



Live Well
TASMANIA

Helping youth achieve wellbeing

**ANNUAL
REPORT
2016-17**



Geoff Blackburn
Acting President 2016 – 2017

President's report

Live Well Tasmania has endured a time of challenges during its second year. Kelly Milikins took some time out from her role, as our first President. Acting as President during 2017 gave me an opportunity to become more involved with the social enterprise that LWT has become. Kelly's attention is now focused at the Wynyard High School, where her role is evolving through the horticultural interests of students at the school. The development of the LWT garden at the School over the last two years has provided a foundation for Kelly's work.

Funding from numerous sources (see project Coordinator's report) has allowed for infrastructure projects at the Saunders Street Centre and the New Life Church garden to continue. These include a greenhouse, structural foundations & framework for a workshop, a solar power system, along with paving for the rear courtyard and access areas.

The attention of supervisors and myself to a review of Workplace Health & Safety procedures at Robin's request has provided an opportunity for the team to collaborate with each other and a number of Employment agencies. This has established a foundation for an on-going WH&S process to ensure a safe, healthy and interesting work-place for community participants, volunteers and staff.

Maintenance and planning continues at the New Life Church, Wynyard High School and Community Centre (Saunders Street) gardens. Improving opportunities and activities for community participants and volunteers has continued at all LWT's projects. The challenges have been evolving and managed as a priority by supervisors and the Committee.

I would like to offer my thanks for the tolerance, kindness and patience of all involved with LWT this year. Establishing any new organisation takes resources, planning, ideals and the integrity to believe that anything is possible.



Robin Krabbe
Coordinator 2016 – 2017

Coordinator's Report

It has been a fulfilling year in seeing our Community Centre being transformed from a mechanics garage to a space for everyone to enjoy. Glenn has been doing a great job with his creative flair for landscaping. Phil likewise has transformed the church from a bare paddock to a flourishing garden, including a wonderful herb mandala. The church have appreciated the vegetables for their parishioners, and in seeing the emergence of a both productive and aesthetic space.

We have been fortunate with the grants and other funding we have received which are necessary to build the foundations for longer term financial sustainability. We received two infrastructure grants, one to install solar panels and a battery via the Federal Government Stronger Communities grant. The installation was completed in June, now we are waiting with baited breath for our first bill showing lots of savings! The second was to renovate the building, from the Department of State Growth. This covers insulating inside the workshop, enclosing the carport, installing a door from the workshop to outside, and installing a door from the house to the outside. This work will occur in the 2017/18 financial year.

Both community projects for job seekers continued on, however we had a change of host Job Active Agency providers from the Salvation Army Employment Plus to Max Employment at the Centre, and My Pathway at the Church. In addition, we received funding via the Community Support Levy to support Kelly with her fantastic work with mainly year nine's at the Wynyard High School. A very small amount of further funding was received from the Foundation for Rural and Regional Renewal (FRRR) for some additional work with a different student cohort. As can be seen by Kelly's report below, it is so fantastic to see the kids respond so positively to the project. Refining and updating our strategic plans continues to evolve. Our understanding of how we can work with other community groups, with government and with businesses is increasing, as are opportunities to do so. This is one of the exciting aspects of being embedded in community, of having face to face relationships with those we would like to help most, which at the same time builds stronger communities for everyone's benefit.



Our projects

Calvary Hospital grant -Empowering youth via Agrifood

In July 2016 we received a grant from the Calvary Hospital to conduct a program with year some of the year 9 and 10 students at Wynyard High School. This money enabled me to work with these students for two blocks per week, we also engaged a volunteer parent, Penny Cornwall who generously donated her time and communication skills to work along side myself and the students. Our mission was to provide positive and basic life skills, improve self confidence and self esteem.

The course ran for eight weeks, in that time we all participated in -

- Propagation of seeds brought and collected from the garden. The students propagated and grew ten types of tomatoes, cucumbers, zucchini and different pumpkin seedlings.
- Made and sold Calendula Cream which is a topical wound healing cream. We collected the petals, followed a recipe and made a beautiful product that the students sold at the end of the program with the seedlings they grew. The cream was so successful we will make it again to sell in 2017 with our garden groups.
- The students collected and displayed produce in a box from the garden for sale to café's weekly, they took great pride in this activity.
- Fertilised and prepared garden beds to plant four types of potatoes. The year 9's that planted them got to harvest them when they came back from the summer break.

Over all the project was a great success the students enjoyed the different activities and especially enjoyed selling the produce and products out the front of Woolworth's supermarket in Wynyard. A major success was the groups that took our seedlings and cream to sell out the front of Woolworth's, the student s enjoyed this a lot. Even disengaged student were there waiting for me to go with all the items we needed with awesome smiles and attitudes. Their manners where flawless and you would not have known that some of these students were struggling to be engaged at school. The customers in the community where so excited to see the students with their enthusiasm. I was and still are so proud of the program we ran.

