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RESPOND Community Newsletter

June 2024

It has been a productive start to the year for the RESPOND Wangaratta project! Project working groups are well established and many actions have taken off! Read below to find out what's been happening.

The RESPOND team is planning a community get together for later this year to celebrate achievements and continue support for further ideas.

Thank you to everyone involved or following this journey, it has been thoroughly enjoyable to support our community with children's health and wellbeing.

It's not too late to get involved. If you see something that sparks your interest here and you want to know more please get in touch.

Felicity Kennedy

On behalf of the RESPOND Wangaratta Team

Health Promotion Coordinator, Gateway Health

felicity.kennedy@gatewayhealth.org.au | 0460 436 304



Project Updates

Active Recreation Come and Try Days

Rural City of Wangaratta

One of the action ideas to come out of the RESPOND workshops last year was community wanting to see come and try days for non-traditional sports/clubs within the Rural City of Wangaratta. After the successful Recreation Reimagined Event that was held last year, we had originally intended to hold an expo in March 2024 for All Abilities focussed on showcasing clubs and recreation opportunities. We met with Sport North East who have let us know about an exciting new program they are planning for this year, with some funding for the employment of an Inclusion Coach. As a result, we have decided to hold off on the expo, to allow this person the chance to work with some clubs in our Local Government Area in order to improve the opportunities for All Abilities sport. The expo will likely be held in March 2025 now, and will be an opportunity to showcase the impact the Inclusion Coach has had within the municipality.

We are still intending to hold an expo in October to celebrate This Girl Can week though! This expo will feature clubs and organisations who are providing safe, inclusive, welcoming environments for women and girls to be more active, more often. We would love the input of RESPOND participants to share the organisations they are involved with, or have contact with, who they believe are leading the way in this area. We encourage people to reach out to recreation@wangaratta.vic.gov.au with any resources, contacts or ideas they have to make this event a success – the finer details such as date will be confirmed closer to the event.

Also coming up, The Rural City of Wangaratta Youth Council, with support from the Community and Recreation Team, are preparing a Sport and Recreation Expo focussing on opportunities for young people to become more active. The expo will be held on Friday August 23 from 4pm-6.30pm at Barr 2. More details will come shortly, including a list of the

organisations involved. If you are part of a sporting club and would like to have a stall, please reach out to youth@wangaratta.vic.gov.au



Active Travel

Rural City of Wangaratta

We applied for a grant through TAC to support safe routes to schools. If successful, we will be partnering with Wangaratta Primary, Wang West Primary and Yarrunga Primary to activate some pathways leading to their schools, similar to the project we completed at Appin Primary in 2023 to support and encourage active travel. We encourage people to reach out to us at recreation@wangaratta.vic.gov.au with any feedback, ideas or input!

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Accessibility Action Group

Gateway Health, Northeast Health Wangaratta and Rural City of Wangaratta

- A draft Accessibility Planning checklist for RESPOND has been completed and shared with each of the RESPOND project leads – this will be piloted over next few months and we will collate the feedback and update the checklist.
- We facilitated input from Gateway Health and Northeast Health Wangaratta staff into the draft Inclusive Wangaratta Action Plan and shared across the community.
- We have engaged with a local NDIS Community Capacity Building Coordinator who can support local accessibility programs for community groups/businesses (similar to Good Access = Good Business). This project has been identified in the draft Inclusive Wangaratta Action Plan and will be activated once the plan has been adopted by Council (hopefully around August).
- We are looking into ways to capture stories from local people that may experience accessibility issues – to raise awareness and support action on accessibility. To

become involved please contact clare.schultz@gatewayhealth.org.au

Growing and Cooking Food

School Cooking Workshops

Two cooking sessions are happening at Whitfield Primary School in June involving around 20 students from grades 3-6. The sessions have been organised and facilitated by two community members that attended the RESPOND workshops and is has been great to see them get their idea off the ground.

The cooking sessions focused on using local produce (including from the school garden) and making affordable, easy, nourishing meals/snacks and reducing food waste. This program has been supported by Pangerang Community House and Gateway Health.

A short film has been made about the cooking and growing activities happening in the Outside School Hours Care (OSHC) program at Whitfield PS. We are hoping the film may be used to share ideas with other local OSHC providers.



