

FEEL GOOD FUTURES

Community-led co-design of the package of local solutions to prevent chronic conditions and promote health and wellbeing for Logan's children



with respect.

We respect and acknowledge the Traditional Custodians of the Logan City area, including the Yuggera and Yugambah language speaking people.

We pay respect to the Elders past and present for they hold the memories, traditions, culture and hopes of Australia's First Peoples. We acknowledge there are also other Aboriginal and Torres Strait Islander people who live, work in and contribute to the cultural heritage of Logan city.

We commit to the ChangeFest Statement of 2018.



OUR THREE PILLARS

everything we do sits on three pillars



01 First Nations First

We believe that we need to do the work to strengthen cultural ways of knowing. This will see us shift from western structures and processes into an intrinsic way of working with a First Nations approach.

02 Children at the Heart

We are helping to ensure children growing up in Logan are loved, safe, valued and thriving. We are working to ensure that the voices of our children directly influence the decisions we make together to ensure their strong future.

03 Community-Led

We believe power should be shared equally with our diverse community. Together we will enable community members to lead decision-making and share accountability with the sectors as confident, capable individuals.

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big workshops. big intentions.

In February 2026, community leaders came together to launch Feel Good Futures Logan. Feel Good Futures is a community-led health and wellbeing initiative, supporting healthier futures for Logan's children - now and across generations. In Logan, community have come together with a shared mission: to improve quality of life, increase physical activity, and make it easier for children and families to access healthy, nourishing food. Led by Logan Together partners, this work is funded by Novo Nordisk through its Cities for Better Health program, with up to \$3 million over three years.

Cities for Better Health takes a unique preventative approach to defeating serious chronic diseases, working in partnership with over 50 cities around the world to encourage healthier urban living. In a first of its kind, Feel Good Futures is part of a network of six cities across six countries within the Cities for Better Health network creating deep cross-sector collaborations with the goal of promoting health and overall wellbeing among children and youth.

Here in Logan, the global evidence is being shaped locally through co-design - ensuring solutions delivered reflect what families actually need. This is a long-term investment in the Logan community, supporting changes that will last well beyond the first three years. When community leads, and systems come together to support it, the impact goes further - reaching not just children, but the whole community, now and into the future.

4

Workshops

50+

hours of
co-design

80

attendees

THE FOUR WORKSHOPS

01

Aligning and building the foundations for success

Understanding why we are coming together, the opportunity we have to shift children's futures and building ways of working together

02

Gaining a deep understanding of the space

Understanding what works to prevent chronic conditions locally, nationally and internationally

03

Exploring what this could look like in Logan

Applying what we've learned to design our own ideas for preventing chronic conditions in Logan

04

Getting ready for implementation in community

Mapping what will be needed to make implementation in Logan successful



OUR JOURNEY



WORKSHOP 01 • BUILDING FOUNDATIONS



01

Aligning and building the foundations for success

Date: Thursday 30 April, 2026

Location: Griffith University, Logan Campus

As we entered the grounds of Griffith Uni, we were invited to engage in playful activities along the way, including hopscotch, skittles and dancing. We then gathered in a room filled with activities children would love: balls, outdoor games, colourful kites and Twister! Aunty Robyn Williams welcomed us to the Ancestral Lands and reminded us of the wisdom First Nations cultures offer when having big conversations like this. The day was spent understanding the opportunity before us and exploring how we might seize it through engaging, collaborative activities. When our brains got tired, nutritious food fuelled our bodies, and fun, silly movement gave us energy for the big conversations. By the end of the day, we had formed new connections and felt a strong sense of hope for the work ahead!

01. Why Feel Good Futures matters

We **heard from community leaders** about the importance of tackling chronic conditions:

- Logan is a lively, lovely, liveable place with a strong sense of community, and its Jarjums (children) are so important.
- Play and access to food allow children a healthy start from the beginning, giving them the best chance of health across not just their childhood, but their entire lifespan.