I would like to thank all involved so much for the opportunity to run a program at Wynyard High School. Our community are enriched to have these things happen to our youth. You will be able to tell from the photos of the enjoyment of these students.

Kelly Milikins

Job Seeker/Community Projects

This year has seen a big improvement in participation for our two gardens, and the community centre.

We are very grateful for the amount of work being done - although we can always do with more helpers!

The High School has had to be neglected somewhat due to the development of the community centre, however Kelly has been doing great things there with the school kids.

We have had a big focus on workplace health and safety, both in terms of documentation and on-ground initiatives to improve the environments for our job seekers. We have also started collecting ideas about staff training to increase the effectiveness of our projects.

Volunteer's grant

Our volunteers are our life blood, including people who have paid positions but still volunteer a substantial amount of their time. We are deeply indebted to their contributions! Hence we were very happy to receive a small grant from the Department of Social Security to spend on capacity building for our volunteers. We received the funding in May 2017, and by the end of June had planned the main activities for the grant. This included subsidising the costs of attending two great networking and capacity building conferences on the mainland, the New Economy Network Australia conference in Brisbane and the Transition Summit in Melbourne (Tania and Robin attended both).

The second activity was a gathering of the Local Area Coordinators (LAC's) of the CENTs project in Penguin (planned for August 2017). The aim is for the LAC's to meet at once a year if possible; it is an important opportunity to re-energise, to generate great ideas for events to organize and so on. Thirdly we did some first aid training at the LWT Community Centre, involving all three community project supervisors, and four job seekers.

We also purchased some resources for Non-violent Communication training. This type of training is great for anyone who in particular interacts with others from different walks of life, it helps to look at first at our own assumptions when interacting with others, and how we can engage in more respectful and productive communication. We also allocated some funds from the grant to support job seekers who have volunteered with us after their obligatory period has finished, to assist with travel costs.

Community Exchange Network Tasmania (CENTs)

Community Exchange Network Tasmania (CENTs) is a community initiative where members trade without using money. Each member has an internet account which records credits when they provide a good or service to another member, and debits when they receive a good or service.

Live Well Tasmania became the auspice organisation for CENTs earlier in the year and a transfer from the North West Environment Centre was effected. The Community Exchange Network Tasmania has continued to grow organically with over 500 traders now throughout Tasmania. Concentration of traders continues to dominate on the North-West coast where the project was initially established and where trading continues to be strengthened with regular trading events. The RESEED Centre in Penguin has become a regular venue for combined trading of the three north west sub branches Devonport, Burnie and Wynyard and RESEED themselves are CENTs traders allowing venue hire to be paid in community currency.

Since 2013 over \$170K worth of goods and services have been traded of which just over \$46K has been traded this year. With 510 traders we have seen an interesting array of goods and services hit the Offerings List as traders think outside the square as to things they are able to trade that are valued by others in our community. Some notable trades have included but not limited to business support, eco building tours, wellness retreats, foreign coins, kefir grains and kombucha, scobys, squab and crème fraiche, beeswax

candles, knitted slippers, house painting, worm juice, restringing guitars, henna, rams and ewes and sourdough doughnuts. The usual seasonal fresh produce always features large and remains highly sought after in our trading community.

Statistically the exchange is very healthy in terms of it's trading activity with 51% traders in credit and 47% in debit while a further 2% maintain a zero balance status, considered to be the best trading position overall. As we see increased longevity with traders we have observed a direct correlation between those who have traded most and their standing and reputation within CENTs. Building trust and reciprocity becomes much easier when status and reputation are established. What has been most pleasing to see is the friendships that are a direct result of trading. We tend to find that as relationships strengthen, trading activity tends to become informal and outside of the CENTs system.

CENTs was delighted to be nominated for the 2016 Tasmanian Community Achievement Awards with nominations in the Sustainability and Community Group of the Year categories. The exchange can only continue to operate with the valuable efforts of our volunteer Administrator and Local Area Co-ordinators to which we owe our utmost gratitude. Special thanks go to Tania Brookes, Eric Smith, Robin Krabbe, Anne Clifton, Walter Van Praag, Damien Crompton, Sharon Moore, Katie Devenish, Matthew Ryan-Sykes, Kelly Jones, Cate Foley-Burke, Shanan Anderson and Diane Walsh.



Partnership Development

We thank the-Wynyard Lighthouse Film Society for their donation from the proceeds of the family film they show every year in Gutteridge Gardens. This donation will assist us making our Centre accessible for disabled people.

