

Imagined Futures Annual Story 2023

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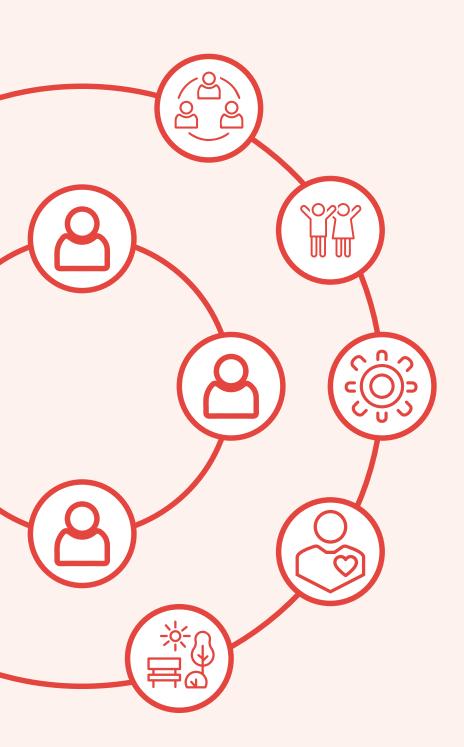
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Acknowledgement of Country

Imagined Futures operates on the traditional lands of the Whadjuk Noongar people. We recognise their continuing connection to land, waters and culture, and pay our respects to their Elders, ancestors and emerging leaders. Chapter One:

About Imagined Futures





The Imagined Futures partnership brings together commonwealth, state and local government departments, not-for-profit agencies, businesses, philanthropists, and community members across the local government areas of Cockburn, Fremantle, and Melville.

Imagined Futures recognises that tackling complex social issues is beyond the capacity of any single organisation, and that the only way to effect large-scale change is by working together, sharing and mobilising the resources available in our community.

The partnership's approach is informed by the principles of collective impact and Imagined Futures is recognised by the WA Government as the District Leadership Group for the South West Metropolitan Region. It is auspiced by St Patrick's Community Support Centre Ltd

Our Backbone Team

Leigh Sinclair

Executive Director

Naomi Christensen

Community Facilitator

Karen Silverthorne

"Where is the door?" Project Lead (from October 2023)

Our structure

The Leadership Group sets the strategic direction, and the Working Groups put the strategy into action.

Michael Piu

St Patrick's Community Support Centre, Chair of the Leadership Group, and the Housing and Homelessness Working Group

Annette Boyle

Uniting WA, Chair of the Youth Initiative Working Group

Clory Carrello

Cockburn Integrated Health, Chair of the Mental Health Working Group

Julie Michell

South Metro Youth Link (SMYL), Chair of the Community working group

Sue Nickisson

Communicare, Chair of the Open Door Community of Practice

Funding for the backbone is provided by:



Government of Western Australia Department of Communities









Our Impact

Imagined Futures hosted <u>38</u> collaborative strategy and implementation meetings with <u>75</u> stakeholders encompassing <u>134</u> individuals, all collaborating on new ideas resulting in:



Strategic Development

- Led the development of the South Metro Homelessness and Housing Plan
- Backed partners embarking upon projects which align with regional priorities
- Developed the Imagined Futures Strategic Plan 2024

Our Alliance Againt Depression Framework recognised as a finalist in the IPAA WA Excellence Awards for Best Practise in Collaboration between government and any other organisation

Mental Health, Children and Young People

752 People benefitting from mental health & wellbeing support and education

Connecting to Culture

- **470** Children connecting to culture through inter-school indigenous sports carnivals
- > **110** Children connecting to family, culture and community through Connection Days

Right Support at Right Time

Frontline workers engaging across 5 training andnetwork events to improve their capacity to connect their clients to the right support at the right time.



Davis Park Community

- >**1,858** Supports provided
- **781** Nosh n Natter meals provided
- 545 Street Doctor consultations
- **532** Community members supported by 49 Foodbank visits
- **1** Community garden built

Over the past decade, the Imagined Futures partnership has consistently demonstrated the benefits of working collaboratively for our local region.



Message from The Chair of Imagined Futures

The partnership has used its collective impact expertise to keep kids engaged in school, improve the treatment and care of people affected by depression and to support a disadvantaged community precinct. It has acted as a project generator, with projects incubated by Imagined Futures being taken up by others to deliver national benefits Our Community Directory and the RightByYou online mental health resource for young people are both examples of this.

