



Country Life Community Care -
**Innovating Community Services Workshop
Status Report**

'Adding Value to Life - Together We Can'

Country Life Community Care

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Executive Summary

The Strathalbyn region has experienced sustained growth over recent years, and pockets of social disadvantage are recognized along with the emergence of youth at risk of significant social challenges. In response to an intense and ongoing interaction with the local regional community over a 15 year period, demographic research, community needs analysis, community consultation, and evaluation of the region's identified priorities, this project has been developed to address gaps in the delivery of services to the people in the Strathalbyn district and wider region.

This project proposes to construct a multipurpose building to deliver services to the community, bridging the identified service gaps to enhance community capacity and well-being. These service gaps include:

- Health
- Counselling Services
- Life Skill Support
- Relationship Building & Networking

Funds are currently being sought under the Regional Partnerships Program (Department of Transport and Regional Affairs) to help complete and upgrade the new Multi-Purpose Centre at 30 East Terrace Strathalbyn, as a platform from which to deliver a suite of community services and deploy them throughout the local district to directly enhance the sustainability of the regional community and that of the wider Alexandrina Council district.

The facility is designed to support the efficiency, effectiveness and delivery of services by community and volunteer organisations, and encourage the development of social enterprise, including services to youth, the aged and the disabled, community learning, child care, and the development of specialised health, social, and community services, embracing the needs of older residents.

It is envisaged that when fully operational the multipurpose building and the associated services will help develop community capacity, including the next generation of community leaders and contribute to the development of effective strategies for responding to children with challenging behaviours and youth at risk.

Introduction

Applicant / Sponsor Information

The applicant, Emmanuel Christian Schools and Ministries Inc (ECSM) has extensive project management experience and resources to manage and see the project through to a successful conclusion. Experience includes the negotiation of land, finance and staff to develop, manage and grow two Christian schools; this includes public accountability for Commonwealth and State funds, and Private Tuition Fees over the period 1991-2007.

ECSM has incorporated Country Life Community Care (CLCC) as a vehicle to deliver services which the community has identified as important to their well-being.

The broad vision of CLCC is to provide Care, Assistance and Strategic Services to people in the Fleurieu and Murraylands Region. CLCC will complement and strengthen the sustainability of existing regional service providers and contribute to the building of community well-being by:

- Offering support and compassion for those who are facing personal or relational distress, trauma, hardship or isolation.
- Offering care and assistance to those who are experiencing poverty, destitution, suffering or misfortune.
- Assisting people to develop and maintain healthy relationships.
- Supporting the efficiency, effectiveness and delivery of services by community and volunteer organizations.
- Developing community capacity, including the next generation of community leaders.
- Developing effective strategies for responding to children with challenging behaviours and youth at risk.

Regional Overview

Market Segment

Country Life Community Care will be servicing the Alexandrina Council District. According to the Australian Bureau of Statistics (ABS) in 2001, the Alexandrina Council District consists of 17,645 people who are spread across two regions as follows:

1. Alexandrina - Strathalbyn Region 8,193 people
2. Alexandrina - Coastal Region 9,452 people

The Alexandrina Council area covers some 1,800 square kilometres from Mt Compass to the north, west across to Strathalbyn, down to Goolwa at the mouth of the River Murray and across to Port Elliot on the south coast near Victor Harbor.

The two Statistical Local Government Areas (SLA's) within the Council district comprises of Strathalbyn, Mt Compass, Milang and Clayton under the Strathalbyn region and the Coastal regions comprises of Port Elliot, Middleton, Goolwa and Hindmarsh Island.

Country Life Community Care has recognised the need in the Alexandrina District for family services and will undergo reaching the selected groups in 2 stages.

- Stage One Alexandrina - Strathalbyn region.
- Stage Two Alexandrina - Coastal region.



Regional Map showing Alexandrina Council Area (Shaded Yellow)

Project Outline

The Project

The project would proceed in three phases:

Phase 1 - The construction and equipping of a multipurpose building.

