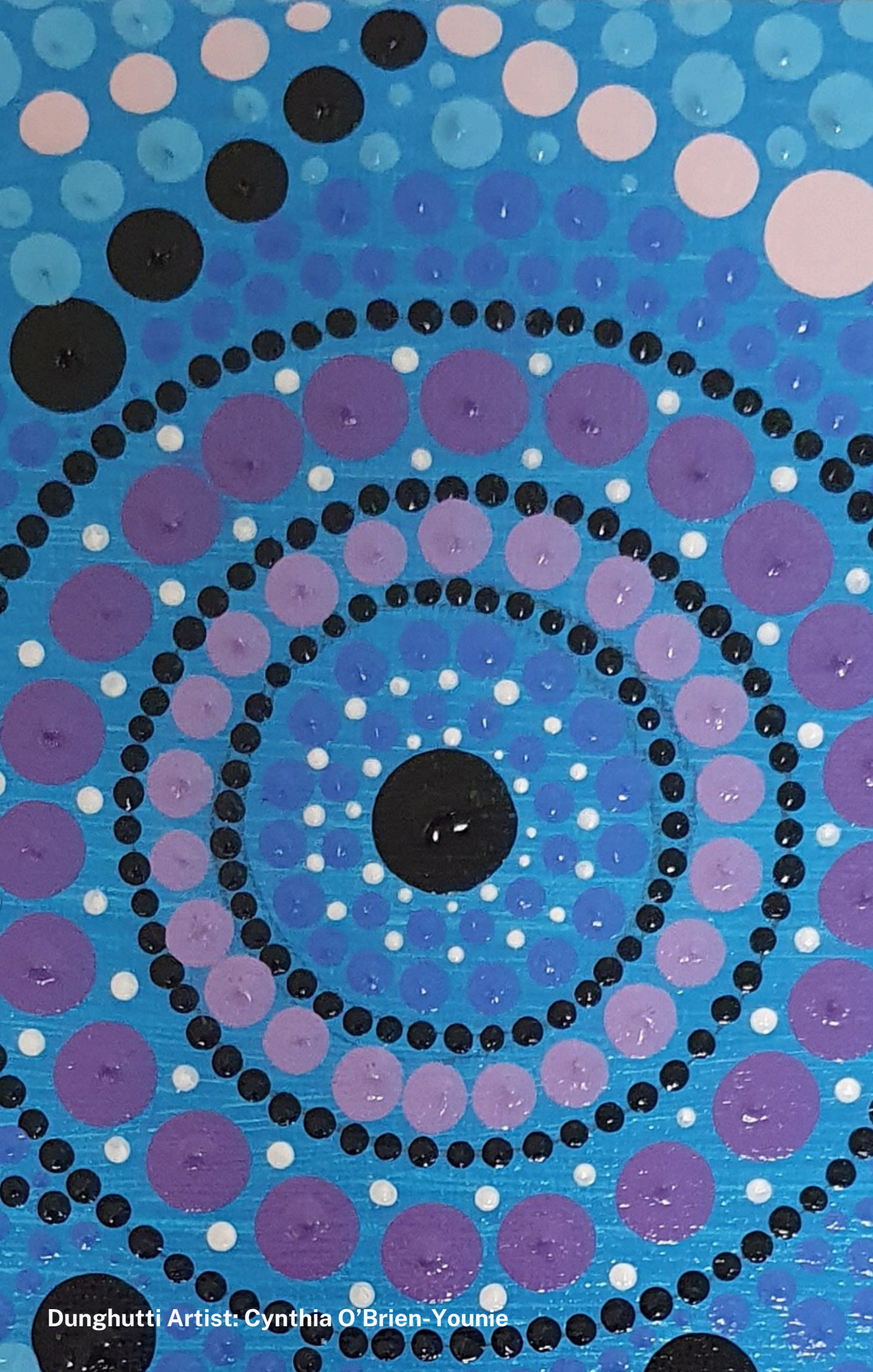




Dunghutti Artist: Cynthia O'Brien-Younie

Youth Well Fund

Project summary

Mid North Coast
Local Health District

Introduction

During 2020 Healthy Communities Mid North Coast (*Healthy Communities*) highlighted the need to support the health and wellbeing of young people, given the challenges of natural disasters in the local area and the impacts of COVID-19. *Healthy Communities* members and two youth representatives discussed innovative approaches to address youth preventive health and agreed to release a small grant funding opportunity.

In the 2021/2022 financial year, the Youth Well Fund (YWF) was released across the Mid North Coast, offering \$3,000 grants to organisations and schools to support the health and wellbeing of young people.