2023 is no different, the partnership has continued to build momentum to deliver impactful projects to the benefit of our region and beyond. This year we expanded our boundaries to lead the development of regional homelessness and housing plan for the south metropolitan region.

2023 marked the 10th year anniversary of the Imagined Futures partnership.



Message from The Executive Director of Imagined Futures

It is a remarkable milestone given that, despite delivering on strategic priorities, most of its work sits outside of established funding pathways.

Remarkably, four members of our Leadership Group have been on our journey since the beginning - Michael Piu, Leanne Hartill, Julie Mitchell, and Claire Heffernan. Many others have served for several years. Michael Piu, in his role as Chair, has made an especially significant contribution by embodying the qualities that underpin collaborative working and in doing so, leads by example.

The ongoing commitment of our members towards working beyond the scope of their individual agencies toward shared objectives is the foundation of the partnership's success.

This Annual Story is a testament to the vision and shared commitment of them.

Leigh Sinclair, Executive Director

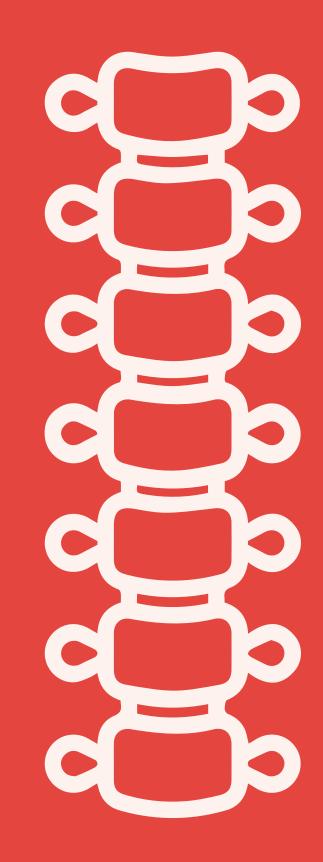
Michael Piu, Chair

Imagined Futures is the backbone which aligns efforts, coordinates actions and resources and drives the development of innovative strategies and solutions to complex issues.

Powered by a small, agile and highly experienced team, Imagined Futures is able to identify gaps and respond rapidly to opportunities as they arise.

Over the past 10 years, the partnership has developed a deep understanding of our region and the principles of collective impact. We share and apply this knowledge to support our partners, facilitate the delivery of projects and connect people with the right resources at the right time to generate real change.

The following projects represent a snapshot of some of the work Imagined Futures helped bring to life in 2023.



What is the most important thing in the world?

Well, let me tell you, it is people, it is people, it is people.

Maori proverb

Chapter TWO:

Creating Conditions to Flourish





Solving complex social issues is beyond the capacity of any one single organization. Tackling the complexity of challenges facing our community is a marathon not a sprint.

There is a lot we don't know, but we do know that strong relationships are a necessary precondition for achieving positive social change. While on the one hand we know this to be true, on the other, we have been slow to put this knowledge into practice.

Attracting funding that invests in mechanisms that create conditions presence of authentic relationships in our region continues to strengthen our collective capacity to tackle complex challenges.

As the longest running collective impact group in Western Australia, Imagined Futures supports the development of other District Leadership Groups, who are able to take our learnings and adapt them to meet the unique challenges in their communities.

Over the course of 2023, Imagined Futures received funding for the backbone function of the partnership from the Department of Communities and the Cities of Cockburn, Fremantle, and Melville.

Developing a shared understanding of our region



Imagined Futures curates data to develop a shared understanding of our region.

As well as presenting at key conferences, we have produced demographic data for each local government area.

Rich with information on health and wellbeing, including incomes distribution, community engagement and Family and Domestic Violence data, these snapshots strengthen targeting of place-based initiatives.



Community Snapshots for Cockburn, Fremantle and Melville

whereisthedoor.org.au

SCAN TO DOWNLOAD



Uniting to tackle homelessness

As in other parts of the State and indeed the rest of Australia, the South Metropolitan region of WA is experiencing record low post-pandemic housing vacancy rates coupled with the challenges driven by increasing inflation and cost of living. These conditions are driving increasing numbers of people experiencing homelessness.