Phase 2 - The employment of a project manager and team to set up and manage an initial set of services for the regional community.

Phase 3 - The suite of services is expanded to accommodate further outreach and meet the more complex needs of the community.

Regional Partnerships funding is sought for Phases 1 and 2.

Project Rationale - Why Project Is Needed

Our research established that there are distinct gaps in the provision of services to the community, which will be met by this project to enhance community capacity and well-being. The gaps identified include:

- Health
- Counselling Services
- Life Skill Support
- Relationship Building & Networking

Project Benefits for the Community

Project benefits are in the outcomes which include;

- Construction of a service delivery platform for use by volunteers and organisations providing community programs and services.
- Stakeholder participation in facility and service management.
- Recruitment of staff team and resources dedicated to building community capacity and well-being. Development of collaborative partnerships between regional stakeholders, including industry, community and government.
- Provision of a focal point for data gathering and dissemination on strategic issues throughout the region, including feedback to government and committee groups.

Project Impact upon Other Community & Business Groups

There has been widespread support for the project and the CLCC team is in the process of inviting other service stakeholders in our region to formalize that support in writing through letters of support. There is a general consensus that this project will enhance the function of other service providers in the district and community through;

1. Providing a purpose built/designed building equipped to facilitate service delivery to draw upon.
1. Generating demand for service.
2. Providing a venue for other businesses for education and training purposes.
3. Generating and providing new services for community benefit.
4. Bridging gaps in the availability and demand for services within the region.
5. Providing a platform to deploy services into new areas within the region (e.g. coastal areas).
6. Providing support to other service providers, by way of coordination and management expertise.
7. Developing a set of resources for the community

Project Outline

Project & Applicant Viability - Experience & Resources

As mentioned earlier, the applicant has extensive project management experience and resources to manage and see the project through to the successful conclusion. Key management staff and leaders from the Emmanuel Christian Schools and Ministries Inc group have been dedicated to manage this project; they bring with them a variety of expertise, support networks, resources. The inaugural CLCC team include:

Pastor Nigel O'Reilly (Director, ECSM)

Pastor Lew McMaster (Team Leader)

Mrs. Deborah Brooksbank (Administration Assistant).

Mrs Gillian Aitchison (Research Assistant)

As part of its business plan and function, CLCC will also create employment opportunities through engaging staff to facilitate services not currently available to the local community. As part of its application to DOTARS, the CLCC team will demonstrate the sustainability of the project.

Project Management - Community Partnership & Participation

CLCC has been constituted as a governance, accountability and management vehicle for the delivery of services to the local community out of the Multipurpose Building. Associate membership in CLCC is available to project partners, who would typically be other community stakeholders and service providers.

Up to three representatives of the associate membership are to be appointed to CLCC Management Committee to assist in the maintenance of policy, support of the CEO, the daily running of service and the development of proposals to further the objects of incorporation. A copy of the Constitution for CLCC has been posted to the following website (www.ecsm.org.au).

Current Status

The project leaders are currently approaching other community stakeholders and service providers to invite them to partner in the design and delivery of services that have been identified as a consequence of the Community Needs Survey and associated Gap Analysis. Out of this engagement it is envisaged that a steering committee will be formed which will transform itself into the Management Committee as required under the CLCC Constitution.

The CLCC team is currently building a cash flow and financial model for the new service as part of a business plan to demonstrate the sustainability of the project.

The site for the multipurpose centre at 30 East Terrace Strathalbyn, has been cleared and a concrete foundation for the new building has been laid. Full development consent has been obtained from local (Alexandrina) Council for the building. A builder has been engaged and further construction has been suspended awaiting the outcome of the funding application through the Regional Partnerships grant scheme.

