

# SPAYC + PLACE

CAIRNS SAFER STREETS  
MANOORA - MANUNDA - MOOROOBOL

JULY 2019 - JANUARY 2020



## Figures

Since the commencement of these activity-based engagement programs in 2017, there have been more than 10,500 engagements in organised activities.

Activities are delivered approximately 30 hours per week over 6 days during school terms, with additional school holiday programs delivered in collaboration with other services.

Approximately 1,300 recorded participants

Average 19 sessions per week delivered

4,806 total engagements, 209 per week

23 weeks of activities, 27 hours per week

20 activity providers engaged, including:

- 10 Indigenous service providers
- 5 culturally diverse service providers
- 5 non-Indigenous service providers

24 of 35 approved facilitators of the activities are Aboriginal or Torres Strait Islander employees



Supported by our Partnership Group





## Engagement

*It's always a pleasure going to deliver my program with the kids and families in Murray Street at the Manoora Community Centre.*

*The kids have developed good mannerisms and work together well. There is always an enjoyment with music, so I allow them to pick their own music for the exercises. They are highly competitive and enjoy skipping, so I let them choose the challenge and they skip to the music and everyone laughs and has a good time.*

*This is what the program is about... families coming together to get fit, have fun, enjoy each other's company and strengthening their bodies, mind and spirit.*

Donna Corrie  
Dee's Grooming & Department



RAINTREES BASKETBALL



SUPER SESSION VOLLEYBALL



WELCOMING SANTA TO THE SUPER SESSION AT BALACLAVA SCHOOL

## Quality, targeted activities

SPAYC increases the availability and choice of structured diversionary activity for young people aged 8–12+ through a range of initiatives to activate spaces and places, delivered in hard to reach areas.

**From July 2019 to January 2020, SPAYC activities delivered:**

- 23 weeks of activities
- 1,294 participants
- 4,213 engagements
- 426 hours of activity
- 367 sessions
- 2 school terms
- 3 school holiday programs
- 2 Super Sessions
- 5 professional development sessions

**Over 40% of attendees participate in multiple SPAYC activities each week**

## Professional Development



YOUTH MENTAL HEALTH FIRST AID TRAINING


Youth Mental Health First Aid and Aboriginal and Torres Strait Islander Mental Health First Aid was delivered by Cairns Safer Streets to **14** service providers

Trauma Informed Practice delivered to **15** providers

**Three** SPAYC+PLACE induction sessions delivered to **48** providers



 <b>TERM 1, 2020</b> 3 FEBRUARY TO 29 MARCH 2020				
<b>MONDAY</b>				
3.00-4.00	READING MATTERS	MANOORA CENTRE	MURRAY ST	MANOORA
3.30-4.30	STREET SOCCER	HARALD FALGE PARK	LENNON ST	MANUNDA
4.00-5.00	MOVE DANCE	ARC DISABILITY	MCNAMARA ST	MANUNDA
4.30-5.30	CRICKET BLAST	SHANG PARK	LONG ST	MOOROBOOL
5.30-6.30	YOUTH GYM	SHANG PARK	LONG ST	MOOROBOOL
<b>TUESDAY</b>				
2.30-4.00	STREET SOCCER	CAIRNS WEST SCHOOL	MAYERS ST	MANUNDA
4.00-5.30	ACTIVE SPORTS	JENSEN ST PARK	JENSEN ST	MANOORA
4.00-5.00	STRONG FAMILIES	MOOROBOOL HUB	LONG ST	MOOROBOOL
<b>WEDNESDAY</b>				
2.30-4.00	HIP HOP MUSIC + DANCE	CAIRNS WEST SCHOOL	MAYERS ST	MANUNDA
4.30-5.30	SKATEBOARDING	SHANG PARK	LONG ST	MOOROBOOL
5.00-6.30	BASKETBALL	118 MURRAY ST	MURRAY ST	MANOORA
<b>THURSDAY</b>				
2.45-3.45	HOCKEY	BALACLAVA SCHOOL	MULGRAVE RD	MOOROBOOL
4.00-5.30	ACTIVE SPORTS	RAINTREES SHOPS	KOCH ST	MANUNDA
4.30-5.30	NETBALL	SHANG PARK	LONG ST	MOOROBOOL
<b>FRIDAY</b>				
2.45-3.45	TENNIS HOT SHOTS	BALACLAVA SCHOOL	MULGRAVE RD	MOOROBOOL
4.00-5.30	AFL	SHANG PARK	LONG ST	MOOROBOOL
5.00-6.00	RUNNING + WALKING	MURRAY ST PARK	MURRAY ST	MANOORA
5.30-6.30	VOLLEYBALL	HARALD FALGE PARK	LENNON ST	MANUNDA
<b>SATURDAY — NO ACTIVITIES SCHEDULED</b>				
<b>SUNDAY FAMILY FUN DAY</b>				
4.00-5.00	OZTAG	SHANG PARK	RIGNOLD ST	MOOROBOOL
5.30-6.30	VOLLEYBALL	SHANG PARK	RIGNOLD ST	MOOROBOOL
<b>FREE &amp; FUN ACTIVITIES!!</b> Phone: 07 4040 4935 / Email: Cairns.SaferStreets@police.qld.gov.au <small>In the event of unforeseen circumstances, program days/times/venues are subject to change or may result in cancellation</small>				

