



CENTRAL LOGAN 100 DAY CHALLENGE



On April 29, 2025 we came back together at the Gould Adams Community Center with additional members of community and services to:

"Test and strengthen the 100 Day Challenge priority that we chose in February"

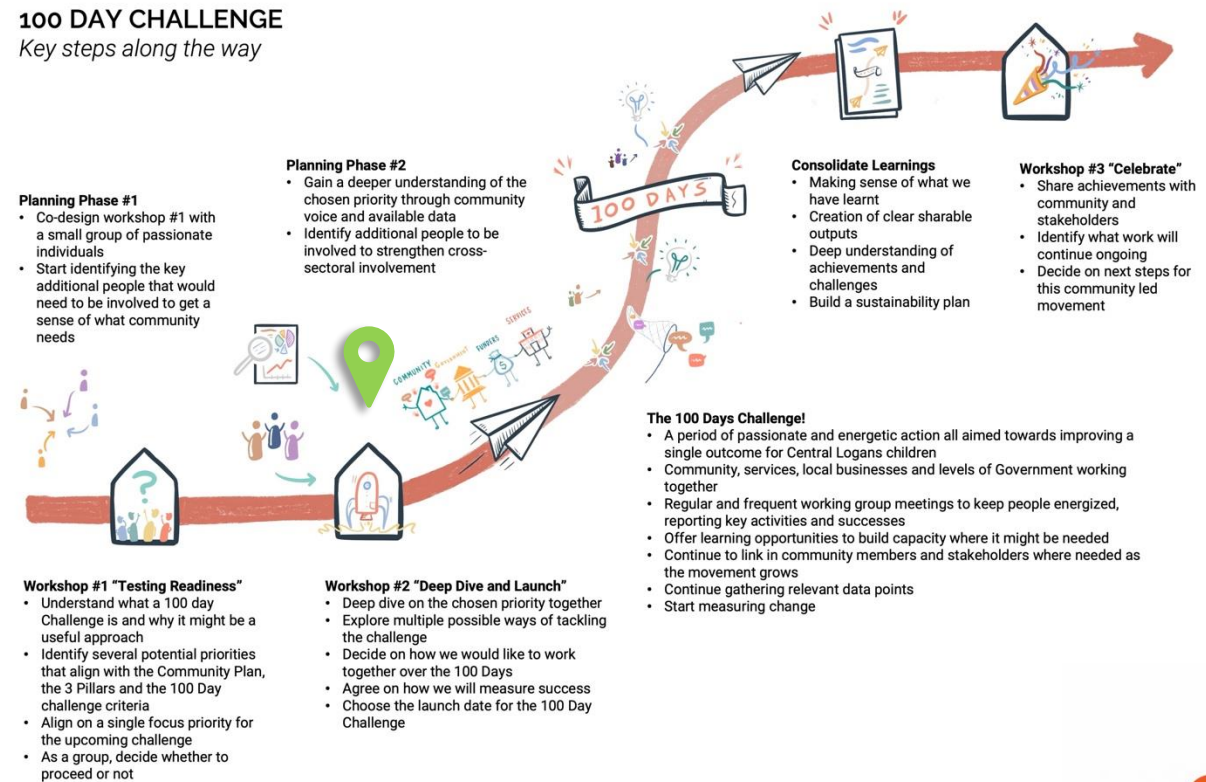
The purpose of this document is to a) Clearly describe the processes and conversations this group went through on the day AND b) To make sure anybody interested in joining the movement feels like they are part of the journey!

Kenny started with an acknowledgement of Country to ground us before Dan reminded us all what stage of the 100 Day Challenge we are up to. It was discussed that, now that we have a sense of what the priority might be, we will need a bit more time to test it with all the diverse pockets of this community. We are committed to making sure we do this 100 Day Challenge well and so, would prefer to slow down a bit and do it right.



