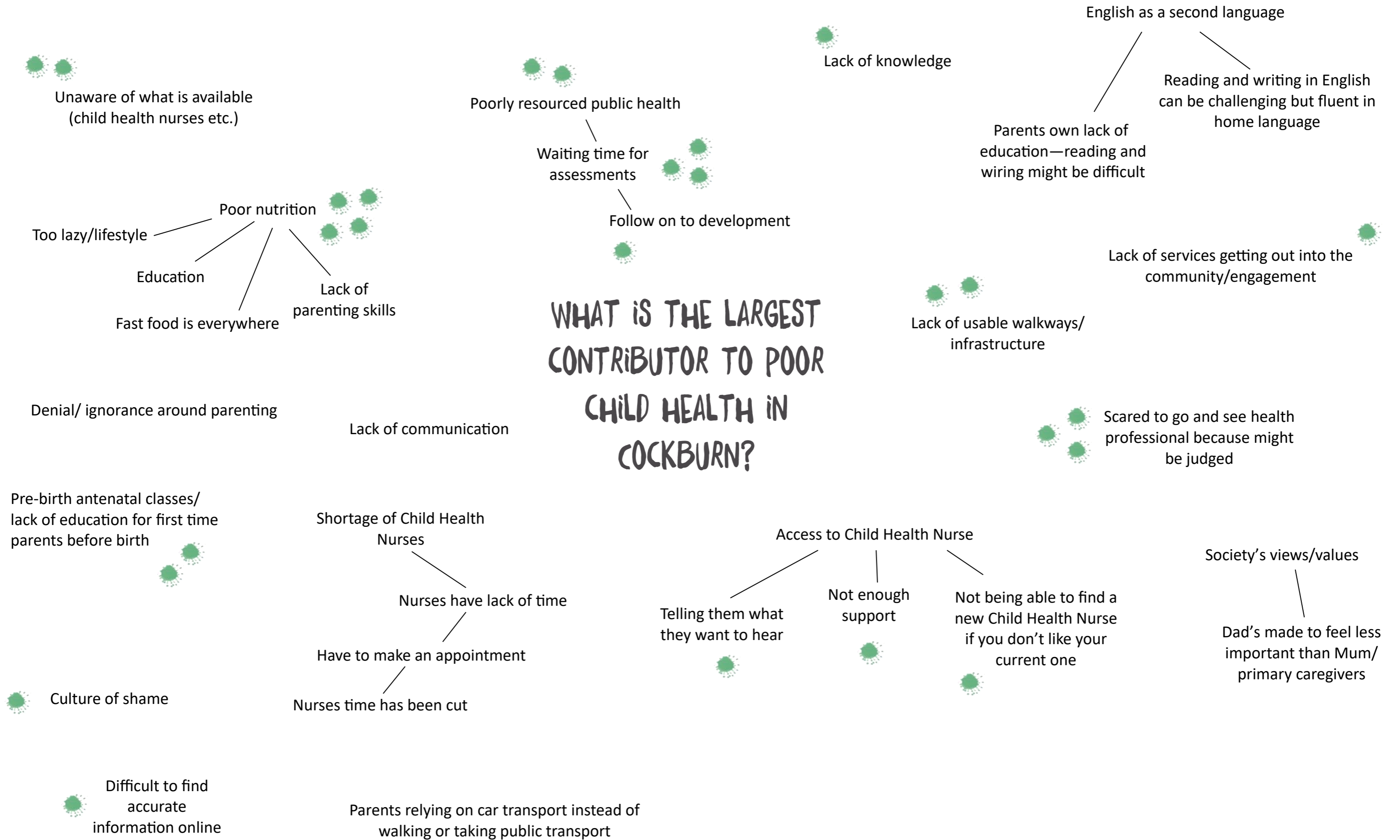


BRAINSTORMING - COCKBURN COMMUNITY CONVERSATION OCTOBER 2016

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WHAT IS THE LARGEST CONTRIBUTOR TO POOR CHILD HEALTH IN COCKBURN?



Connecting
Community for

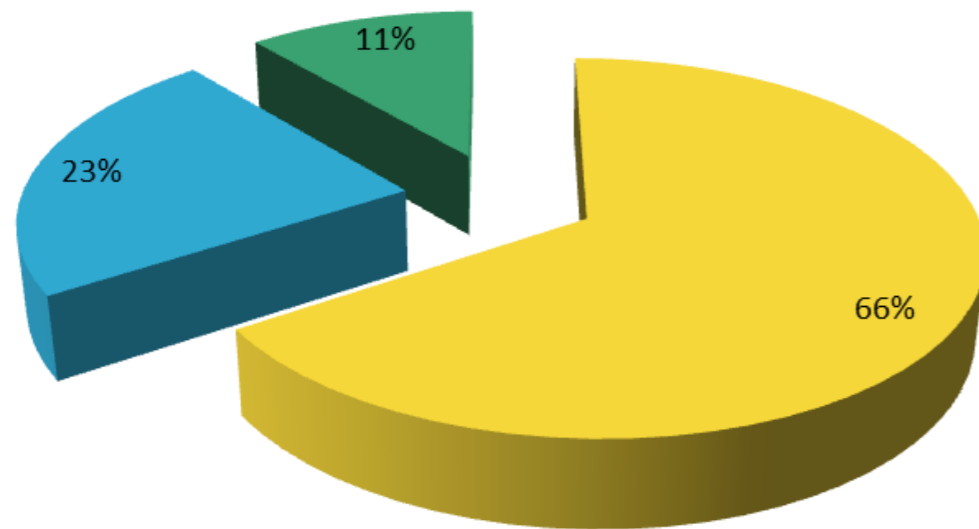


KWINANA DATA

133 (23% or 1 in 4) children attending pre-primary in Kwinana were vulnerable in one or more domain(s), and 65 showed vulnerability in two or more domains.

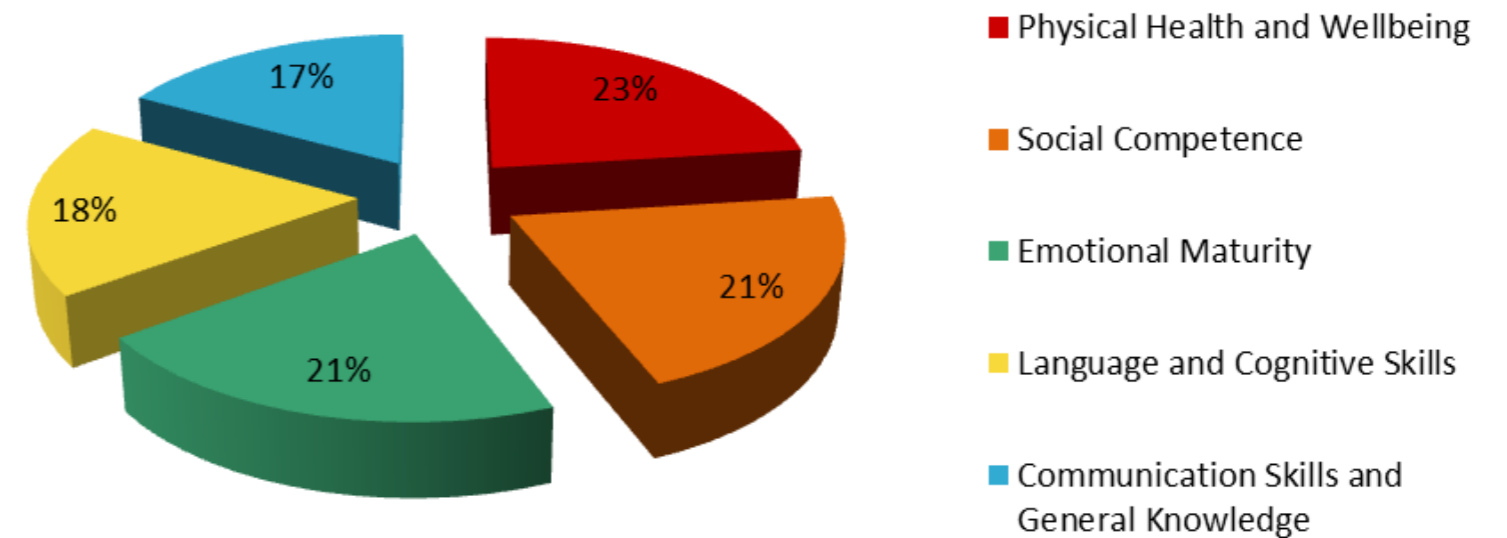
% OF VULNERABILITY

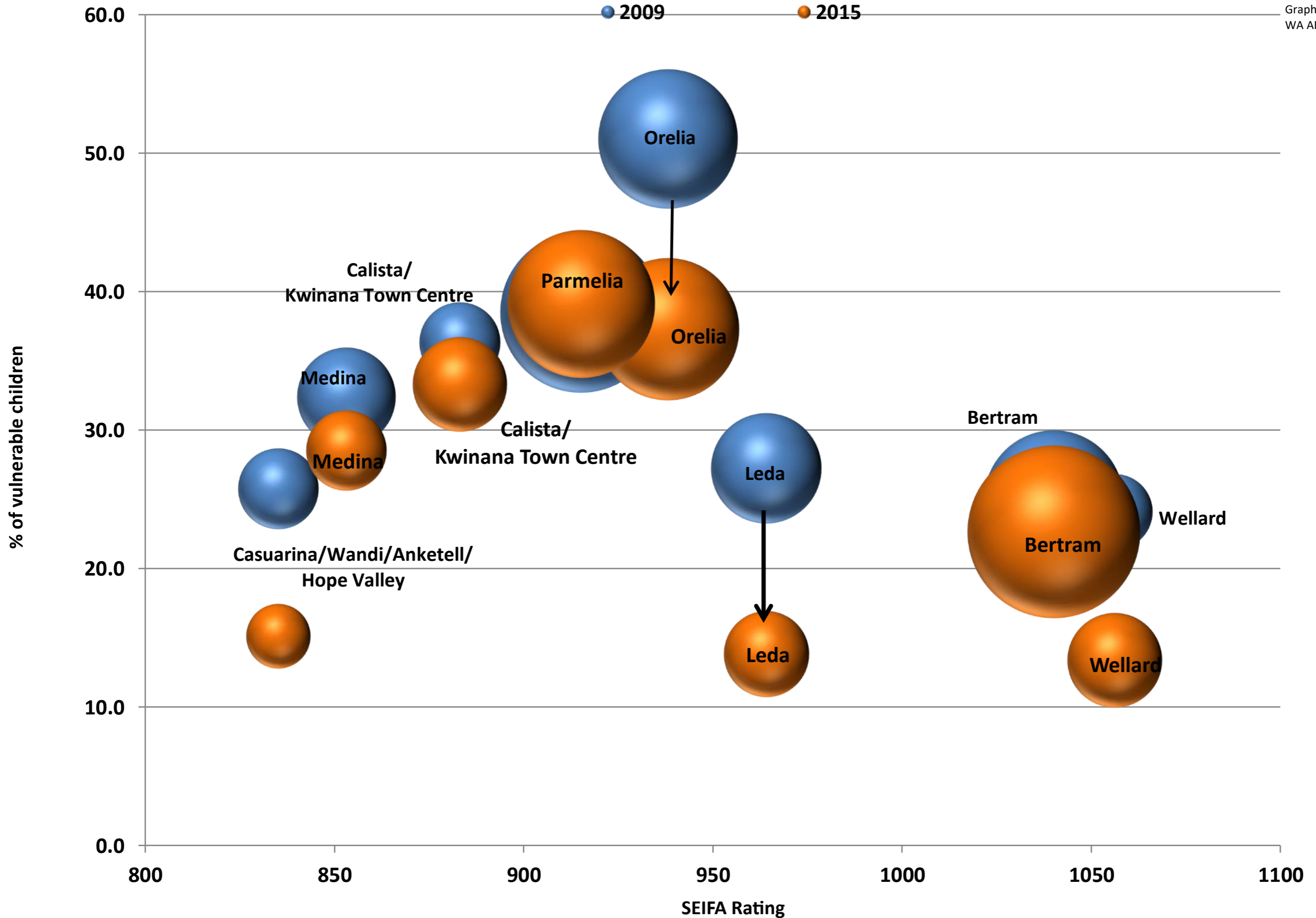
■ On track ■ Vulnerable in one or more domain(s) ■ Vulnerable in two or more domains



Physical health and wellbeing domain had the highest number of vulnerable children, followed closely by social competence and emotional maturity. Communication skills and general knowledge had the lowest number of vulnerable children. All domains showed significant improvement from the 2012 results.