Recognising the complexity of this challenge, the Imagined Futures Housing and Homelessness working group

identified the need for strategic local solutions by capturing the expertise and knowledge of people from across the region. These insights informed the development of a collective South Metropolitan Regional Homelessness and Housing Plan.

The Plan is an ambitious, yet achievable road map that will be a practical tool for aligning efforts and maximising resources to benefit those most in need.

Over the past decade, the Imagined Futures partnership has demonstrated the power of collective impact and place-based work. It has successfully unlocked community potential, making it the most impactful ongoing collective project in Western Australia" Paul Flatau, Director, Centre for Social Impact UWA Chapter Three:

Investing in the Mental Health and Wellbeing of Children and Young People





In recent years, children and young people have faced a significant decline in their mental health and overall wellbeing. A 2023 Beyond Blue survey of 2300 teachers found poor mental health was the biggest challenge facing young people.

A staggering 84% of teachers nominated it as a significant issue for the students they teach.

These statistics match the anecdotal feedback from across members of Imagined Futures who work with young people. Accordingly, using a grant from the Fremantle Foundation Imagined Futures partners devised and then collaborated to deliver a variety of initiatives to ensure that young people and their support networks have access to programs designed to enhance their skills in cultivating mentally healthy habits and responding constructively to challenges.

These programs were tailored to each school and setting, with co-design being a key principle guiding how we work.



Individuals participated in mental health and wellbeing workshops and programs.

Brokering Mental Health Training for Students, School Staff and Parents

These training sessions aimed to build the capacity young people themselves and of the adults close to them to better support and promote young people's mental health.

The sessions were designed in collaboration with the South Metro Lead School Psychologist and Perth Suicide Prevention Coordinators to address these issues through strengths-based workshops to build awareness, resilience and connections to peer, school and local support services and information.capacity young people themselves and of the adults close to them to better support and promote young people's mental health.

Young people reached

Adults reached



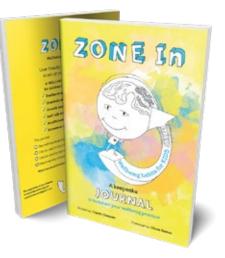
Clear, precise, lots of great resources provided. Thank you – I hope to put lots into action at home and work" Parent

Wellbeing Zone Journals and Wellbeing Zone Pilot Project

These locally developed, award winning journals promote lifelong positive mental health habits.

They serve as a tangible tool for promoting the building of psychological resources in children who have suffered trauma and act as preventable measure for other children, with 100 journals purchased and distributed to school chaplains and student service staff across the South Metropolitan Region.

The journals also formed the basis of pilot project delivered at Brentwood Primary school. The project tested an approach that sought to embed practical strengths-based strategies for creating wellbeing across a school community. It encompassed delivering tailored sessions based on the journals (workshops, videos, written materials) to teachers, parents/carers, and all 60 year 5 students at Brentwood Primary School in Melville. The teachers then worked through the journals with the students throughout terms three and four.



160

Journals purchased and distributed to school chaplains and student service staff across the South West Metropolitan Region.

"

The Wellbeing Zone project started to change the language students used at school, for example students have begun talking about being grateful and using a growth mindset. The program has deepened my appreciation for consistently focusing on wellbeing habits. I have ordered an adult version of the book to guide my own wellbeing practice at home." Jodie Davis, Year 5 Teacher,

What I Wish I Knew in My First Year of Teaching

Newly graduating teachers often find themselves in challenging situations, without the experience to know when and how to direct students to other supports. This can be overwhelming for the new teacher and can mean school students aren't receiving the optimal level of support.

This pilot project involved the development and delivery of lecture and tutorial materials to 100 final year education students at the University of Notre Dame.

The sessions were designed and delivered by a former teacher with extensive experience working in a clinical capacity with young people in the community sector. The sessions were designed to explore practical examples of the mental health and social issues that school students present with and when and how to refer to external support; raise awareness of local community supports; and provide strategies for self-care (most of the participating university students were under the age of 25 themselves).

It was a very helpful course to take, and I feel more prepared going into my final prac" Participating Student



Keeping Kids Engaged at East Hamilton Hill Primary School

Led by Palmerston, Imagined Futures offered its Keeping Kids Engaged (KKE) program to 15 students from years 5 and 6 at East Hamilton Hill primary.

