

The light on the hill went out

*Historically, Berri has had some major setbacks.
We want to proudly reclaim & build our identity.*

Major economic setbacks in Berri's history have impacted the town:

- Juice & fruit factories were the fabric of the community and its employment
- Blocks have since died & industry has changed
- Berri is affected by this trauma
- Understanding our history will help to strengthen our intergenerational relationships

“*The closing of factories had great impact on cockies, blockies.
We lost people who came from interstate, overseas, so many.*”

”*The population & workforce have changed. Years ago, everyone knew everyone but not now. The factories closed down & people left.*”

! *BBC is undergoing a CBD revitalisation plan.
BBC 'Arts' plan themes: Water, agriculture, heritage.*

! Resilient communities recover from past disasters in a way that restores community wellbeing. Thriving as a result of their ability to adapt & change.

Resilience in Action. RAND Social and Economic Well-Being. Retrieved on 28 April from
<https://www.rand.org/well-being/community-health-and-environmental-policy/centers/resilience-in-action.html>

! Glossop High School students feel a sense of belonging to people but not to the town. - GHS Wellbeing and Engagement Collection, 2020.

We have a static, transient population with a demographic that changes.

How might we... use innovative strategies and positive communication to build town pride and a high performing and healthy culture which builds on and celebrates our unique heritage and identity.

It's hard to see the river for the reeds

Services should connect & network to support the wellbeing of a community. Many are falling though the cracks.

The complex diversity of our community requires access to a range of services, beyond short term, reactive &/or crisis orientated. Barriers to effective use of these services in Berri include accessing the correct service & identifying the missing links.

“I would like to learn new things and do things better like get my fork lift licence but I don't know how to go and get it.”

“These days I stay in Berri because Berri health care is a must for me. I have been here since 2004 and cannot leave because I rely on the services that this town can provide me with.

“I started a new life after rehab (I was drinking Metho, wine, beer and I was in the gutter). My new life had to be in Berri because it had the services available to keep me on the right track. The river is what connects me to Berri.”

“Dealing with and understanding all of the different services I have to contact to support someone is very frustrating, confusing and overwhelming. There are clear gaps in services in Berri.”

! Whilst each community is unique in terms of its mental health needs, the fact that the ‘mental illness as mental health’ model relies on the provision of services also means that mental health responses are often inadequate, absent or not accessible for people living in rural & regional communities. National Rural Health Alliance Factsheet “The Determinants of Health in Rural and Remote Australia” 2011

% 19.5% of people 15+ have fair and poor self assessed health. Our needs are 3% higher than average.

! In one term, 43 Year 11 and 12 students accessed mental health support from GHS Student Wellbeing Leader.

! We have 9 Year 12 students who may be eligible for NDIS but do not access the support

How might we... activate community assets (*people, organisations, spaces & things*) to support healing that addresses the limitations of services (*responding to unmet needs*) & leverages their strengths to enable meaningful referrals & better long term outcomes?

The river connects us



When generations & groups come together, impacts are felt across a community.

People have told us that they want:

- To learn from & with each other
- To connect to different groups within the community & break down barriers
- To have community spaces to meet, learn, have fun & be accepted.
- To feel welcome, a sense of belonging, & optimistic about being part of Berri.

“It’s very important to connect as a community. I worry about some of the young people.”

“Me & my mates can’t wait for the shed to open”.

“If you’re not good at something, you’re not accepted”.

“I have friends of all ages but I stay away from the people higher up.”

“The farmers market has closed down. The Berri club is closing. We don’t have a youth club, a community centre, a playgroup.”

“The split shopping centre impacts on where people go.”

! Overall community wellbeing and positive mental health can be improved through a sense of ownership, involvement and community connection.

Harvard Women’s Health Watch. February 2019. Past trauma may haunt your future health. <https://www.health.harvard.edu/diseases-and-conditions/past-trauma-may-haunt-your-future-health>

! We also know that people who engage in more community participation have better mental health.

healthGarvey, D. (2008). Review of the social and emotional wellbeing of Indigenous Australian peoples- considerations, challenges and opportunities. Australian Indigenous Health Bulletin, 8(4), 1-29 Herman, Helen. Promoting Mental Health. Chapter 20 – The Sage Handbook of Mental Health and Illness. (2011)

% “We expect 40 – 70% of members of the new men’s shed won’t even lift a tool; They just come to chat.”

How might we... create inclusive & accessible places & spaces for all to feel welcome & supported so as to reduce the number of people feeling isolated by using the strengths of our community connections

BERRI

Navigating uncharted waters

*Life events & transitions have connections to wellbeing.
Strong communities support these transitions.*

Transitions create challenges & provide opportunities. They have the potential to impact our wellbeing. They take many forms including;

Moving between life stages, parenthood, education, employment & retirement.
The impact of change can be supported by a connected community.

“I planned my retirement & I’m happy. Many of my friends don’t plan & they are unhappy”

“I go throughout my day and I don’t think about my future until I’m alone.
Then I think about how scared and uncertain I am for my future” (Year. 12).”

- ! • Limited local tertiary options - GHS – dual campus (additional transition point) + new school with Yr. 6 transition in 2022
- No home for U3a/No space for markets
- No community hub/No community playgroup
- Last town to get a men's shed
- It has taken 30 years to get a stadium in Berri
- Same families & people do ‘everything’

! Different protective factors contribute to positive individual & community & mental wellbeing including opportunity for self-determination & control of ones life & having a valued social position.

Health Needs and Priorities In South Australia” The Australian Centre for Social Innovation and SA Health and Medical Research Institute. 2018.

! Communities can influence people’s experience of social connectedness, belonging, social support, inclusivity, discrimination and community participation.

Mental wellbeing risk and protective factors. Sax Institute. Retrieved on 28 April 2020 from <https://www.vichealth.vic.gov.au/-/media/ResourceCentre/PublicationsandResources/General/VicHealth-Attachment-1---Evidence-review-of-risk--protective-factors.pdf?la=en&hash=4CFF1B8DDED1E3CE257289448655A136AB5B4C16>

% **30% of 18 – 25 year olds not earning or learning**
70.60% - Youth not fully engaged
Volunteers – Only 45 people ages 20 – 24 volunteer
BUT 145 x 65 – 75 year olds do.
Why do we define people by age?
Youth worry about aged and aged worry about youth

How might we... build capacity in people to confidently plan for change & stay socially connected during times of transition?