

Break O'Day

A Place we LOVE To LIVE



*“Growing the community we want to live, work and
play in.”*

Wellbeing Summit Report November 2024



OVERVIEW

In November of 2024, around 50 community members from across Break O'Day came together to explore how we could keep growing a place where more people **Love Where They Live**.

The **Wellbeing Summit: A Place we LOVE to LIVE** was designed and delivered using an Appreciative Inquiry Approach.

Our aim was to:

- **Discover** when, how, and what made people love where they live.
- **Dream** of how we could build on these strengths to create a community where more people loved where they lived
- **Design** pathways to continue growing a community where more people love where they live.

It was an incredible 4 hours that uncovered community strengths, demonstrated what we are capable of achieving, and the opportunities for us to grow and flourish together. It was also a lot of fun!

Thank you to everyone who joined in on the day, shared their thoughts before the day and helped promote the day.

WHAT IS AN APPRECIATIVE INQUIRY SUMMIT?

APPRECIATIVE INQUIRY is a strengths-based approach to creating generative connections that enable people and systems to flourish.

To **APPRECIATE** means to value what's working.

Researchers have found that we learn little about excellence by studying failure. Today we will intentionally look for the strengths in ourselves and our system, and ways to build upon them together.*

To **INQUIRE** means to ask questions, to study, to search.

Studies have found that organizations move in the direction of what they most deeply, rigorously, and persistently ask questions about. Today we will open our minds and our hearts to find ways that we can be of better service to others.

The **GENERATIVE CONNECTIONS** that emerge from sharing information and creating new or deeper working relationships are what enable change to happen in any system.

We enabled generous, surprising patterns and connections of people's hopes and strengths so together we can dream an even more positive difference.

People and systems **FLOURISH** when they are given opportunities to self-organise and willingly take responsibility around the ideas and actions about which they feel so passionate.

We invited everyone to make their hopes a reality by volunteering to only deliver on the actions to which they feel truly committed.

An **APPRECIATIVE INQUIRY** is a cooperative and systematic search across a system to discover the best of "what is," in order to dream of "what might be," so that we can fuse our strengths together and design "what should be," and ensure collective ownership and commitment to deploy "what will be."

***IMPORTANT NOTE:** Taking a strengths-focus doesn't mean that we don't talk about things that aren't working or that concern us. Where problems or challenges do come up, we support each other in exploring what we hope we can do differently that would build on the strengths – the values, talents, resources, and networks that we have available to us to create the change we most want.

HOW DOES THE SUMMIT WORK?

The Wellbeing Collective, guided by Anna Tayler, reviewed the actions, insights and messages from the Wellbeing Project to **DEFINE** the topic, **A Place we Love to Live**. This topic was chosen as the best one to help us share positive stories and ideas we can build on together as a community using Appreciative Inquiry methods.

Appreciative Inquiry uses a 6-D cycle of activities. Wellbeing Summiteers were guided through activities and conversations to move through the cycle.



(Source: Michelle McQuaid, 2019)

WE DISCOVERED..

SHARED STORIES | Loving where we live

We heard stories of experiences and moments where people realised they loved where they lived. Some of these included:

Inclusive Community

A community member shared their sense of joy and connection they experience as being a part of the community choir. For them it represents more than a choir. It represents a space where all are welcomed and included; connection is encouraged through a shared meal at the end of the choir and inclusivity is nurtured through offering transport to the event. The celebration of diversity and connection allowed them to truly appreciate loving where they live.

Community Support

A community member recalled how the moment they felt appreciation and love for where they live was when their support dog passed away and they held a memorial for him and over 50 people showed up. It was in this moment where they realised how supported they felt through the coming together of people to show their respect.

Among all of shared stories, we found the factors we have in common that help people to love where they live.



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COMMON THEMES

We grouped the common factors into themes connecting strengths across all the stories with some of the examples shared by people in the room.

Connection and Appreciation for Nature

Enjoying natural environment	Falling in love with the ocean	Appreciating nature
Beauty of nature	Being in nature	

Feeling a Sense of Home

Drawn to the area	Coming Home	
Homely	Feels like home	

A Connected and Active Community

Community connection	Community involvement	Showing up in hard times
Making positive connections	Versatile community	Involved community

A Supportive and Welcoming Community

Helpfulness	Offering support	Kindness
Friendliness	Generosity (giving and receiving)	Support

‘Inter-Be’ and States of Being

Harmony	Peaceful	Simplicity
Calm	Uncomplicated Life	Connection to others



WE LOVE WHERE WE LIVE WHEN...

“We feel connected to our community and the natural landscape”

“There is diverse natural beauty”

“There is connection, interesting conversations and people are happy and having fun together in the beauty of nature”

“We feel supported by the people around us”

“When nature and people live in harmony with mutual respect and celebration”

“[We] belong in nature”

“Community comes together and offers support, generosity and connection”



WE DREAMED OF CREATING...

We imagined ourselves in the year 2027 and tried to visualise what might be possible if we consistently built upon our strengths to grow a community where more people loved where they lived.