2021-2022: our creative team members



Amy Sawyer

Former Coordinator,
Healthy Communities
Mid North Coast,
Health Promotion
MNCLHD



Gavin Jones

Health Promotion
Officer, Schools Lead
MNCLHD



Kahli Wyatt

District Health
Promotion Support
Officer
MNCLHD

Mid North Coast Local Health District's (MNCLHD) Health Promotion team coordinated the YWF on behalf of *Healthy Communities* and provided ongoing support to applicants including:

- auspicing connection
- a simplified online application process
- creative formats such as video, podcast or posters
- idea generation assistance
- Zoom Q&A sessions about ideas and the application process
- ongoing one-on-one support if successful.



Tyan King

Current Coordinator
MNCLHD

- Provided ongoing support to YWF recipients

Overview

The YWF supports a shift away from traditional health ‘expert’ led programs to actioning:

- local youth-led models of preventive health to support healthy lifestyles
- supporting and empowering young people (13-24 years) to share perspectives, and take responsibility for their own health and wellbeing.

Grant applications across our region



60
Applications received



39
Projects funded



34
Successfully completed



Outcomes

Breakdown of project focus areas:

10	Aboriginal focus
22	Social and emotional wellbeing
7	Physical activity
10	Healthy eating
4	Cultural diversity
9	Environmental or other focus

Results:



87%
of projects met their
intended objective



53%
of projects have been
sustained beyond the
life of the grant



**Hastings Secondary College, Port
Campus: Breakfast club revamp**

Health-focused YWF projects

Bowraville Central School - Student bee program.

Bularri Muurlay Nyanggan Aboriginal Corporation - Youth-designed health and wellbeing radio messaging.

Coffs Harbour High School - Youth-led anti-vaping awareness campaign.

Coffs Harbour Learning Centre - Youth-designed mountain bike skills track construction.

Kempsey High School - Boxing to promote physical and mental health.

Kempsey Neighbourhood Centre Inc. - BMX pump track infrastructure to support equity and access to equipment.

Mission Australia - Youth-designed healthy living workshops.

Mujaay Ganma Foundation Aboriginal Corporation - Yuraal native food garden bee program.

Nambucca High School - Food ladder - a food production and food insecurity program.

Newman Senior Technical College Port Macquarie - Youth-designed community garden.

Orara High School - Water filter to promote consumption of water.

Scotts Head Sharks Soccer Club - Community colour-run event for small regional town.



Mission Australia: Youth health and wellbeing workshops 'goal jars'

Wellbeing-focused YWF projects

Allegra School, Coffs Harbour - Youth diversity and inclusiveness social marketing campaign to the local community.

Bellingen High School - Smile peer-to-peer mentoring program.

Bellingen Mentor Group Inc - Walking2Womanhood girls mentoring program.

Christian City Church, Wauchope - Basketball stadium mural, graffiti workshops and shirt design with a local Elder.

Coffs Harbour Neighbourhood Centre - Creative wellbeing workshops for young people.

Hastings Secondary College, Port Campus - Breakfast club area revamp for wellbeing.

Hastings Secondary College, Port Campus - Mental health first aid training and peer-to-peer support.

Hastings Secondary College, Port Campus - Mechanics mentor program for young males.

Hastings Secondary College, Westport Campus - Yarning circle for Aboriginal students, families and community.

Kempsey Adventist School - Outdoor activities to promote youth interaction.

Kempsey Adventist School - School community-wide plastic recycling program.

Kinchela Boys Home Aboriginal Corporation - Youth after-school cultural program.

Mackillop College, Port Macquarie - Cultural yarning circle for Aboriginal students.

Nambucca Valley Christian Community School - Youth-designed wellbeing messages painted on toilet doors.

Nambucca Valley Youth Services Centre - Youth-led LGBTQIA+ support group (Let's Bee Gay).

Neighbourhood Centres of Bellingen Shire - LGBTQIAP+ Youth Podcast Series.
NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors, Coffs Harbour - Stand up/Stand by ensembles to address racial intolerance among First Nations and refugee students.

Samaritans, Kempsey - Co-designed Aboriginal art mural workshops with a focus on wellbeing.

Slippery Sirkus - Creative Youth Council, Macksville - Youth-led and performed music event mentoring program.

St Joseph's Regional High School, Port Macquarie - Youth-led health and wellbeing packs for homeless young people.

Findings of YWF projects

YWF recipients were asked to tell us about the challenges, successes and learnings of their projects.



Challenges

- restrictions with COVID-19
- transport
- weather
- delivery delays
- sustaining participant motivation
- programs reach and structure
- natural disasters
- infrastructure and renovations
- staff changes
- time delays.



