



BOREDOM BUSTERS FOR LOGAN FAMILIES



Logan Children's Charter



This Charter is part of the Logan Together movement.

This Charter has been developed with children in Logan for the purpose of engaging businesses and community in a child friendly city.

Our Vision: That Logan is a child friendly city, where children are welcomed and embraced as active citizens who are influential in the decisions of the city.

Our Goals: A community where children and young people are embraced and valued as active citizens with something important to say.
A sense of belonging and safety anchored in the value and respect for all.

Safety

We are dedicated to creating a community where children are loved, cared for and feel safe.

Play and Visibility

We consider children's need for play and exploration in the design of open spaces, buildings and other places where people gather together.

Many Cultures, One Community, All Australians

We value our diverse community and embrace our differences.

Learning and Development

We deliver the highest quality early learning places, schools and other environments for children to learn, develop and grow.

Belonging

We are committed to nurturing children's individuality, their relationships and opportunities to connect with each other and their community.

Active Participation

We provide opportunities for children to share their ideas and opinions to influence community decisions.

Health and Wellbeing

We respect and prioritise the value of children's relationships and participation in enhancing wellbeing.



For more information about the Logan Children's Charter, please visit haveyoursaylogan.com.au/logans-childrens-charter-and-child-friendly-city-toolkit

We pay respect to the Traditional Owners and custodians of the Land on which our community lives, works and plays, the Jagera and the Yugambah speaking people.

We pay our respects to Elders past, present and emerging and seek their guidance and wisdom to ensure all children get the best start in life. We extend our respect to all Elders and Aboriginal and Torres Strait Islander peoples in Logan and across Australia and commit to putting into action the ChangeFest Statement 2018* in our everyday practice.

*Please see the ChangeFest Statement 2018 printed on the back page

Welcome to the first edition of Logan's **Boredom Busters!**

The following pages are filled with proven ideas of exciting and engaging activities, recipes for fun crafts and yummy foods, as well as information on local community centres.

This booklet was borne from a desire to give parents, carers and families a helping hand to discover simple and affordable ways to feed children's inquisitive nature as they explore the world around them with at-home activities.

This resource is a proud collaboration between a number of different agencies who are collectively working to give all kids in Logan a great start in life, as part of the Logan Together movement.





Ta-le

A Traditional game from the Torres Strait, pronounced Tally

You will need:

This is a team game and is traditionally played using the kulap red seeds from a vine that grows on the Torres Strait Islands, but you can use the seeds from the leopard tree, buttons, milk caps or any similar items.

The game works best with 4 players and can be played on the floor or a table. The table or floor has inner and outer goal squares marked at each end and the two teams stand at opposing ends.

What to do:

Two players from one team take it in turns to slide a seed, aiming for the goals marked at the other end of the table.

Then two players from the opposite end take it in turns to slide a seed aiming for their goals marked at the other end of the table.

There are 3 points scored if the seed finished in the small inner square and 1 point if it is in the larger outer square.



If one team has a seed in the 1 point or 3 point square, their opponent can try to knock it off the table when it is their turn as the scores are not tallied until each player has had three turns. A seed may not have reached the squares initially but it can be knocked into them by the team player (or accidentally by their opponent).

At the end of three turns each, the score is tallied up, then the game continues until the first team to reach 20 points is the winner. This is a great team game and lots of fun for all ages.



Kingston East Neighbourhood Group (KENG) is a not for profit organisation supporting the Logan Community with a range of programs aimed at all ages, including activities and support services for families and children.

RECIPE

Summer Fruits Ice Cream Cones



Eating plenty of fruit and vegetables contributes to good health. Children who help cook at home are more likely to enjoy fruits and veggies than kids who don't cook.

This recipe is a fun way to try new fruits. Simply have your children help you cut and assemble a variety of fruits into an ice cream cone.

To make this recipe extra special you can top your fruit with a drizzle of yoghurt or a grating of chocolate.

KENG is located at **177 Meakin Road, Slacks Creek** and is open during the **school holidays**. For details of activities, including opening hours over the holidays, please either check our website (www.keng.org.au) or our Facebook page (<https://www.facebook.com/KENG.Inc/>) or telephone **3808 1684**





Story Stones

Story stones are great for fostering creativity and critical thinking. Pop the stones in a bag or a basket and use them to tell a story. You can make a different story each time depending on which stones you pull out. Each child can take a turn to choose a rock and tell what happens next! Stones can also be used to sort into groups of colours or characters, build towers with, or just line up. There is no right or wrong way to use story stones.



