

Talking Grit and Resilience

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PRIOR to Victoria's COVID-19 lockdown, the Wangaratta Grit and Resilience Program team had a chance to meet up with locals to discuss and outline the initiative.

Program coordinator Bek Nash-webster said team members were pleased to find people waiting for them at some of the locations, which ranged from Wangaratta to Glenrowan, Milawa and Cheshunt before lockdown intervened.

"Those individual conversations with community members taught us a lot, and we know they are so important," Ms Nash-webster said.

A four-year program (set to continue through to June, 2023), the Grit and Resilience Program is taking a community-driven approach to better understand and address mental health and wellbeing within the Rural City of Wangaratta.

Supported by \$1.2 million in Federal Government funding, it has made steady inroads since it began in 2019, aiming to help locals unite and build strength, courage and connection with each other, so they can overcome hardships together.

The program is governed by four community partners - Caz Sammon, John Davis, Ruby Sait and Chelsea Wilson - as part of a consortium which also includes the Rural City of Wangaratta, Albury Wodonga Health, Northeast Health Wangaratta, Gateway Health, Victoria Police, the Department of Families, Fairness and Housing, headspace Albury Wodonga (represented by Gateway Health), and the Albury Wodonga Aboriginal Health Service.