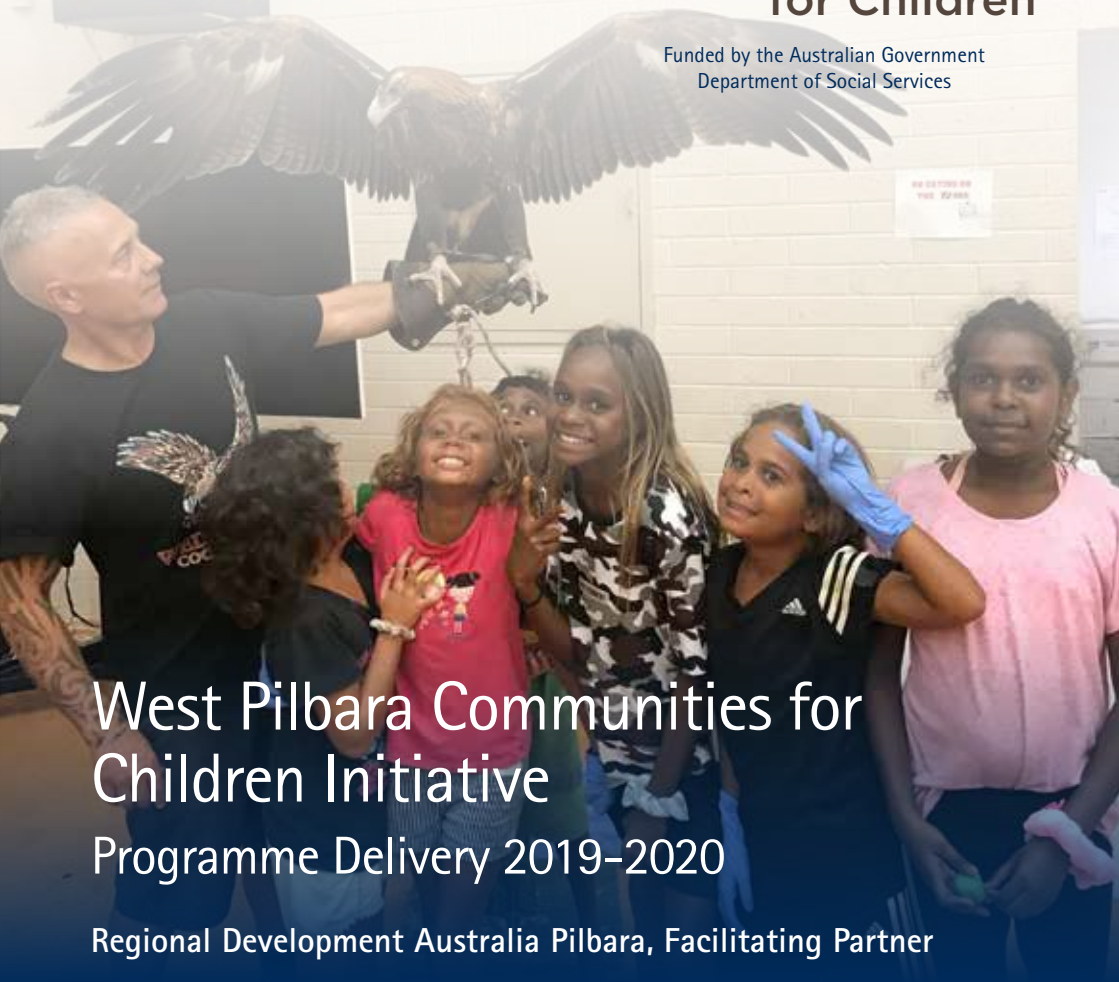




West Pilbara Communities for Children

Funded by the Australian Government
Department of Social Services



West Pilbara Communities for Children Initiative Programme Delivery 2019-2020

Regional Development Australia Pilbara, Facilitating Partner

West Pilbara Communities for Children Initiative

Programme Delivery 2019–2020

Regional Development Australia Pilbara, Facilitating Partner

The West Pilbara Communities for Children (WPC4C) Initiative is funded by the Department of Social Services. The Initiative was established to support the empowering of children, families and communities through innovative programmes in response to community needs.