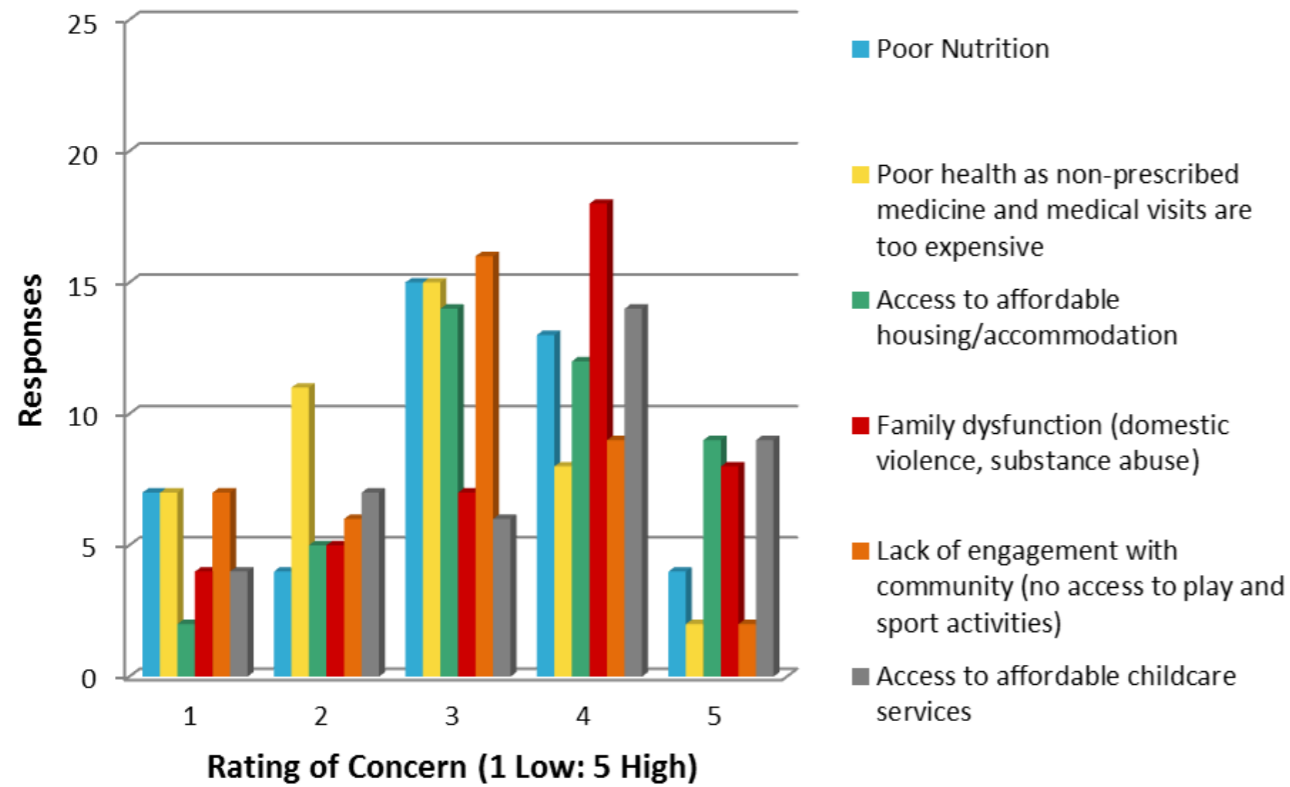
DOMAINS OF VULNERABILITY



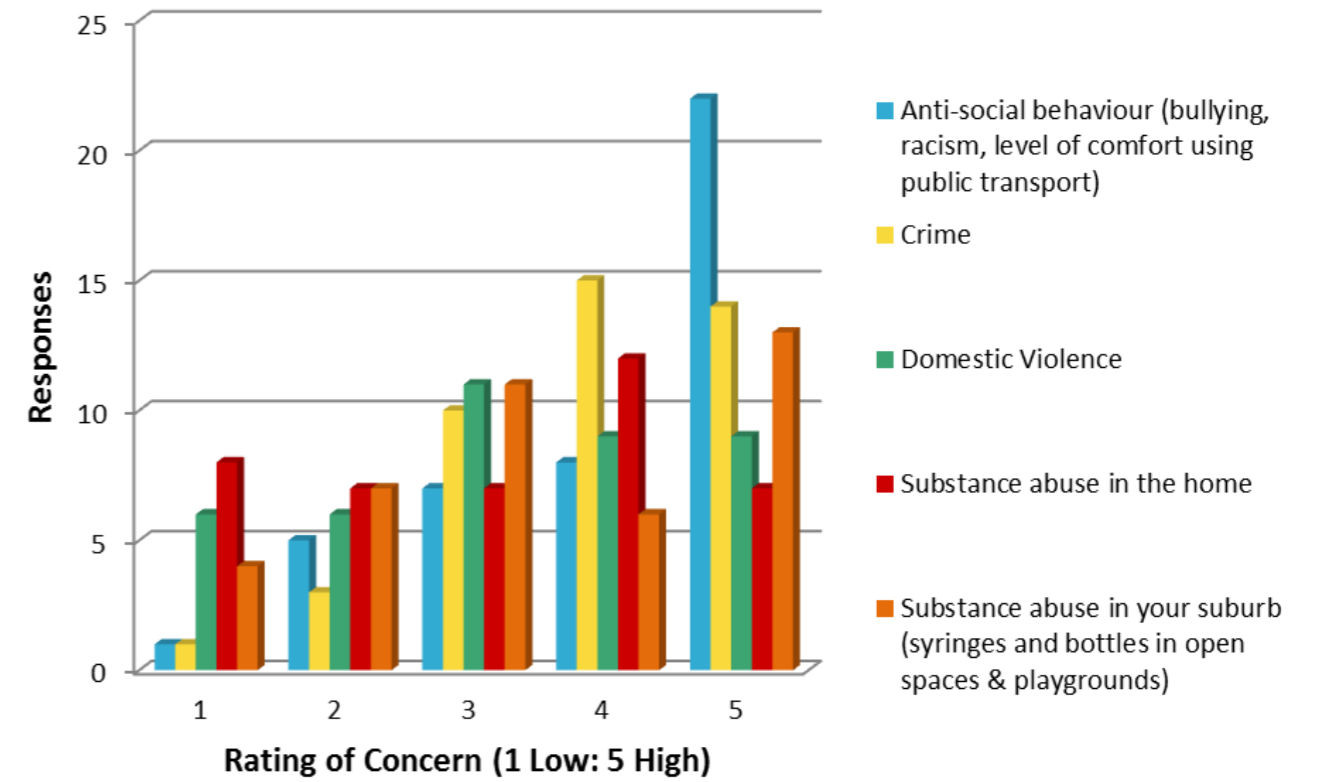


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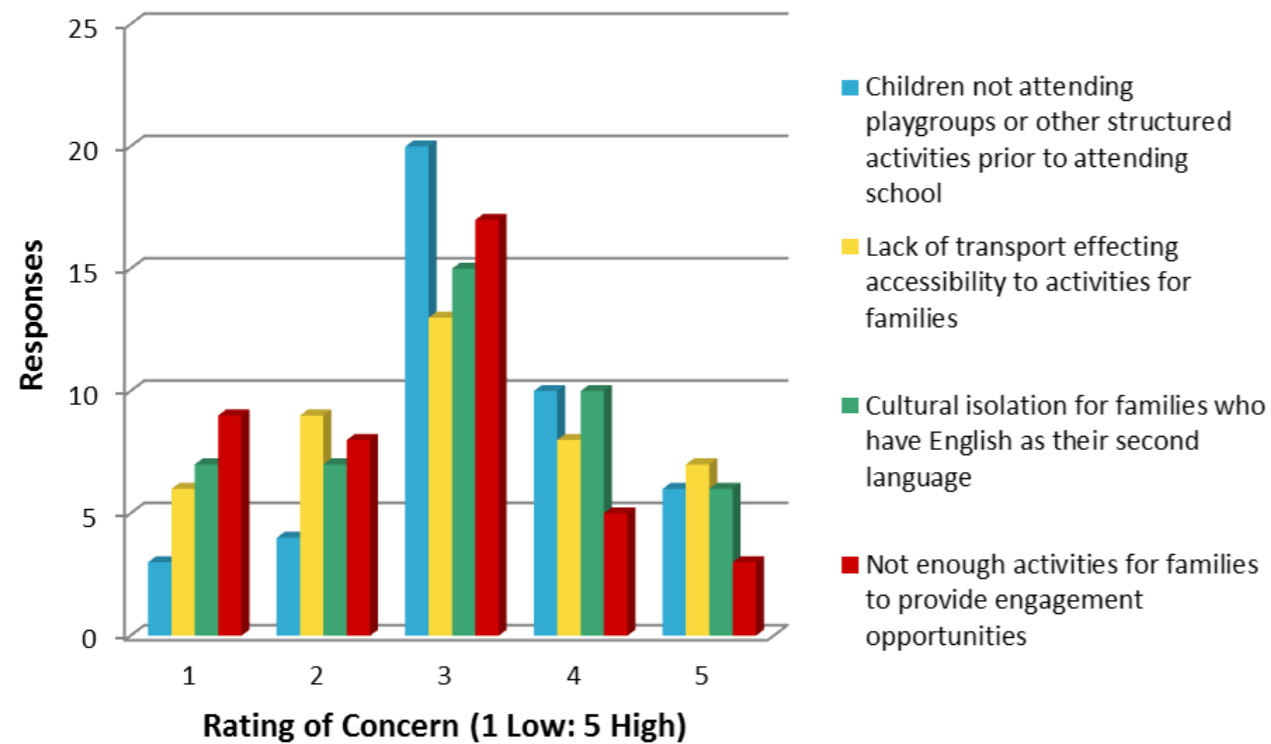
FINANCIAL STRAIN