 <b>PROGRAM DESCRIPTIONS</b>		
<b>ACTIVE SPORTS</b>	Multi sports sessions including Traditional Indigenous Games, Touch Football, AFL, Volleyball and water slide races	JENSEN ST PARK / BEHIND RAIN TREES SHOPPING CENTRE
<b>AFL</b>	Enjoy learning AFL skills, drills and game play	SHANG PARK
<b>BASKETBALL</b>	Give participants a deeper understanding of the sport and builds further relationships to engage the young people in a positive way and with positive peer role models	118 MURRAY ST
<b>CRICKET BLAST</b>	Participants will learn skills from qualified cricket coaches and will be invited to play exhibition matches at the Phil 'Tracker' Minniecon Indigenous Cricket Carnival	SHANG PARK
<b>DEADLY RUNNING + WALKING GROUP</b>	Provides motivation and support to help the Cairns West community reach their running, walking, and fitness goals in a fun, safe, social, and encouraging environment	MURRAY ST PARK
<b>HOCKEY</b>	An introduction to hockey, this program is modified for younger children and is designed to teach new skills and increase self esteem	BALACLAVA SCHOOL
<b>MOVE DANCE</b>	This inclusive dance program teaches awareness of the body including tension, relaxation and body movement	ARC DISABILITY SERVICES (MCNAMARA ST)
<b>NATIVE HIP HOP</b>	Maintain a creative mind and healthy body through songwriting, vocals, dance and performance techniques	CAIRNS WEST SCHOOL
<b>NETBALL</b>	Learn a range of netball skills and game concepts with experienced players and club coaches	SHANG PARK
<b>OZ TAG</b>	International players and coaches will teach OzTag skills and drills along with fun games play	SHANG PARK
<b>READING MATTERS</b>	Enjoy reading with a book in the park one-on-one and small groups whilst engaging in miming and improvisation activities and light physical exercise and games	MANOORA CENTRE
<b>STREET SOCCER</b>	Engaging the participants into basic soccer skills, promoting motivation, team bonding, physical education, fitness and coordination of motor skill activities	CAIRNS WEST SCHOOL / GUGINY RESERVE
<b>STRONG FAMILIES</b>	Introduction to health and nutrition, strength and fitness workouts and smoothies	MOOROBOOL HUB
<b>SKATEBOARDING</b>	Participants are able to express themselves under the coaching and guidance of an Australian Accredited Skateboarding Coach	SHANG PARK
<b>TENNIS HOT SHOTS</b>	Learn tennis skills, personal and social capability and intercultural understanding	BALACLAVA SCHOOL
<b>VOLLEYBALL</b>	Participants will learn volleyball skills and drills and enjoy match play	HARALD FALGE PARK / SHANG PARK
<b>YOUTH GYM</b>	Learn techniques of safe handling of gym equipment and cross-training session	MOOROBOOL HUB
<b>FREE &amp; FUN ACTIVITIES!!</b> Phone: 07 4040 4935 / Email: Cairns.SaferStreets@police.qld.gov.au <small>In the event of unforeseen circumstances, program days/times/venues are subject to change or may result in cancellation</small>		





