

# Tackling Regional Adversity Through Integrated Care (TRAIC) Community Consultation 2020-21



## Background

Queensland Health suspended, and then extended the Tackling Regional Adversity through Integrated Care (TRAIC) funding set to be delivered in 2020, due to COVID-19. As a result, the communities within the Balonne Shire have the opportunity to revisit the TRAIC Project Plan. There is an opportunity to simply re-schedule events/workshops that were unable to take place because of the pandemic, or to come up with new activities that better meet your community's needs, but still fit under the TRAIC objectives of:

- Promoting community networks and support;
- Encouraging and creating opportunities for help seeking behaviour;
- Building community resilience to overcome the adversity associated with drought, disaster, and other crises.

## TRAIC Project Plans 2020

### Project Activities Overview

Balonne Shire Council is delivering the TRAIC funding in three (3) stages. In 2019, Council held a round of community consultation where each town created their own Project Plan of workshops and events. We are currently revisiting Stage 1, by hosting a fresh round of community consultation.

Some events and workshops took place as part of Stage 2 prior to TRAIC being suspended due to COVID-19. Some are ongoing, and others were cancelled or not completed, rescheduled for 2021 or remain to be confirmed.

#### Stage 1 – Building Cohesion

Workshops will be run in each town for all agencies, community organizations, businesses and anyone who is interested in helping to build community connectivity. These workshops will be focused on building resilience, working to build a better mindset, well-being and leadership for the individual which will boost self-esteem, get people more motivated and get them into a place where they feel that what they do matters. The workshop will then concentrate on how to work together for the good of the town, and to give each group and person a vision for how they want their town to survive and grow.

## Stage 2 – Hold a Community Event (backing onto an existing event)

Following on from the workshops, each town will have an opportunity to plan and run an event for the wider community, putting into practice what they have learnt from the workshops. It will also give the community groups, businesses, and agencies a chance to work together. This event will bring the community together and allow people to forget their stresses of the drought which will increase their health and well-being.

## Stage 3 – Review and Evaluate the Approach

Everyone involved in the workshops, and event will meet to review and evaluate how well they worked together and what can be improved. This can be done through feedback forms and discussions. A plan can then be made as to how they would like to see their town move forward and achieve their goal of ensuring they are a thriving town.

## Original Project Plan Created by Representatives of each Town in 2019

### Dirranbandi

#### Small Workshops

• Mental health First aid	• Feb - August
• Event management workshops	• Feb - August

#### Event

• Christmas tree lighting - BBQ, Mental Health Guest speaker,	• Nov 2019
• Blue chair – A part of r u ok? Following on from the Blue tree project in WA. Chair will be placed in the main park in Dirranbandi and Hebel and have a plaque with all the helpline numbers on as well as QLD Gov logo.	• March 2020

### Bollon

#### Small workshops

• Water safety	• Feb - August
• Life saving	• Feb - August
• Baby first aid	• Feb - August
• Mental health first aid	• Feb - August
• First aid	• Feb - August
• Gardening	• Feb - August
• Silver smithing	• Feb - August

## Event

Family health day – Health checks comedian/Guest Speaker BBQ at the tennis Club	<ul style="list-style-type: none"><li>• June - August</li></ul>
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## Thallon

### Workshops

<ul style="list-style-type: none"><li>• Thallon Community Dialogue</li></ul>	<ul style="list-style-type: none"><li>• Feb - August</li></ul>
<ul style="list-style-type: none"><li>• Event management</li></ul>	<ul style="list-style-type: none"><li>• Feb - August</li></ul>
<ul style="list-style-type: none"><li>• Training for JP's</li></ul>	<ul style="list-style-type: none"><li>• Feb - August</li></ul>
<ul style="list-style-type: none"><li>• First aid</li></ul>	<ul style="list-style-type: none"><li>• Feb - August</li></ul>
<ul style="list-style-type: none"><li>• Gardening</li></ul>	<ul style="list-style-type: none"><li>• Feb - August</li></ul>