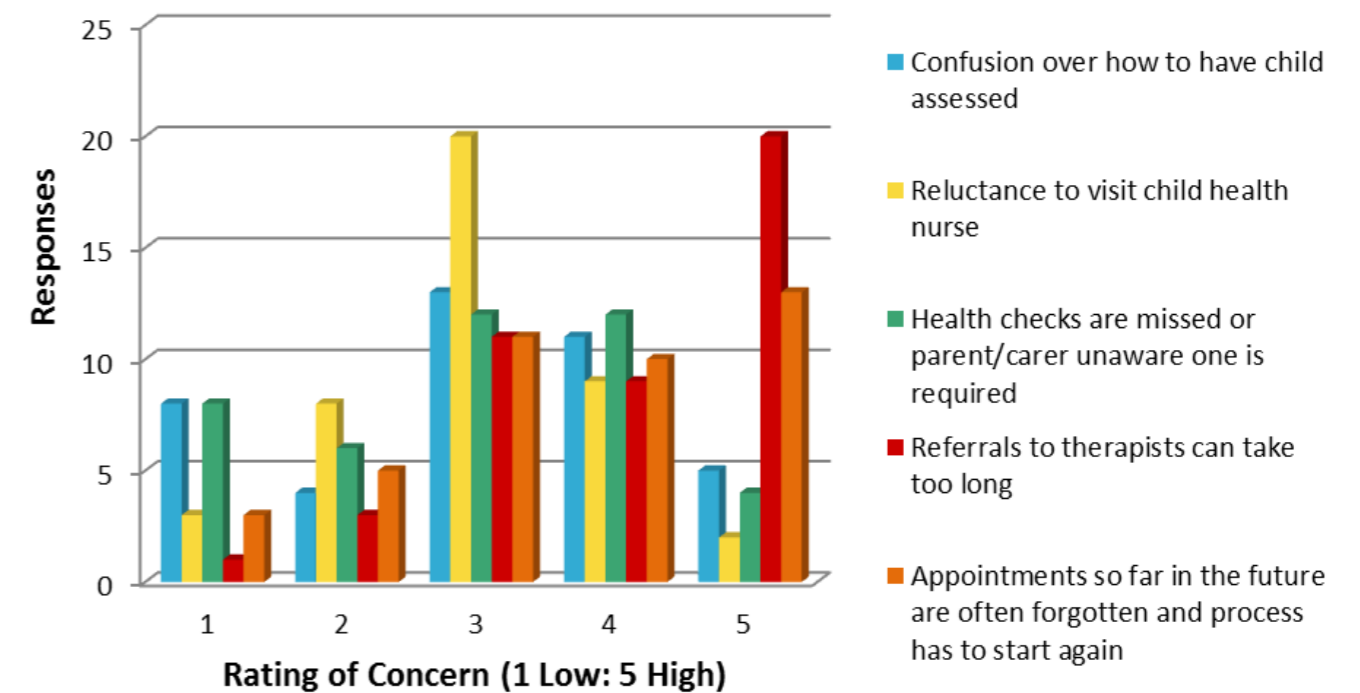
SAFETY



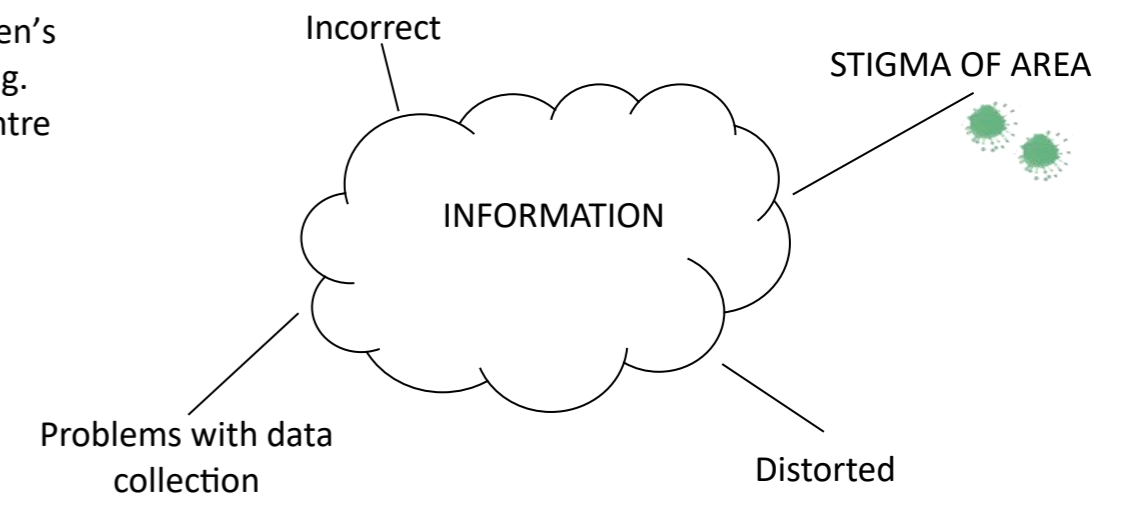
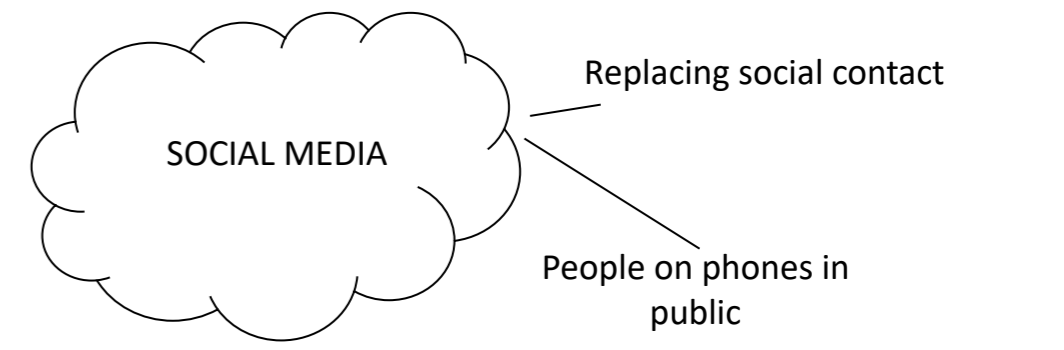
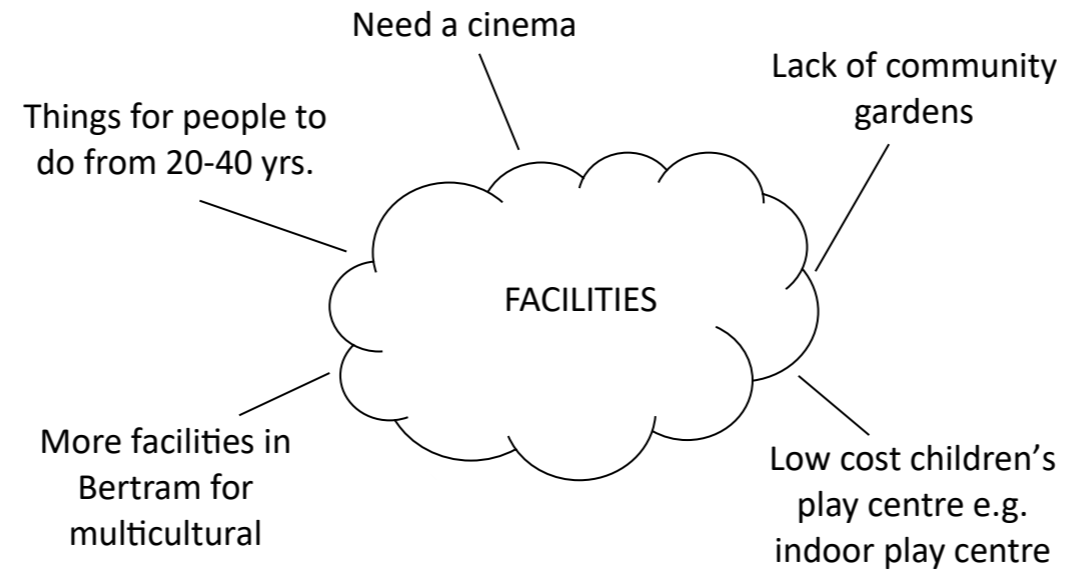
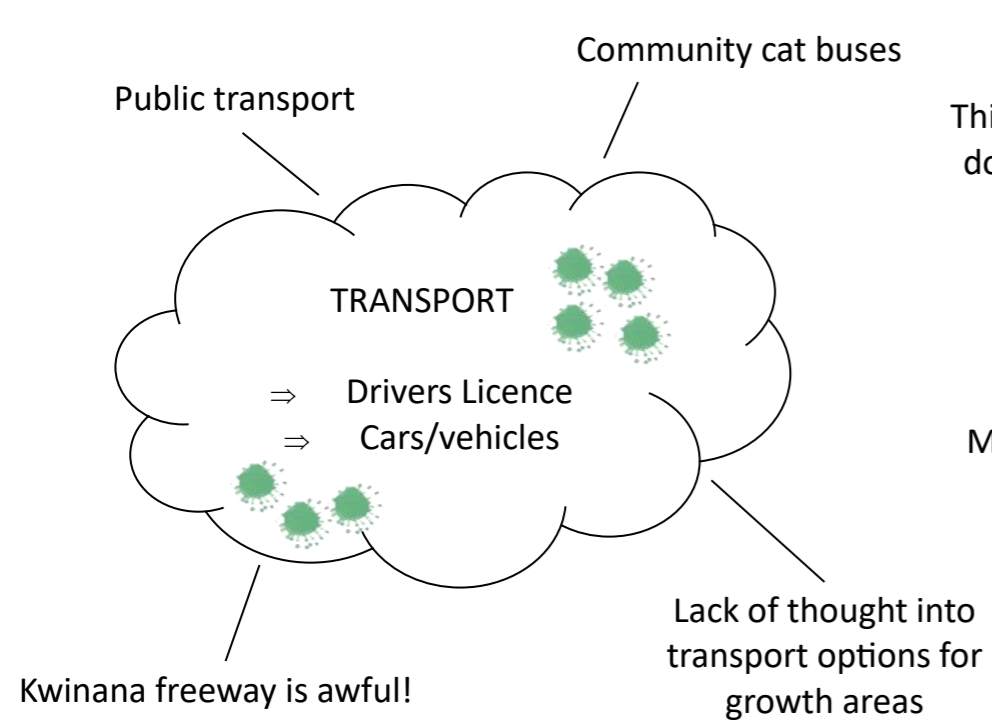
FAMILY ISOLATION, LIMITED ACCESS TO SOCIAL ENGAGEMENT ACTIVITIES



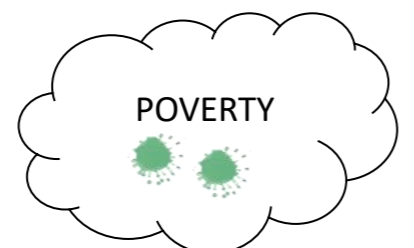
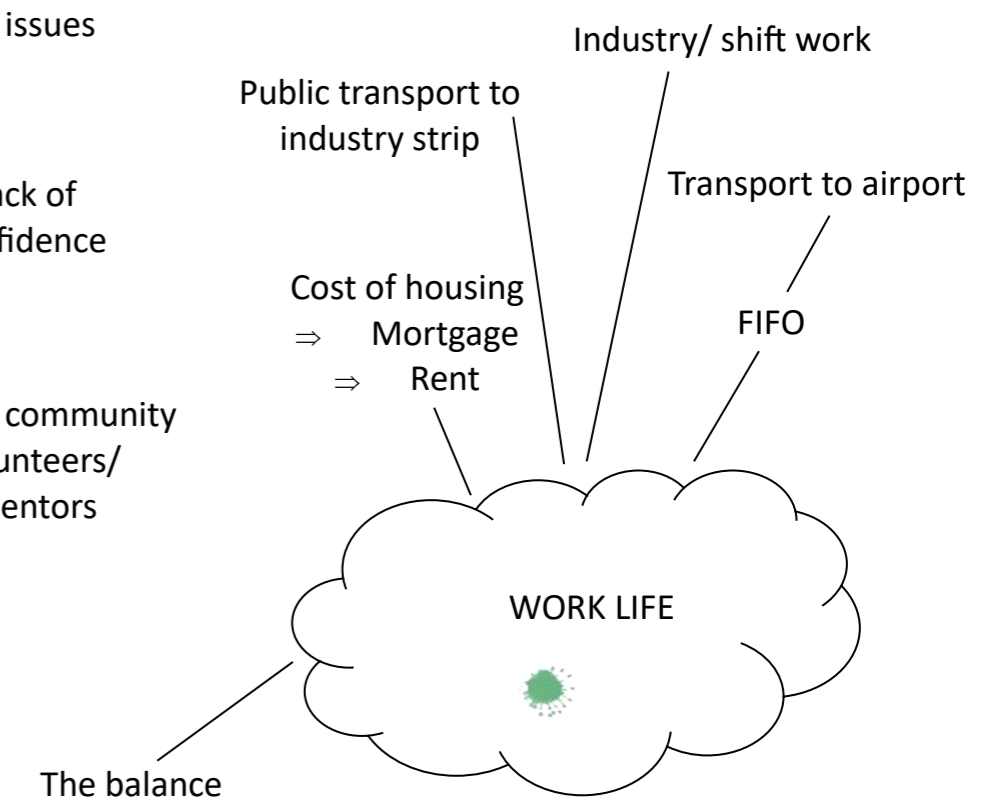
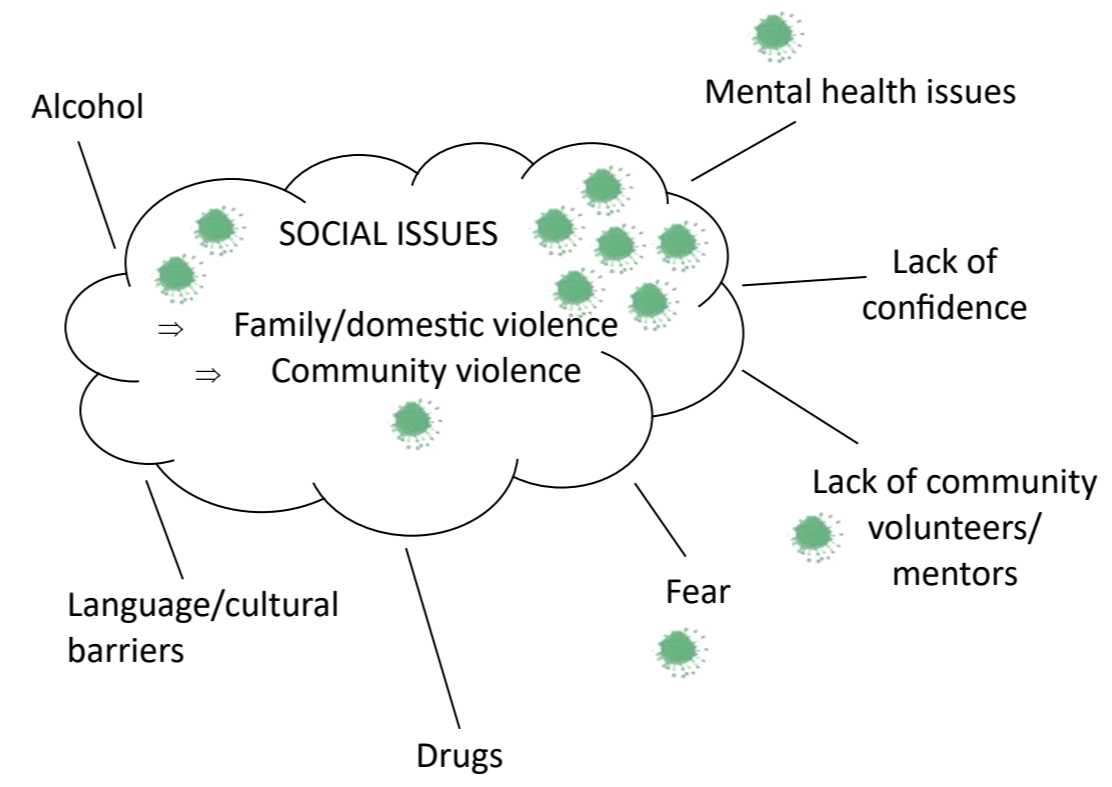
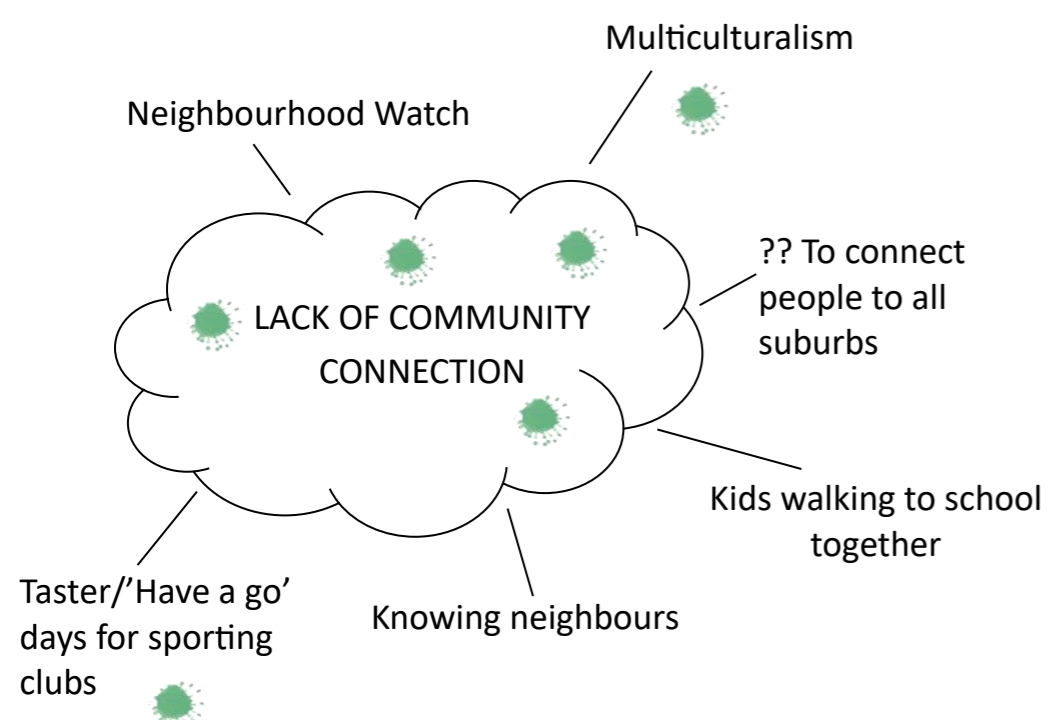
DELAY IN HEALTH ASSESSMENT OF YOUNG CHILDREN



