



### **Creating Connections working group ACTION PLAN**

Through the Grit and Resilience community survey, the community told us that creating connections with people in our community is vital for good mental health and wellbeing, and that these connections can and do happen during small everyday interactions. They are when our local barrister knows our order, when you are walking down the street, and someone smiles at you or when your new neighbours come over to introduce themselves.

The Community also told us that sometimes they aren't sure how to build community connections when they are not connected to a sporting group or the local schools, so it is important that there are lots of different ways for us to create connections.

This activity will support fostering and embedding connectedness within our communities, by increasing the kinds of opportunities we have available to connect.

The activities that are included in this action plan, have been developed based on Community feedback, evidence informed practices, the aims and objectives of the Grit and Resilience Program and the Lifespan Framework. The intent of the Grit and Resilience Program is to implement programs that reach across the whole municipality and engage as many people as possible. Some activities have been designed to attract specific cohorts within our community that have previously not engaged due to access and other reasons.

Activity	Description	How will it work?	What will this activity achieve?	Resources
<b>Social Groups</b>	<p>These groups will provide opportunities for people who have similar interests and experiences to connect.</p> <p>They will be free to attend.</p> <p>Some community suggested examples include:</p> <ul style="list-style-type: none"> <li>• Younger mum's group</li> <li>• Separated dad's group</li> <li>• Men's tables</li> <li>• Women's tables</li> <li>• Fishing and Rec activities group</li> <li>• Beer and Banta groups</li> <li>• Coffee and chat groups</li> <li>• Meat and Meet groups</li> <li>• Roaming Dinner groups</li> <li>• "No lycra" cycling group</li> <li>• Multi-generational technology group</li> <li>• 20-25 social group</li> </ul>	<p>The Creating Connection working group will engage with Community members to support and coordinate social groups.</p> <p>These groups could be in local areas, across the municipality and may change locations as they evolve.</p> <p>They would be run by locals who have a drive to bring people with similar interests and experiences together.</p> <p>These groups would be peer driven however, services may connect with these groups where necessary to support learning and expertise on a particular topic.</p>	<p>Strengthen community connection and broaden relationships between people in common communities.</p> <p>Improve supportive and protective conditions for good mental health and wellbeing.</p>	<p>Each social group will get a budget to support the activity.</p> <p>Each social group will get an information pack on how to set up a social group including templates to support activation. The pack may also include resources such as maps for accessible walking tracks or rail trails for walking or riding groups.</p> <p>Each social group will receive a list of local business who are happy to support the group in their activities (e.g., coffee discounts, free room for hire, bike hire etc).</p> <p>Each activity will be followed up to support evaluation and understanding of outcomes.</p>
<b>Project 365 (U Can Cry)</b>	<p>Project 365 is a group of community members who have all been impacted by mental health or suicide, either through their own experience, or by supporting others on their journey.</p> <p>These members have formed a band, called " U can Cry" with the intent of</p>	<p>The group share a love of music and are talented musicians who play a variety of instruments.</p> <p>Each group member has chosen a song that is meaningful to them and meet once a month to rehearse.</p>	<p>Strengthen community connection and broaden relationships between people in common communities.</p>	<p>Creating Connections group will be supporting Project 365 to ensure their project meets the needs of the members of the group.</p> <p>The Creating Connections group will assist Project 365 with their project management, marketing, and the</p>

