

# The Derby Good Life Project

The Derby Good Life Project has grown out of a partnership between Anglicare WA, Emama Nguda Aboriginal Corporation and Nunga Group Women's Aboriginal Corporation building on strengths in the local community and framed around initiatives to grow 'the good life'.

The good life can mean different things to different people, but in this Project it means creating enablers for community members to meet their basic needs, connect with a sense of purpose, contribution, healing and connection.

## Partner organisations work together with community and other supporters to:

- Prioritise opportunities to grow the good life.
- Owned and governed by a group of community based partners.
- Understand who the connectors and do-ers are in Derby.
- Provide recognition and respite for community members who are working hardest behind the scenes to keep families and community strong.
- Design and construct a comfortable, private space for traditional healers to deliver healing practices and train young healers.
- Investigate short to medium food security solutions in Derby with scope options for longer-term solutions.
- Maintain awareness and connection to other projects being undertaken by other partners, particularly Early Years Partnership, Empowered Communities.
- Share good news stories in the media and through the community.
- Advocate for shifts in policy and commissioning which can create more enabling conditions for Aboriginal families and children to grow the good life in Derby.

## How do we know if it works?

- Aboriginal leaders are engaged and energised by the partnership work.
- Based on trust and successful outcomes achieved together, leaders may invite partnerships on other initiatives, services or projects. Services benefit from the enriched relationships with community.
- Community members participate in the development of and benefit from healing circle activities.
- Credibility of traditional healing practices as legitimate medical practices is strengthened and more widely utilised and resourced alongside Western medical interventions.
- More young people see traditional healing as a vocation option and are trained.
- There are more opportunities to access healthy, affordable, preferred food throughout the year.
- Community members are supported to initiate and progress their own grass-roots ideas about how to help grow the good life in Derby.
- Contribution towards self-determination and pride in culture; and increased hope.

# Impact so far

## Food Security



**ACTIVITY** – Food vouchers distributed through ACCOs via targeted case management.

### OUTCOMES

A short-term measure while options to bring stakeholders together to develop medium to long term ideas for food growing and other food supply chains eg: residents have identified an opportunity to grow food on vacant block.

## Healing Circle



**ACTIVITY** - Provide a physical, private, special space and garden where traditional healing practices can take place.

### OUTCOMES

- Designed with multiple stakeholders, using traditional design structures, to ensure comfort and wellbeing of healers, and easily maintained by Emama Nguda. Locally sourced material and labour where possible.
- Opportunities to input into co-design process for Mowenjum and Pandanus Park physical spaces as part of Early Years Partnership.
- Enable scaling of work that has been underway to give credibility to sacred traditional practices.
- Provide a safe space where healing can be available for people who have experienced child sexual abuse.
- Continuity and pride in cultural practices.
- Provide a space where young people can be trained in healing practices.
- Aboriginal led project in which local families and school children will have opportunities to contribute to building, planting etc. enabling greater sense of ownership.

## Community Heroes



**ACTIVITY** – Community 'heroes' were recognised with an event and modest funding for a respite activity or item of their choice. The 'heroes' have:

- Dedicated long-term efforts over many years to supporting the community.
- Focused on the wellbeing of the broader community beyond their immediate family members.

### OUTCOMES

- Gave local leaders a chance to nominate and recognise a group of people who are seldom recognised.
- Opportunity to acknowledge and work with grassroots contributors, building rapport and relationships
- Respite provided for people who are central to holding families and community together.

## Deep Listening



### ACTIVITY

- Built on existing trusted service relationships.
- Aboriginal led and enabled introductions to key people.
- Checking back what we think we heard.
- Not immediately offering a service delivery response.

### OUTCOMES

- Strengthened trust and relationships with Aboriginal organisations and leaders.
- Focus on what is needed to grow the good life, leading to different conversations.