# Winter Competition Targets

**Manunda Hawks**



**Kangaroos Rugby League**



**Saints Soccer**



**Edge Hill United Soccer**



**Tigers Netball**



**Cricket Queensland**



**Cairns Hockey**



**Phoenix Sports and**

**Culture Club**



HOCKEY TRAINING

## Strengthening community through sport

Parks to Clubs provides recruits a funded pathway and opportunity to play competitive sport in a safe environment, whilst providing a sense of connectedness to community.

Currently there are 24 funded recruits participating in our Parks to Clubs Summer comp trial. We aim to have 80 recruits funded come the beginning of the winter seasons in 2020.

In October we confirmed the North Cairns Tigers Netball team and the Aspire Hockey Program to form the trial of Parks to Clubs.

Since their involvement in the project, both clubs have reported improved changes in behaviour mannerisms, physical capacity and skill development of the 24 participants.



NORTH CAIRNS TIGERS NETBALL

## Netball

**10 Recruits**

**North Cairns Tigers**

This team is made up of players that participated in our Term 3 SPAYC Netball Sessions ran at Balaclava State School. The girls are picked up from Balaclava and Parramatta State Schools and taken to Cairns Netball each Tuesday afternoon. They get their homework done, participate in a skills training session and then play their game.

## Hockey

**14 Recruits**

**2 teams**

The Hockey Summer 6s comp features mixed teams, playing across the field with fast playing conditions and higher scores. Cairns Hockey provide a 22 seater bus, picking the recruits up from school and transporting to Cairns Hockey Centre on Lake St. Here the kids utilise the canteen to prepare afternoon tea prior to their game.

# Proposal

Assign Cadets in assistant/youth mentor roles to support SPAYC+PLACE service delivery and activities, supervised and trained by professional activity providers



Ensure relevant working with children compliance



Link to high-risk young people (aged 10-14) through SPAYC+PLACE to provide peer-to-peer support to participants



Provide learning opportunities through workshops and skill-building sessions



**Project for 15 to 25-year-olds who show an interest in taking on a leadership role within the SPAYC+PLACE program**

## Why it's important

*This project is currently under development. It is anticipated that it will:*

*Enable participants to take on service delivery roles, building their capacity, giving them responsibility, empowering them to take ownership and give back to their community.*

*Increase employment and educational opportunities for youth.*

*Help to address over representation of youth in justice system and reduce risks of re-offending.*

*Improve access to support networks for families.*



## Building relationships

*Two teenagers who refused to engage in any activities with service providers, were referred to SPAYC+ through Operation Regenerate in an attempt to engage through their bail support.*

*The girls have engaged so positively in the program they have now requested to attend on additional nights.*



BARRON RIVER

## Structured diversionary activity

The first introduction excursion consisted of 10 Nepalese boys identified through Centacare. Harbrow Mentoring with support from Centacare took the boys on an organised day trip to Cooya Beach where they attended Kuku Yalanji Cultural Habitat Tours. It was reported that the boys engaged well, demonstrated positive behaviours and were attentive to the service provider and the activities of the day.

The boys agreed to continue to participate in activities with Mr Marc, and arrived promptly at Centacare on the second session with support from a Centacare Youth Worker to go fishing at Palm Cove Jetty.

