

# National Empowerment Project Update

## Promoting Cultural, Social and Emotional Wellbeing

Dear NEP Researchers, Partner Organisations and interested community members,

It's been very busy on the western front and on the east, with the implementation of NEP Phase 3. The delivery of the Cultural, Social and Emotional Wellbeing Program is full steam ahead in the Queensland communities of Cherbourg and Kuranda.

Professor Pat Dudgeon has also secured funding for the implementation of the Aboriginal and Torres Strait Islander Suicide Prevention Evaluation Project.

Congratulations to Pat and team for securing these funds!

### Content:

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### NEP 3

#### Training Workshop

All NEP Community Co-researchers

to be held in Perth

on 3<sup>rd</sup> and 4<sup>th</sup> November 2014

Esplanade Hotel

Flight preferences to Carolyn please!

## New Staff

- ❖ Glenis Grogan is now the Program Coordinator of the NEP CSEWB Program in QLD working with partner organisation Ngoonbi Co-operative Society for the Queensland NEP team in Kuranda and Cherbourg. Glenis is not new to the NEP team, having worked with Pat, Adele and others in NEP Phase 1. We are very happy to have our colleague back on board and know she will be a great support to Cherbourg and Kuranda communities.
- ❖ Maria Grauner has joined the Kuranda team and is assisting Biri with the delivery of the Cultural, Social and Emotional Wellbeing program in Kuranda.
- ❖ We farewell Barbara Riley who needs to focus on family life.
- ❖ Lobna Rouhani has joined the NEP team working part-time at UWA and will also be working on Pat's Australian Research Council Grant.

We welcome Glenis, Maria and Lobna to the NEP team!

## NEP Phase 3 (Training Workshops)

- ❖ We are locking in dates for workshops for Partner Organisations and Community Co-researchers training. The first Community Co-researchers training workshop will be held in Perth on the 3<sup>rd</sup> and 4<sup>th</sup> November, venue to be confirmed. Please start looking at your preferred flights NEP Community Co-researchers?

## NEP Reports

- ❖ The Community Report will be ready for publication and sending out to Community Consultants very soon. This report summarises the National Report and will be a good introduction to NEP for communities. The Report will also be posted on the website.
- ❖ Roundtable Report: As you are aware SIS UWA co-hosted a Roundtable. The Third Conversation Aboriginal and Torres Strait Islander Mental Health and Suicide Prevention Roundtable. The Call to Action and proceedings are now on our sebsite. This was a great event, be sure you check it out.



## New Sites

- ❖ Community Consultations are almost complete at our three new sites. We would like to thank our community consultants at these sites:
  - Geraldton – thank you to Colin Woods, Sonya Crane, Cameron Davies and Julie Coffin;
  - Mount Gambier – thank you to John Watson; and
  - Darwin – thank you to Mark Munnich and Danila Dilba.

Social and Emotional Wellbeing workshops will also be held with the communities in all three sites in order to complete this phase of the Project.



## Cultural, Social and Emotional Wellbeing Program

- ❖ Cherbourg and Kuranda are currently delivering the Cultural, Social and Emotional Wellbeing Program to the second group of community members. Glenis Grogan is now coordinating the program and assisting Bronwyn and James in Cherbourg and Biri and Marie in Kuranda to deliver the revised program to community.
- ❖ Barbara Riley has left the program and we would like to take this opportunity to thank Barbara for her contribution and to welcome Marie.
- ❖ Participants and the community consultants provided lots of really positive feedback regarding the pilot program delivery, with people expressing the following as examples:

*'For me, I lived a life that I rushed into and becoming a young mother of three little ones gave me a lot of responsibility and made me feel like I couldn't do it but attending this program helped me a lot and showed me my inner strength and I can do anything.'*

*'To create happiness and peace within myself and to provide a better, healthier and happier future for myself and my children.'*

*'The NEP gave me the strength to keep going and to see and listen during the program was very spiritual and healing. It empowers my mind and ability to say I can do this for my family and to be strong within my family and workplace.'*

## Website

- We encourage you to check out the website for updates and to contribute news to the website. Please let Carolyn know any news of interest that we can post on the website, relevant to you and your community.

## NEP Promotion

- ❖ Pat and Tom Calma will be meeting with Minister Scullion late September.
- ❖ Pat will be attending the Australian Psychological Society Conference in Hobart, October 2014.
- ❖ Pat has presented NEP at the SARRAH conference for Rural and Remote Allied Health Professionals.

**Until Next Time...** Until next months Newsletter, wishing you the very best, from Carolyn on behalf of the NEP Team UWA.