### Events

<ul style="list-style-type: none"><li>• Cricket day – BBQ, Guest speaker, health Checks</li></ul>	<ul style="list-style-type: none"><li>• – Feb/Mar 2020</li></ul>
<ul style="list-style-type: none"><li>• Luncheon for Volunteers – celebrate the year</li></ul>	<ul style="list-style-type: none"><li>• - Dec 2019</li></ul>
<ul style="list-style-type: none"><li>• Community Garden event with the school</li></ul>	<ul style="list-style-type: none"><li>• June/July 2020</li></ul>

## St George

### Workshops

<ul style="list-style-type: none"><li>• Cooking skills and eating healthy – in conjunction with Aboriginal Housing play group and CWA Country Kitchens and QLD Health</li></ul>	<ul style="list-style-type: none"><li>• Feb - August</li></ul>
<ul style="list-style-type: none"><li>• Master BBQ cooking workshop for men in conjunction with St George Men's Shed</li></ul>	<ul style="list-style-type: none"><li>• Feb - August</li></ul>
<ul style="list-style-type: none"><li>• Events management or volunteer training to upskill others to help with volunteer fatigue</li></ul>	<ul style="list-style-type: none"><li>• Feb - August</li></ul>

### Events

Backing onto a health event doing a family health check day and evening with BBQ and guest speaker	<ul style="list-style-type: none"><li>• June - August</li></ul>
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## TRAIC Grant Project Plans 2020 – Progress Report

In April 2020, the funding provider Queensland Health, suspended TRAIC service delivery in the wake of the COVID-19 pandemic. As a result, only a small number of events and workshops in the project plan were able to take place as scheduled. The table below illustrates the status of the TRAIC Project Plan as of January 2020.

Key:

Not Completed/Cancelled

Run by Another Entity

Completed/Ongoing/Scheduled for 2021

To Be Confirmed (TBC)

### Dirranbandi

#### Small Workshops

<ul style="list-style-type: none"> <li>Mental health First aid/ accidental counsellor training</li> </ul>	<ul style="list-style-type: none"> <li>TBC</li> </ul>	To Be Confirmed
<ul style="list-style-type: none"> <li>Event management workshops</li> </ul>	<ul style="list-style-type: none"> <li>2 February – 9 March 2021</li> </ul>	Event Organizer Masterclass Webinars being run by BSC Tourism Manager Kim Wildman 2 Feb – 9 Mar 2021

#### Event

<ul style="list-style-type: none"> <li>Christmas tree lighting - BBQ, Mental Health Guest speaker,</li> </ul>	<ul style="list-style-type: none"> <li>November 2019</li> </ul>	Completed
<ul style="list-style-type: none"> <li>Blue chair – A apart of r u ok? Following on from the Blue tree project in WA. Chair will be placed in the main park in Dirranbandi and Hebel and have a plaque with all the helpline numbers on as well as QLD Gov logo.</li> </ul>	<ul style="list-style-type: none"> <li>December 2020/January 2021</li> <li>TBC (plaque design/installation)</li> </ul>	Ongoing – Blue Chair nearly completed by WORK Camp, to be installed December 2020/January 2021. Plaque design/installation ongoing. .

### Bollon

#### Small workshops

<ul style="list-style-type: none"> <li>Water safety + Life Saving</li> </ul>	<ul style="list-style-type: none"> <li>TBC</li> </ul>	Not Completed/ To Be Confirmed
<ul style="list-style-type: none"> <li>First Aid/CPR/Baby first aid</li> </ul>	<ul style="list-style-type: none"> <li>TBC</li> </ul>	Not Completed/ To Be Confirmed
<ul style="list-style-type: none"> <li>Mental health First aid/ accidental counsellor training</li> </ul>	<ul style="list-style-type: none"> <li>TBC</li> </ul>	Not Completed/ To Be Confirmed

<ul style="list-style-type: none"> <li>Gardening – Permaculture Workshop with Sheila Marshall</li> </ul>	<ul style="list-style-type: none"> <li>February /March 2021</li> </ul>	Scheduled for 2021
<ul style="list-style-type: none"> <li>Silver smithing – or other craft workshop e.g. barbed wire sculptures, mosaics etc.</li> </ul>	<ul style="list-style-type: none"> <li>TBC</li> </ul>	To Be Confirmed