	<p>practicing their songs for 365 days, which will culminate in a large public concert in the PAC of Wangaratta.</p>	<p>In May 2022, the group will come together to perform a concert for the wider community and will share the journey towards their concert through a series of photographs and videos.</p> <p>Project 365 embodies community connection; where people who may not otherwise speak to each other, come together to share their love of music and to put on a concert for the wider community.</p>	<p>Improve supportive and protective conditions for good mental health and wellbeing.</p> <p>Positively influence attitudes to mental health, including those affected by suicide.</p>	<p>coordination of their May 2022 event.</p> <p>Each activity will be followed up to support evaluation and understanding of outcomes.</p>
<p><b>Towns on Stage</b></p>	<p>This is an opportunity for larger events to be held outside of Wangaratta to promote and encourage people to visit the smaller communities and boost pride and excitement within the smaller towns.</p>	<p>The towns that would like to participate will be given a budget and asked to form a “Towns on Stage Committee”.</p> <p>The Committee will be given a “pack” which will include everything they need to host a “Towns on Stage” event.</p> <p>There will be a timetable for which town is on stage and each Committee will make their event as big or as small as they would like it.</p> <p>Event could be anything from:</p> <ul style="list-style-type: none"> <li>• A local band playing on the back of a truck.</li> <li>• Social tennis at their recently refurbished tennis courts, while...</li> </ul>	<p>Strengthen community connection and broaden relationships between people in common communities.</p> <p>Improve supportive and protective conditions for good mental health and wellbeing.</p>	<p>Each town will get a budget to support the activity.</p> <p>Each town will get an information pack which outlines the supports available to them to host their own “Towns on Stage” event.</p> <p>There will be a coordinated Social media campaign for all “Towns on Stage” events.</p> <p>Each activity will be followed up after the event to support with evaluation and understanding of outcomes.</p> <p>Support with applying for permits (as needed) with RCoW will be provided.</p>

		<ul style="list-style-type: none"> <li>• the school is hosting a pickleball match on the school oval, while....</li> <li>• The local post office is selling their local post cards that people can post for free to their grandmother in QLD.</li> <li>• The local cheese seller is giving away samples.</li> <li>• they also have a car boot sale in the car park</li> <li>• while the CFA is having water fight and free car wash.</li> </ul> <p>Opportunities are endless and it would be up to the community to tailor their "Towns on Stage" event to their community.</p>		
<p><b>Street Parties</b></p>	<p>This is an opportunity for streets across the municipality to host their own street party.          These streets can be as big or as small as they like.          It will provide the opportunity for people, who may have been living next door to each other for years, but don't know each other, to come together and share food, and stories and even get to know the new people within their space.</p>	<p>The Creating Connections group will facilitate this and work with Community members who would like to play host to their own street party within their own street.</p> <p>Interested Community members will be asked to register for a street party.          They will be asked their location; the approximate number of people attending and then sent a "pack" that will have all that they will need to "get this party started". It will include invite templates (that can be popped into everyone's letterbox) posters, and any resources that they may need.</p>	<p>Strengthen community connection and broaden relationships between people in common communities.</p>	<p>Each street party will be given a small budget to get them on their way and also a list of businesses that can support with discounts etc.</p> <p>Each activity will be followed up after the event to support with evaluation and understanding of outcomes.</p>

<h2>Community Connection Guide</h2>	<p>The Wangaratta Community has a very robust community directory, which outlines all the community halls, services and organisations. However, a revamp is needed to ensure people are aware of how to access it and what is in it.</p> <p>Hard copies will be sent to everyone across the Wangaratta Municipality and will also include information on opportunities for the community to connect.</p> <p>This will support people in becoming aware of what is available around them.</p> <p>Additionally, having a <b>pocket-sized Grit and Resilience card</b>, which is a practical guide to accessing mental health support within the area, will support people to know how they can get support.</p> <p>Furthermore, work with the local newspaper and radio to have a <b>month of connection</b>, where we have mental health and supportive activities highlighted in our community.</p>	<p>The Creating Connections working group will work with the RCoW Community and Recreation team on the revamp and developing the hard copies of the Community Directory.</p> <p>The Creating Connections working group will also develop a Grit and Resilience pocket guide that outlines the supports available within the community. This will be sent to all services and community members across the municipality.</p> <p>The Creating Connections group will also work on a month of mentally healthy connection points within our community that will be showcased in our local paper and radio. This would coincide with the release of the Grit and Resilience pocket guide and the Community Directory.</p>	<p>Strengthen community support for positive mental health and wellbeing.</p> <p>Improve supportive and protective conditions for good mental health and wellbeing.</p> <p>Positively influence attitudes to mental health, including those affected by suicide.</p>	<p>The Creating Connections group will be given supports, resources and access to all they need to complete this task.</p> <p>The Community Connectors Officer of the Grit and Resilience Program Team will be embedded into this activity to ensure effective and efficient access to all that is needed.</p> <p>Each activity will be followed up to support evaluation and understanding of outcomes.</p>
<h2>Connecting Community - Partnership</h2>	<p>The Wangaratta Community has an established group known as “Connecting Community” that links community members to other community members via the phone so</p>	<p>The Creating Connections Working Group will support the project with advertising (word of mouth, social media etc) and will connect volunteers</p>	<p>Strengthen community connection and broaden relationships between people in common communities.</p>	<p>The Creating Connections working group will have a budget to support Connecting Community with training and advertising to support people to utilise this project.</p>