This evidence-based program is offered over the course of a full year and builds leadership and resilience skills in children you would have otherwise fallen through the gaps.

Previous evaluations of the KKE program have shown it to facilitate improvements in:

- Wellbeing, self-esteem, and behaviour
- Sense of belonging and social connectedness
- Leadership skills
- Engagement with education

Chapter Three: Investing in the Mental Health and Wellbeing of Children and Young People

Chapter Four:

Celebrating First Nations Culture





Learning about Aboriginal culture is essential for progressing reconciliation in Australia.

For Aboriginal people connection to culture underpins social and emotional wellbeing.¹ For non-Aboriginal people learning about Aboriginal histories and cultures allows people to develop respect for diversity and understanding of cultural difference and is enriching for the whole community.²

Positive connection to culture should be an important component of every child's experience, however it can be difficult for schools, families, and carers to access programs that celebrate Aboriginal culture in a fun and engaging way.

Throughout 2023, Imagined Futures sought to promote opportunities to celebrate Aboriginal culture.

The legacy of the Stolen Generation can be seen in the numbers of Aboriginal children in care today.



While Aboriginal children make up only 6.3% of the child population in WA, they represent most of the children in care.



As of June 30, 2021, 58% of the 4,635 children in care, were Aboriginal.³





Connecting Aboriginal Children in Care to Family, Culture, and Community events

Research and practice knowledge tells us that nurturing enduring relations is an essential element of creating the conditions to improve life outcomes of children. Natural support, such as a child's biological family, their carer's family and community supports (such as friends, sporting coaches etc) provide a sense of identity and belonging for children that professional supports cannot provide.

For children in care, it is often these natural supports that endure and develop into supportive adult relationships long after professional networks have ceased. This is particularly the case for children and their siblings.⁴ Further, the wellbeing for Aboriginal children is intrinsically tied to culture.⁵ Culture is not just important in the provision of rehabilitation, treatment, or other healing -but is a fundamental element of the concept of identity and wellbeing for Aboriginal people.

Because of this, whenever an Aboriginal child is taken into care, it is a requirement by law that the child be placed with a family member, or if that is not possible with another Aboriginal family.

Only if those options are exhausted, that the child is placed with a non-Aboriginal person/family. Despite these efforts a significant number of Aboriginal children are separated from siblings and continue to be placed into the care of non-Aboriginal people. There are simply not enough Aboriginal foster carers, and for many foster families caring for multiple children is not feasible.

From their unique vantage point as Aboriginal people with an in-depth understanding of their community and the child protection system, Aboriginal Practice Leaders from the Fremantle District office came up with the idea of hosting regular events for Aboriginal children in care to encourage connection:

- between siblings—so that relationships between siblings are maintained and strengthened
- to community—so that children participate in activities in their community, feel like they belong, have a voice and are proud to be Aboriginal.
- to culture and country—so that children understand their culture, connection to country and their place within it.

The Imagined Futures partners rallied together to make this idea a reality.

Throughout 2023, three connections events were held, with each of our Local Government partners taking turns to host. Each of these events involved cultural activities and the opportunity to connect with families. A photographer was present at each event and a highlight for many families and carers has been the opportunity to have both individual and family portraits taken.



1 Aboriginal Social And Emotional Wellbeing Model | Strong Spirit Strong Mind

2 https://www.reconciliation.org.au/the-national-curriculum-knowing-the-truth-about-australias-history/

3 https://www.pc.gov.au/research/ongoing/report-on-government-services/2022/community-services/childprotection Table 16A.2 Children aged 0-17 years in care by Indigenous status <accessed 14 July 2022>

4 Building a better future: Out-of-home Care Reform in WA https://www.parliament.wa.gov.au/publications/ tabledpapers.nsf/displaypaper/4012613c95da444ddc4b52c5482583d900086314/\$file/tp-2613.pdf <accessed 18 July 2022>

5 Edwige, V. and Gray, P., Significance of Culture to Wellbeing, Healing and Rehabilitation https://www. publicdefenders.nsw.gov.au/Documents/significance-of-culture-2021.pdf accessed 14 July 2022





Aboriginal Cultural Games Interschool Carnival

On the 22nd of June, 180 primary school students from six primary schools came together to participate in a large scale, fun-filled celebration of Aboriginal culture by playing traditional games at an interschool carnival to mark NAIDOC week.