What you need to make story stones:

- Smooth, flat stones that you could find at the beach, park or hardware store;
- Small pictures – of a character, an object or an animal. Cut from magazines or fabric or stickers;
- Paints or permanent markers – if you prefer to draw your own pictures;
- Mod Podge or PVA glue.

Method:

To make the story stones, put a blob of Mod Podge or PVA glue on a stone and then place the cut-out picture on top. Smooth the air bubbles out from underneath the picture with your fingers and then add a little more Mod Podge or PVA to the top and spread it gently over the picture with a sponge brush to form a good seal. Once the stones dry completely, they are ready to enjoy!



First 5 Forever directly supports parents and carers to be confident as their child's first and most important educator, and will provide parents with increased access to resources they need through public libraries and the First 5 Forever website <https://loganlibraries.org/explore/audience-kids/first-five-forever/>.

RECIPE

Slime

Ingredients:

- 100ml craft or PVA glue;
- ½ teaspoon of bicarb soda;
- 1 teaspoon contact lens cleaning solution or eye drops (not saline);
- Food colouring;
- Glitter (optional).



Method:

1. Squeeze glue into a mixing bowl;
2. Add bicarb of soda and combined well;
3. Add a drop of two of food colouring as desired;
4. Add the contact lens solution and mix well - the slime will begin to form, going stringy before coming away clean from the bowl;
5. Once the mixture forms into a ball, take it out of the bowl and knead it with your hands;
6. Add glitter if desired and work in well with your hands;
7. For fluffy slime, add a small blob of shaving foam.

First 5 Forever events are hosted at all 9 Logan libraries. There are many interactive sessions of playing, talking and games, songs, rhymes and stories, discovering robots, ebooks and other technologies for young children. Visit <https://loganlibraries.org/> for opening hours for each library or telephone 3412 5420





Volcano Experiment



You will need:

- A volcano - sand or dirt from outside;
- A small container;
- Baking Soda;
- Red and yellow food colouring (optional);
- Vinegar;
- Liquid dish washing soap.

What to do:

1. Set up outside (or be prepared for some cleaning-up indoors);
2. Shape the volcano from the sand or dirt;
3. Put the container into the volcano at the top;
4. Add two spoonfuls of baking soda;
5. Add about a spoonful of dish soap;
6. Add about 5 drops each of the red and yellow food colouring.

Now for the eruption:

Add about 30mls of vinegar into the container and watch your volcano come alive.

How does it work

A volcano is produced over thousands of years as heat and pressure build up. That aspect of a volcano is very difficult to recreate in a home experiment, however this will give you an idea of what it may look like when a volcano erupts flowing lava. This is a classic experiment in which a chemical reaction can create the appearance of a physical volcano eruption. The reaction will bubble up and flow down the side like a real volcano - only much faster!

As Australia's first charity, our vision is a just society where everyone lives their best life. Through a dedicated team, a network of service providers, partnerships and volunteers,



we change lives and offer programs, playgroups, services and supports to assist families, children, and people with disability.

RECIPE

A Colour Symphony

You will need:

- A flat tray (like a cookie baking tray);
- Food colouring (at least 3 different colours);
- Whole milk (low fat milk will not work);
- Liquid soap used for washing dishes.



What to do:

1. Carefully pour the milk into the tray so that it covers the bottom;
2. Add about 6-8 drops of different coloured food colouring onto the milk in different spots;
3. Add about 5 drops of the liquid soap onto the drop of food colouring;
4. Watch the show!

How does it work?

So you know where the colour comes from, but why milk and liquid soap? The main job of dish soap is to go after fat and break it down. Usually the fat is on dishes from the food we eat, but fat is also in whole milk. When you drop the liquid soap onto the tray, it tries to break down the fat in the milk. While it is doing that, it causes the colours to scatter and mix creating a very colourful display. Have fun!

The Benevolent Society is located at **cnr Wineglass Drive and Middle Road, Browns Plains**, as well as in Acacia Ridge and Beaudesert. Our Centres will offer programs over the **school holidays** and we can be contacted on **1800 236 762** or visit our website www.benevolent.org.au





Fizz Inflator



You will need:

- One small empty plastic water bottle;
- Half cup of vinegar;
- One small balloon;
- Baking soda;
- Funnell or piece of paper.

What to do:

1. Carefully pour the vinegar into the bottle.
2. This is the tricky part: Loosen up the balloon by stretching it a few times and then use the funnel to fill it a bit more than half way with baking soda. If you don't have a funnel, you can make one using the paper and some tape.
3. Now carefully put the neck of the balloon all the way over the neck of the bottle without letting any baking soda into the bottle.
4. Ready? Lift the balloon up so that the baking soda falls from the balloon into the bottle and mixes with the vinegar. Watch the fizz-inflator at work!