Methodology

The methodology utilised to establish the data within this report and other research documents has included:

- Discussions with council staff in various regions relating to the current provision of community services within their area.
- Consultation with local community groups.
- Consultation with senior staff from the South Central Area Consultative Committee.
- Consultation with Community and Mental Health professionals.
- Consultation with various Government agencies and Service Providers.

These activities have resulted in establishing a strong foundational understanding of the state of society within Australia and the local region, the services needed and being currently provided, and the gaps that could be filled by the development of the Country Life Community Care facility.

Conclusions

Current Situation

Community services within the Alexandrina Council area exist in part due to the efforts of a small number of passionate and dedicated people who have been able to establish small facilities in very localised areas. This has resulted in a fragmented service delivery which is particularly evident in Strathalbyn.

Agencies operating within the neighbouring council districts of Mt Barker and Victor Harbour are already stretched and have limited capacity to effectively outreach into the Alexandrina area.

Future Activity

As a result of the research undertaken by Country Life Community Care Inc., which has included consultation with both local community and existing regional service providers, the following conclusions have been determined:

1. The building needs to be developed as a multipurpose facility which can be utilised to provide:
 - A place for people to meet.
 - Training to meet the needs of individuals and groups.
 - Counselling services.
 - Rooms and areas where external service providers can operate from.
 - Functional spaces that facilitate learning, recreation, relaxation and community interaction.
 - Local and outreach services.
2. The facility must have a fully funded Project Manager / Coordinator to ensure the necessary daily organisation and professional facilitation of community services including maintaining the presentation and delivery of such services to a high standard.
3. Relationships with existing agencies and service providers need to be developed with the aim of utilising their expertise and experience as well as aiming to enhance their existing capacities.
4. Services provided from within the facility need to be implemented in stages by trained personnel, starting with meeting the highest priority need within the community.
5. The highest priority within the community is Family Support which includes:
 - Supporting carers of children.
 - Focusing on relationship development.
 - Providing counselling for children and adults.
 - Training in parenting skills and child behavioural management.
 - Building awareness of the importance of health within the family unit via family fitness activities, diet and nutrition.
6. Whilst it is recognised that the Family unit has a high priority, the facility also needs to focus on assisting to build community wellness with a balanced perspective - from a holistic view this includes Physical, Emotional, Spiritual, Mental, Social and Occupational aspects of life.

Appendix A - 'Mapping Community Needs' Survey

Executive summary

In order to assess the perceived needs of families and community members in the Strathalbyn region, a survey form was designed to canvass interest in a holistic range of issues and services. The survey form was distributed by direct mail-out, person-to-person, and via the local newspaper (Southern Argus) during October-November 2006.

A total of 4,040 forms were distributed in the Strathalbyn region, of which 174 forms (4.3%) were returned for evaluation and analysis. Percentage responses were calculated for each survey category and issue and the results were ranked in descending order of percent response; the Top-10 ranked issues and categories perceived as important by the community were identified.

Because of the voluntary nature and design of this survey, a rigorous statistical treatment of data and frequency distributions was inappropriate. However, the results do provide firm support and evidence that there is a genuine perceived need in the surveyed community for services in the following areas: --

- Health
- Counselling
- Support Groups
- Relationships
- Parenting
- Life Skills
- Home Environment
- Food

Many of these services needs are regional in nature and sought by families with children.

The CLCC team is currently reviewing services presently being provided and available to the regional community against those which are requested or seen as important in this survey.

See separate detailed report posted at the CLCC website – www.ecsm.org.au - to view or download a PDF copy.