We **heard from Novo Nordisk Australia** about their work and the global initiative that funds Feel Good Futures:

- Novo Nordisk aspires to defeat chronic disease globally in ways that are financially, environmentally and socially responsible.
- *Cities for Better Health Childhood Obesity Prevention Initiative* (CBH COPI) is a three-year, multi-country project that supports local partners to co-design, implement, and evaluate holistic solutions to promote physical activity and healthy eating in primary school-aged children.

We **heard from Logan Together** about how Feel Good Futures aligns to Logan's Collective Plan:

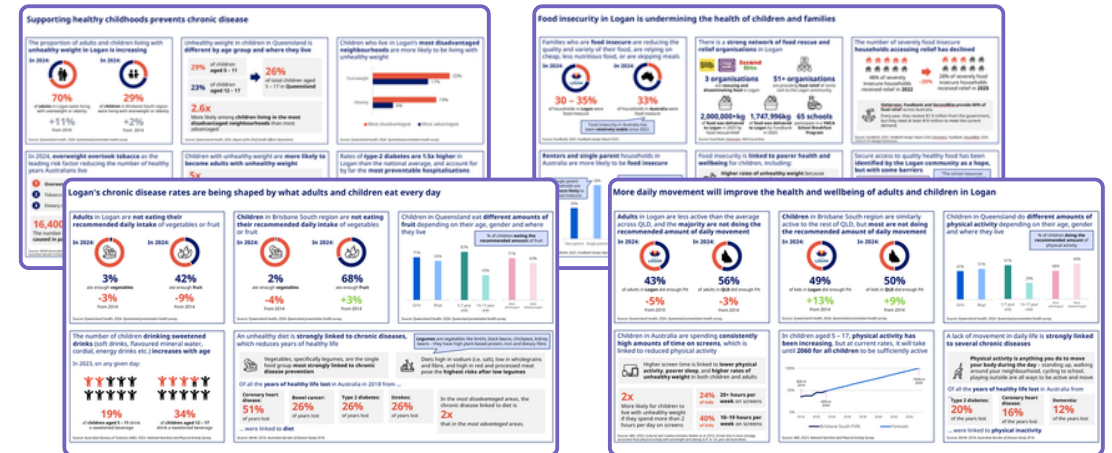
- The Logan community have described the health, wellbeing and life outcomes they want for their children in the Collective Plan.
- Feel Good Futures' mission is to improve quality of life by increasing physical activity and access to quality, healthy food.
- Health is shaped by systems and environments and effective systems support fairer opportunities for everyone to be healthier.



02. How are our children and families going?

We **examined data** on chronic conditions, physical activity, diet patterns and food security amongst Australians, Queenslanders and Logan residents.

Data were drawn from public sources (e.g. Australian Bureau of Statistics, Queensland Health, Metro South Health, and others), and were distilled and visualised so that everyone could more easily understand and explore the data together.



Exploring the data showed us that:

- Healthy childhoods prevent chronic conditions, during childhood and later in life
- Chronic conditions in Logan are being shaped by what families eat
- Food insecurity in Logan is undermining health
- More daily movement in Logan would improve the health and wellbeing of both adults and children

03. The Logan Story

We unpacked the **story behind the data**, asking ourselves: why is the data trending this way; what are the key factors driving these trends; and what does this mean for Logan's children?

Across our discussions, several common themes emerged about what is driving chronic conditions, eating and physical activity patterns.

1. Healthy living is not affordable

For many families, healthy food and activities cost more, take more time, and are harder to access, putting them out of reach.