How does it work?

The baking soda and the vinegar create an acid base reaction and the two chemicals work together to create a gas (carbon dioxide). Gasses need a lot of room to spread out and the carbon dioxide starts to fill the bottle, and then moves into the balloon to inflate it.



Access Gateway is a community space where anyone can drop in and say hi, enjoy the air con, or seek help locating fun activities around Logan and access a range of support services.

RECIPE

Moon Sand

This recipe makes a dough that is textured similarly to kinaesthetic sand. Children can mould this like sand, exploring its texture and shapes created. By adding natural items such as twigs, seed pods, shells and leaves, children will explore and create for hours!

Ingredients

8 cups of flour;

1 cup of oil (vegetable oil/olive oil – whatever you have in the cupboard).



Method

Mix ingredients together in a bowl;

Provide some items to explore the moon sand with;

Play!

Access Gateway is open until 20th December, re-opening 6th January. We are located at **91 Wembley Road, Logan Central**. Please check our Facebook page (<https://www.facebook.com/accesscommunityservicesltd/>) or telephone **3412 9980** or visit our website (https://www.accesscommunity.org.au/the_gateway)





Nature Treasure Hunt

When your kids start climbing the walls, it's time to get out where there aren't any! Turn a regular walk in nature into a fun activity as well as a powerful mindfulness activity with this treasure hunt. Create a list of things that you might find in your local bushlands and tick it off as you find it - for example:-

- a feather;
- a green leaf;
- a brown leaf;
- a red or orange leaf;
- a spider's web;
- a rock shaped like a love-heart;
- a stick the same length as your hand;
- 3 pieces of rubbish (to put in the bin);
- an interesting bug (just take a photo); or
- a cloud that is shaped like something else.

What other treasures can you find in nature around where you live?

This activity will provide an opportunity to strengthen communication as you enjoy the experience together distraction free. Take the time to engage about the things you see, hear and smell while enjoying the space.



To extend this activity take photos or collect small items to create a collage of the area you explored.



The Family Place is a friendly community centre offering activities and support for all families in Logan, including activities for dads, mums, babies and children. Everything is free, no appointments are necessary, so just turn up and meet other families

RECIPE

Upcycled Crayons

Everyone with kids seems to have some broken old crayons lying around somewhere. Did you know you can give them a whole new lease on life... and kids LOVE them!

Get your little ones to help you remove all the paper (it's great for practicing their fine motor skills);

Break up the crayons into small chunks then put them into a silicone mould for muffins or ice;

Pop them in the oven for 10 to 20 minutes until they've melted; Allow to cool, then pop them out and make beautiful art!



TIPS:

Be as creative as you like with the colour combinations and shapes! Think rainbow dinosaurs and orange and purple stars.

These also make great stocking fillers and gifts for teachers.

The Family Place is located at **35a North Road, Woodridge** and is open during parts of the school holidays. For details of activities, including opening hours, please check out our Facebook page (<https://www.facebook.com/TheFamilyPlaceLogan/>) or telephone **3208 1263**





Coloured Pasta Threading

You will need:

Penne Pasta;
Food colouring;
Vinegar;
Snap lock bags;
String/ ribbon.



What to do:

1. Tip some pasta into a snap lock bag and put aside.
2. Add some food colouring to two tablespoons of vinegar in a cup and mix.
3. Tip the food colouring and vinegar into the bag. Seal the bag, then mix and roll the bag until the colour is evenly distributed.
4. Pour onto a tray and leave in the sun (or overnight) to dry.
5. Repeat the process for each colour.
6. Invite children to thread the pasta onto string/ribbon. Tie the first piece of pasta on with a knot, so that the following pieces don't fall off.



The Yarrabilba Family and Community Place is a relaxed air-conditioned drop-in space for families. Our activities include playgroup, the Logan City Council STEAM program, as well as education and social services in a supportive environment.

RECIPE

Couscous & Vege Puree

Suitable for children from 9 months and older

Ingredients:



- 1 cup pumpkin, washed, peeled, seeded and diced;
- ¼ cup fresh beans, washed and sliced;
- 1 small zucchini, washed and diced;
- 2 tablespoons onion, peeled and finely chopped;
- ¾ cup water;
- 2 tablespoons couscous.

Method:

1. Place all vegetables into a saucepan with enough water to prevent from burning to the bottom before cooking and place lid on saucepan;
2. Place saucepan on hot plate and cook on low to medium temperature until soft;
3. Remove from heat, add couscous to saucepan and stir;
4. Cover saucepan with lid and leave aside for 5 minutes for the couscous to swell and absorb the excess liquid.
5. Mash lightly and serve at reduced temperature.