Appendix B - 'Innovating Community Services' Workshop

Background

The 'Innovating Community Services' Workshop was conducted at the Strathalbyn Council Chambers (1 Coleman Terrace, Strathalbyn) on Friday 30 March 2007. The workshop was run as part of the Community Consultative process, primarily aimed at consulting with Community Services Providers/Agencies as a follow-on activity from the Community Survey. A total of 42 delegates attended the workshop, representing the following organisations:

- Adelaide Hills Community Health Service
- Alexandrina Council
- Community Living and Support Services
- Covenant Family Church
- Fleurieu Families
- Hills Community Passenger Network
- Legal Services Commission of SA
- Milang Old School House Community Centre
- Murray Bridge Christian College
- Murraylands Christian College
- Relationships Australia
- SA Police
- South Central Area Consultative Committee
- Southern Metropolitan, Fleurieu & Kangaroo Island Employment & Training Services

- Teen Challenge
- YMCA of South Australia

Workshop Aims

The fundamental aims of the workshop were to:

1. Inform Service Providers, Agencies and potential stakeholders/partners of the Country Life Community Care (CLCC) project.
2. Draw upon the collective expertise and experience of delegates to assist in:
 - The determination of an initial suite of services to be managed by CLCC.
 - Identifying the priority needs of the community, particularly in relation to the scope of existing regional services and the subsequent service delivery gaps.
 - Determining appropriate solutions and initial steps to undertake those solutions.
3. Facilitate networking relationships between Service Providers/Agencies and other stakeholders in the community.
4. Explore the threshold equipment and other resources needed to deliver services from the multipurpose building.
5. Discuss strategies for establishing funding sources, sustainability of services and Quality Assurance.
6. Obtain expressions of interest from Service Providers/Agencies to provide letters of support and/or a financial commitment to contribute to an initial suite of services from the multipurpose building.

Appendix B - 'Innovating Community Services' Workshop

Official Opening

The 'Innovating Community Services' Workshop was officially opened by the Hon. Alexander Downer, MHR, Member for Mayo and Minister for Foreign Affairs.

Mr Downer addressed the delegates with a presentation on the challenges facing regional communities and the need for relevant services that supported a focus on achieving well-being within the community.

Keynote Address

Dr Paul Whetham from the University of South Australia made a presentation to delegates titled 'Community Wellness - Making a Difference in our Community'. In his presentation, Dr Whetham addressed the following points:

- An outline for Community Wellness.
- A community snapshot that illustrated the gradual decline that society has been in over the past 20+ years, including statistics relating to the key areas of home, work and society.
- Home under fire - Increases in divorce rates, low birth rates, shrinking households, more technology less interpersonal skills, higher levels of exposure to violence and the enormous increase in paedophilia.
- Work under fire - Increases in lost work days due to stress, change in job security, higher demands and expectations on those in the workforce, high levels of interruptions in the workplace leading to lower productivity.
- Society under fire - Higher levels of unemployment among young people, increase in youth being exposed to alcohol from a young age, higher demands on supporting homeless youth and child services, increase in mental illness and 'emergency' psychiatric admissions.
- Moving towards a sustainable future and the implications for community services.
- Rethinking health and well-being, taking a holistic view to wellness (Physical, Emotional, Spiritual, Mental, Social and Occupational).
- Mental health strategy and the comparative old and new paradigms.
- Implications for health professionals in moving toward a sustainable future, in particular their exposure to stress and burnout.
- The church ministry as a service under fire from stress and burnout, the development of the future church.
- Implications for the whole community within the framework of a sustainable future.
- Adopting innovative outreach approaches instead of relying on traditional remedial approaches.
- Intervention and prevention strategies in overcoming community wellness issues.

Corporate Context

Director of Emmanuel Christian Schools & Ministries (ECSM), Mr Nigel O'Reilley, provided the delegates with an overview of the relationship between ECSM (sponsor) and Country Life Community Care Inc. (CLCC) and its vision and mission for the community.

In the sponsorship role, ECSM is supporting CLCC in its application to the Department of Transport and Regional Services (DOTARS) for matching funds to complete the construction of the multipurpose building that will form the base of all CLCC community services.