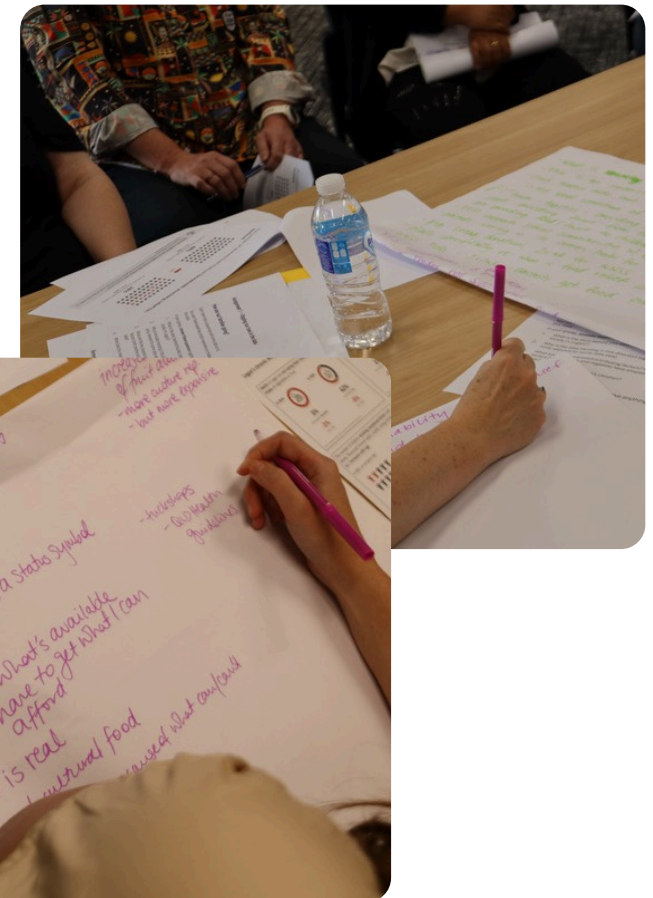
- Fresh food costs more than fast food
- Participating in sport teams and other activities is expensive
- Rising fuel and living costs mean families can't travel to access more affordable options, even when they do exist

2. Barriers often stack-up

The families who would benefit most from support are often the ones facing the most barriers to accessing it.



- Families who are newer to Australia often face several barriers at once, and advice doesn't reflect how they live or eat
- Seeking help feels like it can come with shame or judgement, which prevents families from reaching out at all
- Support isn't designed around CALD families, and services aren't delivered in language or formats that work for them



01 • WHAT WE LEARNT



Driver 3. The environment limits access

The built and service environment around families limits their access to safe activity, nutritious food, and timely support.



- Safety concerns, like traffic and no footpaths or lighting, keep children indoors rather than playing outside
- No national school food program means food support drops away when children start school
- Emergency relief systems are difficult to access and navigate, especially for newly arrived families
- Public transport options are limited in some areas of Logan, making it more difficult and costly to access green spaces

Driver 4. Culture isn't reflected in approaches

Food and physical activity carry identity, care and connection for families, but mainstream programs and messaging don't always reflect the diversity of cultures across Logan.



- Standard health messaging and food relief doesn't consider cultural foods or practices
- Shame around cultural food and identity affects participation, both at school and on the sporting field
- Newly arrived and refugee families face extra barriers, like not having cooking equipment or access to familiar produce



These findings became Logan's **Golden Insights**

01 • WHAT WE LEARNT

We identified the existing community approaches, services, programs, providers and other contributors working across Logan to increase physical activity and improve access to quality, healthy food. Every level of Logan's ecosystem was considered: children, families, communities, services, and policy and systems. What is working well and where there may be opportunities for improvement was captured from everyone in the room.

04. What's working in Logan?

Increasing physical activity:

- Free or low-cost community programs and spaces, like walking groups, multicultural sports, libraries and community hubs
- Free or low-cost holiday and after-school programs, including "come-and-try" sport activations
- Subsidised activities and transport e.g. FairPlay vouchers
- Well-designed parks and bike paths

Key finding: Logan already has strong community-led activities and infrastructure to build on. We should explore how to reduce cost and awareness barriers to what already exists alongside considering new initiatives to fill the identified gaps.

Improving access to quality, healthy food:

- Community-led activities, including community gardens, food pantries and markets, and cooking classes
- Some meaningful investment exists to address food insecurity and provide emergency relief e.g. school breakfast programs

Key finding: Community-led approaches to encourage healthy eating and address food insecurity exist across Logan. We should explore how to make support easier and less stigmatising to access, and how existing community activities might be strengthened or extended.