100 DAY CHALLENGE

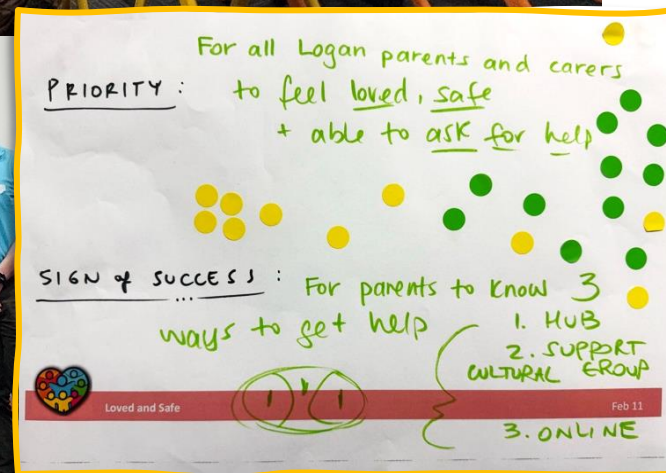
Key steps along the way



We know that more and more people will want to be part of this movement, so we are being mindful to make sure we bring people along on the journey so far.

Karly Walked us through the first workshop back in February, what we aimed to achieve, and how together, we decided on a single priority to focus our collective efforts on..

She highlighted that just because we have chosen this priority, it doesn't mean that the other areas from Workshop #1 aren't important. They will not be lost!



Objectives

- Bring local change makers together in one space
- Alignment on what a 100 Day Challenge is and where we currently are on the journey
- Understand the Priority we landed on in February and how we got there
- Deeper dive on our chosen priority, the signs of success and what it actually means for our parents and carers in this diverse community
- Stretch our thinking before we get into ideas mode
- Individually, spend some time exploring potential good ideas for the 100 Day Challenge
- Take a step back and look at the many possible good ideas
- Understand the next steps and the potential roles should we choose to proceed
- Share some food and get to know each other better!



After Karly had brought everyone up to speed from the last workshop. Racheal walked the group through what we hoped to achieve and our agreed ways of working together. (On the following page)

Important to note – The deeper dive section on our chosen priority took longer than we anticipated.

We had to be flexible and felt it was important to make sure we had a really clear and strong sense of what this challenge was trying to achieve, and whether it was actually possible, so we skipped the areas that are in grey text and will find another time to explore them together and with community.



Givens

- We will build upon the decisions of the group in February, although we will be testing our thinking, we don't want to start from scratch
- This is a space for everyone to have their say
- We won't all have the same perspectives and life experience. We will acknowledge any differences in opinions respectfully and focus on the children of Central Logan
- All the good thinking here today will be shared with everyone here and anyone else in community that might want to be part of the 100 Day Challenge journey
- We will also share any outputs with community for testing and strengthening before the 100 Day Challenge commences
- We have a lot to get through in the next few hours, if there is something outside of our Objectives that needs discussing please capture them in the parking lot 😊



Tina then helped us get back into the head space and the “heart space” of our chosen priority by showing us the trailer from the Australian film SEEN.

It is a powerful piece that captures the importance of parents need to have care and support to best raise healthy children.



THE FILM VISION



Seen is a groundbreaking feature-length documentary that not only explores the transformative power of personal healing for parents but also delves into the scientifically supported effects of such healing on parenting and its impact on child brain development.



THE IMPACT VISION



In sharing this new information, SEEN hopes to trigger mass awareness and a deeper understanding for individuals, leading to bottom-up change in families throughout Australia and beyond.

With our hearts and minds activated we jumped into our work round.

We were tasked with testing and strengthening the chosen priority from Workshop #1 so that it is both measurable and manageable within a 100 Day Challenge.

We want to make sure we can actually tell whether we are making positive impact during this challenge!