Break O'Day Breakfast Club

The power of creating a Break O'Day where more people loved where they lived would be...

A regular event to bring people together for networking and give a sense of belonging.



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Creativity Hubs

The power of creating a Break O'Day where more people loved where they lived would be...

A vibrant healthy community, with more well attended group activities operating out of creativity hubs in each area supported by shared transport.





Safe Spaces for Everyone

The power of creating a Break O'Day where more people loved where they lived would be...

Spaces where all feel safe, respected, heard, included, valued and accepted. We acknowledge and understand the challenges and strengths we all have.



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A Great Place to Play

The power of creating a Break O'Day where more people loved where they lived would be...

Having more resources, being progressive while maintaining nature and being connected by creating and sustaining relationships.



A PERFECT BREAK O'DAY

There was a kid from Break O'Day
Who welcomed friends from far
away.

They rode their bikes to the beach,
And Lo! Behold! A Whale Breached!
They looked to see who they could
tell,

Someone to invite as well.

They spied young Johnny all alone
And seek to make him feel at home
And they played outside and forgot
about their phones!



Information and Community Hub

The power of creating a Break O'Day where more people loved where they lived would be...

People support each other to know what activities are happening and support each other to join in. There is a FREE Community Centre where all are welcome.



COMMON THEMES ACROSS OUR DREAMS

Vibrant and Active Community All Year Round

- Free yoga on the waterfront each month
- Walking groups
- Specific event to celebrate Break O'Day
- Arts and Cultural Activities and Practice
- Free dancing groups
- Vibrant streets- multicultural events, more festivals aimed at younger people
- Community long-table dinner filled with local food and meaningful chats
- Weekly breakfast clubs
- Positive ageing groups

Celebrating and Increasing Diversity and Inclusion

- Listening more to our 15-35 year old population
- Remembering those out of the loop and bringing them in
- Cultural Awareness days
- Sharing skills through community workshops
- Supporting loners
- Increased LGBTIQ+ support, visibility, activities, events, education and connection
- Council supporting and promoting LGBTIQ+ awareness
- Older people feel connected
- Getting more people out in nature who wouldn't normally
- Inviting each other to events so don't feel alone
- Creating diverse spaces to tailor to different cultures

Nature

- Caring more for our environment
- Community events that care for and support the environment
- Modernised AND maintaining natural beauty
- Growing community in sustainable ways
- No litter on the road or beaches
- Green bridges
- Strict cat legislation
- Shifted away from extractive economy
- Climate emergency declared
- Less focus on growth, greater focus on environment
- Working with nature

Infrastructure

- Reuse, remake, repurpose, upcycle cafe
- More road cycle paths to connect more places together
- Shared free community space/ shared creative space
- Website for local food growers
- More green spaces
- More care to buildings
- Community gardens producing more food
- Housing for all
- Improved walking tracks
- Joining of the Police, Ambulance and Fire Brigade
- Aquatic Centre
- AusDay Car Show
- More choice of education facilities
- Farmers market

Ways of being

- Taking time for others in an obvious way
- Local people celebrate and encourage growth and change
- Volunteering increases
- Listening to each other and working together
- Tangible kindness
- Happy, smiling faces
- People are friends with their neighbours
- People say hello to each other

Active Collaborations

- Supporting each other in our shared goals
- Supported citizen assembly for decision making
- Aged care and schools working together
- More connection to reduce loneliness
- Carpooling to beach and other activities

Communication

- Increased communication with the community
- People taking the time to chat with each other
- Awareness of possibilities and opportunities
- Public communication board
- Readily available information on the history and local communities

Things that would prevent

- Gossiping
- Homelessness

BRINGING OUR DREAMS TO LIFE...

We brainstormed, prioritised, and prototyped possible pathways of how we might make these hopes a reality so that we can keep growing a community where even more people love where they live.

We designed the following ideas to help make our dreams a reality:

- 1. Break O'Day Long Table Lunch**
- 2. Creative Community Centre (CCC)**
- 3. Pride in the Park**
- 4. All Together**
- 5. Breakfast Club**
- 6. Embracing Green**
- 7. Information and Community Hub**



Break O'Day Long Table Lunch

HOW MIGHT WE...

create a long table luncheon event in the middle of town with multicultural food from local producers, bringing together the broad community to have meaningful conversations about the impactful projects we want to create together?

Idea

Multiple tables in multiple communities, if you can, bring a place of local produce, perhaps from your culture. Bring a friend, breakfast, lunch or dinner.

Create meaningful conversations. Create the 'village'. Celebrating difference and diversity.

30th March 2025?

What do we need?

- Funding (Seed project ready)
- Sponsorship
- Research other models
- Transport to other communities

Prototype Designers

Shar Molloy, Dave Liebmann, Marietta Hargreaves, Bena Bolo, Ian Carter, Michele Reading, Adrian Parsons, Dani Willett.



Creative Community Centre (CCC)

HOW MIGHT WE...

get more 'creative community centres'?

Idea

Build a space to share, connect and support a vibrant arts and maker space in Break O'Day.

How does it work?

