



Including and Involving Working group ACTION PLAN

The Wangaratta community told us that often events, activities and getting involved in community gatherings seem like they could be fun or interesting, but if you are new to the community, or you don't have anyone to go with, or you don't have the resources to attend, or if you feel like you won't fit in because of a previous experience..... then you just won't go. Meaning opportunities to connect are lost.

As a community you told us you want to create spaces, activities and initiatives where everyone is valued, supported and encouraged to participate and connect. The Involving and Including working group will provide opportunities for our community to meet new people, to appreciate the things that make us unique and to broaden our connections with each-other.

This activity will promote inclusion across the municipality, increase shared understandings and support accessibility in all that we undertake.

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
Social Media Champs	<p>Feedback suggests that people can feel quite vulnerable online when they see people saying things that aren't supportive of each other and that can impact our connection with our community.</p> <p>It has been suggested, that if we had a group of community members who felt comfortable, trained and supported to challenge some of these comments in a way that was compassionate and caring, then people would engage more positively with each other online.</p>	<p>The Including and Involving group would support the roll out of training for interested community members on how to be a supportive community member online and respectfully challenge some negative behaviour.</p> <p>This activity WILL NOT create a policing activity online, it will encourage and role model supporting and appropriate behaviours.</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 Including and involving group would work with the Grit and Resilience Communications specialist on development, delivery and evaluation of a training package for people within the community.</p> <p>Budget would be assigned to support this activity.</p> <p>Each activity will be followed up to support with evaluation and understanding of outcomes.</p>
Roadshows	<p>This would be an opportunity for groups, clubs and services to put on a roadshow letting people know how to join their group and become involved.</p> <p>This activity could be completed online, or in person or both.</p>	<p>The Including and Involving group will engage with volunteer groups, services and clubs to showcase to the community what they do and how people can become involved.</p> <p>It would be an opportunity for our community to see all the prospects available to them and learn how to be included.</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>A budget would be assigned to support this activity.</p> <p>The Including and Involving group will develop the roadshow event with the groups and services who would like to be involved.</p> <p>The Including and Involving group will coordinate the advertising and social media for the event.</p>

				The Roadshow will be followed up to support evaluation and understanding of outcomes.
Community Newsletter	<p>The Rural City of Wangaratta has a newsletter that comes out at regular intervals. Some community members love it when it comes out, and others don't even know that it exists.</p> <p>By ensuring the newsletter is accessed by more people and contains more information about becoming involved in the community, this may increase the opportunities for people to be more included and involved.</p>	<p>The Including and Involving group will work with the Rural City of Wangaratta (RCoW) Council on the design and content of this newsletter.</p> <p>The Including and Involving working group will support the Communications Department of RCoW on ensuring there is a focus on including and involving community connections within the newsletter.</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>Strengthen community connection and broaden relationships between people in common communities.</p>	<p>The Including and Involving group will work with the Communications team within RCoW on the content of the newsletter and be the voice of the community to ensure it addresses the needs.</p> <p>This activity will be followed up to support with evaluation and understanding of outcomes.</p>
Cultural Celebrations	<p>The Rural City of Wangaratta homes many people from different cultures and ethnicities.</p> <p>This activity would provide an opportunity for community (everyone) to come together to understand, be involved and included in the lives of all of our community members.</p>	<p>The Including and Involving group would work with services and groups to plan and develop cultural events across the municipality.</p> <p>The intent will be to promote diversity, foster increased valuing of other cultures, bring a sense of fun and novelty to our community.</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>A budget would be assigned to support this activity.</p> <p>Cultural groups and organisations will be invited to support this activity.</p> <p>This activity will be followed up to support with evaluation and understanding of outcomes.</p>

Agile Social Media Campaigns

Our community changes regularly and through a robust and connected social media plan, the Grit and Resilience Program will work with the Including and Involving group to enact campaigns that speak to where the community is at and promote positive mental health activities and messages.

The Grit and Resilience Program Communications specialist will work with the Including and Involving working group on the development and implementation of several social media campaigns.

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.

Two of the first campaigns that the Including and Involving program will examine is:

- “In my town” campaign
- “This is us” Campaign.

(More information will be provided to the group once formed)

Improve supportive and protective conditions for 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.

Positively influence attitudes to mental health, including those affected by suicide.

A budget would be assigned to support this activity, as well as additional funding to support the IRL activities that will replicate the online versions.

All campaigns will be followed up to support with evaluation and understanding of outcomes.

Dirrawarra Network

The Dirrawarra network was developed to enable and support local Aboriginal communities to set local priorities and problem solve to develop local solutions; improve social cohesion and strengthen relationships and to empower Aboriginal people to participate in civic and community life.

The Including and Involving group would support the Dirrawarra network to promote events, activities, and opportunities across the municipality and work with the network to support Aboriginal specific mental health and wellbeing training if requested.

The Including and Involving group will also confirm cultural safety is being met for activities within the Grit and Resilience Program, by seeking feedback from the network on a regular basis, particularly during the

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

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

Positively influence attitudes to mental health, including those affected by suicide.

A budget would be assigned to support this activity.

The Including and Involving group would work with the Dirrawarra network to support and develop activities that are culturally safe and respectful to our Aboriginal community members and elders.

All activities will be followed up to support with evaluation and understanding of outcomes.

<p>Community Gardens Open Days</p>	<p>We have so many community gardens across the Community – but some people know about them, and some don't. By having an open day, people within the local community will be encouraged to go and have a look and maybe that will encourage them to become involved.</p>	<p>planning stages of events and activities.</p> <p>The Including and Involving group will work with local community gardens to set up open days so that people can go and have a look at what it is like to be involved in the community garden.</p> <p>There will be an opportunity for the garden to provide food at these open days to encourage people to come along and become involved.</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>Improve supportive and protective conditions for good mental health and wellbeing.</p>	<p>A budget would be assigned to support this activity.</p> <p>Access to the Grit and Resilience Communications team for promotion/ advertising.</p> <p>Support to coordinate a timetable. All open days will be followed up to support with evaluation and understanding of outcomes.</p>
<p>Art is in our Heart 😊</p>	<p>Art is something that can often bring people together and “Art is in our heart” is an opportunity for the Including and Involving group to coordinate with the Gallery and local art “people” to set up community-based workshop for people to create together.</p>	<p>It would be a workshop style activity that would go over multiple weeks, where people would create their "thing" and then at the end we could have a community connection exhibition.</p> <p>People would come together and show off their piece, talk about the creation and make connections along the way during the workshops.</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>A budget would be assigned to support this activity.</p> <p>Access to the Grit and Resilience Communications team for promotion/ advertising.</p> <p>Support to coordinate a timetable and the exhibition.</p> <p>This activity will be followed up to support with evaluation and understanding of outcomes.</p>