

## Including and Involving – ACTION PLAN



### Easy English Version



The Wangaratta community told us they want to create spaces and activities where everyone is supported to be involved.

The community also told us some activities we could do to promote inclusion and help more community members to get involved.



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

## Activity 1 – Social Media Champs

### Description:



People can feel unsafe online when they see people saying negative things online.



Social media champs would be trained to respond to negative comments in a kind and positive way.



This will encourage people to be nicer to each other online.

## How will this work?



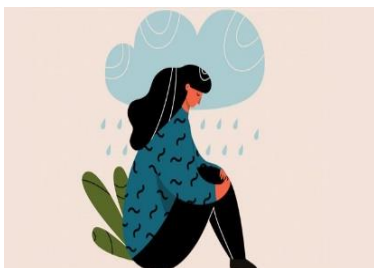
✦ The Including and Involving group would help the community get training to be a Social Media Champ.

The group will role model kind and positive behaviour online.

## What will this activity achieve?



Strengthen community connection and create more relationships between people.



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

## Activity 2 – Roadshows

### Description:



Groups, clubs and services will go on a roadshow.

They will let people know what they do and how people can be involved.

### How will this work?



Working group will help groups, clubs and services to organise the event.



The working group will advertise the event.

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.

### Activity 3 – Community Newsletter

#### Description:



The working group will help the Rural City of Wangaratta improve the existing newsletter.

The newsletter will have more up-to-date information about what is happening in the community.



The newsletter will be more accessible to people.

#### How will this work?



Working group will work with Council media department to improve newsletter.

The working group will support Council with what goes into the newsletter and when it is sent.

*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.



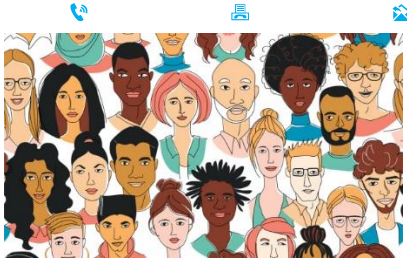
Improve supportive and protective conditions for good mental health and wellbeing.



Strengthen community support for positive mental health and wellbeing.

## Activity 4 – Cultural Celebrations

### Description:



Wangaratta is home to people from many different cultures. But not all of these cultures are celebrated by the wider community.



This activity would involve planning cultural events across the community.

The aim is to promote diversity, value other cultures and have fun with other community members.



## What will this activity achieve?



Strengthen community connection and create more relationships between people.



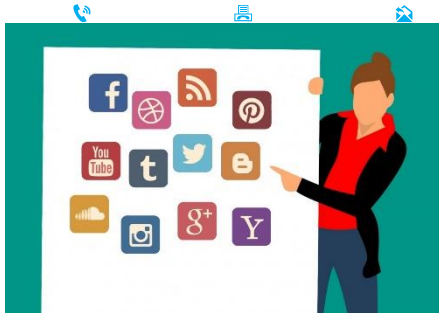
Improve supportive and protective conditions for good mental health and wellbeing.



Strengthen community support for positive mental health and wellbeing.

## Activity 5 – 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 6 – Community Garden Open Days

### Description:



✉ We have lots of community gardens across Wangaratta that many people do not know about.  
An open day would allow people to come and have a look and get involved in the garden.

### How will this work?



A group of people will work with the community gardens to set up open days.  
Grit and Resilience program team will provide support with advertising.

## 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.



Strengthen community support for positive mental health and wellbeing.

## Activity 7 – Art is in Our Heart 😊

### Description:



Art brings a lot of people together.

This will be an opportunity for people to work with the Wangaratta Art Gallery and local artists to set up a art workshop for people to create together.

### How will this work?



This would be a workshop style activity run over a period of time where people would come together to create art.

At the end of the workshop the group could hold an art exhibition to share their creations.



Support for event coordination and advertising from the Grit and Resilience program team.

## What will this activity achieve?



Strengthen community connection and create more relationships between people.



Strengthen community support for positive mental health and wellbeing.

## Activity 8 – Dirrawarra Indigenous Network

Description:



The Dirrawarra Indigenous Network supports and empowers our local Aboriginal community.

### How will this work?



The working group will support the Dirrawarra Indigenous Network with their events and activities.

The group will also support the Network to have appropriate mental health training.

The group will make sure that all of the Grit and Resilience activities are culturally safe.



## 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.