The carnival was a fun opportunity for all students, both Aboriginal and non-Aboriginal to learn about, and celebrate, our First Nations culture.

Local youth organisation and Imagined Futures partner, the Stephen Michael Foundation (SMF), developed a program that teaches school children about Aboriginal culture through learning about, and playing a range of traditional games.

The SMF paved the way for the carnival by first running workshops in

participating schools with years 5 and 6 students – reaching 470 students. Thirty students from each school were then chosen to take part in the interschool carnival.

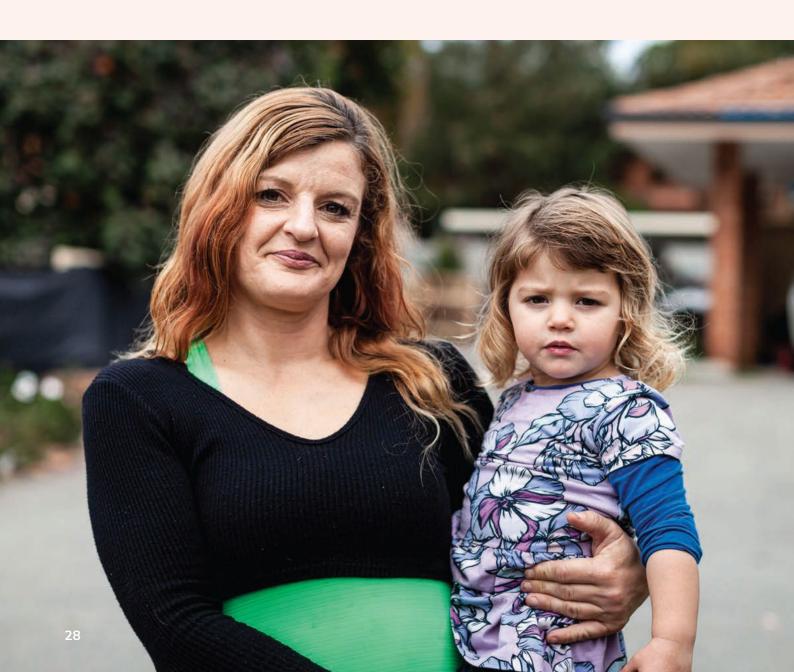
Funding for the project came from the Fremantle Foundation, St Patrick's Community Support Centre, Anglicare WA, Palmerston, Neami National, Strong Spirit Strong Mind, Right Track, and the City of Fremantle. The SMF, Imagined Futures support team and other partners are providing in-kind project support.

It is true testament of what can happen when we harness the power of community to champion our young people and collectively celebrate Aboriginal culture.

Well done Stephen Michael Foundation and Imagined Futures on a terrific event. It was well organised, highly engaging and my students came back raving about what a wonderful time they had. They have already asked if we can do it again next year. My PE teacher was so thrilled to have access to Indigenous knowledge and learn from the team about the games and is keen to help us introduce it during NAIDOC week next term to the wider audience in the school. From little things big things grow. Thank you so much for the invitation and engagement opportunity. We have absolutely appreciated being involved and all the work behind the scenes made it so easy to be involved which was a pleasure in our busy lives."

Donna Bridge, Principal of Brentwood Primary School

Connecting People to the Right Support, at the Right Place, at the Right Time





The Where is the Door? project is designed to help people navigate community services in the local government areas of Cockburn, Fremantle, and Melville more easily.

The project is responding to an increased need in the community, due to rising interest rates, higher costs of living and the housing crisis.

Many people find themselves looking for support for the first time and not knowing where to start. Yet, the earlier people seek help, the more options are available and the easier it is to stop problems from worsening.

While there are many comprehensive directories available for community members to refer to, many people don't know that these or exist, or indeed what help or service they may be looking for in the first place. Further, they may not realise they are eligible or have the confidence to reach out.

The Where is the door? project seeks to proactively bridge this gap by simplifying information about where to begin, and then delivering tailored information and connection to support directly to different community touchpoints such as school P&C committees, GP practices, sporting clubs, Members of Parliament's electorate offices via a range of communication methods.