Remaining food can be frozen in ice cube trays. Once frozen, store in a clearly labelled container or snap seal bag in freezer for up to four weeks.

The Yarrabilba Family and Community Place is open from 8am to 4pm Monday to Friday (closed from 21 December 2019 to 4 January 2020). Our Centre is located at 3 Darnell Street, Yarrabilba and more information can be found on Facebook <https://www.facebook.com/familyandcommunityplace/> or telephone 0477 334 184





Ice Play

You will need:

- Water;
- Food colouring;
- Different sized containers (that can be put in the freezer);
- Freezable items such as small plastic animals and seed pods (taking into account size etc if using with younger children);
- Mixing bowls, measuring cups, mixing items (wooden spoons, ladles, measuring spoons etc).



What to do:

1. Mix water and selected food colouring in a container. You can make several different colours in different containers for exploration with colour.
2. Add small freezable item (eg plastic animal) into container; then place different sized containers in freezer under water is frozen.
3. Find a space outside that you don't mind getting wet with coloured water, preferably out of the sun as the children will explore for quite a while!
4. Grab some large mixing bowls from the cupboard or a large tub/bucket and half fill with water. Provide different kitchen items for exploring – measuring cups, mixing utensils, cups and bowls.
5. Add the frozen coloured ice and let the children explore!

The children will love exploring the change in temperature of the water as the ice is added and the mixing effect of the coloured ice as it melts – plus any surprises that you have frozen in the water too (such as plastic animals, seed pods etc). This is a particularly good activity for the middle of summer to keep children cool and engaged all at the same time. By adding other natural items such as leaves and flower petals, the children can make perfumes and potions etc as well as they explore.



The Child Health Service provides a range of community health and support services for children and their parents/carers to give every child the best possible start in life.

RECIPE

Volcano Buns



Ingredients:

4 wholegrain dinner rolls;
4 slices shaved leg ham;
 $\frac{1}{4}$ cup spinach leaves;
4 eggs;
 $\frac{1}{3}$ cup grated tasty cheese;
1 tablespoon freshly
chopped parsley.

Method:

1. Cut the top third off the rolls and scoop out most of the bread.
2. Line each roll with ham and spinach leaves, crack an egg into each roll, and sprinkle with cheese and parsley.
3. Bake at 180° for 15 minutes or until the rolls and cheese are golden.

The Browns Plains Community Health Centre is located at the
corner of Wineglass Drive and Middle Road, Hillcrest.
Our Centre will be closed on public holidays and normal services
will resume on 2 January 2020. Telephone **1300 366 039** or visit
<https://www.facebook.com/MetroSouthHealth> for more information





Coloured Rice

You will need:

- Rice (any type);
- Food colouring;
- Vinegar;
- Snap lock bags.

What to do:

1. Tip some rice into a snap lock bag and put aside.
2. Add some food colouring to two tablespoons of vinegar in a cup and mix.
3. Tip the food colouring and vinegar into the bag. Seal the bag, then mix and roll the bag until the colour is evenly distributed.
4. Pour onto a tray and leave in the sun (or overnight) to dry.
5. Repeat the process for each colour.
6. Tip the rice into a large container / tray / bowl. Add just the right amount of spoons / measuring cups / jugs / small toys / animals / letters. Let the children dig, tip and explore!



Dancing

Sharing stories and rhymes, singing, talking and playing with your child is not just fun but good for little brains too. Dance helps children learn and think in new ways and teaches them how to focus, improvise and work as part of a team.

Have some fun with actions pointing at different body parts while singing :-

*Head, shoulders, knees and toes
knees and toes*

*Head, shoulders, knees and toes
knees and toes*

*And eyes and ears and mouth
and nose*

*Head, shoulders, knees and toes
knees and toes*



RECIPE

Cloud Dough / Unicorn Dough

Not only a 'no cook' playdough recipe but made out of only 2 ingredients!

Ingredients:

1 part conditioner;

2 parts corn flour/corn starch;

Food colouring
(optional).



Method:

1. Pour conditioner into a bowl (home brand conditioner is fine, just note that not all conditioners are of the same consistency, so you may need to add a little more or a little less corn flour to get the right consistency for you).
2. Pour in the corn flour and give the mixture a good stir.
3. Add a few drops of food colouring.
4. Mix well using your hands - this part smells delicious!
5. Have FUN moulding, squishing, shaping and playing with your new Playdough!