BRAINSTORMING - KWINANA COMMUNITY CONVERSATION NOVEMBER 2016



WHAT IS THE LARGEST CONTRIBUTOR TO SOCIAL ISOLATION IN KWINANA?



BRAINSTORMING - KWINANA COMMUNITY CONVERSATION NOVEMBER 2016

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Residents Groups

Schools

Dome

Parks

Sloan Cottage

Beaches

Playgroups

HOW ARE PEOPLE
CONNECTING SOCIALLY?

Community Centres

Library

Social media

Adventure Park

Early Parenting Groups

Sporting Groups

Rec Centre

Imagine Kwinana

Facebook



WHAT IS THE LARGEST CONTRIBUTOR TO POOR CHILD HEALTH IN KWINANA?

Lack of community networks and what is available in the community (families don't have formal support)

Families not attending child health checks

SPORT COST

Lack of education for families to know what to do

Commencing early/ before the baby is born, antenatal, community knowledge

Lack of interagency discussions for referrals etc.

SOCIAL & EMOTIONAL WELLBEING OF PARENTS/ FAMILY

Design of community places and housing e.g. small blocks

Process and waitlist for public health too long

WHAT IS THE LARGEST CONTRIBUTOR TO POOR CHILD HEALTH IN KWINANA?

LACK OF SIGNAGE TO DIRECT AND INFORM

Welcome packages to new residents

Child Health Services to link with Super Clinics to raise awareness of where we are and what we do

Locality of unhealthy food options, lack of healthy options



Link to Rockingham Medical Centre

Moorditj Koort liaise in relation to clinical governance

Cost of medications, including over the counter medications

General poor health and wellbeing

Maps etc. like Transperth one

Visual awareness of community services

LACK OF COLLABORATION

Finance

Limited public transport



Regular checks

Good relationship with
therapists if needed

Minimal contact

High level of comfort

WHAT RELATIONSHIP
WOULD WE EXPECT A
THRIVING 5Y.O. TO HAVE
WITH HEALTH
PROFESSIONALS?

Consistency

Knowledge of what
other support is
available

Feel safe

Trust in professionals

More community events

Positive experiences

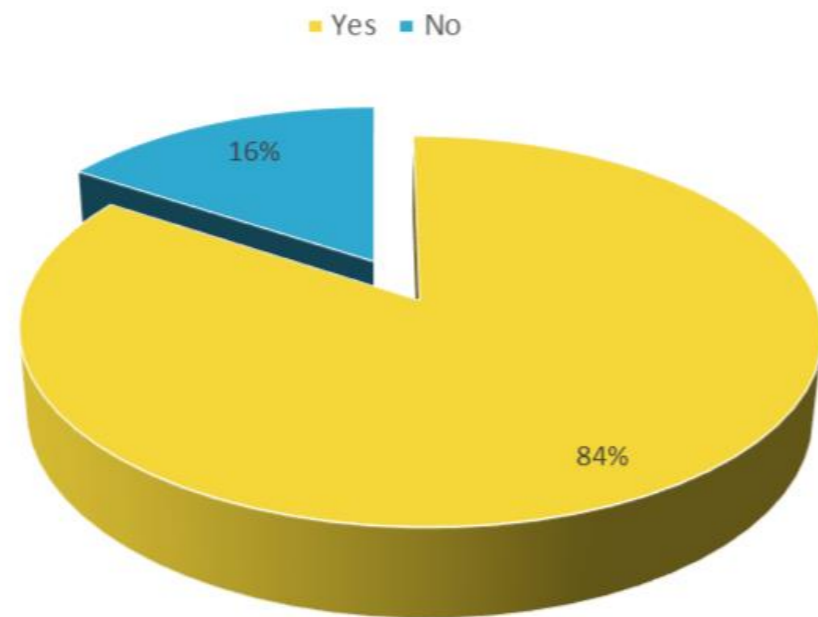
Children have familiarity



Kwinana residents were asked if Playgroups were beneficial and what format they would prefer.

95% were willing to pay a small fee

DO WE NEED MORE PLAYGROUPS?



84% said they would benefit from having a Playgroup in the school holidays

84% didn't mind if the Playgroup was facilitated or community led

84% said they would like to have Playgroups outdoors in playgrounds/parks/bush walks

Delay in Health Assessment of Young Children rated as a high concern.

Department of Health Data
City of Kwinana % of Births receiving child health assessment by child health nurses
2015/2016 financial year

6-8 WEEK	3-4 MONTHS	8 MONTHS	18 MONTHS	3-3.5 YEARS
82.4%	80.0%	49.2%	36.5%	18.2%

BRAINSTORMING - KWINANA 'VILLAGE IN THE PARK' EVENT FEBRUARY 2017

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& COMMUNITY SURVEY LEFT AT DAY CARE CENTRES 2016/2017

Families feel confident asking service providers for help as they find all staff nice & helpful

Parents would like ideas for activities in children's play, language/literacy

More sports activities for children

Families are still feeling socially isolated

Sometimes families feel alone & like they are the only one with a problem

HOW CAN SERVICES IN KWINANA HELP YOU ON YOUR PARENTING JOURNEY?

More parenting programs & courses

Know the family then know the child

Sports based play, non-competitive. Involving group sports play to learn sharing and team work

Organise a nature walk for parents who like getting out in nature, or even get a group started as a walking group

Transport to community activities is difficult for those without a car

Parents having home support

Higher standard of education

WHAT NEEDS TO BE IN PLACE FOR THE CHILDREN OF KWINANA SPECIFICALLY, SO THAT ALL CHILDREN REACH THEIR POTENTIAL?

DCP to be more involved on a positive note

Families would like to see outdoor playgroups/ nature play

Families would like to see a rhyme time/singing/dancing group available for older children 3+ years

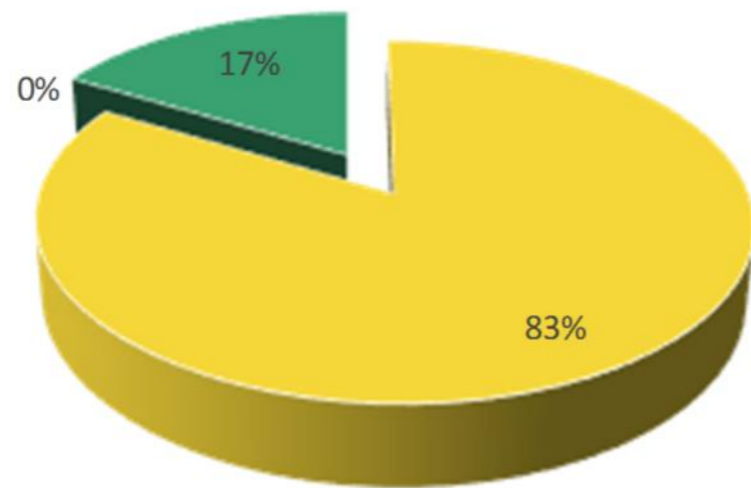
DO YOU FEEL CONFIDENT IN ASKING FOR HELP?

Sometimes it is difficult sharing personal problems when you haven't made enough connection in friendships

We decided to hear what the kids had to say and developed an interactive children's survey. Kids were asked to choose who makes them feel safe, choosing from friends, family or community members; where do they feel most safe, choosing from home, school or playground; what makes you healthy, choosing from exercise, food or sleep; and then they could choose 3 things from all the options for what makes them feel happy.

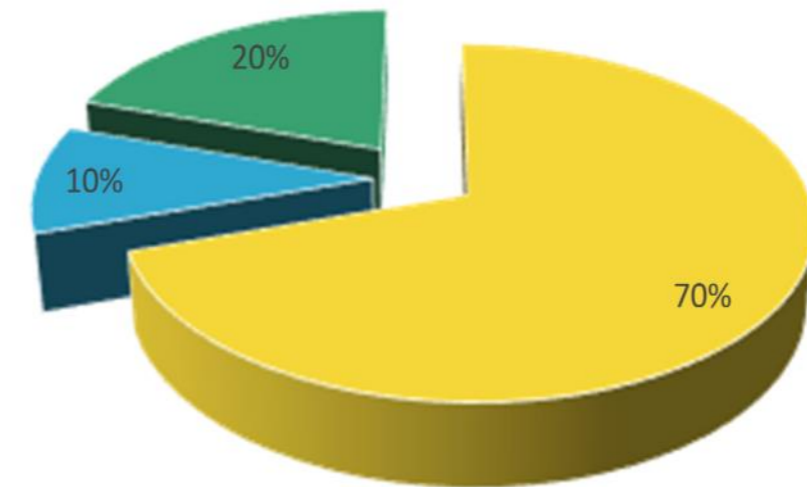
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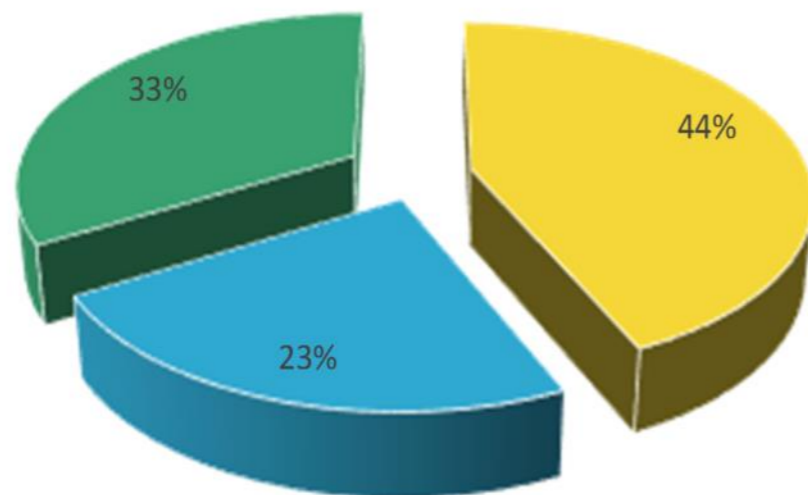
WHERE DO YOU FEEL MOST SAFE?

