



## Mindful Margaret River Action Plan 2021-2022

| Team 1 - Wellbeing - Goal   |  |  |   |
|---|--|--|---|
| 1   | <p><b>Promote wellbeing</b> messages and information (Mental Wellbeing Plan 1.1; 3.2; 3.1)</p> <p><i>Goal: To actively promote wellbeing to the community through a variety of communication mediums. To increase local mental health literacy and provide pathways for community to start the conversation on wellbeing as well as accessible, tangible tools to get support.</i></p> |  |   |
| Task  | Current resources  | Needed from volunteers   | Measure   |
| <p>Develop a plan to disseminate information on how to get help to the wider community.</p> <p>Develop and disseminate local wellbeing information via various mediums.</p> | <p>Knowledge gathered through Curtin partnership and various workshops and meetings.</p> <p>Other existing mental health promotions campaigns like Think Mental Health;</p> <p>Website;</p> <p>Facebook;</p> <p>Mail;</p> <p>Times;</p> <p>AMR Radio;</p> <p>Rotary pages;</p> <p>Newsletter potential</p>   | <p>Volunteer to curate all existing information from communications workshops;</p> <p>Volunteer writers of articles for MAIL;</p> <p>Editor for MAIL articles prior to being sent to MAIL;</p> <p>Radio promotion engagements - CHAIR;</p> <p>Rotary and other content curation;</p> <p>Others</p> | <p>Number of publications/promotions created/distributed;</p> <p>Number of awareness raising activities;</p> <p>Number of people reached</p> <p>Number of Mail articles;</p> <p>Number of FB posts &amp; views;</p> <p>Number of website hits;</p> <p>Number of Radio promotions &amp; engagements;</p> <p>Number of media releases;</p> <p>Published information in Rotary</p> |



## Mindful Margaret River Action Plan 2021-2022

| Team 2 - Wellbeing – Goal  |  |  |   |
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| 2  | <p><b>Increase community awareness</b> of local support services and ways to be connected (Mental Wellbeing Plan 1.1.5 &amp; 1.1; 2.1; 3.1)</p> <p><i>Goal: To support wellbeing conversation starters in community groups, work places, clubs and others in a safe and supported way.</i></p> |  |   |
| Task   | Current resources  | Needed from volunteers   | Measure   |
| Be responsive to community requests to provide information on wellbeing in the community and promote good mental health. | Community;<br>Clubs;<br>Existing Blue Pages;<br>Health Professionals' Networks;<br>Facebook;<br>Website;   | People that are able/willing to speak to community groups, employers and others in relation to mental health supports available in our community.<br>Volunteer to edit/organise the Local Wellbeing Supports Package LWSP (guide to talking to community)<br>Volunteer to induct TF members in LWSP<br>Promotion of volunteers to talk to community about wellbeing. | Number of community engagements focused on raising community awareness;<br>Number of requests from the public for information;<br>Number of attendees at community engagements.<br><br>Example: mental wellbeing facilitation at Bunnings |



## Mindful Margaret River Action Plan 2021-2022

| Team 3 – Wellbeing – Goal  |  |   |  |
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| 3  | <p><b>Build community capacity</b> for wellbeing and mental health by supporting community to host/run activities focused on local/specific needs (Mental Wellbeing Plan 1.2 &amp; 1.1.6; 2.1; 3.1)</p> <p><i>Goal: To support community members to build their practical knowledge and skills around mental health through recognised accredited training programs.</i></p> |   |  |
| Task   | Current resources  | Needed from volunteers  | Measure  |
| <p>MMR to act as connector between community and support/training organisations via volunteer base to facilitate preventative and educational activities.</p> <p>Recruit providers, trainers, facilitators and/or volunteers to be responsive to community requests to support training.</p> | <p>Taskforce;<br/>Local knowledge;<br/>Local networks;<br/>Local trainers for MHFAT;<br/>Assist;<br/>Funding bodies like the Lions<br/>SPMR;<br/>SJOG;</p>   | <p>Volunteers who are able/willing to work with community groups and work to source funds for training and engagement as needed.<br/>Volunteers to work with local sponsor organisations to find funding for training as needed.<br/>Volunteers to identify free training and provide to team responsible for promotion, community awareness raising<br/>Volunteers with suicide prevention training.<br/>Volunteers to support local ASIST training in MR<br/>Volunteers who are willing to undertake safeTALK<br/>Train the Trainer 2 day course and deliver 4 x safeTALK sessions (3.5 hours) per year</p> | <p>Number of community gatherings supported by MMR to come together to support good mental health and wellbeing;<br/>Number of attendees at community gatherings<br/>Number of workshops held for community, in community;<br/>Number of attendees at workshops</p> <p>Example: Suicide postvention meetings supported by MMR, facilitated by SJOG, volunteers, GP Down South.</p> |