The six priority areas of the WPC4C Initiative are as follows:

1. **Transition to School:** The Initiative promotes strength-based partnerships with parents or guardians, who require additional support to effectively work with their children to achieve social and emotional wellbeing, build secure attachments and develop resilience.
2. **Families:** Programmes funded through the Initiative provide a range of parenting support initiatives, which are considered an effective way to improve the health and wellbeing of children, young people and families.
3. **Connections between children and adult services:** The Initiative supports a collaborative approach to understand any gaps in service delivery and connect with other services in the Early Years sector. This will facilitate better interactions between services, gain access to vulnerable families and children as well as connect to other community partners and the broader service networks.
4. **Sense of belonging and participation:** The Initiative facilitates the purchase of evidence-based programmes that promote participation of vulnerable families and children in their community and offer resources to meet particular needs of families and children.
5. **Health and wellbeing:** The diverse programmes under the Initiative, support opportunities for families and children to participate together to promote health and wellbeing. Particular focus is on the development of positive attachments, better understanding of child development and child rearing strategies.
6. **Suicide awareness and prevention:** The programmes available under the Initiative create the opportunity for families and children to attend activities that enhance school readiness, create a sense of belonging, and support achievement in learning and development potential. Whilst offering strategies to maintain social and emotional wellbeing.

This year the Initiative will, through Regional Development Australia Pilbara, fund six Community Partners to deliver 13 parenting programmes and children's activities across the West Pilbara.

The information provided in this booklet offers a snapshot of the programmes and activities delivered through the West Pilbara Communities for Children's Initiative.

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Aboriginal Biodiversity Conservation Foundation Limited (ABCFL)

Ranger for Life Programme (R4L)

The Ranger for Life (R4L) programme supports vulnerable and disadvantaged Aboriginal children and their parents and guardians through two distinct approaches: Life Skills to Leadership and Teach Parents First. This is achieved through reintroducing traditional cultural and environmental activities into early childhood education through unconventional methods.

The Life Skills to Leadership Approach targets children currently in the school system and are at risk of becoming disengaged. This approach works with teachers, Aboriginal liaison educators and support services to deliver recreational based cultural and environmental activities to at risk Aboriginal and non-Aboriginal children through a structured programme.

The Teach Parents First Approach targets children and their parents/guardians who are at risk of or have not entered the education system, often because of parents/guardians' lack of education. This approach will establish a welcoming learning place, where elders deliver bi-lingual cultural and environmental learnings within a bush classroom setting.

From July 2019 to June 2020, the programme will be delivered 4 weeks per school term. Four x two day Bush Classrooms, Monday and Wednesday per term, 8 x after school activities per term, 8 x lunch and recess school activities per term, 4 x teacher, support officer, liaison officer meetings/workshops per term, 2 x two to three day On-Country excursions to be held mid-year and at the end of the year.

For more information about the programme, session times and venue, please contact Aboriginal Biodiversity Conservation Foundation Limited (ABCFL) on the details provided below:

CONTACT DETAILS

Mobile: Alison Sentance 0457 041 967
Kristen Nairn 0497 999 051
- Enrolment queries

Email: admin@abcau.com.au

Website: www.abcau.com.au



Karratha Community House (KCH)



Parent-Child Mother Goose

The Parent-Child Mother Goose (P-CMG) is an evidence-based programme for parents, caregivers and their babies and young children.

Parent-Child Mother Goose supports the development of secure parent-child attachment, promotes children's speech development and enhances families' community inclusion through the pleasure and power of using rhymes, songs and stories together.

Through regular sessions parents will be engaged with their children, interact and participate in verbal activities. This particular P-CMG programme will be targeted at culturally and linguistically diverse (CALD) families in Karratha.

Karratha Community House will deliver the programme once a week as two hourly sessions per school term for the period of July 2019 to June 2020.

Drumbeat

Drumbeat is an evidence-based social and emotional learning programme which incorporates hand-drumming on African Djembe drums. The programme focuses on social connection through teamwork and is proven to build resilience and confidence amongst its participants.

Participation in the Drumbeat programme will help create strong, child-friendly communities as well as provide support with behavioural and child development issues.

The Programme seeks to influence:

- Positive change in social interaction;
- Improved general behaviour to others;
- Positive change in mental health;
- Increased school attendance; and
- Increased opportunity to have fun.

Karratha Community House intends to deliver the programme in various Primary Schools located in Karratha. Namely, Pegs Creek Primary School and Baynton West Primary School as well as other potential schools as the opportunity arises.

Karratha Community House will deliver the programme once a week per school term for the period of July 2019 to June 2020.

For more information about the programmes, session times and venue, please contact Karratha Community House on the details provided below:

CONTACT DETAILS

Phone: 08 9185 6605

Email: info@karrathacommunityhouse.org.au

Website: www.karrathacommunityhouse.org.au



Karratha Central Healthcare (Pilbara Health Network)

Circle of Security Parenting

Circle of Security Parenting (COSP) will be administered by the Karratha Central Healthcare (KCH) and delivered through a partnership and subcontracting arrangement with Connect Paediatric Therapy Services (Connect PTS) and KCH contractors.