- Use existing spaces in St Marys
- Arts collective to support sector
- Strengthen community by building and open, flexible and diverse program
- Support sustainable, creative and thriving creative industries
- Use infrastructure with other users of the site

What do we need?

- Council support to retain building
- Sponsorship to maintain building and cover costs
- Nominated organisation to sign lease and manage building
- Guiding principles
- Master Plan for buildings, users and risk assessment



Prototype Designers

Tanya Greenwood, Janet Drummond, Jan West, Diana van Meel, Geraldine O'Connor & Wendy Nash.

Pride in the Park

HOW MIGHT WE...

create inclusive experiences in our surroundings?

Idea

A celebration of welcome and inclusion for LGBTQIA+ and their allies in Break O'Day. An annual event.

How does it work?

An annual public fun event in a natural beautiful environment.

What do we need?

- Space or place to host it
- Support to organise and promote the activity

Prototype Designers

Marko, Claire and Leah



All Together

HOW MIGHT WE...

create a Break O'Day where all feel safe, respected, heard, included, valued and accepted?

Idea

All across our communities, people engage in active listening to genuinely understand how it is for others.

How does it work?

We have frequent highly educational experience to develop greater capacity to listen and communicate for deeper understanding

Explore multiple safe settings and mediums for people to show who and how they are.

What do we need?

Plenty of will!

We can start small, trial one educational experience with a bit of difference.

Courage to share vulnerabilities/honesty, encouraging others to do the same.

Prototype Designers

Jayne, Katie, Steve, Jenny



Breakfast Club

HOW MIGHT WE...

make people feel more connected to our community and each other?

Idea

To bring a diverse group of people from all ages and walks of life in our community to form connections, enjoy each other's company and have fun.

How does it work?

BYO or funded or by donation

What do we need?

- Resources- people, venue, advertising, BBQ, Drinks?
- Seek funding
- Find co-ordinators (3-4 people)
- Where and when (frequency, and duration)
- Getting the message to everyone- social media, notice boards, word of mouth

Prototype designers

Sonya Lanham, Erika Schacht, Mal Griffins, Mimi



Embracing Green

HOW MIGHT WE...

create more resources and be progressive while maintaining nature?

Idea:

The community green space is an eye-catching, welcoming environment for visitors and locals of the Break O'Day to gather, connect with nature and each other.

How does it work?

- Old hospital garden space
- Arch way, native plants, seating, native bee friendly house/space
- BBQ space? Gazebo.
- Parent/child space
- Disability access
- Town map, mural and town loop
- Notice board
- Hydration station

What do we need?

- Community grant
- Community buy-in

Prototype Designers

Steph, Olivia, Shane,
Kate, Josh, Leigh, Tony,
Dave



Information and places for everyone

HOW MIGHT WE...

ensure everyone is aware of events and facilities and enable them to participate?

Idea

One stop shop for all community information, business, social, public, groups... An art gallery/hub showcasing local artists. Central meeting place. Together with a campaign encouraging people to get involved in community activities and support others to join them.

How does it work?

Create a campaign to encourage people to invite or support another person to join them when they go to local activities and events.

Utilising existing Information Centre for everyone to access information regarding community activities.

Creation of a community space that is simple and easy for the community to access and use.

Prototype Designers

Helen, Su, Pip, Michael, Steph, Michelle



NEXT STEPS & RECOMMENDATIONS

Thank you to everyone who was part of the day, everyone who had been part of the Wellbeing Project and everyone in our community who cares about creating a place we love to live, work and play in.

The Wellbeing Summit is just the beginning. The day was an incredible opportunity to connect and gain commitment for helping to grow ways we can help more people love where they live.

Let's stay connected and continue to inspire and support each other to find ways to grow these ideas, create more ways for more people to join in, and together to deepen our love for where we live.

Next Steps:

If an idea is yours and you are ready to grow it please contact Leah at Break O'Day Council for seed funding or mentoring. Wellbeing@bodc.tas.gov.au 6376 7900.

If you like someone's ideas and you would like to help support it, contact Leah, she can help connect you to each other and to other wellbeing actions in our community too. Scan the wellbeing website for more ideas to support www.wellbeingaction.org

"Stop walking through the world looking for confirmation that you don't belong. You will always find it because you've made that your mission. Stop scouring people's faces for evidence that you're not enough. You will always find it because you've made that your goal. True belonging and self-worth are not goods; we don't negotiate their value with the world. The truth about who we are lives in our hearts. Our call to courage is to protect our wild heart against constant evaluation, especially our own. No one belongs here more than you."

– Brene Brown – Braving The Wilderness

Thank you

To our sponsors and supporters, the Tasmanian Community Fund and Break O'Day Council.

To Anna Tayler for guiding us through the day and our Wellbeing Collective of local volunteers for dreaming, designing and helping facilitate the day.

To all the Wellbeing Certificate participants and everyone who has taken part in activities and community actions from the Break O'Day Community Wellbeing Project. Your ideas, thoughts and wisdom helped us create the day.

To all our Wellbeing Summiteers for sharing with open hearts and smiles.