Cheese, Vegemite & Ham Scrolls



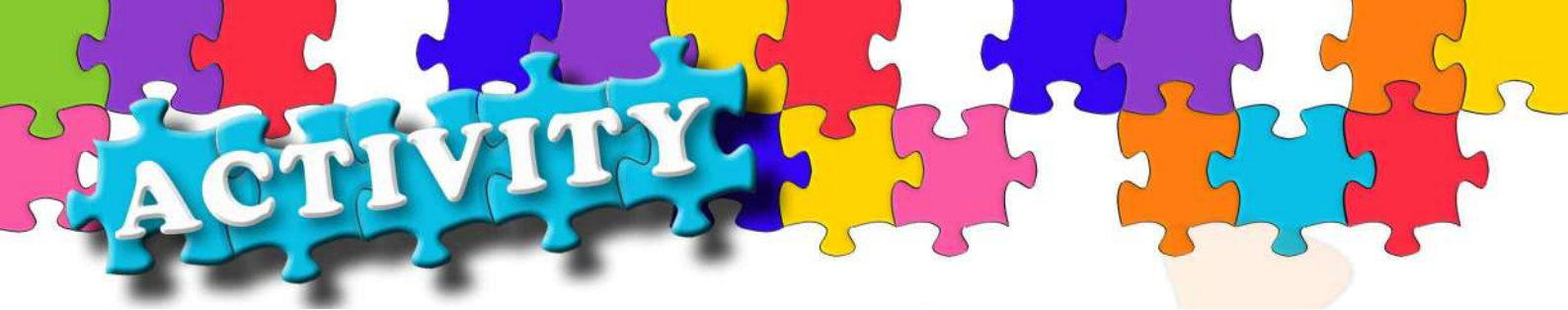
Ingredients:

- 4 sheets of puff pastry;
- Grated tasty cheese;
- 200g shaved leg ham;
- Vegemite.

Method:

1. Pre-heat oven to 180°C and line baking tray with baking paper.
2. Place pastry sheet (1 sheet at a time) on a chopping board; spread vegemite over pastry, evenly place ham on top; then sprinkle grated cheese.
3. Starting from the edge closest to you, roll up pastry.
4. Cut each long roll into small portions.
5. Place scrolls, cut side up, onto baking trays, allowing room for spreading. Bake for 15 minutes approximately or until pastry is golden and cheese is melted.

Four puff pastry sheets should make approximately 12 to 16 small portions.



CREATE YOUR OWN PHOTOSHOOT

Be your own photographer and get some gorgeous shots of your little ones by setting up your own photoshoot in your living room, back yard, or local park!

When we look back on our favourite photos of our children, it's often the imperfect ones which are the most precious: the ones which are attached to a specific memory. Maybe their heads are thrown back with laughter, their faces smeared with food, or you've captured a sweet moment between siblings. Having an at-home photoshoot is the perfect way to create some fun memories. Take turns being the photographer and you'll end up with a series of great photos, captured forever!

You can use props from around the house, matching outfits – or simply get your kids to play and get snapping!

We've all no doubt seen the professional photographers at shopping centres who offer a photo shoot and image for free – with the additional packages often having a price tag of hundreds or even thousands of dollars. Who needs expensive photoshoots when you can create something just as special and much more fun in your own home?

If you asked every parent you know what their favourite photos of their children are, chances are they aren't the most posed, perfect pics – but ones which bring back a sweet memory. Like the ones on this page – beautiful for being simple and capturing an authentic moment of childhood.



RECIPE

Fruit Puree

Suitable for children from 9 months and older

Ingredients:

- ¼ cup dried apricots, diced;
- 1 large apple, peeled, cored and diced;
- 1 large ripe pear, peeled cored and diced.



Method:

1. Dice apples, dried apricots and pears and put them in a saucepan;
2. Cover with boiling water;
3. Place lid on saucepan; place saucepan on hot plate and simmer on low to medium temperature for 8 minutes or until soft;
4. Drain the ingredients and place in a blender, adding some of the water from the saucepan;
5. Puree until the right consistency for your baby is reached, or mash with a fork.

Remaining food can be frozen in ice cube trays. Once frozen, store in a clearly labelled container or snap seal bag in freezer for up to four weeks.

Witchety Grubs

Ingredients:

- ½ tin condensed milk;
- 1 tablespoon syrup;
- 1 cup coconut;

- 1 cup crushed corn flakes;
- ¼ cup chopped dates;
- ¼ cup chopped sultanas;
- 1 cup chopped apricots.



Method:

1. Put condensed milk and syrup in a saucepan;
2. Stir over low heat until thick;
3. Add remaining ingredients and mix well;
4. When cool, shape teaspoon fulls into 'grubs' and roll in coconut;
5. Chill for a few minutes, then eat!