Appendix B - 'Innovating Community Services' Workshop

The Journey to Date

Chairman of Country Life Community Care Inc., Mr Lew McMaster, presented an overview of the journey since 1991 for sponsor ECSM, encompassing;

- The establishment of its first school in Strathalbyn in January 1991 - now catering for K-12 education.
- The establishment of a further school in Murray Bridge in 2000 - catering for K-7 education.
- Developing a broader knowledge of community needs through student and parent interaction.
- Identifying that the home environment has a significant impact on the ability for students to learn and retain what they have learnt at school.
- Determining potential solutions for meeting the needs of student families in collaboration with Family and Youth Services (FAYS).
- Development of the concept of providing and facilitating a suite of community services from a new multipurpose building in Strathalbyn.
- The establishment of Country Life Community Care Inc. to operate and manage the delivery of dedicated community services in conjunction with existing Service Providers/Agencies.
- The allocation of suitable freehold land for the building of the multipurpose facility and obtaining architectural plans for initial building designs.
- The strategy for consulting the community to identify and confirm the initial suite of services to be provided (Phase 1 - Community consultation via public survey and Phase 2 - Service Provider/Agency consultation via workshop).
- Future partnering with stakeholders in the community (including Service Providers/Agencies).

The Workshop

The aim of the workshop was to create an interactive environment whereby the delegates provided direction and prospective solutions to community issues as a result of their collective expertise and experience within their respective fields. Within this environment, the priorities were to:

1. Convey the outcomes of the survey that had been taken to the community, including close inspection of the resultant Gap Analysis.
2. Confirm with delegates that the findings represented their understanding of the priority needs of the community.
3. Establish what services were currently being provided to meet community needs, including some of the practices undertaken by the existing providers.
4. Determine solutions to fill the gaps, including how to extend current services to provide greater regional outreach.
5. Identify the critical start point at which to focus initial energies and the suite of services that will be provided in a foundational sense with the construction of the multipurpose building.

These outcomes were achieved and summarised within a spreadsheet as an extension to the Gap Analysis. Discussion points have been included in this document under '*Appendix C - Workshop Outcomes*'.

Appendix B - 'Innovating Community Services' Workshop

Addressing Community Issues - The Basis

The Gap Analysis that was conducted from the Community Survey determined that the priority issues laid within the survey categories of Relationships, Benevolent, Support, Life Skills, Counseling, Nutrition and Health. Utilising the concept of Community Wellness, the CLCC team determined four key categories that would be representative of a holistic view of Community Wellness.

As a result, the four key categories that became the focus of addressing community issues included Family, Community, Training & Employment and Health. This is represented in the illustration *Fig 1* below.