Home School Playground

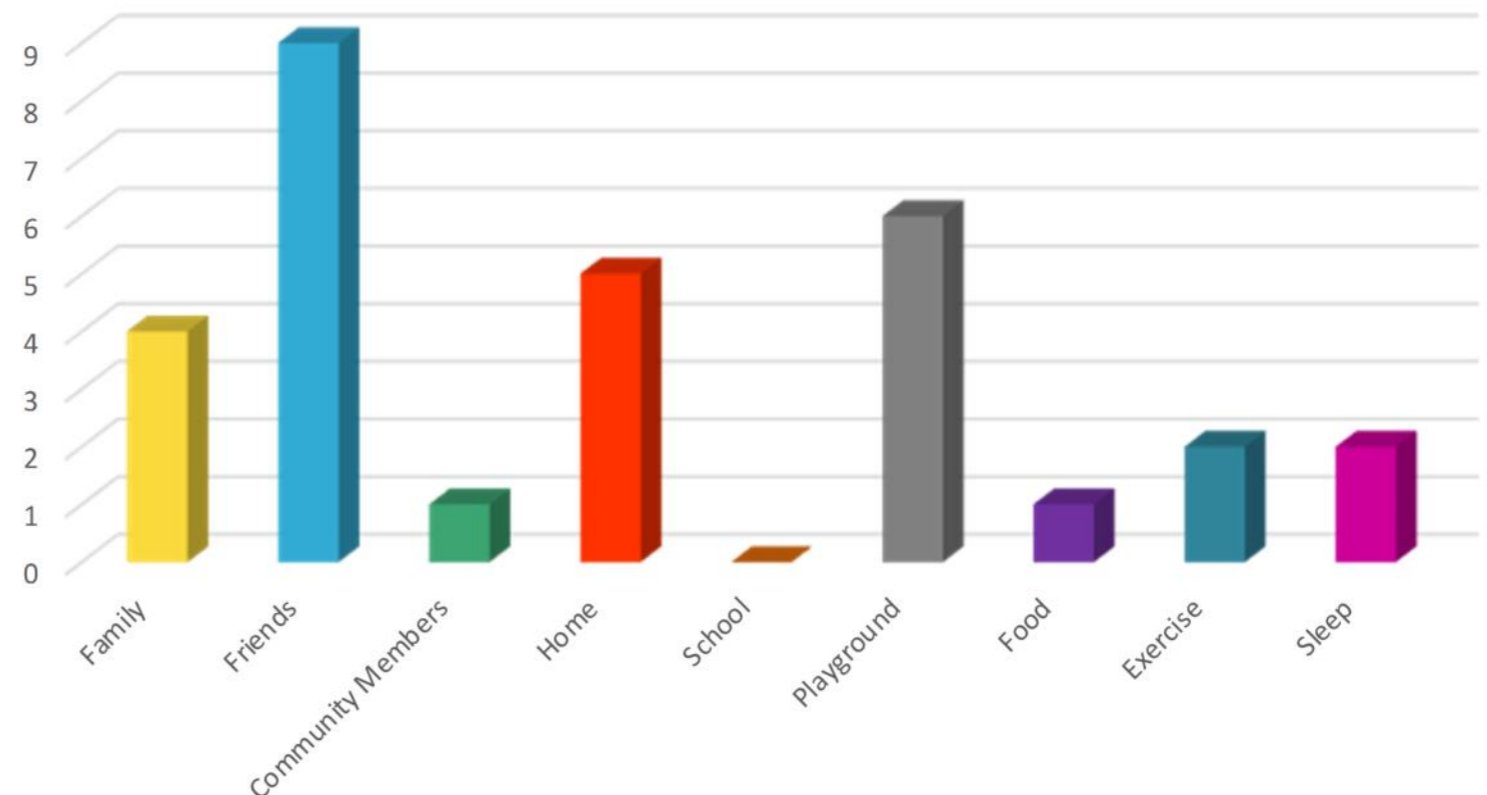


WHAT KEEPS YOU HEALTHY?

Food Exercise Sleep



WHAT MAKES YOU HAPPY?











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WORKSHOP DATA

Through continued lines of enquiry and consistent community engagement, we identified four common themes to address childhood vulnerability - health; isolation; financial strain; and safety. In early 2017, we decided to host a series of Community Workshops to further brainstorm issues surrounding these 4 identified themes and pinpoint ways we could address them.

WHAT WOULD IT TAKE, THROUGH A HEALTH LENS, TO MAKE SURE ALL CHILDREN COMMENCED SCHOOL ON TRACK?

Issue	Approach	Support
Information and support (antenatal and postnatal)		
Early education for parents pre birth	<ul style="list-style-type: none"> * Support groups * Information for CALD groups * Build networks social and professional (especially Health Nurse) * Parent Helpline * Peer to peer support 	
Building networks	* Peer to peer support	
Know you neighbours		
In home support, nurse visits, surrogate grandparents		
Intensive family support targeted at addressing family issues and building family capacity & resilience		
Coordinated services instead of multiple entry points	* Family Partnership model	
Parental Health		
Child Health Nurse Many barriers Judged, no rapport built, don't know about them, inflexible with appointments, can't see if working	<ul style="list-style-type: none"> * Assessment done at child care centres. Incentive or penalty for non compliance * Prefer GP have more rapport and more flexibility for working parents * Consistency of health nurse (role is not to diagnose) 	
Non attendance at specialist		
Celebrate diversity bring families together		
Children 4-8 forgotten		
Online does not always work. Agencies need to have referral targets to ensure they provide info to families		

Key Points of Focus
Information and professional support from early pregnancy
Peer support, know your neighbours, celebrate diversity
Child Health need to improve relational capacity
Integrated services to suit ages, stages and needs of a family
FAMILY CENTRES

People in Kwinana and Cockburn want their children to be healthy, feel safe and know that they belong in their community. But they're concerned that there is a lack of information and support for families starting from pregnancy and throughout the early years. The Health system is disjointed and accessing services can be difficult; with many families feeling judged by health professionals. Families feel isolated and as a result have limited peer support available to them.

As people talk about those concerns, they talk specifically about there being little information on children's development in the early years, limited understanding of professional supports and development of peer support networks. There is a disconnect in Health Services with multiple entry points and limited integration, lack of resources and ability to build rapport with Child Health Nurses. Relationship building is made even more difficult for working parents or parents from CALD groups, preventing them from achieving those aspirations.

The community believes we need to focus on providing information and creating support groups for mums and dads pre-birth, that continue in early childhood. Develop an Integrated Health System that keeps families in the centre and can support them throughout all stages of their family's life; providing universal and acute support. If local early years service providers, the Departments of Health, Education, Social Services and local government played a part in those actions, parents and carers would be more likely to trust the effort and step forward themselves.

During our second Workshop, we offered participants the opportunity to identify circuit breakers for change using our inverted pyramid; pinpointing Universal, Targeted and Deeper Dive solutions to Child Health issues.

UNIVERSAL

- * Integrated Health Services
- * Integrated system for health records
- * Midwife/hospital support
- * GP's trained in paediatrics
- * Hospital drop in service for up to 6 weeks
- * Key educational messages
- * Helpline for all (including CALD)
- * Good neighbours program
- * Parenting services – antenatal support
- * Mobile information and activities
- * Mobile services – hearing checks, OT, speech
- * Transition to school program – earlier intervention
- * Child health assessments at Child Care centres
- * Preventative programs – parenting/safety

TARGETED

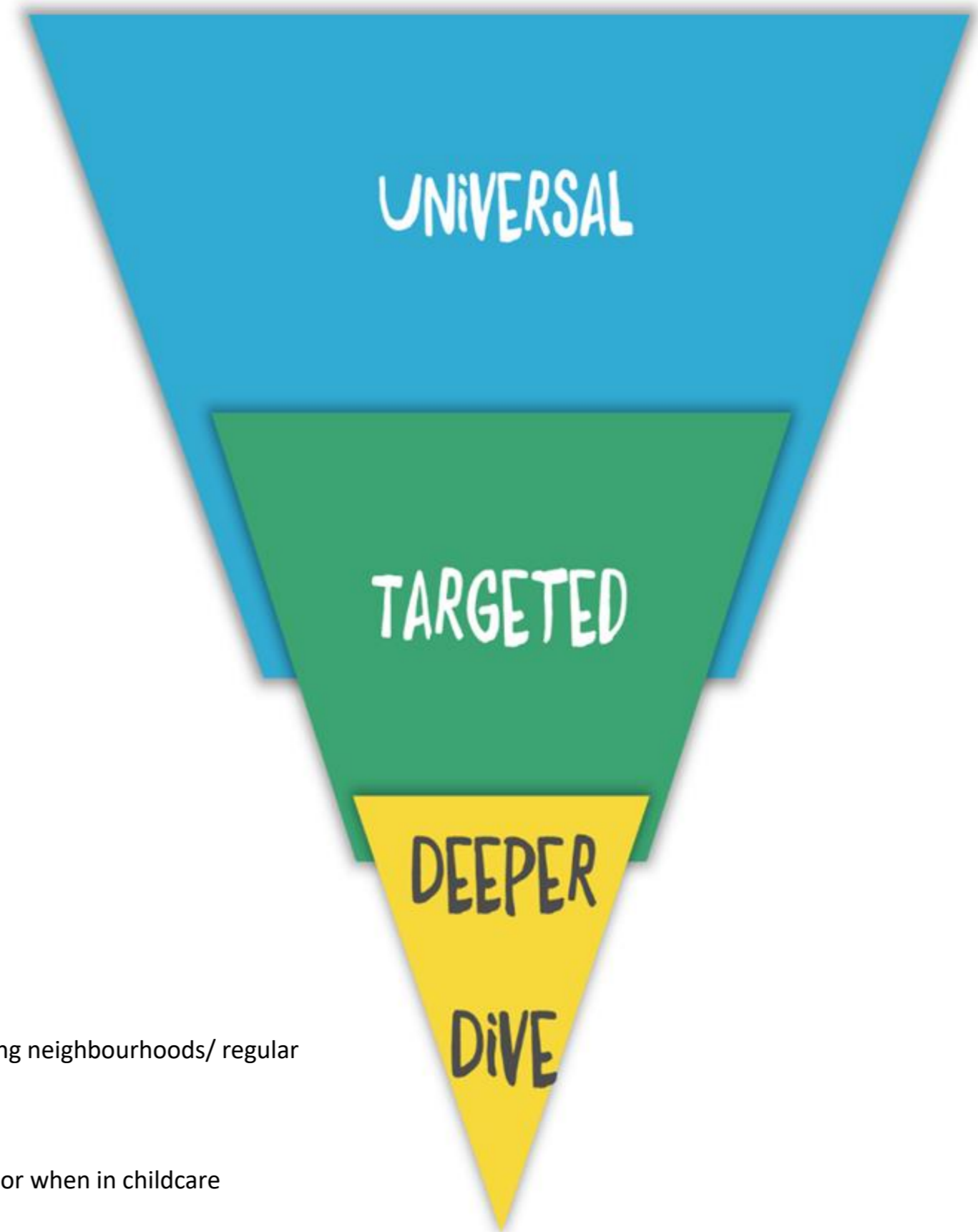
- * Antenatal Young Parent Groups
- * Pregnancy playgroup/support group
- * Parents as Teachers
- * CALD play and assess session
- * Support to navigate system

DEEPER DIVE

- * Community Mothers
- * Parents as Teachers


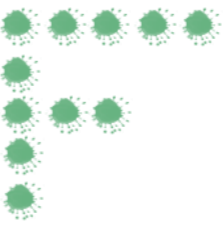




COMMON THEMES

- * Young Parents – all types of support
- * Antenatal/ Midwifery support – professional and support groups / volunteers / building neighbourhoods/ regular meeting opportunities in a variety of places - mobile
- * Education (ante/peri and preventative programs)
- * Flexible service delivery – mobile, drop in, out of hours
- * Access to early assessment opportunities – transition to school/ health checks via GP or when in childcare






Through continued lines of enquiry and consistent community engagement, we identified four common themes to address childhood vulnerability - health; isolation; financial strain; and safety. In early 2017, we decided to host a series of Community Workshops to further brainstorm issues surrounding these 4 identified themes and pinpoint ways we could address them.

WHAT WOULD IT TAKE, FOR ALL FAMILIES TO FEEL INCLUDED, CONNECTED AND BELIEVE THEY BELONG TO THEIR COMMUNITY?

Issue	Approach	Support
Networks	<ul style="list-style-type: none"> * Finding local champions who are already connected and being guided * Know your neighbours / activities like street gatherings and exercise groups/community gardens/ bush walking/pram walks/community BBQ/ intergenerational activities – older teaching younger fishing * Pregnancy support (mentor/groups) * Build connections opportunity to talk and share 	
Events	<ul style="list-style-type: none"> * Free, Food, different times and days * Support community to be involved in planning events * Inclusive catering special needs (tent/quiet corner) * Breast feeding spaces/ disability access * Family events (all ages) 	
Environment	<ul style="list-style-type: none"> * Keeping public areas clean and safe * More homely environments to meet in not office style 	
Activities	<ul style="list-style-type: none"> * More flexibility and variety in places / outdoors/ different times and days * Supported playgroups to assist inclusion * Groups of other young parents * Young social groups and meeting opportunities/ interests and hobbies * No cost * Activities to promote cultural connection * Include males/dads extended family * Fitness style activities * Crèche provided so families can do activity 	
Safety	<ul style="list-style-type: none"> * Need to feel safe and confident 	
Information	<ul style="list-style-type: none"> * Ways of knowing what is happening in the community * More readily available, social media notice boards word of mouth * Welcome pack – culturally relevant 	
Embrace Diversity	<ul style="list-style-type: none"> * Breaking down stereo types and reducing fear of being different * More cultural promotion and positive messaging * Reconciliation 	

WHAT WOULD IT TAKE, FOR ALL FAMILIES TO FEEL INCLUDED, CONNECTED AND BELIEVE THEY BELONG TO THEIR COMMUNITY?