05. What's not working in Logan?

Increasing physical activity:

- Balancing work and family life leaves little free time for activity
- Sports club fees are a significant barrier to participation
- There is inconsistent awareness of what's on offer in Logan
- Transport can be challenging for those who live further out
- Vouchers don't stretch far enough and aren't accepted everywhere
- Parks are not maintained

Improving access to quality, healthy food:

- Rising cost of food and stretching a budget are a daily pressure
- Families need clearer, more accessible nutrition guidance
- Some food relief requires families to share personal information in order to access support, which can cause discomfort
- Food safety rules can limit fresh produce reaching food pantries
- Some have experienced stigma when accessing food relief



To prepare for the next workshop...

01 Synthesising our discussions

The notes from our discussions on what the data and community's lived experience was telling us about health and wellbeing in Logan was documents.

Everything written down on butcher's paper, sticky notes or handouts was captured so that we didn't lose any richness or insight!

02 Surfacing Logan's Golden Insights

We used this synthesis to draw out the things that are specific to Logan, across the levels of the ecosystem.

These were printed onto beautiful cards so we could easily refer to them across the rest of the co-design and make sure our solutions would address the key barriers to increasing physical activity and access to quality, healthy food.

03

Making the global evidence digestible

To make sure the solutions we co-design are evidence-based, we had to do our research of both the theory and best practice alongside examples of real-world application.

We also had to make sure this research was easy to understand and engage with, so that it was accessible and clear to everyone.





02

Gaining a deep understanding of the space

Date: Thursday 14 May, 2026

Location: Griffith University,
Logan Campus

We arrived to a room bursting with colour, where all our work from workshop one was displayed on the walls. Around the room and outside on the balconies were areas set up where people working in Logan were showcasing their activities that contribute to the health and wellbeing of children. Glenda from Family LinQ Acknowledged Country and grounded us in the importance of First Nations health wisdom. We explored activities underway internationally, nationally and locally and thought deeply about how effective they might be in improving health in Logan. We stretched our brains and our bodies together - including through a conga line! We didn't let rain or, even a power outage and evacuation interrupt our big work to understand what would work in Logan and add to Logan's Golden Insights!

06. Best practice around the world

For the local solutions implemented in Logan to be successful and impactful, we need to ensure they are evidence-based and aligned with global best practice.

Together, **we explored the global evidence.** We looked at the design principles that underpin Cities for Better Health, the commonalities across successful prevention initiatives, and specific examples of solutions implemented globally that have evidence of positive impacts on childhood health and wellbeing.

CBH COPI Design Principles

All CBH COPI cities, including Logan, should design packages of local solutions that follow four key design principles:



These were developed by Novo Nordisk with support of the Behavioural Insights Team (BIT) and The University of Oxford.





Logan's Impact Puzzle

To help us get clear on what best practice would look like on the ground in Logan, we learned about the 'jigsaw pieces' that made up the Impact Puzzle - a set of more detailed criteria for impactful initiatives.



These were developed by the Logan Together backbone team, and drew on **findings from** more than **250 peer-reviewed studies** about successful chronic condition prevention initiatives across the world. The ten puzzle pieces were the common elements across effective initiatives that would be most important for local solutions in Logan.

02 • WHAT WE EXPLORED

Global Solutions

We then examined real-world examples of effective local solutions being implemented across Australia and around the world to increase children's access to quality, healthy food and opportunities for physical activity.

Each example included details about the solution's location, target group, key activities, outcomes and lessons learned.

Together, we considered which level of the ecosystem each solution operated at. We then identified those that most strongly aligned with our 'jigsaw pieces' and seemed most likely to work in Logan. The examples also prompted us to consider whether there were other lessons we had not yet captured in the jigsaw pieces.