We are very keen to work keeping on the partnerships we have begun to form during 2015 and 2016. This has included Waratah-Wynyard Council, Wynyard High School, The Smith Family, Big hArt, Produce to the People, the Cradle Coast Authority, and the Department of Health and Human Services. The main driver of this partnership development is us all having a common aim and desire for healthy people and healthy communities, of strong educational systems and the use of a range of media such as Arts, music and sports to promote the wellbeing of youth and of communities. Partnerships are crucial for tackling deeply entrenched and complex social problems, and unless we tackle the causes of these problems, they will keep reappearing.

Our mission

The mission of Live Well Tasmania is to help youth living in poverty to achieve wellbeing. Tasmania has higher rates of disadvantage than other parts of Australia. Substantial research shows a clear correlation between a lack of both education and employment and poverty rates. Where families have an educational level of less than year 12, poverty rates are double the national average. Low family income and low educational levels are 'particularly problematic in the earliest years of a child's life and that the persistence of poverty compounds these problems'

Our short term strategy

Live Well Tasmania is committed to work with other government and non-government organisations towards addressing youth poverty.

Our approach aims to gradually addresses those who 'fall between the cracks', who suffer from gaps in services and who may be hard to reach by many service organisations. There does appear to be a significant level of existing services to help those in need, however coordination is needed to ensure there is no duplication on the one hand and waste on the other hand.

We also seek to provide increased employment opportunities and increased engagement in our Community Exchange Network Tasmania (CENTs) project. CENTs provides a major opportunity for youth to increase their skills in a variety of areas, since it does not depend on paid employment opportunities, which for some are in short supply.

Some possible strategies for the latter are to provide a community employment service (based on the labour hire model), and/or social enterprises based on our two market gardens.

Our long term strategy

Live Well Tasmania contends that the only way to effectively address youth poverty in the longer term is to tackle the underlying problem of a lack of wellbeing, which includes engagement with learning, in the broader community.

Poverty tends to be generational, and a lack of wellbeing of parents generally results in a lack of wellbeing in their children. Our theory of change is that while we as individuals must change, we need support to change. This support can both be provided by those around us in our communities, and by government policies. The latter however are very slow to change; hence we identify community initiatives as having more potential in the short term to enact change.

Our model reported in last year's annual report has evolved into a "Learning Region" model. This reflects a broader understanding of how we can work together to move towards structures that better support wellbeing.

Candy¹ explains the significance of learning cities/regions as follows:

Around the world, on all continents, hundreds of cities are Learning Cities. These are local communities that have determined to address global social, economic and technological change by facilitating 'learning for all' as a means of building their local community capacity. Learning Cities harness resources across the community – knowledge, social networks, environmental assets and financial capital – to enable local people and organizations to develop skills, knowledge and values. Through this collaborative effort, Learning Cities develop not just resilience and adaptability to change, but enhance their capacity for sustainability and competitiveness.

Our approach recognises that everyone has different life experiences which shape who they are, what capabilities they have, and importantly what resources they have to support them. The key to building capabilities is trust, in recognising that everyone does the best they can with the resources they have. The two figures below summarise the Learning Region approach.

¹ Planning Learning Cities: addressing globalisation locally, see <http://www.kas.de/upload/dokumente/megacities/LearningCities.pdf>;

Our assumptions

LIVE WELL TASMANIA
Helping youth achieve wellbeing via building skills and lifelong learning
By facilitating good physical and mental health for all

WE BELIEVE WELLBEING IS BASED ON:

OUR PLAN:

*Via CENs - Community Exchange Network Tasmania

 **Live Well TASMANIA**
helping youth achieve wellbeing

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Everyone needs good food, shelter and social support



All individuals should have the opportunity to develop self-motivation and capacity for lifelong learning



Engaging and diverse activities are important aimed at covering the diversity of people's backgrounds and interests

Financial report

Profit and Loss (Cash)

Live Well Tasmania Inc.

ABN: 55 852 347 795

Report Period: 1/07/2016 - 30/06/2017

Account(s) in this report: LWT, Robin

Income	\$	\$
Grant funds other than WFD	42449.09	
Philanthropic donation	9293.73	
Refund of GST	10859.09	
Rent - 28 Saunders St	727.27	
Sales - vegetables and fruit	90.00	
Tenant repayment of services	90.91	
Wage subsidy	1818.18	
Work for the Dole funding	74098.22	
Total Income		139426.49
Expenses	\$	\$
Advertising & Promotion	748.18	
Capital buildings/equipment	9015.45	
Community Centre expenses	3226.34	
Community exchange project expenses	326.69	
Electricity	1688.72	
Grant expenses (other than WFD)	13920.09	
Insurance	409.24	
Telephone	1240.97	
Water charges	1199.75	
Work for dole expenses, includes salary	100055.56	
Total Expenses		131830.99
Net Profit (Loss)		7595.50