In the later part of 2023, we were delighted to secure funding from the Department of Communities to employ a project lead to drive this project forward.

Over the course of the year, Imagined Futures continued to curate and distribute several resources tailored to support local community members to find:

- Free or low-cost services accessible without a referral
- Accommodation, food, or other service supports.
- Community touchpoints such as GPs and schools to increase their ability to refer patients and students to the right supports.

Another key pillar of this project is the Imagined Futures Open Door Community of Practice.

The group provides training and networking opportunities for frontline workers to better understand and navigate the human services sector in the South West Metropolitan region, often addressing gaps in service delivery through deepening knowledge of service offerings and facilitating better referral pathways.

Imagined Futures facilitated several events for frontline workers and other community connectors – both paid and unpaid.





Thanks for your email and for the event, which I thoroughly enjoyed.

I particularly enjoyed the key activity – it was so simple, and such a lovely way to get folk chatting while also providing a stark visual representation of pathways and challenges for everyone. Great work."

Belynda Smith - Meerilinga Parenting Services

"

Absolutely brilliant 2 day study on DV. This has increased my awareness to recognise, respond and refer clients. The presenters were great and made the study days lively, active and engaging. Highly recommended course."

DV Alert Training



Thank you for organising the networking event at Willagee Community Centre in February. It was a great opportunity for me to gain more insight into the work of different organisations in our community, and broaden my field of resources for help."

Hsieh Lim – Chaplain

Chapter six: Thapter six:

Building Community Together



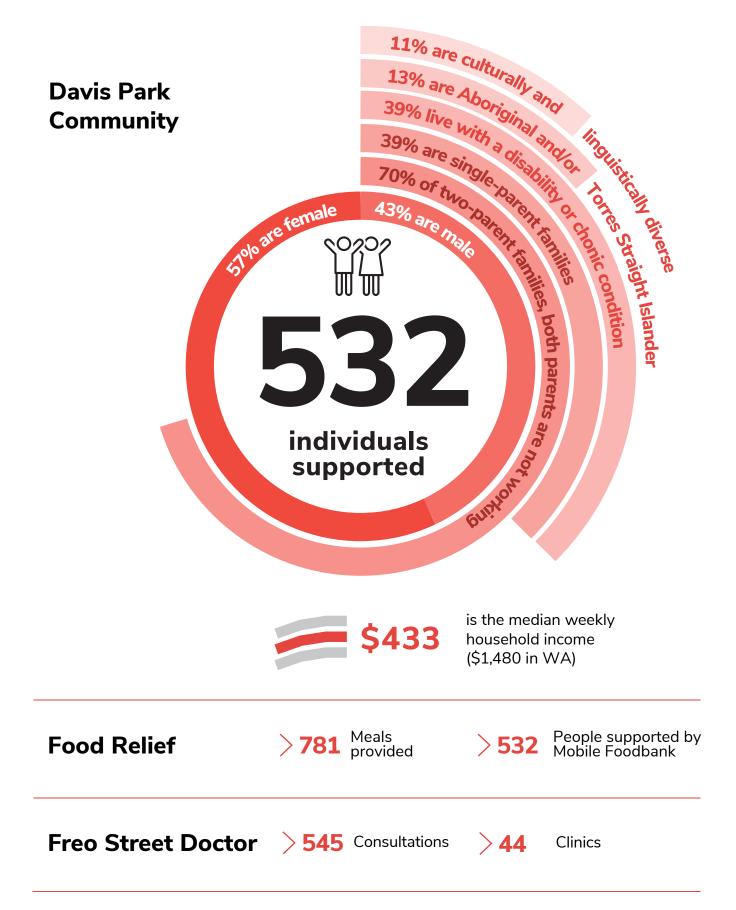


Our Davis Park project serves as a testing ground for a collective impact approach in supporting a local geographic community.

Guided by Assets Based Community Development principles, the Imagined Futures Davis Park Working Group aims to foster social capital and empower individuals.

By leveraging existing human and social capital, we drive meaningful change at both the individual and community levels. Davis Park is a highdensity social housing area. The Imagined Futures Davis Park working group fosters grassroots community development to generate social connection and increase community wellbeing. The Department of Communities employs a community facilitator to help coordinate activities.

