

Dear prospective member,

Thank you for interest in Mindful Margaret River (MMR). This kit for prospective members will help you and us sort out how well our mutual interests match, to get to know each other and how best to proceed.

The kit contains the mission of MMR, the structure, the action plan and a list of Task Force teams.

As a member, we ask that you attend the Annual General Meeting in August as part of your membership. For the 2021/2022 financial year there are no membership fees. We also ask that you participate actively in one of our volunteer taskforces.

At the moment, the following teams are accepting new volunteers:

- Team 4 – Sporting clubs wellbeing
- Team 6 – Youth wellbeing
- Team 7 – Men and isolated community member wellbeing
- Team 9- Women's wellbeing

The latest [MMR Newsletter](#) from November will show you what is being done, much of it through the Taskforce teams.

If you wish to proceed, please complete the EOI online form indicating which Taskforce team you would like to be linked in with.

Once we receive your expression of interest, a member of the executive will arrange to meet you and brief you further on MMR so you can decide if you wish to proceed.

Once you have met with an executive either by phone or in person, should you wish to do so, your application will be considered at the next meeting of the MMR Executive and you will be advised of the outcome.

Please note that while you may wish to contribute through several teams, it is important for you to nominate one that you wish to contribute to at the start.

Thank you again and I look forward to receiving your expression of interest.

Yours sincerely,

Erin Statz

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Talk – Listen - Connect

Mindful Margaret River is an alliance of mental wellbeing professionals, government agencies, community members and the Shire of Augusta Margaret River working to promote mental health and wellbeing in the Shire.

Mindful Margaret River (MMR)

Guiding principles November 2021

MMR's function in the community is to act as a connector and catalyst to enhance the community's social and emotional wellbeing. It is not a service provider.

MMR uses the term "social and emotional wellbeing" rather than "mental health". Mental health is a continuum ranging from thriving mental health to poor mental health, that term commonly implies "mental illness" and has negative connotations.

MMR sees social and emotional wellbeing as a community issue and believes that connecting and participating in social and civic events are major factors which can contribute to a positive community-wide sense of wellbeing and consequently enhance personal wellbeing. A catch-all term for this is 'social capital' or 'social and relationship capital'.

The foundation of MMR's work is to enhance social and relationship capital by:

- listening to, engaging with, and connecting with people
- actively working to increase community awareness of local support and ways to connect to them
- promoting wellbeing messages and information
- responding to community requests to build capacity for social and emotional wellbeing
- building strong relationships and connection between local service providers, local government, non government service providers and community
- supporting the social and emotional wellbeing of community members through targeted partnership activities
- connecting those in need of help with those who can help via our online platform and through community education sessions
- respecting the rich diversity in our community
- supporting evidence-based practice

We recognise the delicate balance between promoting positive messages and listening deeply to the experiences of people who have lost their sense of wellbeing. We strive to be mindful not to over-emphasise positive messages which can deny a sufferer's reality, whilst at the same time avoiding too much negativity which can also be unhelpful.

MMR has no affiliation with any spiritual, ideological or political points of view and rejects the promotion of views that divide communities and marginalize people.

Mindful Margaret River Organisation Structure



Mindful Margaret River Action Plan 2021-2022 Summary document

Team 1 - Wellbeing – Goal
Promote wellbeing messages and information (Mental Wellbeing Plan 1.1; 3.2; 3.1)
<p>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.</p> <p>Task: Develop a plan to disseminate information on how to get help to the wider community. Develop and disseminate local wellbeing information via various mediums.</p> <p>Current projects: Website; Facebook; Mail; Times; AMR Radio; Newsletter</p> <p>Need for volunteers: Members to write articles for Mail as requested; members to participate in podcast partnership with RMR as requested</p>

Team 2 - Wellbeing – Goal
Increase community awareness of local support services and ways to be connected (Mental Wellbeing Plan 1.1.5 & 1.1; 2.1; 3.1)
<p>Goal: To support wellbeing conversation starters in community groups, work places, clubs and others in a safe and supported way.</p> <p>Task: Be responsive to community requests to provide information on wellbeing in the community and promote good mental health.</p> <p>Current projects: Partnership with Standby; SJOG training; ASIST; volunteer induction program</p> <p>Need for volunteers: Nil at this time</p>