<p><b>(Formally known as the Hello Project)</b></p>	<p>that they can stay connected to each other. (This activity was established in early 2020 to support connection after the first wave of COVID-19)</p> <p>The Creating Connections group will work with Connecting Community to promote and support the sustainability of this activity within the Wangaratta Community and value add to it by extending its reach during adverse events.</p>	<p>into the project to make the phone calls.</p> <p>The Creating Connections working group will also provide funding to provide appropriate training to the volunteers who make the phone calls.</p>	<p>Strengthen community support for positive mental health and wellbeing.</p> <p>Positively influence attitudes to mental health, including those affected by suicide.</p>	<p>The Creating Connections group will also work alongside this project to support them in planning for adverse events within the Community and how this project could be “ramped up” if needed in response to those events.</p> <p>Each activity will be followed up to support evaluation and understanding of outcomes.</p>
<p><b>Agile social media Campaigns</b></p>	<p>Our community changes regularly and through a robust and connected social media plan, the Grit and Resilience Program will work with the Creating Connections group to enact campaigns that speak to where the community is at and promote positive mental health activities and messages.</p>	<p>The Grit and Resilience Program Communications specialist will work with the Creating Connections working group on the development and implementation of several social media campaigns.</p> <p>It is hoped that many of these campaigns can be adapted to include an “in real life (IRL)” application for those members of our community who do not have access to Social Media.</p>	<p>Improve supportive and protective conditions for good mental health and wellbeing.</p> <p>Strengthen community connection and broaden relationships between people in common communities.</p> <p>Strengthen community support for positive mental health and wellbeing.</p> <p>Positively influence attitudes to mental health, including those affected by suicide.</p>	<p>A budget would be assigned to support this activity and additional funding to support the IRL activities that will replicate the online versions.</p> <p>Each activity will be followed up to support evaluation and understanding of outcomes.</p>
	<p>This would involve a community of people who would be willing to donate</p>	<p>The Creating Connections working group would facilitate a safe,</p>	<p>Improve supportive and protective conditions for</p>	<p>The Creating Connections group will work with</p>

## Be the Change

their skills and time to help/ assist other members in the community with a project, activity or just help around the house.

supportive, and inclusive platform for community members to advertise what support they would be willing to offer to other members of our community for free. This could be anything from gardening, to plumbing, to fishing trips to "I'm happy to have a coffee with you." It could also be things like "I am getting a skip to clear out my back shed- I will not be able to fill it, so if you want to chuck some stuff in it- come on around."

It could also be a platform that could be reversed. Someone could post something like- "hi everyone, I am having a problem with getting my mower started, does anyone have one that I can borrow"

good mental health and wellbeing.

Strengthen community connection and broaden relationships between people in common communities.

Strengthen community support for positive mental health and wellbeing.

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the Communications specialist within the Grit and Resilience program develop and then enact this platform.