Issue	Approach	Support
Transport	<ul style="list-style-type: none"> * Accessibility 	
Community Centres	<ul style="list-style-type: none"> * Accessible/ lots happening/all ages and interests 	
Capacity Building (Community Facilitators/Leaders)	<ul style="list-style-type: none"> * Have support to join, attend – personal warmth and engagement skills * Identify and train leaders * Playgroups WA – train mothers to lead groups 	
Key Points of Focus		
Embrace Diversity —Break down stereo types promote and celebrate all cultures		
Networks and local leaders —Finding local champions who are already connected and want to mentor guide, assist them to build capacity to engage and mentor others. They will support activities/events and specialised groups		
Neighbourhoods / Community Centres —Develop community neighbourhoods. Street events, better use of community centres holding lots of varied activities regularly		
Activities and Events —Range of interests, times and days to suit everyone. Inclusive promote cultural diversity in safe and welcoming places		

During our third Workshop, we offered participants the opportunity to identify circuit breakers for change using our inverted pyramid; pinpointing Universal, Targeted and Deeper Dive solutions to Isolation issues.

UNIVERSAL

- * Showcase Noongar and all languages in the community in; shopping centres, parks and playgrounds
- * Develop a community action plan to create a sense of belonging
- * Focus on traditional /food/clothing/ceremonies
- * Showcase how different cultures manage health & wellbeing
- * Introduce the teaching of singing and dancing at events
- * Volunteer groups developed – build capacity - assign to new mums, develop and provide info packs to new residents, welcome pack at school. Include info for families living with disability
- * Opening discussion on Mental Health
- * Support groups are included in community plan - Awareness raising for people living with disabilities
- * Access to community centres for groups to meet
- * A go to for new community members- Family Resource groups
- * Develop a community App - Available at shopping centres/libraries to print relevant info on maps etc.

TARGETED

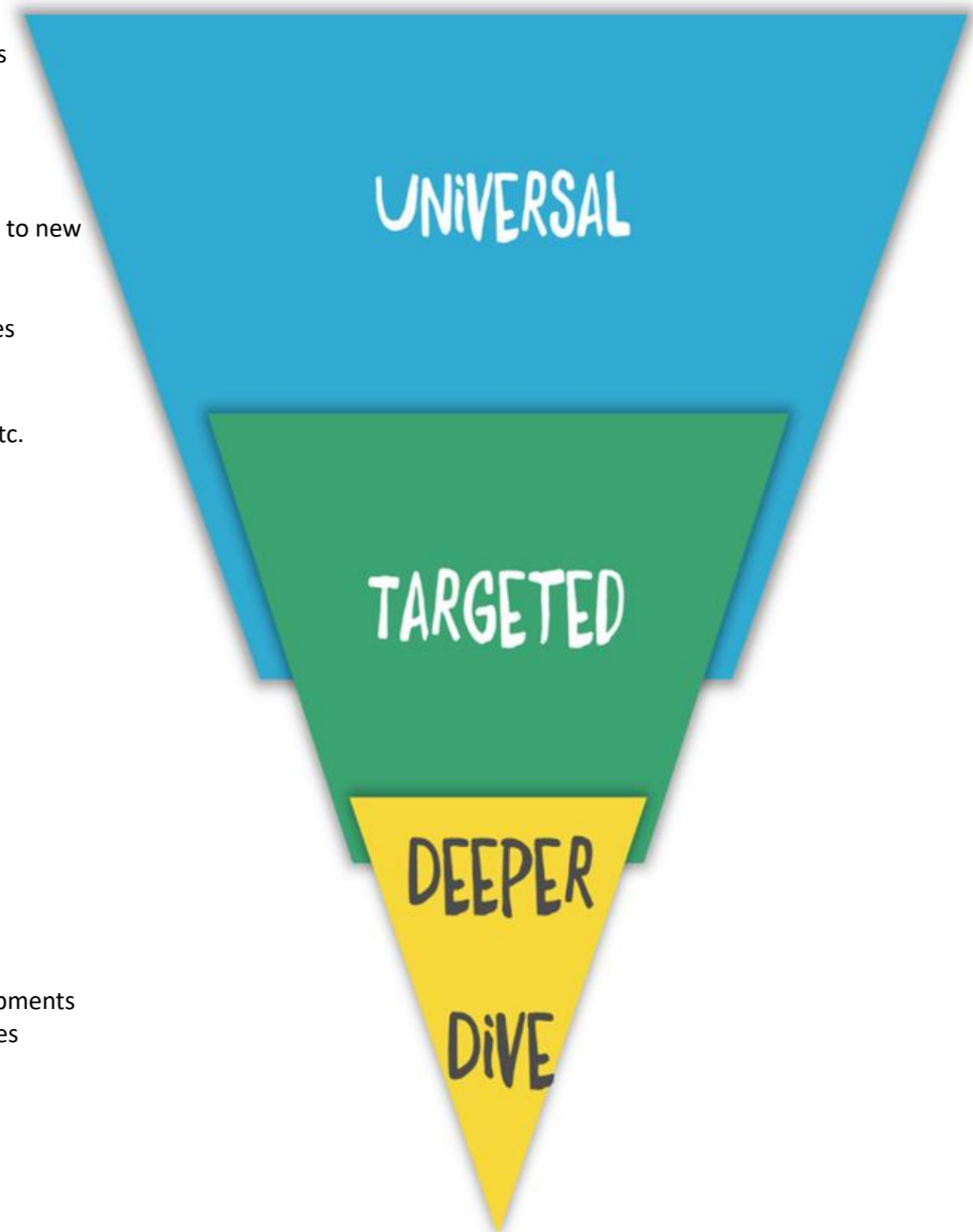
- * Educate community on cultures (dance/sing and drama performances)
- * Awareness building on differences
- * Next stage of Paint Kwinana ReAD - look at languages
- * Volunteer groups developed – High school and TAFE students, Mentors to walk alongside
- * Community supporters (champions) Weekly chat and a cuppa, link families to other supports
- * Teaching Children safe behaviour
- * Mental Health support
- * Anti-bullying - After school support
- * Community gardens - Shared produce. Recipes

DEEPER DIVE

- * Create and art mural in the Kwinana community honouring our first people
- * Identify leaders who can provide support to community groups, schools learning centres etc.
- * Develop social contact register at schools - By class to arrange catch ups and support
- * Town planners - Community advisory group to engage with planners before sign off on new developments
- * Integrated service- Connecting services / reduce duplication create bigger better projects - outcomes

COMMON THEMES

- * Cultural Diversity
- * Capacity Building
- * Inclusion
- * Community Support
- * System Change – Professional services

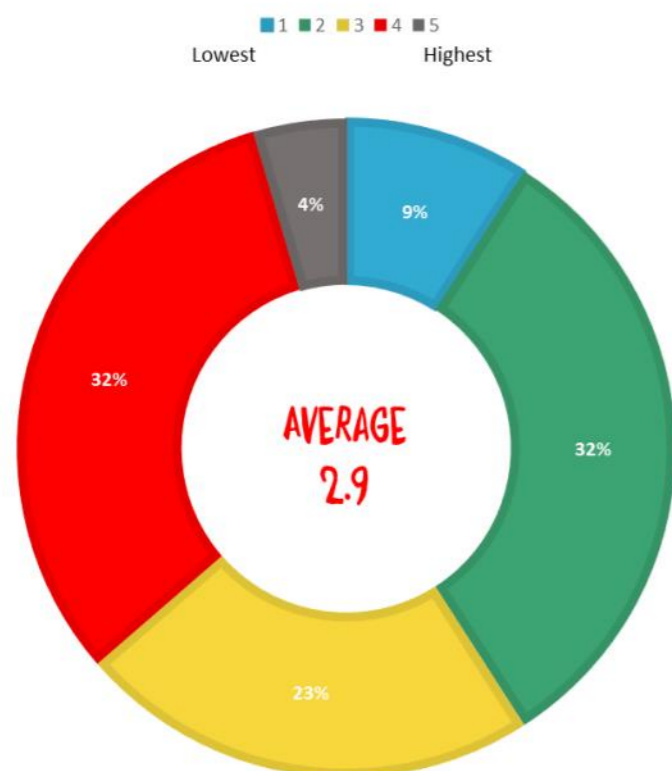


WHAT APPROACHES LIVE IN THE SWEET SPOT?

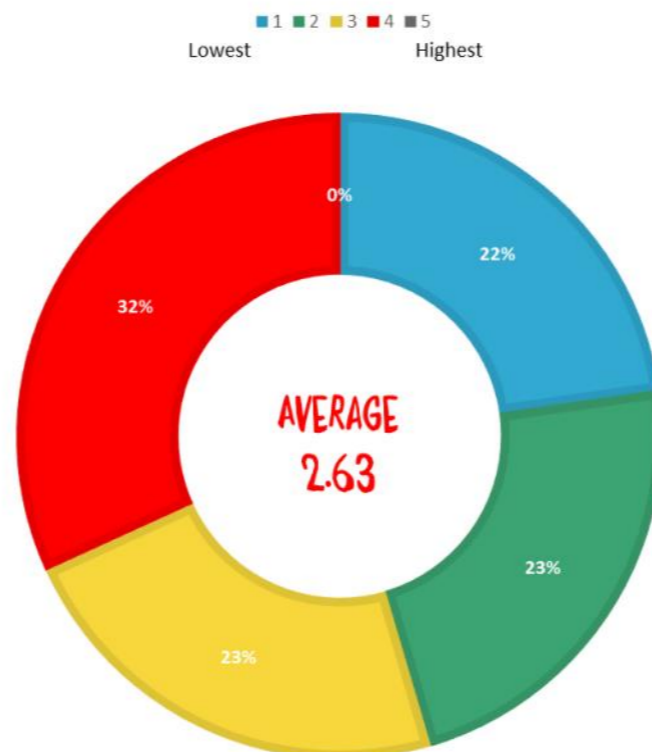


The “sweet spot” of community life is where you take action on a public concern and simultaneously build the underlying conditions for change and sustainability. We conducted a survey with Workshop participants on Tuesday 27th June 2017; asking a series of questions to be rated from 1 (Lowest) to 5 (Highest) to determine how ready Cockburn and Kwinana are to address local issues.

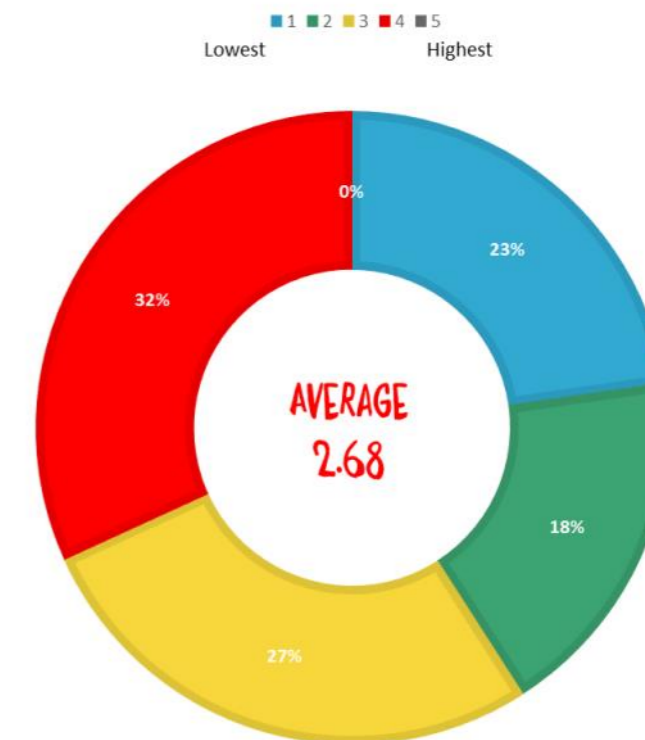
HOW WELL DOES YOUR COMMUNITY IDENTIFY LEADERS?