Team 3 – Wellbeing – Goal
Build community capacity for wellbeing and mental health by supporting community to host/run activities focused on local/specific needs (Mental Wellbeing Plan 1.2 & 1.1.6; 2.1; 3.1)
<p>Goal: To support community members to build their practical knowledge and skills around mental health through recognised accredited training programs.</p> <p>Task: 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 events.</p> <p>Current projects: MHFAT; MHFAT; ASIST; others</p> <p>Need for volunteers: Members as participants only at this stage</p>

Team 4 - Wellbeing – Goal

Support sporting clubs to incorporate mental health, A&OD messaging (Mental Wellbeing Plan 2.2.1 & 1.1; 1.2; 2.1; 3.1)

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.

Current projects: mobilising the taskforce volunteers in team 4 to work with the Sport and Recreation Committee's call out for club champions to work with MMR to explore what type of mental health/wellbeing supports are needed by clubs as well as support to the club via teams 1, 2, 3 and exploring other ways to maximise clubs volunteer base mental health literacy.

Need for volunteers: more needed in this group that are linked to sport and recreation clubs or have an interest in grant writing, meeting logistics, group support, events, etc.

Team 5 – Youth – Goal

Support Eco Health pilot program to increase mental health and wellbeing of youth (Mental Wellbeing Plan 1.3.1 & 1.2; 1.3; 2.1; 3.1)

Current program: in review

Need for volunteers: Nil

Team 6 – Youth – Goal

Build strong relationships 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)

Goal: To build strong relationships to increase youth connectedness and resilience

Task: 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.

Current projects: Participate in next Big Ten day at MRSHS; collaborate with YAC; provide support to next SAMM Fest; support Feeling the Vibe youth festival; support youth mental health initiatives; support community education programs for parents and carers on talking to youth about suicide, mental health & wellbeing.

Need for volunteers: volunteers that have a working with children check and/or are employed or working with youth are welcome on this group. Volunteers are always needed to help run and set up events. This group will engage with projects throughout the year that relate to supporting youth in our community. Particularly representation from primary schools across the Shire.

Team 7 - Men and isolated community members – Goal

Support the wellbeing 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 & 1.1; 1.3; 2.1; 3.1; 4.1)

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.

Task: 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.

Current projects: creating a supportive network of men's groups or community groups that support men to support those that support others, to increase awareness about various options for men of all ages and backgrounds to build social connection; to support events or opportunities to increase connection with isolated or rural/remote, or vulnerable members of our community to be included and have a voice.

Need for volunteers: Community members that are or work with men, isolated, or vulnerable community members; volunteers who have time to support this group with logistics, meetings, planning; volunteers with connection to men's groups in the Shire of Augusta Margaret River; volunteers that are passionate about supporting and building men's social and emotional wellbeing.

Team 8 – Women FDV – Goal

Support and resources for family and domestic violence local initiatives (Mental Wellbeing Plan 2.1; 1.1; 1.2; 1.3; 2.1; 3.1; 4.1)

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.

Task: Support local FDV support services and movements. Lobby the government regarding gaps in services through appropriate channels.

Current projects: Exploration of men's shelter; support to FDV peer support group, advocacy to government regarding services and supports, other projects as they emerge.

Need for volunteers: EOI for this group only via the Project Implementation Officer

Team 9 – Women wellbeing – Goal

Support community wellbeing and mental health through linking up community members – women focus (Mental Wellbeing Plan 1.2.2; 1.3; 2.1; 3.1)

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.

Task: Work at engaging with various women's groups to identify gaps and opportunities and link groups up with appropriate volunteer, support and training

Current projects: Women's financial and legal literacy workshops, supporting perinatal mental health groups locally, Women Together project in the workplaces, others as they come up

Need for volunteers: Volunteers welcome who have an interest in women's wellbeing, volunteers connected to groups and clubs that have a large female base in order to support connection to opportunities, events and training.