#### Event

Family health day – Health checks comedian/Guest Speaker BBQ at the tennis Club	<ul style="list-style-type: none"> <li>TBC</li> </ul>	Not Completed/ To Be Confirmed
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#### Thallon

##### Workshops

<ul style="list-style-type: none"> <li>Thallon Community Dialogue</li> </ul>	<ul style="list-style-type: none"> <li>February 2020</li> </ul>	Completed
<ul style="list-style-type: none"> <li>Event management</li> </ul>	<ul style="list-style-type: none"> <li>2 February – 9 March 2021</li> </ul>	Event Organizer Masterclass Webinars being run by BSC Tourism Manager Kim Wildman 2 Feb – 9 Mar 2021
<ul style="list-style-type: none"> <li>Training for JP's</li> </ul>	<ul style="list-style-type: none"> <li>TBC</li> </ul>	Not Completed/ To Be Confirmed
<ul style="list-style-type: none"> <li>First aid</li> </ul>	<ul style="list-style-type: none"> <li>TBC</li> </ul>	Not Completed/ To Be Confirmed
<ul style="list-style-type: none"> <li>Gardening – Permaculture Workshop with Sheila Marshall</li> </ul>	<ul style="list-style-type: none"> <li>February /March 2021</li> </ul>	Scheduled for 2021

#### Events

<ul style="list-style-type: none"> <li>Cricket day – BBQ, Guest speaker, health Checks</li> </ul>	<ul style="list-style-type: none"> <li>TBC</li> </ul>	Not Completed/ To Be Confirmed
<ul style="list-style-type: none"> <li>Thallon Community Christmas Lunch</li> </ul>	<ul style="list-style-type: none"> <li>December 2019</li> </ul>	Completed
<ul style="list-style-type: none"> <li>Community Garden event with the school</li> </ul>	<ul style="list-style-type: none"> <li>TBC</li> </ul>	Not Completed/ To Be Confirmed

#### St George

##### Workshops

<ul style="list-style-type: none"> <li>CWA St George and Dirranbandi Ahn Doh Event</li> </ul>	<ul style="list-style-type: none"> <li>February - August</li> </ul>	Cancelled
<ul style="list-style-type: none"> <li>Master BBQ cooking workshop for men in conjunction with St George Men's Shed</li> </ul>	<ul style="list-style-type: none"> <li>TBC</li> </ul>	Not Completed/ To Be Confirmed

<ul style="list-style-type: none"> <li>Events management or volunteer training to upskill others to help with volunteer fatigue</li> </ul>	<ul style="list-style-type: none"> <li>2 February – 9 March 2021</li> </ul>	Event Organizer Masterclass Webinars being run by BSC Tourism Manager Kim Wildman 2 Feb – 9 Mar 2021
<ul style="list-style-type: none"> <li>Blue Tree painting project &amp; plaque creation Indigenous art workshop</li> </ul>	<ul style="list-style-type: none"> <li>2020</li> <li>Plaque design/installation - 2021</li> </ul>	Completed

## Events

Backing onto a health event doing a family health check day and evening with BBQ and guest speaker	<ul style="list-style-type: none"> <li>TBC</li> </ul>	Not Completed/ To Be Confirmed
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## TRAIC Grant Project Plans 2021 – Open for Community Consultation

Queensland Health have decided to extend the TRAIC grant delivery timeframe until October 2021. Community members can now decide if they would like to continue with the events and workshops outlined in their original project plans, or update them. Council has already received applications for some new workshops and events, which have been added to the revised 2021 Project Plans.