Circle of Security Parenting is a relationship-based parenting programme that is based on decades of research. This programme uses an eight-chapter video-based series. Designed for parents, the programme also works equally well for increasing childcare providers' and carers awareness of attachment.

Provided by a Registered COSP Facilitator, the programme offers parents an understanding of the reciprocal relationship between the attachment and exploratory systems; offers a roadmap to understand patterns of attachment; shifts the focus from ways to extinguish undesirable behaviours to seeing behaviour as communication of a need; explores ways to respond sensitively to children's cues; and offers insight to caregivers of ways to manage their own struggles around certain attachment needs.

The programme will be delivered for 2 ½ hours per week for a six-week period in Karratha and Wickham. These six-week sessions will be per school term from July 2019 to June 2020.



West Pilbara Wellbeing Programme

The West Pilbara Wellbeing Programme (WPWP) actively targets the promotion of good mental health and the reduction of risk for adverse mental health conditions. The programme centres on a skill building approach with a focal point of developing student's resilience and social emotional skills to reduce their risk of anxiety, depression, suicidality and substance abuse behaviours. These mental health problems are of prevalence and concern in regional and rural Western Australia. To reduce the level of disease burden of mental health conditions and the rate of deaths caused by suicide, we need to invest in the implementation of greater prevention and more mental health promotion programmes.

The programme is delivered from a trauma informed care perspective and includes information and training on trauma response and care for teachers. Year 4 children will be the focus of this programme initially as research identifies that there is strong social and emotional growth and development at this age.

The WPWP will contribute to the creation of strong child-friendly communities that understand the importance of children and applies this capacity to maximise the health, wellbeing and early development of young children at the local level.

This programme will be delivered once a week over a six-week period to Year 4 students at local primary schools for Terms 1 and 2 in 2020.

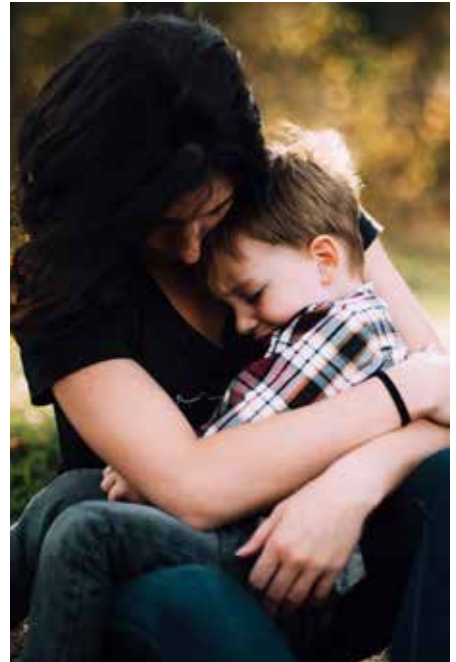
For more information about the programmes, session times and venue, please contact Karratha Central Healthcare (Pilbara Health Network) on the details provided below:

CONTACT DETAILS

Phone: 08 9144 6900

Email: info@karrathahealthcare.org.au

Website: www.karrathahealthcare.org.au





Kids Safe Space

Kids Safe Space is a child-friendly environment where children living in Roebourne can visit and engage in activities that build self-care, self-confidence and awareness of services that are available to them.

The programme engages with children who are disengaged or have low school attendance by providing them with activities to boost their self-confidence through child-driven activities, which increases participation and fosters a sense of belonging in the programme and community.

Children will also be involved in the preparation and cooking of healthy food. The children share the meal with each other in a relaxed and supportive environment,

whilst learning about nutrition and impact on physical health and wellbeing.

The Kids Safe Space programme will be delivered two nights per week for the full funding year commencing July 2019 and ending June 2020.

Kids Safe Space School Holiday Programme

The Kids Safe Space School Holiday Programme is a child-friendly environment where children living in Roebourne can visit three evenings a week during school holidays, to engage in activities that build self-care, self-confidence and awareness of services that are available to them.

The programme engages with children who are disengaged or have low school attendance



by providing them with activities to boost their self-confidence through child-driven activities, which increases participation and fosters a sense of belonging in the programme and community.

Children will also be involved in the preparation and cooking of healthy food. The children share the meal with each other in a relaxed and supportive environment, whilst learning about nutrition and impact on physical health and wellbeing.

The Kids Safe Space holiday programme will be delivered during school holidays from July 2019 to June 2020, three days per week.

Footy Fundamentals

Footy Fundamentals is a carefully planned and structured Early Years programme. The Australian Football League (AFL) helps to teach and develop fundamental movement skills in a fun and safe environment incorporating AFL football and using multisport equipment.