## Mindful Margaret River Action Plan 2021-2022

| Team 4 - Wellbeing – Goal   |   |  |   |
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| 4   | <p><b>Support sporting clubs</b> to incorporate mental health, A&amp;OD messaging (Mental Wellbeing Plan 2.2.1 &amp; 1.1; 1.2; 2.1; 3.1)</p> <p><i>Goal: Build mental health literacy within sporting clubs. Support training and conversations around good mental health. Increase and promote access to local, relevant and timely mental health information.</i></p> |  |   |
| Task  | Current resources   | Needed from volunteers   | Measure   |
| Engage the Sport and Recreation committee to identify gaps/opportunities and link groups up with appropriate volunteer/support/training | Strong Sport and Recreation Committee;<br>Shire Taskforce members;<br>Sporting club Taskforce members;<br>Existing funding and support for mental health promotion in sports clubs; A Stitch in Time;<br>St John of God team members;<br>Mental Health Commission support   | Volunteers that are interested/linked into sports clubs to lead discussion and gather information on what currently exists,<br>Volunteers to support Recreation Centre A Stitch in Time talks and follow on FREE eLearning.<br>Volunteers to identify what clubs would like in relation to mental health training/programs ongoing.<br>Volunteers to facilitate/support/connect mental health programs/activities in our local sporting clubs. | Engagement with Sport and Recreation committee;<br>Understanding of interest and need completed;<br>Number of linkages/supports/training provided as a result of connecting groups to existing training/programs/funding;<br>Number of attendees at training events;<br>Number of individuals in clubs that participate in events |



## Mindful Margaret River Action Plan 2021-2022

| Team 5 – Youth - Goal   |   |  |  |
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| 5   | <b>Support Eco Health pilot programme</b> to increase mental health and wellbeing of youth (Mental Wellbeing Plan 1.3.1 & 1.2; 1.3; 2.1; 3.1) |  |  |
| Task  | Current resources   | Needed from volunteers   | Measure  |
| Support the Eco health program to improve resilience, self-confidence and connectedness.  | Current program running   | Volunteer support for team leaders Suzanne Hicks and Sandra Robertson.<br>MMR to provide support as needed to support this program, identify local supports/funding. | Number of activities supported;<br>Number of participants;<br>Participant feedback;<br>Community/school feedback |
| This program is in progress. This is a collaborative and innovative project involving multiple stakeholders, supports and is being evaluated. Mindful Margaret River is committed to supporting the Eco Health project in any way possible. To find out more, contact Suzanne Hicks directly. |   |  |  |



## Mindful Margaret River Action Plan 2021-2022

| Team 6 – Youth - Goal   |   |   |  |
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| 6   | <b>Build strong relationships</b> with the high school to increase opportunities for youth connectedness and mental health literacy (Mental Wellbeing Plan 1.1; 1.2; 1.3; 2.1; 3.1; 4.1)<br><br><i>Goal: To build strong relationships to increase youth connectedness and resilience</i> |   |  |
| Task  | Current resources   | Needed from volunteers  | Measure  |
| Develop strong connections and relationships with the Margaret River Senior High School staff and wider community to increase communication, awareness, promotion and access to a variety of early intervention opportunities and ways for youth to get support. Can also include other schools in our area depending on TF members, time, interests. | Taskforce members at the school;<br>Student Services;<br>Department of Education training;<br>Headspace;<br>Shire trainee;  | Volunteers linked to the high school.<br>Volunteers with an interest in programs, early intervention and mental wellbeing for youth in our community. | Number of collaborations with schools;<br>Increased communication between school and community;<br>Shared information, promotion by school of programs and other activities available to broader community;<br>Number of engagements;<br>Number of students/families reached |



