

## Creating Connections – ACTION PLAN



### Easy English Version



The Wangaratta community told us that creating connections with other people is important for good mental health.

The community also told us some activities we could do to create more connection in the community.



Let us know if you like any of the activities or would like to join in.

## Activity 1 – Social Groups

### Description:



✚ Social groups for people who like similar things to come together and connect.

Some examples could be:

- Separated dad's group
- Men's Tables
- Women's Tables
- Fishing and recreation group
- Coffee and chat group



### How will this work?



The community will create the social groups.

The groups will be led by community members, but businesses can help and support if needed.

Grit and Resilience team will help the groups.



*Working together to build and sustain Grit and Resilience across the Rural City of Wangaratta community*

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## What will this activity achieve?



Strengthen community connection and create more relationships between people.



Improve supportive and protective conditions for good mental health and wellbeing.

## Activity 2 – Project 365 (U Can Cry)

### Description:



Project 365 have formed a band called U Can Cry and will practice together for a year. They will perform a concert for the community in May 2022.

### How will this work?



Group of people who love music and can play an instrument.

They will rehearse together once a month until their concert in May 2022.

They will be supported by the Grit and Resilience team.



## What will this activity achieve?



Strengthen community connection and create more relationships between people.



Improve supportive and protective conditions for good mental health and wellbeing.



Positive influence on mental health, including those affected by suicide.

### Activity 3 – Town's on Stage

#### Description:



Create events in the communities outside of Wangaratta to encourage people to visit the smaller towns.

#### How will this work?



Towns will be given an event pack to help them organise their event.

Events can be as big or as small as the town would like.

Event organisers will get support from the Grit and Resilience team.

## What will this activity achieve?



Strengthen community connection and create more relationships between people.



Improve supportive and protective conditions for good mental health and wellbeing.

## Activity 4 – Street Parties

### Description:



Opportunity for streets across Wangaratta to have a street party and get to know their neighbours.

### How will this work?



Organisers will be given a party hosting pack to help them organise their event.

Support from the Grit and Resilience team.



## What will this activity achieve?



Strengthen community connection and create more relationships between people.

## Activity 5 – Community Connection Guide

### Description:



This activity will update the existing Community Directory and send it to everyone in the community. It will also include creating a Grit and Resilience card that has information on mental health support.



The group will also work with newspaper and radio to have a 'month of connection', where mental health support activities will be advertised.



### How will this work?

Work with Council's Community and Recreation team to update Community Directory and to make hard copies to send to people.

Support from Grit and Resilience team to do these activities.

## What will this activity achieve?



Strengthen community connection and create more relationships between people.



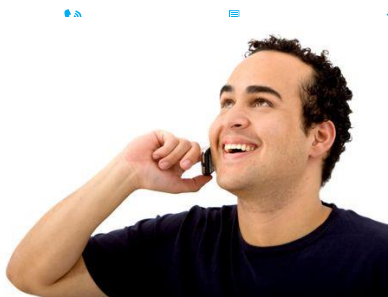
Improve supportive and protective conditions for good mental health and wellbeing.



Positive influence on mental health, including those affected by suicide.

## Activity 6 – Connecting Community Partnership (used to be called Hello Project)

### Description:



There is a group called Connecting Community in Wangaratta.

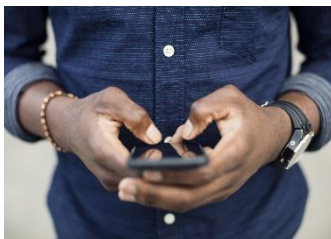
They call people on the phone and build connections with people who may be lonely.

This activity will involve working with Connecting Community and helping them to be a long-term activity in the community.

### How will this work?



The group will help Connecting Community with advertising.



The group will help find volunteers to help make phone calls.

The group will help provide training to the volunteers.

## What will this activity achieve?



Strengthen community connection and create more relationships between people.



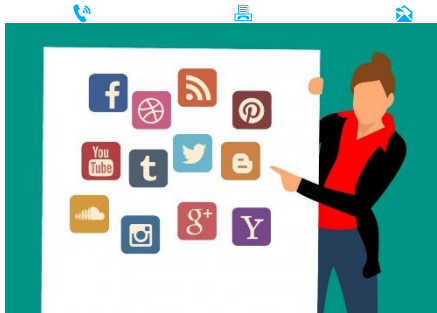
Improve supportive and protective conditions for good mental health and wellbeing.



Positive influence on mental health, including those affected by suicide.

## Activity 7 – Agile Social Media Campaigns

### Description:



This activity will create social media posts that support positive mental health activities and messages.

The social media posts will change depending on what is happening in the community.

### How will this work?



The Grit and Resilience team will help the community create social media posts that are engaging.

The Grit and Resilience team will help the community create social media posts with mental health information that is important to them.

## What will this activity achieve?



Strengthen community connection and create more relationships between people.



Improve supportive and protective conditions for good mental health and wellbeing.



Positive influence on mental health, including those affected by suicide.



Strengthen community support for positive mental health and wellbeing.

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## Activity 8 – Be the Change

### Description:



An activity where people would help others in the community with a project, or just help around the house.

### How will this work?



This activity would involve creating a safe online group where people can advertise what support they can give.

People can also ask for help to do things.



People can ask to go and have coffee with someone.

Or they can ask for help to fix their broken bike.



## What will this activity achieve?



Strengthen community connection and create more relationships between people.



Improve supportive and protective conditions for good mental health and wellbeing.



Positive influence on mental health, including those affected by suicide.



Strengthen community support for positive mental health and wellbeing.

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