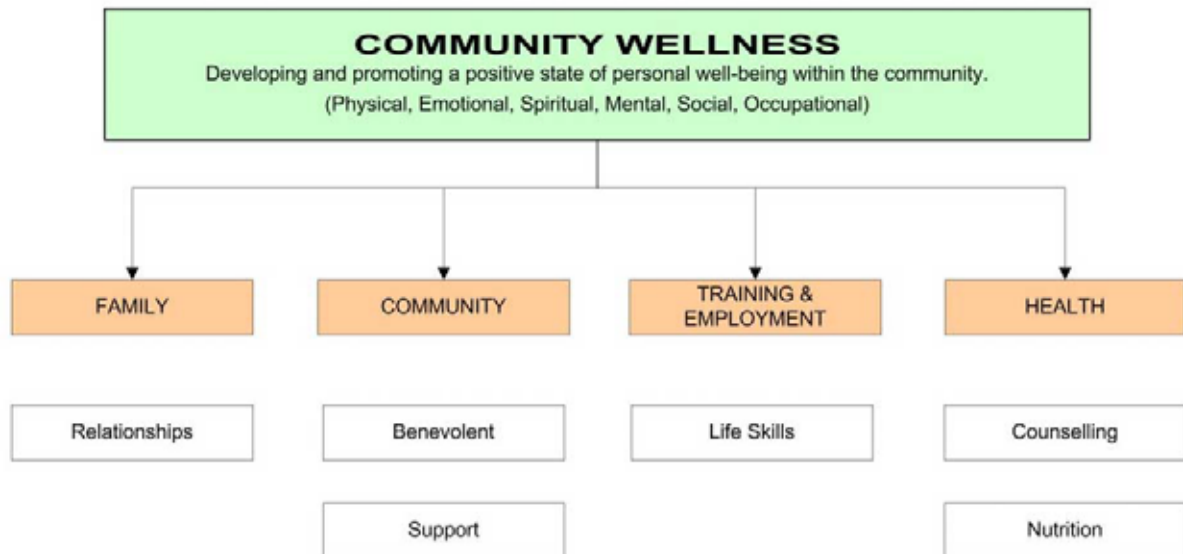


Fig 1

The Gap Analysis document accurately reflected this grouping and the delegates found it an easy way to consider the main issues in each group and hence identify potential solutions. This grouping also allowed the delegates to identify that each individual group had cross interaction with others, leading to an even greater emphasis being placed on determining which one to start with as a priority.

Appendix C - Workshop Outcomes

Order of Discussion

In order to coincide with both the Gap Analysis and the Community Wellness model, discussions within the workshop followed the same order, namely:

1. Family
2. Community
3. Training & Employment
4. Health

Project Manager / Coordinator

There was overwhelming support from all delegates for the appointment of a full-time Project Manager / Coordinator to the Country Life Community Care facility.

The main concern was relating to finding sustainable funding that was not going to be subject to political sway. It was suggested to think outside the square and seek community interest in a Private Investor arrangement. This concept needs to be scoped out to encourage support for the role from within the community, which could incorporate funding from joint venture groups, combined service groups etc.

Appendix C - Workshop Outcomes

Category #1 - Family

FAMILY (Includes survey category - Relationships)		
Community Issue	Service Provider / Comments	Service Delivery Solutions
A place to meet others.	Coffee shops - No Ownership, current services not appropriate for families/children, confidentiality issue, need sense of trust before going onto other services, lack of confidence meeting the need, cost issue, cultural issue/considerations. Playgroup, meeting at playgroup.	Provide a supported facility within the multipurpose building. ACTION: Identify community members to become involved. Canvassing community to find out what's available and publish once known. Publicising similar existing services. Finding the right kind of people. Develop a Play Café facility.
Child behaviour management.	Fleurieu Families can provide services but can't build the relationships within the community. Relationships Australia are the same. Need to target parents first - PARENTS #1 PRIORITY. CHILD #2 PRIORITY. If nothing is done, breakdown in family unit, substance abuse, detrimental to community, Services available for child behaviour but transport is an issue.	Have local representation with Fleurieu Families and Relationships Australia. Needs to be done locally - needs analysis, supported by agency. Project Manager and Coordinator for long term sustainability a huge necessity. ACTION: Empower parents with the skills and confidence to persist to reach positive outcomes.
Child confidence and self esteem.	Over-lap with child behaviour management.	
Relationships.	Focus on main relationship. Stigma on attending programs. Are more organic, non threatening programs. Older people have problems accessing computers in a school. Rapidly ageing population.	Coordinating of programs and making available for broad range of people. Having someone understand the barriers. Focus on promoting existing activities, sharing development of new opportunities. Information centre / Common area. Notice Board. Complimentary info services. Council collaboration with accessing services. Access older community for programs- Seniors as facilitators. Volunteering sharing skills with community. MOCHCC started with volunteers and building relationships within community. "Community Centre' model. Volunteer networks. Fleurieu Families trains volunteers for programs. ACTION: Develop easier access to 'relationship development' services, aim to strengthen parental relationships, influence carers of the children.

Appendix C - Workshop Outcomes

Category #1 - Family (Cont.)