Logan City Council's KRANK program offers free and low-cost school holiday activities for Logan residents. Bookings for the January 2020 school holidays open at 9am Monday 9 December 2019.

Activities are split into two age categories – 5 to 11 years and 12 to 17 years.

Simply visit the web page, view the online program, book the activities you are interested in, then complete the specific registration form available online.

<https://www.logan.qld.gov.au/community-support/community-development/krank>



The junior program is held from 11th to 25th January in 25 suburbs throughout Logan City and include activities like:-

BMX coaching

Fishing

Martial Arts

Learn to Swim

Hip Hop

Ninja Obstacle Course and so much more

Little Chefs

Movie Night

Rocket Science

First Aid

Art projects

The teen program is held from 13th to 24th January in 18 suburbs throughout Logan City and include activities like:-

Street Art Workshop;

Learn to Surf;

Music Program;

Go Karting;

Self Defence;

Various Art projects;

Kayaking;

and so much more.



Shop like you're Santa!

Santa is always well-prepared and does his shopping on time, so why don't you? If you are going to shop in-store, consider these rules-of-thumb to reduce Christmas shopping stress and limit the temptation to over spend:

- ◇ Set a time limit on your shopping - Get in, get it done and get out so you aren't tempted to spend more than you want to.
- ◇ Shop at odd hours - Take advantage of extended trading hours and go when it's less crowded so you can choose carefully without having to jostle for space.
- ◇ Buy less expensive stuff first - If you buy larger and more costly items first you can lose perspective on what is a good price, so set your budget, buy small first, and then tackle the big stuff so you stick to your gift budget.



◇ Pre-pay - If you buy online, check if there's an option to pick up in-store. You'll save on freight, skip any lines, and there will be less temptation to buy more.

◇ Limit your shopping locations - Only go to shops that you need to visit so you don't get distracted and impulse buy.

For more tips and tricks on staying money smart at Christmas, check out the following link:

<https://www.moneysmart.gov.au/tools-and-resources/news/12-money-tips-for-christmas>

ROOM FOR MORE

We hope you have enjoyed creating wonderful memories with your family while trying these various activities and recipes.

Here's some space to jot down your own ideas...

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This booklet is only the beginning and we would love to receive your feedback to help us create an ever better resource. If you would like any activities or recipes included in the next edition, please email your ideas to admin.cfclogan@salvationarmy.org.au

HELPFUL LINKS

<https://www.natureplayqld.org.au/>

This website includes information on events, activities and places to go, as well as outdoor play ideas, DIY nature play and fun in the sun.

You can also order a free Nature Play Passport - your child's mission, should they choose to accept it, is to spend time outdoors, be adventurous, try new things, be brave, get messy and have fun!

<https://eclkc.ohs.acf.hhs.gov/parenting/article/fun-learning-parents-children-activities-handbook>

This booklet contains a collection of things to do that can be part of your family's everyday life in each room of your home, outdoors, and away from home. Many of the ideas in this booklet might be routines you are doing already. The more you enjoy playing with your children, the more they may be able to learn.

<https://pagingfunmums.com/>

This website is a fun, dynamic space for parents and carers sharing craft activities and recipes. Make sure you check out their cloud dough recipe for a really easy and fun sensory activity for kids during the school holidays.

<http://goduckling.com.au>

Go Duckling is a "go to" style directory suitable for parents, carers and educators which lists child-related organisations, places to go and things to do in Logan. The site is user friendly with filtering options to meet the specific needs of individual families.

<https://www.facebook.com/groups/140405902638033/>

Mums'n'Bubs Logan is a Facebook group open to all mothers and their bubs from newborn to pre-prep, and anyone with children looking for help and support. The group also holds regular playgroups around Logan.

<https://www.mumspace.com.au/>

This Australian website offers free access to amazing support tools, mobile apps and Helplines for pregnant women, new mums, and their families. The free MindMum mobile app helps expectant and new mums with emotional challenges and builds confidence in parenting. The free MumMoodBooster is a self-directed cognitive behavioural therapy program for when you're struggling to cope with the challenges of life with a baby.

<https://www.parentline.com.au/>

Parentline provides a professional free counselling and support service to parents and carers living in Queensland. Parentline is open every day, including weekends, from 8am - 11pm, with Webchat available from 8am - 10pm.