## Mindful Margaret River Action Plan 2021-2022

| Team 7 - Men and isolated community members - Goal  |   |  |   |
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| 7   | <p><b>Support the wellbeing</b> and mental health of isolated community members through connection - focus on rural men, men's groups, early intervention and vulnerable groups (Mental Wellbeing Plan 1.2.2 &amp; 1.1; 1.3; 2.1; 3.1; 4.1)</p> <p><i><b>Goal: To create a network to support each other to connect with hard to engage or isolated community members. To share information, cross promotion, celebration and increase opportunities to build mental health literacy across all groups.</b></i></p> |  |   |
| Task  | Current resources   | Needed from volunteers   | Measure   |
| Work at engaging with isolated individuals, particularly older men, rural men, people that are hard to engage through online or mainstream methods of health promotion. | Men's Sheds in Augusta, Margaret River and Cowaramup;<br>Open the Gate connection;<br>Community groups;<br>Local aged care, NDIS providers;   | Volunteers to act as key contact or champion in each men's shed or other group as conduit of wellbeing messaging;<br>Connecting the group back up to volunteers/supports/training over the course of the year as identified by members.<br>Volunteers for community education forum lead by Dr Durey on connection and mental health (November at the HEART) | Engagement with Men's Shed's;<br>Open the Gate or other similar 'men's groups;<br>Understanding of interest and need completed;<br>Number of linkages/supports/training provided;<br>Number of participants in activities |



## Mindful Margaret River Action Plan 2021-2022

| Team 8 – Women FDV - Goal   |  |  |   |
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| 8   | <p><b>Support and resources</b> for family and domestic violence local initiatives (Mental Wellbeing Plan 2.1; 1.1; 1.2; 1.3; 2.1; 3.1; 4.1)</p> <p><i>Goal: For women in the Shire of Augusta Margaret River experiencing domestic and/or family violence to be provided with the right level of support, information, referral at the right time. For community-based peer support groups to be linked in with appropriate services, support, information and referral. For Mindful Margaret River to advocate to the right level of government regarding local needs in this space and to engage with politicians, services, funding bodies to address gaps in service locally.</i></p> |  |   |
| Task  | Current resources  | Needed from volunteers   | Measure   |
| Support local FDV support services and movements. Lobby the government regarding gaps in services through appropriate channels. | Taskforce members with specific skills and interest in FDV   | Volunteers interested in supporting community members in starting an FDV peer support group.<br>Volunteers to support community members that are interested in the start-up of a refuge in Margaret River.<br>Volunteers that are interested in completing a service audit (based on existing data provided).<br>Volunteers to link up the community with data available | Engagement with services that deal with FDV;<br>Record of advocacy to government;<br>List of existing services and gaps;<br>Support for community start ups;<br>Number of community members supported |





## Mindful Margaret River Action Plan 2021-2022

| Team 9 – Women wellbeing - Goal   |   |   |   |
|---|---|---|---|
| 9   | <p><b>Support community wellbeing</b> and mental health through linking up community members – women focus (Mental Wellbeing Plan 1.2.2; 1.3; 2.1; 3.1)</p> <p><i>Goal: For women in the AMR community to proactively look after and prioritise their social and emotional health and wellbeing across all life stages. Life stages/key groups include: Young adults, Motherhood, Menopause, Older Women, FIFO.</i></p> |   |   |
| Task  | Current resources   | Needed from volunteers  | Measure   |
| Work at engaging with various women's groups to identify gaps and opportunities and link groups up with appropriate volunteer, support and training | Existing local groups;<br>MR Community Centre;  | Volunteers to act as key contact or champion in various women's groups<br>Volunteers to act as conduit of wellbeing messaging;<br>Connecting the group back to volunteers/supports/training over the course of the year as identified by members. | Number of groups contacted;<br>Number of connections made;<br>Number information posts Shared to various groups;<br>Number of engagement opportunities;<br>Number of training opportunities |