Global Solution Bulgarr Ngeru Fruit and Vegetable Program	
Short description	Subsidised fruit and vegetable access program delivered through Aboriginal Community-Controlled Health Organisations since 2005
Location	Clarence Valley, Coffs Harbour and Nambucca Valley, NSW
Target Cohort	Aboriginal and Torres Strait Islander children and their families
Key Activities - Weekly boxes of low-cost fruits and vegetables worth \$5 to Aboriginal families through Aboriginal Community-Controlled Organisations (ACCOs) for a small co-payment of \$5. - The delivery model varied by community. Families with grandparents, received vouchers to select their own box, or ACCOs staff delivered boxes directly to their homes. - Families were also provided seasonal recipes, access to nutrition and food preparation, and annual health and hearing checks.	
Lessons learned - A range of complementary activities were needed to ensure cultural sensitivity. - The co-payment model was not always successful. - The integration of more community-based activities was needed.	
Healthy Food	
Global Solution Project Energize	
Short description	School physical activity and nutrition program where trained 'Energizers' are embedded across 6-12 primary schools each, working with school staff and students to develop tailored action plans around healthy eating and physical activity goals
Location	Waikato region, New Zealand
Target Cohort	Primary school children
Key Activities - An Energizer is assigned to 6-12 schools and supports them to develop physical activity and nutrition policies. - Together, an individualised action plan for the next year with nine healthy eating and seven physical activity goals. - An MoU is signed by each school, stating expectations, activities and support activities, which is shared with the District Health Board. - All resources are translated in Te Reo Māori, and Māori integrated throughout.	
Lessons learned - A well-trained, stable and dedicated team is essential to ensure cultural sensitivity. - Real-time documentation and supportive food and game. - Local autonomy and buy-in.	
Physical Activity	
Global Solution Play in your Neighbourhood	
Short description	Juega en tu Barrio (Play in your Neighbourhood) is a 'Play Streets' initiative in which streets are temporarily closed, to create safe, no-cost play spaces in areas with limited parks and recreation
Location	Santiago, Chile
Target Cohort	Children aged 4-12 in low-to-middle income neighbourhoods
Key Activities - With approval of the relevant local authority, streets were closed twice a week from 5:30-8:30pm over a 12-week period. - Trained stewards managed traffic, road closures and intersections to ensure child safety. - Individual children received small playing materials and equipment like ropes, balls and kites. - Local monitors lead group games during early sessions to build social connections between children.	
Outcomes - A study of 100 children found significant increases in the Play Streets neighbourhoods in 1) number of weekdays with outdoor play, 2) after-school outdoor playtime, and 3) daily steps Monday to Sunday. - The proportion of children meeting their recommended number of daily steps increased from 27.5% to 53.8% in the Play Streets neighbourhoods compared to no change in other neighbourhoods. 30% of adults reported meeting new neighbours and 54% strengthened existing relationships in their neighbourhood community. - Prior to the program, only 4% of children had permission to play outside unsupervised, but this jumped to 65% during the program sessions.	
Lessons learned - Addressing parental safety concerns, particularly around traffic and perceived danger, is critical to enabling outdoor play. - Community engagement in program design was key: neighbours helped set the schedule and suggest safety strategies, which built their ownership over the program. - The presence of other children was the primary motivator for children's participation. - Participation was most likely when the program was delivered close to a child's home, reducing transport barriers.	
Physical Activity	

07. Ingredients for success in Logan

Next, we turned our attention to activities and programs already happening across Logan.

A series of 'chat rooms' were set-up around the room, and we heard directly from local health and wellbeing programs about their successes and challenges.

These included programs delivered by:

Australian Institute of Play • Settlement Services International • Logan City Council • Curious Me • Stephanie Alexander Kitchen Garden • Health and Wellbeing Queensland • Village Connect • University of Queensland • Jinang-Jinang

While listening to a handful of 'chat rooms' each, we reflected on how each program aligned with our 'jigsaw pieces' and identified any additional important ingredients.

We added all the new important ingredients to the wall and made sense of them together, grouping ideas into themes, so we could learn from each others' thinking.

Using dot voting, we practised prioritising the global solutions and local approaches we felt were most likely to work well and have the biggest impact in Logan.



Settlement Services International chat room



University of Queensland sleep chat room



Stephanie Alexander Kitchen Garden chat room



Health and Wellbeing Queensland chat room



Curious Me chat room



Logan City Council chat room



Village Connect chat room



Jinang-Jinang chat room



Australian Institute of Play chat room

Which solutions were ★★?