ChangeFest is a national celebration of place-based social change, whose vision is a future for Australia where communities thrive and where all children have a safe home, are healthy, are educated, and have a strong sense of identity and belonging. You can read the Statement below and find out more by visiting changeifest.com.au

CHANGE FEST 2018

The national celebration of place-based social change

STATEMENT

First Nations People

Aboriginal and Torres Strait Islander People, who participated in ChangeFest 2018 at the Logan Entertainment Centre during 19-22 November 2018, call for ChangeFest 2018 participants to support the recognition of:

- Aboriginal and Torres Strait Islander People as the First Peoples and recognise their land, sea and water rights in the Australian Constitution; and
- The contents of the May 2017 Uluru Statement from the Heart, plus endorsing the requirement that its contents will be enacted in all relevant statutes in Local, State, Territory and Federal jurisdictions.

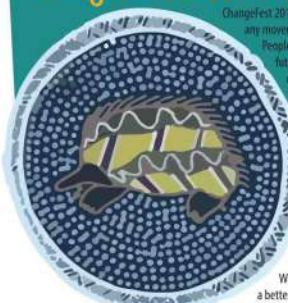
As part of this call, ChangeFest 2018 Aboriginal and Torres Strait Islander People reminded participants it is Non-Negotiable that any national movement designed to create a more equitable and inclusive Australia must act consistently with the national Indigenous consensus position advanced in the Uluru Statement from the Heart to ultimately:

- Ensure that Aboriginal and Torres Strait Islander People are empowered and enabled to be at the forefront of all system change design and delivery;
- Result in Aboriginal-led and Torres Strait Islander-led local control of services and programs;
- Support and strengthen the treaty process in States and Territories.

ChangeFest 2018 Aboriginal and Torres Strait Islander People reminded participants it is an ongoing universal obligation of Conference attendees to empower, support and enable ongoing First Nations-led consensus building of these statements.

ChangeFest 2018 Participants

ChangeFest 2018 participants believe and acknowledge that any movement of change must recognise First Nations People and the statement above, to create a better future for Australians through a process of community co-creation of development, implementation and evaluation.



Vision

Our vision is a future for Australia where communities thrive and where all children have a safe home, are healthy, are educated and have a strong sense of identity and belonging.

We are creating a movement of people that come together to promote a better future for all Australians by focussing on community and children as the focal point for empowerment, change and development. Despite Australia's global

economic success story, there are still too many communities where families feel excluded, and community members feel isolated and disempowered – daily we face entrenched and complex adversity as a result of historic, institutionalised injustice and inequality. This has significant societal and financial implications for all Australians and, without change, will prevent us from reaching our full potential.

Across Australia, many communities have long-term community-led initiatives to generate greater social and emotional health and well-being, cultural connections, and life opportunities for children and adults alike. Communities know from local and international experience that customised/place-based, community-led and integrated efforts that focus on the early years of life get results. The evidence base for what can deliver real lasting change in our communities is being co-created by content and context experts from all cultural backgrounds with the direct involvement of First Nations Peoples.

Now is the time for government, philanthropy, business and the community sector to further prioritise community-level action in addition to related national, population-level child development and community-building policies. As a country we are already making significant investments and there are many outstanding examples of innovation and progress. But many systems today do not support local people and their communities to make this change. We need to transform these systems. There is not enough focus on prevention and early support, we need more integrated approaches to funding, services and infrastructure, more tailoring to local diverse contexts, as well as more long-term investment in building community capacity to take greater responsibility for their own futures.

This is a smart investment. A focus on experiences during the early years (i.e., antenatal to 5 years old) provides a strong foundation for success in life. US studies show that every dollar invested on early childhood generates a return of \$7 over time.¹ Investing in our communities to support future generations is good for our society and our economy. The opportunity is huge. We estimate this approach could unlock significant financial resources by 2050 to be reinvested to achieve even better health, education and employment outcomes.

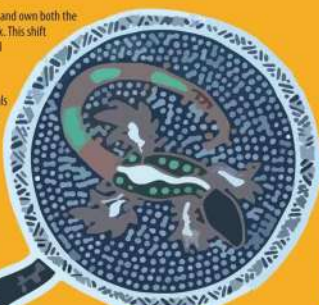
We need to reimagine the journey of our children and their diverse communities and this will require disruption of what currently is. Each year, there are 65,000 developmentally vulnerable children counting on us to create a better future. The choice is ours but not ours alone – beneficiaries must be part of the co-design process.

¹ See: Anderson, David & Sabatelli, Peter (2010) *Investing in the Early Years: A Guide to the Evidence*. Sydney: The University of New South Wales.