Key:

Suggested

Ongoing/Scheduled for 2021

To Be Confirmed (TBC)

Not Completed

## Dirranbandi

### Small Workshops

Blue chair – A part of r u ok? Following on from the Blue tree project in WA. Chair will be placed outside the RTC in Dirranbandi alongside have a plaque with all the helpline numbers on as well as QLD Government logo.	<ul style="list-style-type: none"> <li>December 2020/January 2021</li> <li>TBC (plaque design/installation) 2021</li> </ul>	Ongoing – Blue Chair nearly completed by WORK Camp, to be installed December 2020/January 2021. Plaque design/installation ongoing. .
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### Event

“Smoko with Friends” Free morning tea @ Dirranbandi including info sessions/guest speakers eg. accidental counsellor info (mental health first aid), Rural	<ul style="list-style-type: none"> <li>TBC</li> </ul>	Suggested
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Financial Counselling Service, Pet First Aid (local vets) etc.		
Agriculture Workshop / Field Day including men's mental health checkup/ facilitated discussion	<ul style="list-style-type: none"> <li>TBC</li> </ul>	Suggested

## Bollon

### Workshops

Gardening – Permaculture Workshop with Sheila Marshall (in conjunction with Thallon workshop)	<ul style="list-style-type: none"> <li>February /March 2021</li> </ul>	Scheduled for 2021
Silver smithing – or other craft workshop e.g. barbed wire sculptures, mosaics etc.	<ul style="list-style-type: none"> <li>TBC</li> </ul>	Not Completed/ To Be Confirmed

### Event

Chip & Chat – Tennis Day including mental/health checks, comedian/guest speaker and BBQ	<ul style="list-style-type: none"> <li>TBC</li> </ul>	Not Completed/ To Be Confirmed
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## Thallon

### Workshops

Gardening – Permaculture Workshop with Sheila Marshall (in conjunction with Bollon workshop)	<ul style="list-style-type: none"> <li>February /March 2021</li> </ul>	Scheduled for 2021
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### Events

Cricket Day including Men's Health Pit Stop & BBQ	<ul style="list-style-type: none"> <li>TBC</li> </ul>	Not Completed/ To Be Confirmed
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## St George

### Workshops

Arts Workshops and Mentoring Program with Stride St George	<ul style="list-style-type: none"> <li>TBC</li> </ul>	Scheduled for 2021
Master BBQ cooking workshop for men in conjunction with St George Men's Shedt	<ul style="list-style-type: none"> <li>TBC</li> </ul>	Not Completed/ To Be Confirmed

### Events

Backing onto a health event doing a family health check day and evening with BBQ and guest speaker	<ul style="list-style-type: none"> <li>TBC</li> </ul>	Not Completed/ To Be Confirmed
CWA St George & Dirranbandi Cubby Station Tour and Luncheon featuring Guest Speaker and service providers stalls (health, drought support, local businesses etc)	<ul style="list-style-type: none"> <li>April</li> </ul>	Scheduled for 2021

Bus to “Beef Up” Forum in Roma, with RFDS team on board for “drive and chat”	<ul style="list-style-type: none"> <li>March 26 2021</li> </ul>	Suggested
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#### Mungindi

Men’s Pit Stop with “Penelope Tent” - women’s self-care activities (in partnership with QLD Health)	<ul style="list-style-type: none"> <li>TBC</li> </ul>	Scheduled for 2021
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#### Hebel

Blue Chair – A part of r u ok? Following on from the Blue tree project in WA. Chair will be placed outside the Hebel Library alongside a plaque with all the helpline numbers on as well as QLD Government logo.	<ul style="list-style-type: none"> <li>December 2020/January 2021</li> <li>TBC (plaque design/installation)</li> </ul>	Ongoing – Blue Chairs completed by WORK Camp, and installed at Hebel Library in January 2021. Scheduled for 2021 – Plaque design/installation.
Drones 101 Workshop with Fiona Lake (in partnership with QLD Health)	<ul style="list-style-type: none"> <li>March/April 2021</li> </ul>	Scheduled for 2021
Working Dog Workshop (in partnership with QLD Health)	<ul style="list-style-type: none"> <li>School Holidays (TBC)</li> </ul>	Scheduled for 2021

#### Nindigully

Drones 101 Workshop with Fiona Lake (in partnership with QLD Health)	<ul style="list-style-type: none"> <li>March/April 2021</li> </ul>	Scheduled for 2021
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*Balonne Shire Council looks forward to receiving your feedback on the TRAIC Project Plans for 2021. You can comment on the Project Plan by completing a digital survey or attending a face-to-face community consultation session. Submissions will be accepted until midnight on April 2, 2021.*