Successes

- local resource development
- social and cultural capital
- social engagement and support
- connections and relationships
- wide-reaching
- community engagement
- new experiences and skills
- infrastructure
- agency partnerships
- cultural knowledge
- confidence
- awareness of service supports
- employment opportunities.



Learnings

- improved promotion activities
- early recruitment
- inclusion of parents
- community collaboration
- logistics
- pre-activity education sessions
- planning of program structure
- consultation
- improved documentation
- event timing
- employing youth peer workers
- healthier catering.

Photos from left to right:

Mission Australia: Youth health and wellbeing workshops “group rules”

Wauchope Youth Church: Friday night youth drop-in

Allegra School Coffs Harbour: Diversity social marketing campaign



Case study: Samaritans Kempsey Youth co-designed Aboriginal art wellbeing workshops

Samaritans Kempsey's Troye Baker was inspired to support the health and wellbeing of young people by showcasing headspace as an inclusive place for everyone by developing an art installation. By engaging with Dunghutti Aboriginal artist, Jason Ridgeway, a series of creative workshops were delivered at the artist's studio with Kempsey youth. Jason began collaborating with youth who were accessing headspace around a cultural design that represented Dunghutti Country.

During the creative process, youth were exposed to new artistic

expressions, Dunghutti knowledge, stories and cultural practices.

The workshops allowed an open space for young people to connect, share stories, and learn about the impact of trauma as well as access help. Headspace held an open day for their new premises and Jason was invited to speak about his personal journey through trauma and seeking help.

The collaborative art piece is now proudly on display at the headspace office in Kempsey for the entire community to view.

Case study: Coffs Harbour Learning Centre mountain bike skills track

Coffs Harbour Learning Centre students designed and built a mountain bike skills track on their school premises. Staff supported students to work with tradespeople and local volunteers to undertake the project.

Students learned about the processes of building a track, erosion, trade skills and the environment.

The track has been beneficial for the physical activity and continuity of bike safety knowledge for students and created new relationships with the local community taking an interest in the school's bike track.





The live concert performance is available to view on [YouTube: Ready Set Go 2022](#)

Case study: The Creative Youth Council's Ready Set Go Youth Music Mentorship Program

The Creative Youth Council, based at the Music Station in Macksville, was established to support young people in the Nambucca Valley to express themselves creatively under the guidance of adult mentors in a safe and supportive space.

Through the Ready Set Go Youth Music Mentorship Program, mentors introduced young people to music industry career pathways including performance, sound production, stage and events management. Several workshops were held to plan, program, coordinate, perform

and stage a music event for the community. Seventeen young people organised and participated in their own live music performance, and Radio 2NVR broadcast the event live on air.

During the workshops and performance, new friendships were formed, participants' confidence grew, and ways to enhance mental health and wellbeing were discovered. Some of the participants were so motivated to continue their musical journeys that they made the decision to pursue music as a career after graduation.

Case study: Kobba's Skate Fest art workshops

Kobba's Skate Fest was a heart-warming community tribute to commemorate the memory of a young, talented and passionate skateboarder.

More than 150 people participated in art workshops held at the Kobba's Skate Fest. The workshops built social and cultural capital with youth volunteers helping to run the workshops and creating a space for young people to "relax and create".

For more information [click here](#).





Case study: OneMob Radio youth yarning project

OneMob Radio engaged with local schools, the Aboriginal Education Consultative Group (AECG), and communities to give youth across Gumbaynggirr Country a taste of what it takes to work in radio production.

Youth yarned about what was impacting their social and emotional wellbeing and were supported to research their chosen topics, write scripts, and record and edit their messages.

Check out some of the vaping content created by young people:

“Did you know recharging vapes could start a house fire?”

“Reduce by one! The smallest change can have the biggest impact.”

Project snapshots



Allegra School Coffs Harbour

Explore the innovative *acceptance of diversity* social marketing campaign, striving for understanding of youth diversity and inclusiveness.

For more information [click here](#).



Hastings Secondary College Westport Campus

Become inspired by the collaborative creation of *Yarrgal Djuyal, Ngukalil-Ngarralbaa Yarning Circle*, a dedicated space for students, teachers and the community to come together and share stories, knowledge and experiences.

For more information [click here](#).



Kempsey Neighbourhood Centre

In consultation with Kempsey youth, a lockable fixed container at the local BMX Pump Track was placed on site to hold several BMX bikes for communal use. A fantastic idea allowing youth who face disadvantage in the community access to an outlet for enjoyment and a shared connection through physical activity.

For more information [click here](#).