Principles

In order to make this happen, self-defined communities, government, philanthropy, the not-for-profit sector and business need to agree to own and act according to the following core principles:

- **Shifting the balance of power and responsibility to communities.** Encourage, empower and support communities to lead, make decisions, and own both the outcomes sought, and the solutions – we know what solutions will work. This shift will improve accountability and help address the institutional and social inequality underpinning many community challenges.
- **Shared goals and solutions are tailored to local needs.** Investments have greater impact when we are aligned to the needs and goals of each unique place and when the community, government, philanthropy and other partners work collectively to achieve common outcomes.
- **Improved whole-of-life outcomes through strong foundations in the early years of life.** Focus on a child's wellbeing, knowing that investment in education, prevention and early support with the family and community around that child, will improve social and economic outcomes for individuals, families, communities, and country.
- **Change the system. The rules, processes, incentives and behaviours to deliver the impact Australians want where we live; including** removing barriers and integrating silos of governance, funding and effort to deliver resources to communities more efficiently and effectively.



In addition, ChangeFest 2018 participants believe our success will be underpinned by a long-term commitment to work together, learning and improving through iteration and informed by evidence, evaluation and data.

- **Begin now, with a long-term commitment to change.** Build necessary foundations now while acknowledging that entrenched and complex social issues cannot be solved overnight but need consistent, 10+ year commitments and resourcing to deliver positive change.
- **Collaborate and hold each other accountable.** Resource and organise for collaboration and accountability. Design and deliver more effective solutions through partnering, supported by coordinating organisations (e.g., 'backbones').
- **Iterate, evaluate and learn.** Support innovation and implementation of what works by encouraging testing, sharing innovations and learnings, and measuring impact as well as capability development.
- **Enable with data, community voice and evidence.** Better target effort as a result of increased data sharing, establishing means to listen to and act on community voice – including the narratives and stories that reflect the community experience, and use of evidence and scientific research.

Call to action

ChangeFest 2018 participants call on political leaders, community organisations, philanthropists, businesses, and others to make a long-term, transparent investment in Australia by empowering communities to provide a better future for their children.

- 1. Invest in community leaders and action**
 - Support community leaders to organise and ensure accountable governance to make decisions and guide investment
 - Build priority capabilities and capacity (e.g., data analysis, evaluation, community mobilisation, service design and commissioning, etc.) through specialist organisations (or 'intermediaries' who might take many forms)
 - Resource the coordination and collaboration with local, state and national teams and share learnings (e.g., through 'backbones').
- 2. Change the system at all levels of government**
 - Establish a taskforce to design and implement change across all levels of government (including the negotiation of independent long-term structures across Commonwealth, State, Local and non-government stakeholders)
 - Within two years, progress institutional changes across all levels of government to ensure this platform is scalable and becomes a norm
 - Tackle systemic barriers identified by community-led action (i.e., structures including culturally proficient governance and decision-making, pooled or integrated funding and participatory budgeting, and data sharing) to change the structural inequalities and make the system accountable to and deliver resourcing to communities
 - Ensure all levels of government have the skills and authority to work in this new community-led way (e.g., through a government capability building program to change the culture and capabilities)
- 3. Create accountability and support across all stakeholders**
 - Work across all levels of government to support the effectiveness of community governance, provide authority to access and shape resourcing and ensure accountability of funding providers to communities and vice versa (e.g., community access to a combined team of relevant State regional directors and Commonwealth representatives)
 - Establish senior bipartisan political leadership and accountability for change at the community and system level (e.g., lead State and Commonwealth minister)
 - Create data, planning and evaluation capability and infrastructure that is community-focused (e.g., data labs and information platforms).
- 4. Establish an independent evidence program to inform the way ahead**
 - Resource independent evidence and evaluation partner(s) to look across the system and approach (e.g., research institutes)
 - Capture and share evidence of innovation and learning across all actors and communities including through a process of co-measurement/co-creation and direct involvement of First Nations Peoples.
- 5. Reward community-led, early years efforts**
 - Invest \$2M per community² per year over 10+ years to enable this approach
 - Start now by providing backing for 20 communities that are already changing (agreed by communities, Commonwealth, relevant States/Territories, and key philanthropists)
 - Develop an evidence-informed plan to scale this approach to at a minimum 100 communities representing the diversity across the country over the coming decade

¹ See: Anderson, David & Sabatelli, Peter (2010) *Investing in the Early Years: A Guide to the Evidence*. Sydney: The University of New South Wales.

² \$2M is an average, the right investment will be relative to size and maturity of each community.

More than 500 delegates signed up to the ChangeFest statement in November 2018. We are proud to be one of the organisations in active support of the statement.

ChangeFest 2018 participants support a movement to advance communities that are tackling adversity and inequality:

- By giving children the best start in life
- Through evidence-based efforts that are integrated and tailored to local needs
- With the people in the community leading and driving the change
- Working together with government, philanthropists, non-governmental organisations, scientific research, and business