Harbrow Mentoring identified additional youth through SPAYC activities (Raintrees Volleyball) and invited them to be a part of the SPAYC+ activities of fishing and fire yarning at Yorkeys Knob and Palm Cove Jetty. Early on there was semi-consistent attendance by the Harbrow referrals, but this has improved, and the majority of the Centacare boys have regularly attended the Friday night fishing. When our Youth Justice representative attended a fishing night at Palm Cove, the boys did not want to go home. They kept asking for “another hour, another hour” for fishing. It was a late night, however the boys were well behaved, not worried about being on their phones and fishing the whole time.

Meetings have been held with Operation Regenerate, Youth Justice Service Centre, Youth Justice Co-Responder, and AfterCare. A referral process was established for Operation Regenerate and the Youth Justice Co-Responder and QPS have been actively sourcing referrals for youth to attend Tuesday or Thursday night activities.

Through our meetings with AfterCare, it has been identified that there is a large cohort of 15-18 year olds interested in recording music, making music videos, choreography and videography, which is being investigated.

The numbers are steadily increasing and referrals are consistently coming from our partners. We are also looking to increase attendance by support workers in a 3-month intensive trial from January to April 2020.



BARRON RIVER FISHING



WITH MR MARC





Sharing People, Ancestors, Yarns & Cultures

## Community

### Ideas for sharing culture

- More events. Sharing food.
- Signage saying 'Welcome to Gimuy Country/Cairns' in recognition of the country we are on.
- Cultural events, dances and fashion shows. Sport is unifying.
- Artworks recognising Traditional Owners.
- Various cultural groups put together a unique and distinct dance specifically designed to pay respects to the First Peoples.
- Sharing of culture through song, dance and storytelling.
- Connecting community groups.

### Ways community can contribute to strengthening culture

- Youth need a space to express themselves.
- Facilitating inter-generational purposeful activity enabling connection and transference of knowledge and values.
- Youth cultural space to yarn, to share, to celebrate.
- Multicultural youth group to talk about connections and share stories.
- Create a blog or online platform that shares cultural histories and migration stories.
- Cultural dancing taught in schools.
- Elders to visit classes. Teach indigenous languages.
- Create a common space to celebrate culture.
- Chances to learn about other cultures. Cultural groups where all the kids learn and do things from other cultures. Paying respect is vital for different cultures.
- A space to grow our traditional foods.
- A 'Neighbours Day' where we can introduce people to each other.



## Celebrating culture

In partnership with Centacare FNQ, CSS co-hosted a Picnic in the Park Cultural Celebration in August, attended by approximately 100 people from at least 15 different cultural groups.

As part of the day, CSS facilitated an activity between Elders and young people (aged 6 – 90) representing 13 cultural groups. 22 community members participated, including the Mayor, as they shared stories about who they are and where they are from, encouraging young people to do the same.

Feedback was resoundingly positive from participants and information collected will feed into how we can enhance communication between elders and young people.

The young people paid attention throughout the activity, even with music and other distractions in the background. They were respectful and showed genuine interest in listening to the elders and each other.



## Our SPAYC 2020

JUTE Theatre will be engaged to trial a street theatre activity each school term, commencing February 2020.

The performance will be guided by the stories of participating community members.

The 6-week programs will culminate in a community performance at the end of each term.





## Our family

Initial discussions with the family highlighted numerous challenges to the family sustaining an active social connection with their community and within their family.

This reduced their ability to improve the wellbeing of the family on their own.

Subsequent to the initial engagement with the family, we captured and identified underlying issues through a therapeutic questionnaire.