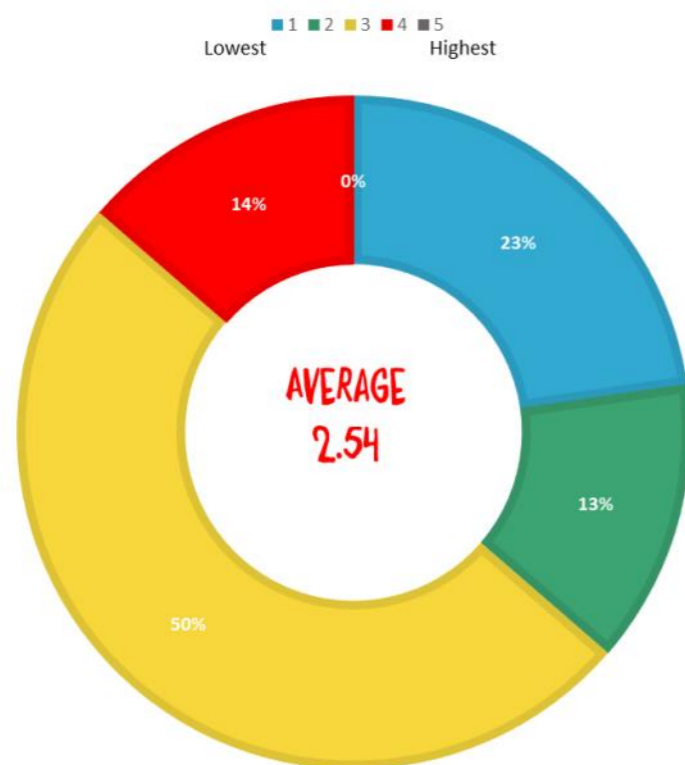
HOW WELL ARE LEADERS IN THE COMMUNITY CONNECTED?



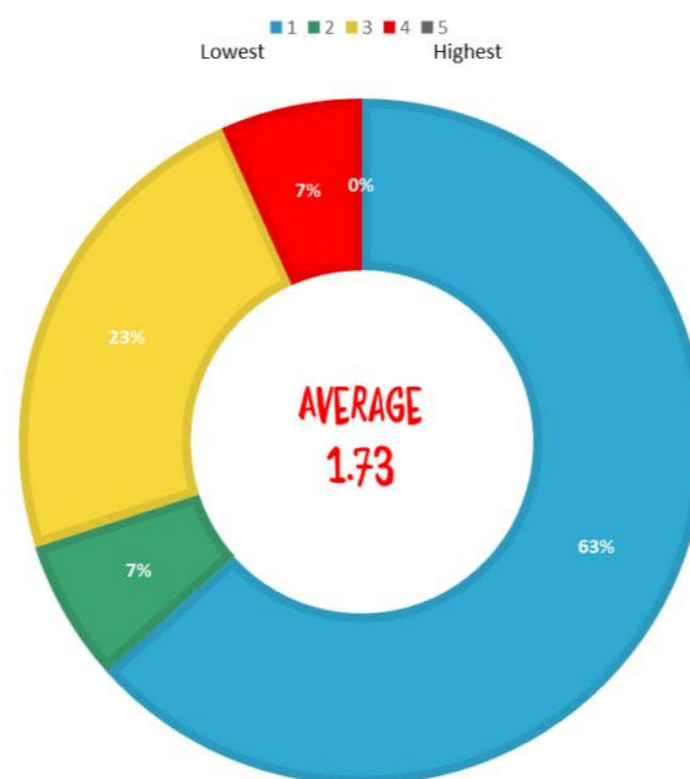
HOW STRONG IS THE LINK BETWEEN LIKE-MINDED NETWORKS?



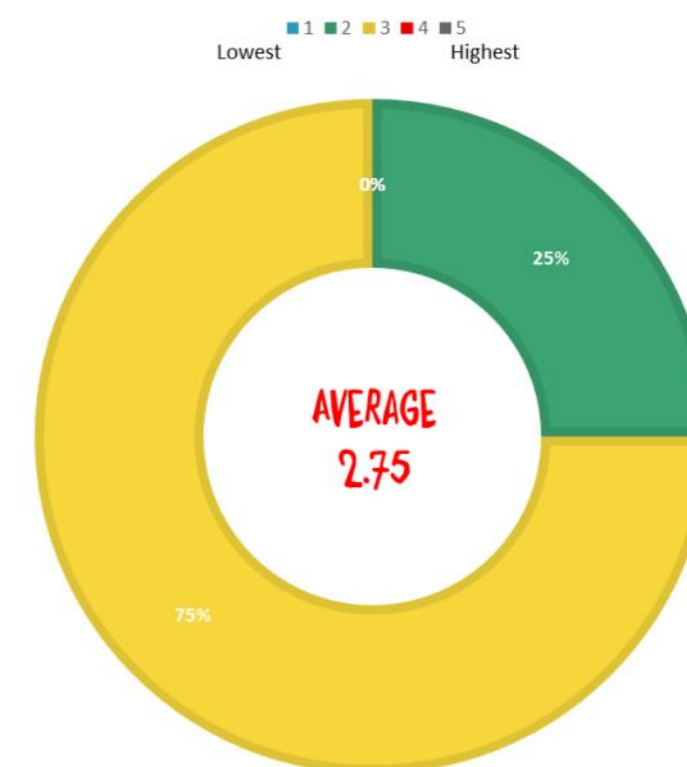
HOW STRONG IS THE TRUST IN WORKING TOGETHER BETWEEN NETWORKS?



HOW WELL ARE OUR ORGANISATIONS & COMMUNITY GROUPS WORKING TOGETHER?










HOW WELL DOES COMMUNITY COME TOGETHER TO GET THINGS DONE?



Through continued lines of enquiry and consistent community engagement, we identified four common themes to address childhood vulnerability - health; isolation; financial strain; and safety. In early 2017, we decided to host a series of Community Workshops to further brainstorm issues surrounding these 4 identified themes and pinpoint ways we could address them.

WHAT WOULD IT TAKE FOR ALL FAMILIES TO FEEL SAFE IN THEIR COMMUNITY?

Issue	Approach	Support
Get to know your neighbours	<ul style="list-style-type: none"> * Progressive dinners * Street BBQ * Community Gardens – Stephanie Alexander Project * Encourage street presence – give people a reason to come out * Community events – diversity 	
Community Hubs	<ul style="list-style-type: none"> * Better use of spaces for community members not meeting rooms * Public Hubs – connect cultural groups together * More infrastructure in Bertram for youth * Social media apps to connect local people together 	
Identify Community Leaders (kindness and loving)	<ul style="list-style-type: none"> * Community driven responses- everyone is responsible (whole village to supervise and guide children) * Community reps check in on community members * Outreach work – good Samaritans * Develop a reference group * Political/ Policy impact building trust * Positive conversation/share stories be proud 	
Safety Programs and Education	<ul style="list-style-type: none"> * Safety House – formal programs/ revamp * Increase positive Policing programs linking back to schools/community groups * Alternative approach to community security – less security presence * Balance of formal security * More access to protective behaviours program * Info/workshop for parents * Education / action plan for how to act in emergencies (000) * Education/programs for bullying in schools * Parent education on responsible supervision of children 	
Community support houses/groups / rehab	<ul style="list-style-type: none"> * Supporting families experiencing DV, D&A, Mental Health issues 	
Reduction in DV, stress, MH		
Stable housing	<ul style="list-style-type: none"> * Support Services 	



WHAT WOULD IT TAKE FOR ALL FAMILIES TO FEEL SAFE IN THEIR COMMUNITY?

Issue	Approach	Support
Public Transport	* Safer access / CAT system free	●●
Babysitting club	* L.E.T.S. Local economic transfer scheme	●
Legalise drugs		
Self-defence training		
Sense of belonging	* Cultural identity pride in heritage and history	●●
Infrastructure	* Public spaces clean and safe * More needle bins in toilets * Main roads improve traffic calming designs – possibly check in with ref group * Improve lighting (solar)	● ●●● ●
Create a campaign	* Design a slogan get community involved – schools, set a target and report on it (not in our town – Save the children) * Identify champions and reward * Report a Hoon number advertised	●

Key Points of Focus

Identify Community Leaders—Community driven responses that are sustainable/ Capacity building mentoring programs/ Reference Groups/ Volunteers/ Action Groups

Education—Variety of training identified that would inform community and change behaviours

Neighbours—Belonging—Create a sense of belonging and with that increased safety by joining into community events

During our fourth Workshop, we offered participants the opportunity to identify circuit breakers for change using our inverted pyramid; pinpointing Universal, Targeted and Deeper Dive solutions to Safety issues.

UNIVERSAL

- * Building community
- * Getting to know your neighbours
- * Identify different ways to socialise embracing all cultures (share food, dog walking, community gardens)

TARGETED

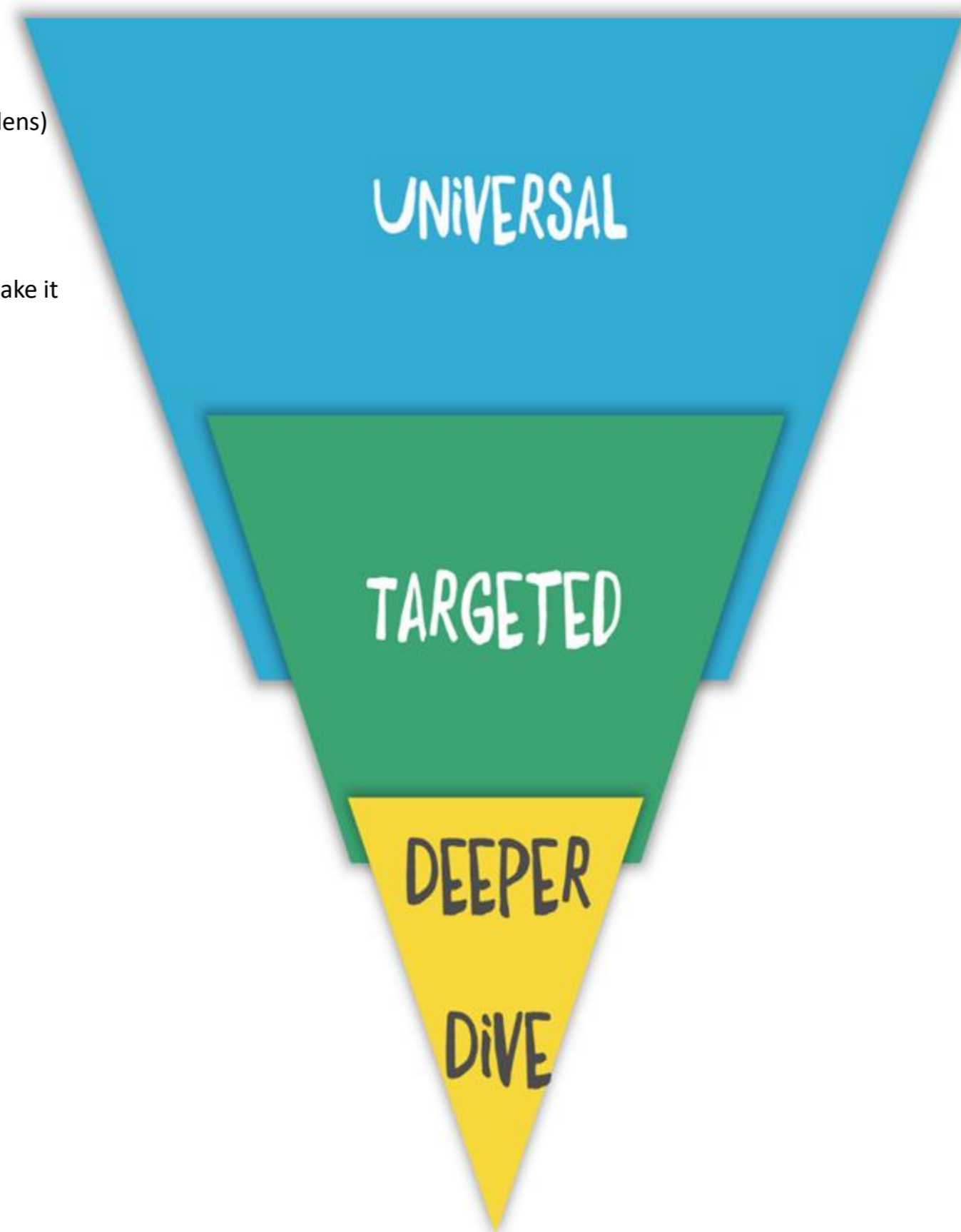
- * Road safety – kids playing in the street signs
- * Capacity building
- * Enhance what we have – Constable Care/Safety House/ Residents Group/ Protective Behaviours (make it more accessible)
- * Existing service increase capacity to support all levels not just crisis

DEEPER DIVE

- * Enhance funding opportunities for families to hold street parties to get to know neighbours
- * Develop an app for the neighbourhood or street group
- * Identify a leader in your street
- * Training in attachment – Circle of Security
- * Improved understanding to navigate Centrelink and how to access information and support
- * Develop skills at child care centres to identify at risk families

COMMON THEMES

- * Develop a Safety Campaign – create a language for our community
- * Capacity Building
- * Building Community



During our fourth Workshop, we offered participants the opportunity to identify circuit breakers for change using our inverted pyramid; pinpointing Universal, Targeted and Deeper Dive solutions to Safety issues. Attendees were offered the option to come up with a Safety campaign. These were the suggestions.