Intergenerational Cooking and Growing

Planning is underway for an intergenerational food growing project at the supported play group in Yarrunga. This will involve grandparents, parents and young children working together to plan, build and look after a food growing garden. This program will be supported by Bunnings Wangaratta and Gateway Health. We have also engaged with some local aged care providers who may be interested in intergenerational programs.

Veggie Garden Mapping Project

Investigating opportunities for food growing spaces to share, learn skills and connect is one idea that was identified by the community in the RESPOND workshops. In response to this, the Health Promotion team is undertaking a mapping project across the Rural City of Wangaratta to understand veggie gardens in terms of their location, maintenance, barriers and opportunities.

The mapping has involved stakeholder engagement, two surveys (one for education settings and one for community groups) and a report with recommendations of how we can work together to support gardens, stay tuned for the release of this report later in the year!

Mobile Art Bus Workshops

Bunnings Wangaratta, Pangerang Community Hub, MendMakeGrow, Gateway Health

This project group developed workshops with the aim of addressing family factors identified in RESPOND workshops to influence children's health and wellbeing, such as cost of living, social connections, geographical isolation and family support. Here, children had the opportunity to get creative using recycled materials to foster their sense of imagination and social connection to support their health and wellbeing. Now, to ensure sustainability of the project, a resource kit will be developed and promoted to schools and relevant community groups to be able to run the workshops themselves.



Rural City of Wangaratta Community Directory

The Rural City of Wangaratta is updating its Community Directory to ensure it contains the most current and accurate information. The new Community Directory will be a place for the community to find out the clubs, groups and organisations available in the Rural City of Wangaratta.

- A survey has gone out to clubs/organisations/community groups late last year to collect their details for the directory.
- The Council team have been working on the backend of the system that will be used for the directory.
- In March an email went out to those who completed the survey with directions to create an account and claim their pages and start editing their details. Only a handful have claimed their pages so far but we're sure more people will sign up when the page is live – which will be very soon!

We are still keen to get a working group together to discuss and get your opinion on how to

categorise entries and make navigating the directory as easy as possible. We would also look at who has signed up and discuss who is missing and who we can approach. Unfortunately, the visual look of the site is set by the system so we can't make changes to the directory's appearance.

If you would like to get involved please contact Kirsty Barnes at k.barnes@wangaratta.vic.gov.au or Sarah Nevin at sarah.nevin@gatewayhealth.org.au

Grant Opportunities

Community Grants Rural City of Wangaratta

A total of \$160,000 is available for projects that:

- Encourage arts, cultural and heritage experiences in our community
- Provide accessible and equitable services, spaces and programs
- Encourage healthy behaviour and lifestyles
- Support a resilient community
- Improve engagement in the community

A minimum of \$20,000 of the above will be dedicated to community history, including rural community history boards and memorial information. Community organisations are welcome to apply for up to \$10,000, however funding for projects most commonly falls between \$1000 and \$6000. To access more information about the grant please click [here](#).

Foundation for Rural Regional and Renewal (FRRR) Strengthening Rural Communities Program: Small and Vital Stream

This program aims to give small remote, rural and regional communities across Australia the opportunity to access funds for a broad range of initiatives that directly and clearly benefit local communities. To find out more, click [here](#).

Sport and Recreation Victoria All Abilities Workforce and Sector Support Program

This program aims to grow, educate and upskill the sport and active recreation workforce and provide more opportunities for people with disability to participate in sport and active recreation, including paid and volunteer roles in regional Victoria. To find out more, click [here](#).

Life Education Growing Good Gardens Grant 2024

Together with Bakers Delight's Healthy Solutions range, Life Ed is encouraging young people to get gardening and to ask more questions about where their food comes from. Because fresh thinking can sprout healthy habits, in and beyond the classroom. 25 Growing Good Gardens Grants valued at \$1,000 are available for

primary schools, preschools or early learning centres. Find out more [here](#).

VicHealth, Growing Healthy Communities Grants

VicHealth is investing in local programs that support Victoria's children, young people and their families facing structural barriers to good health. Grants of up to \$150,000 are available from a total funding pool of \$4 million to deliver programs over two years. Available for organisations that support young Victorians and their families to achieve good health and wellbeing. Taking a health equity approach, we will fund innovative ideas that will address the question: How do we break down the barriers for children, young people and their families to be as healthy as possible? Click [here](#) for more information.

The RESPOND Wangaratta Partnership Group is here to support grant applications for projects that link with RESPOND!



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