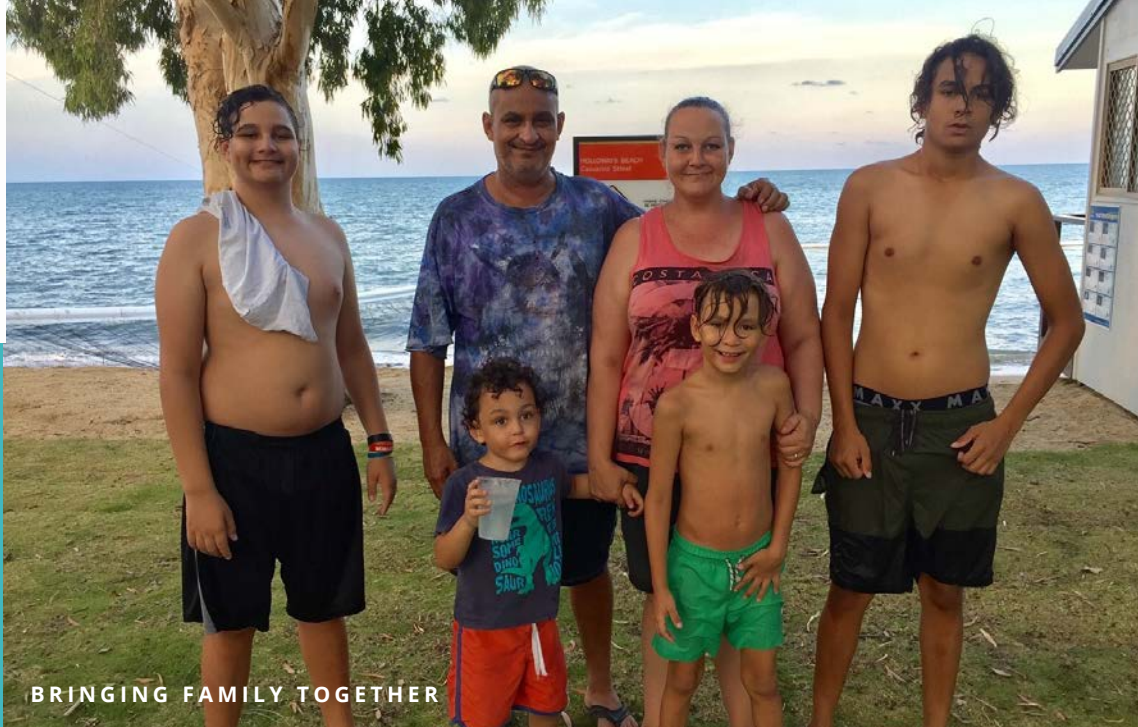
Questionnaire responses included:

**A lot of the time** emotional challenges disrupted regular daily activity for the family

**Very little time** has been spent by the family doing something nice together

The family **had not realised the importance** of complimenting each other on individual achievements

Across the family **there were various stressors**



## Connecting families

November 2019 saw the commencement of the FIT Together trial. This project focuses on physical and recreational activity for families, incorporating mental health and nutritional education components, as well as positive parenting strategies.

To date, the first family to participate in the trial has engaged in **numerous** activities with the provider. Since commencing these activities, we've seen the family display proactive behaviours towards engaging together and the provider has established an excellent relationship with the family. Outcomes reported include:

- Dad opening up a dialogue to exploring connection to country.
- One of the boys engaging with other SPAYC+PLACE youth activities.
- The MaraWay Community Hub assisting the family to access the services within the Hub, including access to the school bus program in 2020.

The service provider has actively explored a few methods to engage the family and has indicated best practice to strengthen the family nucleus is by active social outings to stimulate a communication dialogue within the family.

Activities to date has shown the family to be open to discussion within the family and adding value to activities with collective family participation.

The provider will look to implement some new dimensions to the FIT Together project, envisioning a Boys to Men activity focusing on Dad and the older sibling transitioning to manhood with a view of connection to country.

2020 will bring a creative pathway to assist this family and bring new families into the project.



### Since engaging with FIT Together:

The youngest son has been supported by The MaraWay to set up a family recycling program, aimed at instilling behavioural values ranging from responsibility, self-confidence and accountability

The eldest son has commenced paid employment

Children are now taking the initiative to help around the house

The family are more engaged in social outings and communicating more with each other

Journal planning is being successfully utilised by the parents to organise family commitments

The two eldest sons have shown strong interest to join a sporting club and are potential recruits to Parks to Clubs