Weekly "Nosh n Natter" sessions on a Friday provide a foundation to invite other service providers to deliver their offerings to a receptive audience. Foodbank and the Freo Street Doctor join the community facilitator every week, and other providers come either monthly, or on an as needs basis.



Activities and Guests

Thread Together mobile wardrobe, Christmas in the Park , Fremantle Early Learning Centre, Bub's Club, Women's Health week, Winter warmer donations , Yoga in the park, Pop up garden, Development WA community consultation, Financial Wellbeing Collective, Fremantle Rockingham Family Support Network, Palmerston



COMMUNITY POP-UP GARDEN

The Davis Park residents wanted to build a food garden. After some research, a wicking bed design was identified as an ideal type of garden as it is built in "pods" that can be transported or removed, and due to limited access to water. Building a pop-up garden as a type of test model was a good way to find out if the garden would withstand vandalism and to see if this type of garden could be replicated in their own backyards.

Bunnings supported the initiative with materials and gardening tools, residents volunteered to distribute leaflets to letterboxes in the Davis Park area and the Community Facilitator and Intern door knocked to encourage attendance. A partnership with the Fremantle Early Learning Centre formed, with support maintaining the garden and storing gardening tools.

Several garden beds were built and planted out with vegetables and herbs with the community participating eagerly in the project. Residents who had not previously engaged with the Fridays in the Park event attended, with some learning about, and engaging with, the mobile Foodbank and Street Doctor services. Residents reported enjoying learning new skills, including using a power tool for the first time.

The garden has been a point of pride and connection for the community. It is a productive food source and connections have been maintained to ensure sustainability of the pop-up garden and activation in the park.

Why doesn't every community have one (a community facilitator)? I think every community should have one. It helps us to be able to connect with each other and communicate in a way we don't when there is no group. We keep to ourselves on the other days." Resident Chapter Seven:

Who is Imagined Futures?



You are Imagined Futures.

Act Delena Commit	Leadership Group	Mental Health	Housing and Homelessness	Davis Park	Youth
Act Belong Commit					
Alcohol and Drug Foundation		-			
Anglicare					
Black Swan Health					
Carers WA					
Centre for Social Impact WA					
Child and Adolescent Health Service					
Child and Adolescent Mental Health Service					
City of Cockburn					
City of Fremantle				•	
City of Melville					
Child Adolescent Mental Health Service					
Cockburn Integrated Health					
Connect Groups					
Connecting Community for Kids					
Consumers of Mental Health WA					
Communicare					
Curam Consulting					
Department of Communities					
Department of Education					
Department of Health	•		•		•

	Leadership Group	Mental Health	Housing and Homelessness	Davis Park	Youth
Department of Home Affairs					
Department of Social Services	•				
Development WA				•	
Fremantle Chamber of Commerce					
Fremanatle College					
Fremantle Early Learning Centre					
Fremantle Foundation					
Fremantle Mental Health Service		•			
Fremantle Rockingham Family Support Network	•	•			
Fremantle Women's Health Centre		•			
Foundation Housing					
headspace	•				
Helping Minds					
Homeless Healthcare					
Housing Choices WA					
Imagined Futures (backbone support)					
Lakelands Senior High School					
Lifeline WA					
Living Proud		•			
Meerilinga Young Children's Foundation					
Mental Illness Fellowship of WA		•			
Moorditj Koort Aboriginal Corporation					
Multicultural Futures					
M @ Co Collective					
Neami National					
Palmerston				•	
Public Transport Authority WA					•

	Leadership Group	Mental Health	Housing and Homelessness	Davis Park	Youth
Reclink Australia					
Red Cross					
Richmond Wellbeing					
Roses in the Ocean					
Ruah Community Services					
Services Australia					
Shelter WA					
SMYL Community Services					
South Metropolitan Health Service					
Standby					
St Patrick's Community Support Centre					
Stephen Michael Foundation					
Tuart Place					
Uniting WA					
University of Notre Dame					
Wanslea					
WA Primary Health Alliance					
WACOSS					
WA Alliance to End Homelessness					
WALGA					
WA Police					
WA PCYC					
Workforce Australia					
Wungening Aboriginal Corporation					
Youthcare					
Youth Focus					
Youth Justice Services					



Now we need you. Together we are stronger.

Imagined Səının

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