FAMILY (Includes survey category - Relationships)		
Community Issue	Service Provider / Comments	Service Delivery Solutions
Building a stronger marriage.	Crossover. Intertwined.	<p>Families - information availability, volunteer network, tapping into existing networks, training personnel, evaluation of services. AHCHS aboriginal services don't get accessed - need to go to community. Real skill in outreach approach. Identification of outreach. Creche facilities, transport, peer networks. Successful model in Riverland. for outreach. Need to be sustainable, teach self-initiative.</p> <p>FAMILY encompasses - parents, extended families, children grandparents. Aged care is area to explore with aging population.</p> <p>Greatest impact on early intervention for children-service delivery - early intervention practices. Pregnant women, helping playgroup - to set up more sessions. How to play with your children. Time out for mum and dad. Brain health is impacted with early intervention. Playgroup bursting at the seams. Building relationships into healthy relationships.</p> <p>Age 0-3 is looked at for intervention before issues become inground. No support for carers at present. Look at whole family. Problems across the whole board. More surveying is needed - where are the main needs - Priority is family. Age 0-3 is a vulnerable group for the future (needs highlighting). Open-ended journey.</p> <p>ACTION:</p>
Building stronger relationships with your children.	Big impact on families if no change.	
Building stronger relationships with your friends.		
Building stronger relationships with your parents/in-laws.		
Parenting.		
Parenting support.	Adelaide Hills Community Health Service.	
Parenting teenagers.		

Appendix C - Workshop Outcomes

Category #2- Community

COMMUNITY (Includes survey categories - Benevolent, Support)		
Community Issue	Service Provider / Comments	Service Delivery Solutions
Misfortune relief.	Issues include people not aware of services available therefore not being able to access the service. Access to service - knowing that a service exists, where the service is available, how often is it available. Also lack of access due to transport issues. People living alone, isolated, unemployed, not financial and can't go to activities. BLINDSPOT. Key point - engagement.	Need to increase public awareness of the services being made available (location, times, contacts etc.) Find or create avenues to build friendships and relationships in a comfortable and non-threatening environment. ACTION: Disseminate information through multiple interest groups not just the standard council or government agency facilities - incorporate into Country Life Community Care strategy.
Social worker.	Adelaide Hills Community Health Service.	Establish contact with small functional interest groups that operate on a relatively informal level (non-threatening) to provide with information. Tap into various local community networks (parent groups, pubs, sporting clubs, coffee groups meeting for coffee, socialising). Create a relaxing and comfortable sense of presence within facility to encourage people to casually gain information without having to interact with other people. Demonstrate respect for their delicate and possibly embarrassing situation.
Legal advice.	Legal Services Commission. Interested in running Family Law Classes.	ACTION: Discuss further with Legal Services Commission regarding local access to information whilst respecting confidentiality issues.
Parenting groups.	Anglican Church, Mt Barker Family House.	Knowing those support groups exist. Woodshed concept - people gathering to share a general interest are in a 'safe environment' to share information regarding community services.
Support groups.	Adelaide Hills Community Health Service. Not knowing which other groups exist.	ACTION: Identify where the parenting and support groups are and how they operate, provide an additional meeting place within the facility, assist in dissemination of information regarding community services.