WHOLE OF CITY SAFETY CAMPAIGN

(e.g. Not in our Town/ G'Day how's your Day/ Put it in the Bin/ Butt Out/ Pay it Forward)

UNIVERSAL

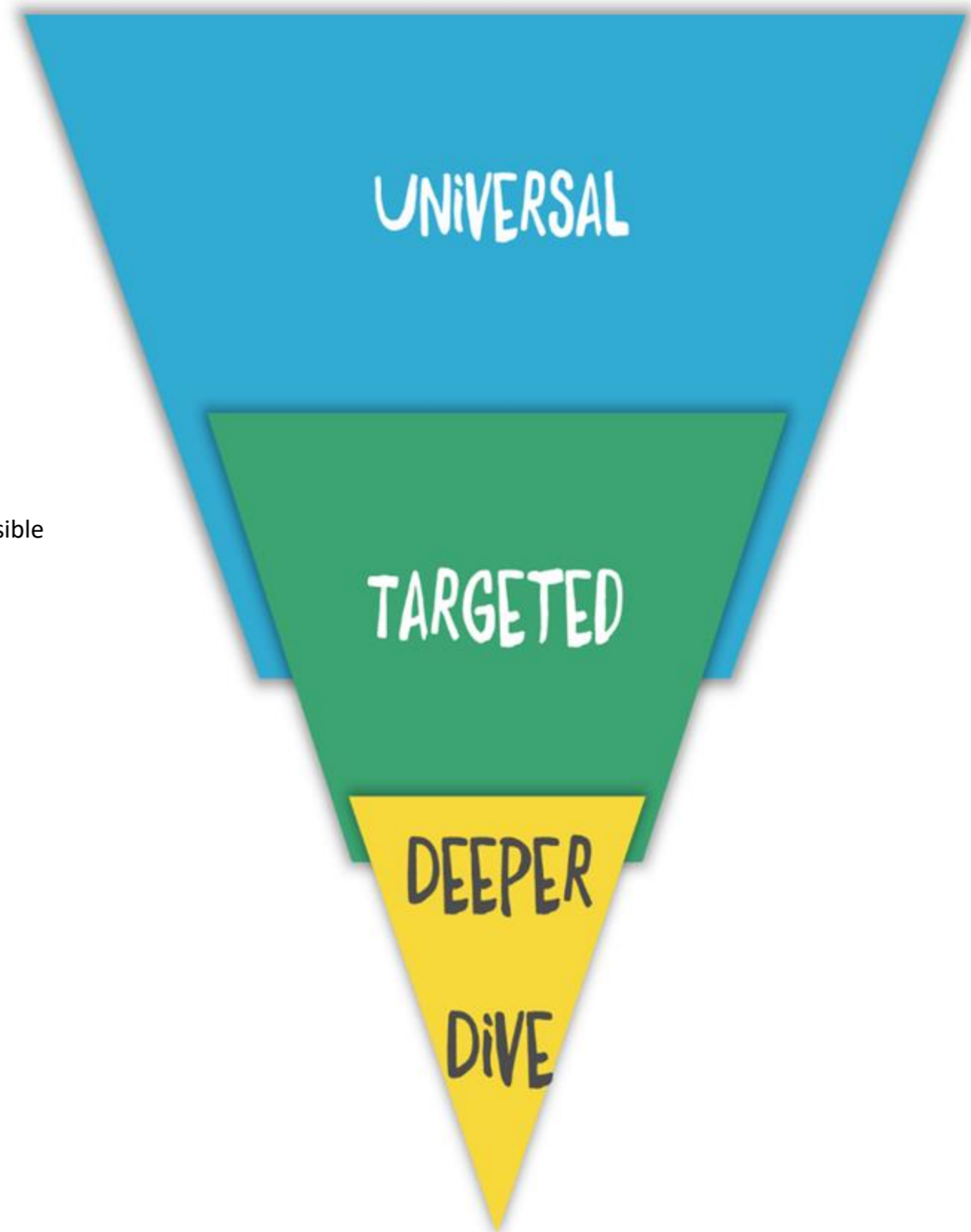
- * Create a slogan
- * Positive signage/reinforce positive behaviour
- * Engage seniors and youth to develop mutual respect
- * Everyone is responsible, stop bystander behaviour
- * Provide education and information to whole community
- * Provide support programs to improve parenting – prevention rather than crisis/reaction
- * Multiple places to access information
- * All services to work together

TARGETED

- * School children create a logo or mascot
- * Enhance what we have – Constable Care/ Safety House/ Protective behaviours training more accessible
- * Existing service increase capacity to support all levels, not just crisis
- * Target areas – adventure playground
- * Positive Policing activities
- * Community reporting number to call
- * Free events
- * Diverse community groups involved (sport/art/grandparents)

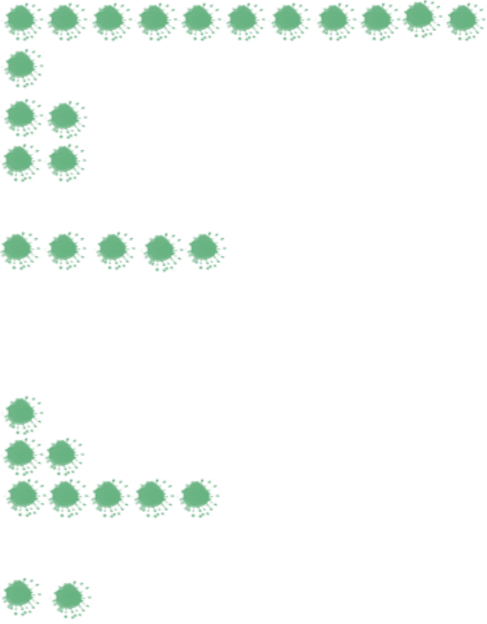


DEEPER DIVE

- * Change community attitude of who is responsible for keeping the community safe
- * Develop sense of pride in community
- * Community Markets showcasing the diversity and talent in community
- * Councils to provide signage
- * Service providers to be accountable over what services they are funded to provide
- * Create a community liaison position in each suburb



Through continued lines of enquiry and consistent community engagement, we identified four common themes to address childhood vulnerability - health; isolation; financial strain; and safety. In 2017, we decided to host a series of Community Workshops to further brainstorm issues surrounding these 4 identified themes and pinpoint ways we could address them.

WHAT WOULD IT TAKE TO REDUCE THE IMPACT OF FINANCIAL STRAIN ON YOUNG CHILDREN AND ENABLE THEM TO THRIVE?

Issue	Approach	Support
Education	<ul style="list-style-type: none"> * Financial education at school (making budgets/plans etc.) * Budgeting—provided by supermarkets/church programs * Encourage better food and lifestyle choices/children work in canteen * Education on dietary needs for children and the impact of processed foods * Things that don't cost much (library /food/recipes/share bulk groceries/ second hand clothing/making interactive toys for children that provide the same development value as expensive toys) * Develop a booklet of hints * Provide a list of support services – to go to guide. * Workshops at libraries on how to manage the impact of financial strain * Parenting under stress workshops * Know your limits in terms of debt. > 30% of income on rent results in rental stress. Prioritise what to buy – what is most important. * Pressure for kids to engage in expensive sensory classes – gym kids/ 6mth swimming lessons. Educate on cheaper alternatives 	
Support Services	<ul style="list-style-type: none"> * Better support from and understanding of Centrelink programs and opportunities * Greater flexibility with Centrelink support to meet needs of highly vulnerable * Bank Accountability * Information on what support is available at multiple outlets (chid care/ school etc.) 	
Build Capacity	<ul style="list-style-type: none"> * Develop fun programs to teach and increase engagement / ability to help each other * Identify role models * Build confidence in requesting support / Wellness education for parents – how to feel good about self * Emotional and Mental Health support needed for carer and child 	



WHAT WOULD IT TAKE TO REDUCE THE IMPACT OF FINANCIAL STRAIN ON YOUNG CHILDREN AND ENABLE THEM TO THRIVE?

Issue	Approach	Support
System Change	<ul style="list-style-type: none"> * Change eligibility criteria to prevent people becoming destitute before support is available * Need a service that links people to support – one stop shop * No incentive to work as all support is removed – change system to provide support whilst getting established in employment * Create a HECS style support enabling access to free child care whilst looking for employment * Overhaul child support and family tax benefit * Develop a program to motivate youth and young families focusing on future workforce awareness and skills required * Affordable home cooked meals at school (reduce need for evening meal) * Create local hubs within community to access internet * Grant co-ordinator for each City to help community members identify/ complete and submit applications * Reduced childcare and after school care costs (flat fee of \$10 for after school activity like ballet/guitar or art classes) 	
Community Support	<ul style="list-style-type: none"> * Reduce the stigma around needing help with positive messaging * Breakfast and homework clubs run by volunteers * Know your neighbours provide support with before and after school care and transport * Community events to reduce isolation and provide free opportunities to build networks 	

COMMUNITY WORKSHOP—CHILDREN'S LEADERSHIP FORUM—AUGUST 2017

We wanted hear from children aged 10-12, so we hosted a forum and asked a series of questions based on our four identified themes impacting childhood development.

WHAT HELPS YOU FEEL HEALTHY?

- Fitness
- Being calm
- Nature and parks
- Having fun
- Talking with people I know
- Learning
- Sport activities
- Eating healthy foods
- Fruits, vegetables and meats
- Being myself
- Having a friend to run with
- Plenty of happy people and a population of animals
- Good friends and family
- No negative things in my life
- A strong education and sport space
- Food
- Being around friends and family
- Making friends
- Love and support
- Physical
- Eating proper meals
- Walking in the outdoors
- Being part of a group or society
- Family (their love)
- Happiness
- Doing it together
- Swimming and having fun
- Being social
- Smiley and positive
- Thinking positive
- Running
- To run cross country and get active

WHAT STOPS YOU FROM FEELING HEALTHY?

- Unhappy
- Fatness
- BULLIES
- Issues
- Gaming addictions
- Being lazy
- Being negative
- Sport
- No exercise
- Unhealthy environment (unfriendly and not sociable)
- Family issues
- Doing something you don't like
- Sweets (even though they are delicious)
- Chicken Treat
- Friends and family eating unhealthy foods and they tell you, you have to eat it or you don't eat anything
- Family issues
- No friends
- Doing something you don't like
- Siblings
- Puppies and babies (take up a lot of time)
- McDonalds
- Horror films
- Sitting
- Negative people
- Bad friends and family

WHOSE JOB IS IT TO MAKE YOU HEALTHY?

Mine

- School
- Doctors
- The people around us and us
- Mum and Dad
- Close friends
- Teachers
- Friends
- Family
- Yourself
- The people around you
- Your conscience
- Strangers
- My Mum



WHERE DO YOU FEEL SAFE?

- Bedroom
- Home
- Being with friends
- School
- Kickboxing with friends
- Dance studio
- Where Mum and Dad are
- Being in nature

WHEN YOU JOIN A NEW CLASS, SCHOOL OR GROUP, WHAT WOULD HELP YOU FIT IN?

A smile

- Talking to people
- Spreading love
- Doing the right thing
- A bestie beside you
- Meeting some people
- Helping others

WHAT WOULD YOU TELL YOUR 4 YO SELF?

- Do everything you can while you are 5
- Listen more in Kindy
- Have more than two friends so that if they gang up on you, you have other friends
- I wouldn't say anything as that might change my decisions and I wouldn't be me
- Learn your times tables
- Don't hang out with people who are bad cause you may turn out like them
- Look out more for people who aren't so nice
- Ask to adopt a child or get a pet early if you are an only child

WHAT IS IT ABOUT THESE PLACES THAT MAKE YOU FEEL SAFE?

- Security
- Mum understands me
- Being with friends
- Quiet time
- No one else can come in
- Feel protected, loved and safe with Mum and Dad
- School is surrounded by nature and I feel safe around nature
- Alone with your imagination
- Makes me happy to be with my friends

WHAT DO WE SPEND MONEY ON IN A HOUSEHOLD?

- Kumon
- Defence shield
- Power (electricity and gas)
- Foxtel/Netflix/Stan
- Toys
- Water
- Bills
- Solar energy
- Mortgage/Rent
- Furniture
- Air-conditioning
- Mobile phone
- Take away and eating out
- pets
- Plane rides
- Cigarettes and alcohol
- Extended family (grandparents)
- Books and DVD's
- Sport
- X-box/PlayStation
- Car payments and maintenance
- Doctor/Dentist/Vet
- Clothing/shoes
- Cleaning products and toiletries
- Food
- Taxis
- Hospital/ orthodontist
- School camps excursions/incursions
- Holidays
- School fees/uniforms/books
- Hair styling
- Pest control/ snakes
- Petrol
- Medicine/chemist
- Activities/Hobbies