Priority:

“For all Logan parents and carers to feel loved and safe and be able to ask for help”

Sign of Success:

For parents and carers to know (and have access to) 3 ways to get help;

- 1. Community Hubs**
- 2. Cultural support groups**
- 3. Online support**

Example questions:

1

*Who are they?
How many are we aiming for?
How will we reach them?
How will we measure that?*



2

*What does this mean for Central Logan people?
Is this too broad?
How will we measure that?
Is there another way to phrase this?*

3

*How will we measure these?
Is this phrasing, right?
What are examples of each?
Is there anything important missing?*

We used the following process to make sure everyone had a chance to have their say:

Lightening round!

- You have 15 mins to visit all 3 tables and add your immediate thoughts

Group Deep Dive

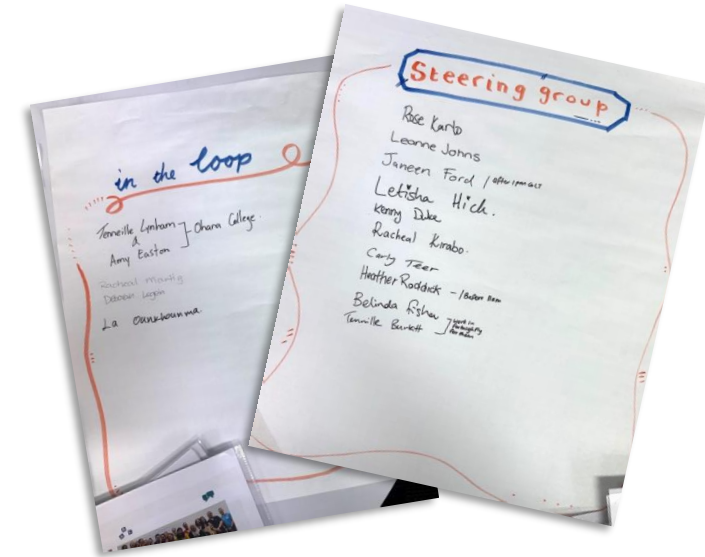
- Divide evenly across the 3 tables
- Use the initial thoughts of the group to help you dive more deeply on these questions.

Report Back

- Give us a summary of your findings as a group



SO much dynamic conversation, careful thought, passion and energy was poured into the exercise as we all strived to make sure the priority was both **manageable and measurable**. At the end of the session we took photos of everything from every table and asked ourselves how best to sort through all of the ideas of the group.



It was decided that a **Steering Group** was needed to keep the work happening between meetings. Their first task was to pull all this into a single clear priority to be tested with various pockets of our community. We had lots of people sign up to be part of that group, over time we expect the group to keep growing!

2 weeks later, the Steering Group have sorted through all the clever thinking from Workshop #2 and have landed on the following Priority to share with community and see how this might look for them.



Our 100 Day Challenge Priority - *Tested by Steering Group*

Central Logan's hardly heard parents, carers and caregivers can grow their safe and trusted connections

Who:

Local people across a diversity of cultural and community subgroups groups that are;

- "The Hardly Heard" Not connected to, or aware of available services or supports (parents, carers and care givers)

Types of Connections: Both Formal and Informal

1. Cultural & Family (capturing the informal elements)
2. Health and Wellbeing support
3. Community Hubs
4. Online Support

Where:

- Using Central Logan as a pilot and then rippling out.
- No wrong door approach



The next steps:



The Steering Group will reach out and share the 100 Day Challenge Priority with as many different diverse pockets of Central Logans community as possible. Whilst sharing the priority they will gather any **good ideas** that may potentially work for those diverse groups.

The Steering Group will start to map out what the 100 Days might look like based off these suggestion. Building out basic project briefs and testing back with community and services.



Come back together for Workshop #3:

- Make sense of what community is telling us.
- Understanding the many potential projects.
- Get a sense of what is manageable and possible.
- Organize ourselves to do this work well.



CENTRAL LOGAN
100 DAY
CHALLENGE

We would love to have you involved!

Please reach out to Tina - t.ashbysmith@griffith.edu.au

April 29