The use of AFL as a backboard for this learning builds a common interest in sport from an early age and incorporates many skills which are not unique to football alone. Confidence building within children of the two to five-year age range provides a good base for successful and safe transition into kindergarten as the child learns self-discipline, spatial awareness and working as a group during the Footy Fundamentals programme.



Parent's recognition of their child's progress and developmental milestones from an early age is important and allows for early intervention if required.

This programme will be delivered three times a week (1/2 hour) for two to three, three to four and four to five years of age per school term from October 2019 to June 2020.

For more information about the programmes, session times and venue, please contact Roebourne PCYC on the details provided below:

CONTACT DETAILS

Phone: 08 9182 1784

Email: roebournepcyc@wapcyc.com.au

Website: www.wapcyc.com.au/location/roebourne



Parent-Child Mother Goose

The Parent-Child Mother Goose (P-CMG) programme supports children from vulnerable and disadvantaged families by providing access to books, literacy materials and parent support on the importance of literacy from birth.

The programme provides and promotes high quality learning opportunities with a focus on literacy activities in the community and within the family unit which will strengthen the commitment to the value of education amongst Onslow families. There is also a strong link of presented material to established school-based activities to create familiarity when transitioning into school.

Parent-Child Mother Goose supports the development of secure parent-child attachment, promotes children's speech development and enhances families' community inclusion through the pleasure and power of using rhymes, songs and stories together.

Through supported P-CMG sessions the programme will assist parents with strategies to stimulate and promote their child's literacy development and learning from birth.

V Swans will deliver the programme for one hour per week, per term for the period of July 2019 to June 2020

Footy Fundamentals

Footy Fundamentals is a carefully planned and structured Early Years programme. The Australian Football League (AFL) helps to teach and develop fundamental movement skills in a fun and safe environment incorporating AFL football and using multisport equipment.

The use of AFL as a backboard for this learning builds a common interest in sport from an early age and incorporates many skills which are not unique to football alone. Confidence building within children of the two to five-year age range provides a good base for successful and safe transition into kindergarten as the child learns self-discipline, spatial awareness and working as a group during the Footy Fundamentals programme.



Parent's recognition of their child's progress and developmental milestones from an early age is important and allows for early intervention if required.

This programme will be delivered once a week per school term from July 2019 to June 2020.

Circle of Security Parenting

Circle of Security Parenting (COSP) is a relationship-based parenting programme that is based on decades of research. This programme uses an eight-chapter video-based series. Designed for parents, the programme also works equally well for increasing childcare providers' and carers awareness of attachment.

Provided by a Registered COSP Facilitator, the programme offers parents an understanding of the reciprocal relationship between the attachment and exploratory systems; offers a roadmap to understand patterns of attachment; shifts the focus from ways

to extinguish undesirable behaviours to seeing behaviour as communication of a need; explores ways to respond sensitively to children's cues; and offers insight to caregivers of ways to manage their own struggles around certain attachment needs.

V Swans will deliver the programme in Onslow weekly for 2hrs over eight sessions per term beginning in February 2020.

For more information about the programmes, session times and venue, please contact V Swans on the details provided below:

CONTACT DETAILS

Phone: Adam Conwell 0409 091 954

Email: aconwell@vswans.com.au

Website: vswans.com.au/regions/ashburton



Bringing up Great Kids for Kinship Carers

The Bringing Up Great Kids for Kinship Carers programme has been designed to meet the needs of Kinship Carers as they take to the role of parenting their grandchildren or other family members.

The programme uses mindfulness and reflection to assist carers in examining and improving their communication and exchanges with their children so that they may foster more respectful and positive interactions, which support children's development and positive identity. Works to address the sources of carers' negative or unhelpful attitudes.

During the funding period of July 2019 to June 2020 the programme will deliver a total of 48 sessions throughout the year

Seasons for Growth

The Season for Growth programme is an education programme that builds the resilience and wellbeing of children who have recently experienced loss due to death, family separation or migration.

Seasons for Growth aims to support young people to understand their feelings, help them develop skills for coping, restore self-confidence and educate them about the grief process. The programme is underpinned by evidence about resilience, emotional competency and identity.

The structure of the programme is based on the four seasons, reflecting the four stages of grief (Worden, 2009).



During the funding period of July 2019 to June 2020 the programme will deliver a total of 108 sessions throughout the year. The sessions will be delivered to three age groups consisting of: six to eight, nine to ten and 11 to 12 years of age.

For more information about the programmes, session times and venue, please contact Yaandina Community Services on the details provided below:

CONTACT DETAILS

Phone: 08 9182 1566

Email: info@yaandina.org

Website: www.yaandina.org





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**Communities
for Children**

Funded by the Australian Government Department of Social Services

www.rdapilbara.org.au



An Australian Government Initiative

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