Appendix C - Workshop Outcomes

Category #3- Training & Employment

TRAINING & EMPLOYMENT (Includes survey category - Life Skills)		
Community Issue	Service Provider / Comments	Service Delivery Solutions
Adult Community Education	Mt Barker TAFE	Skill sharing is generational, passing on of skills through the various age groups. Understand the needs of the community in relation to people having a history of difficulty in learning. Difficulty in learning can be overcome through people being involved as a volunteer, followed by deciding to take on some training, move into a suitable TAFE environment followed by investigating work alternatives. ACTION: Include engagement activities used to bring people to other services, provide support to other services. Understand what motivators draw people to adult education, their reasons for wanting to attend. Create a suitable sense of presence, something to attract people, portraying the right feel and generating an appropriate perception of what they will gain from the course - relate to increase life skills. Need to gain feedback from the community as to what they perceive their specific needs are - link to the challenges they are facing in life in their community. Provide the community with a sense of ownership - promote concept of ownership very strongly and with consistency.
	Lifelong learning. Giving people the opportunity to progress into further learning. There's nowhere where people can go to find out information or share common interests. Work needs to be done around perception of government agencies, some people fear them and see them as little use or relevance. How people feel about themselves - getting people off the street and into the community, encouraging a sense of worth and value.	
	Milang Old School House Community Centre. Asked people what they think of the building (Anne Woolford). Sense of ownership, a welcoming place. KylieWillison (Teen Challenge) - some people have fear of government agencies, institutions of agencies. Milang is like a house and works well. It brings a country community. Facility has a presence.	
	Budget information and support.	
	Computer skills.	
Life skills.	Mt Barker Family House. Mt Barker Library for the elderly.	
Toy library.	Mt Barker Library	Integrate into a Play Café environment.
Arts and culture.	Strathalbyn Stitches, Mt Barker Baptist Church, Milang Old School House Community Centre.	Youth advisory linked with schools, student participation. Youth interest in computer skills (multi-media). Drama, film making, creative, giving a voice to the youth. 'Transition to Work' program could provide young people with a better opportunity to understand the work environment and be happy in their work.

Appendix C - Workshop Outcomes

Category #4 - Health

HEALTH (Includes survey categories - Counselling, Nutrition, Health)		
Community Issue	Service Provider / Comments	Service Delivery Solutions
Child counselling.	Child and Adolescent Health Service. Huge issues. Not enough funding for mental health services. Professional providing service.	Early intervention makes a difference. Increase that capacity. Relationships Australia runs first aid for people that work in the community. ACTION: Focus on developing a strategy to implement 'Early Intervention' initiatives and begin to impact the family early when there is considerable stress resulting from training very young children at age 0-3.
General Counselling.	Adelaide Hills Community Health Service. No mental health services for people over 65.	Incorporates both emotional and mental health. Mental health can simply be the capacity to manage stress or depression. Need to take stigma out of mental health and increase capacity locally. ACTION:
Family support and counselling.	Adelaide Hills Community Health Service.	ACTION: Consult with Paul Whetham (University of SA) and Brian Gabriels (Tabor College) regarding successful strategies in offering counselling services into the community.
Feeding family on budget.	Adelaide Hills Community Health Service.	ACTION: Extension of highly successful Foodies Program.
Food preparation for allergies and behaviour management.		
Community fitness.	St Andrews Hall, Anglican Church. Adelaide Hills Community Health Service, Church of Christ. Milang Old School House Community Centre.	ACTION: Create group activities where families meet to exercise with other families in such things as bike riding, walking, fitness trail. Heart Foundation supports walking groups 'Just walk it'. Micro 'groups' Walking is non threatening, people with strollers, walking dogs, supported with Heart foundation and local council.
Family fitness.	Milang Old School House Community Centre. Families determine individual pursuits, no bonding as a family, less quality time for one another. Not all people want to be part of a sporting group. Walking group trying to aim at younger people, currently older people access service.	
Health, nutrition and exercise.	Adelaide Hills Community Health Service. People not aware of services available. 20% of 4yo are overweight.	AHCSH 'Foodies' program. Community Education and peer education program. Supporting communities
Health services and support.	Adelaide Hills Community Health Service.	ACTION: Discussions have already taken place for 'Foodies' program to be set up in Strathalbyn.
Women's health and fitness.	Adelaide Hills Community Health Service.	
Youth health and fitness.	Youth don't want to be involved in walking. Youth need to have fun with exercising. How do we make things fun? Where's the hook? Need to understand what the hook is.	Victor Harbor has a skateboard park and a beach volleyball club, both are heavily populated by youth. The beach volleyball club was set up in place of Bocci courts. Competitions are held on a regular basis. ACTION: Target activities that are highly social such as skateboarding, surfing, beach volleyball etc.