



headspace
Bega

TAKE A STEP DAY

SUPPORTING FIRST NATIONS YOUTH WELLBEING



2024

FUNDED BY THE MUMBULLA FOUNDATION

MUMBULLA



COMMUNITY FOUNDATION

ABOUT



Take a Step Day, held on Djiringanj Country, provided a culturally safe and supportive space for young First Nations people to come together, build relationships, and discuss social and emotional wellbeing. Funded by the Mumbulla Foundation, the event gathered over 40 young First Nations students from local highschools, along with service providers, Elders, and community members.

Kirli Saunders, an award winning Gunai woman, poet, and advocate for Indigenous education and wellbeing, was the keynote speaker. Through her powerful storytelling and deep connection to culture, Kirli shared personal experiences that resonated with the participants.

The yarning circles, guided by Elders and First Nations community members, were a powerful platform for passing on cultural knowledge. Elders and community members shared traditions, language, and the importance of connection to Country and community.

As the day drew to a close, Ross Knight, a First Nations teacher at Eden High and respected community member, delivered a moving performance that left a profound impact on everyone present. Ross sang powerful songs of resilience and culture. As everyone sat around the fire, the group gathered around in silence, deeply immersed in the raw emotion of the moment.

The atmosphere was filled with a sense of unity, healing, and shared understanding. It was a moment where words fell short, but the songs and the fire spoke volumes about the strength of culture and community. This powerful conclusion to the day created a lasting memory of resilience and cultural pride.



KEY HIGHLIGHTS

40 First Nations youth attended.

Strengthened relationships with services and community.

Increased engagement with headspace Bega





Thank you so much for yesterday, what an incredible day to get all the teens together.

**Tamika Gaudie
Aboriginal Education
Officer**

IMPACT AND OUTCOMES

Attendance:

Over 40 young First Nations people from local high schools attended, joining various service providers and Elders in meaningful conversation.

Relationship Building:

The event strengthened the relationships between First Nations young people, support services and community members. Initial conversations post event highlighted opportunities for future collaborations and importance of maintaining these connections.

Access to Services:

While it's difficult to show an immediate increase in service use following Take a Step Day, it's important to recognise that building trust and engagement with services is a gradual process. According to the headspace National Cultural Report, connecting young people with support services in a culturally safe and meaningful way is key to fostering long-term engagement.

By bringing staff and services out to the event and creating opportunities for informal connection, Take a Step Day laid the foundation for stronger relationships between young people and service providers.



EVENT HIGHLIGHTS

First Nations Leadership:

The event was led by a First Nations guest speaker and an all-Indigenous panel who spoke on social and emotional wellbeing, sharing their experiences and cultural wisdom with the youth.

Cultural Connection:

The day reinforced cultural identity and connection by providing a platform for young people to share their stories in smaller, more intimate yarning circles, creating a safe space for self-expression.

Resilience and Recovery:

In the aftermath of the Black Summer Bushfires, this event was essential in supporting the recovery and emotional wellbeing of young Aboriginal people, fostering resilience through connection to culture and community.

Thanks for organising such an amazing day yesterday!

**Robert Townsend
Community
Connector Bega LALC**



NEXT STEPS AND THANKYOU

Building on the success of this event, headspace Bega and the First Nations community are looking forward to hosting similar initiatives in the future, further strengthening connections between young people and support services. We plan to continue fostering these important relationships and explore more opportunities for cultural healing and resilience building.

Thank You:

A special thank you to the Mumbulla Foundation for their generous support, as well as to the community members, Elders, and service providers who made this day possible.