The solutions that received the most dot votes were those that:

- ★ **Consider a diversity of children in their design**, especially those for multicultural and neurodivergent children
- ★ **Activate spaces for peer-led and unstructured play** rather than directing children's activity through adult-led programs
- ★ **Are led by and delivered in partnership with First Nations and other cultural communities**, where trusted relationships are built into the design and delivery, not added afterwards
- ★ **Work through children's everyday environments**, like schools and neighbourhood spaces, so changes can be embedded in daily life
- ★ **Create social connection alongside health outcomes** recognising that health and belonging are deeply interconnected
- ★ **Make healthy living more affordable and accessible**, particularly for families experiencing financial hardship

08. Creating change

Finally, we thought about **what it would take for each level of the ecosystem** to be *ready* to enable change.

All the additional insights generated so far were clustered around key themes, and each was unpacked to identify what was needed by Children, Families, Communities, Services, and Policy & Environment to increase access to quality, healthy food and physical activity across Logan.

This analysis led to new golden insights to consider as part of design.





What's needed across the ecosystem?

-  **Children:** Children are often an add-on to family-level designs rather than a priority in their own right. They should be designed for specifically, and given genuine leadership roles in activities.
-  **Families:** Families face different barriers to access and participation. Solutions need to account for financial cost, digital access, disability, and language and literacy challenges.
-  **Communities:** Community leadership and cultural, inter-generational knowledge should be embedded more deliberately in solutions to build trust and ownership and the local level.
-  **Services:** Services can be disconnected from where and how communities gather. Delivering services in familiar, trusted spaces by credible messengers could increase trust and access.
-  **Policy & Environment:** More flexible, co-designed and equity-focused policy and funding are needed to reach those most in need.

What new Golden Insights were identified?



Children at the Heart: Design activities specifically for children, and consider ways that children are leaders and teachers of each other.



Adapt to place: Approaches are more effective when they adapt to the context of communities in implementation.



Let community drive it: Community-owned and -led initiatives will strengthen outcomes, and building community capacity and assets will create the conditions for sustainability over time.



Social connections matter: Creating emotional safety and belonging has its own health benefits and drives participation.



Make it cool: Taking action should be fun! Children should take the lead in 'making it cool' and socially-acceptable through branding, communication and promotion.

And, some existing Jigsaw Pieces were updated to reflect new insights:



[Updated] Real change takes time: Consistent, sustainable programs are more likely to make a lasting difference than one-off activities, *especially if they are flexible enough to adapt to changing needs and community contexts over time.*



[Updated] Parents, carers and community leaders matter: Children are more likely to build healthy habits when the adults around them are involved and can act as role models. *This includes community leaders, teachers and coaches.*

What happened between workshops?

01 Discussions synthesised

We documented the notes from our discussions on what best practice and creating change looks like in Logan.

Everything written down on butcher's paper, sticky notes or handouts was captured so that we didn't lose any richness or insight.

(You may be starting to see a pattern here!)



02 Added to Logan's Golden Insights

From our discussions, we pulled out new Golden Insights, which were added to our deck in their part of the ecosystem: Child, Family, Community, Services, or Policy & Environment.



03 Approached by partners

Partners across Logan started getting excited about the opportunity Feel Good Futures presented and we started conversations about how we could work together, which we could bring into the next workshop to help our thinking.



03 Exploring what this could look like in Logan

Date: Thursday 4 June, 2026

Location: Unity Hub Community Centre, Slacks Creek

Inspired by Logan's Golden Insights, we reconnected in a big room at Unity Hub all decked in gold, ready to design solutions. Rachael from SSI Acknowledged Country beautifully in both Swahili and English. We bravely put forward our ideas for what might work in Logan. We worked hard to group the ideas, combine and refine them, then worked collaboratively to prioritise those that would be most impactful. All the ideas were put into the Well of Wisdom ready for future uses. We refreshed our brains and bodies with movement and laughter, led by friends from Village Connect. We celebrated each other with cheers and golden pom poms, as teams presented their solutions and together, we built the first draft of the Feel Good Futures Package of Solutions in the giant golden frame on the wall.

09. Our ideas

We reminded ourselves what we'd learnt about the most effective, impactful initiatives being implemented globally and in Australia.

With the Jigsaw Pieces in mind, a rapid-fire brainstorm was launched to capture our own ideas for local solutions in Logan. From our long-list, we built out our most promising solution, going into more detail about what activities would be involved, who might deliver them, and how these might be implemented in Logan.

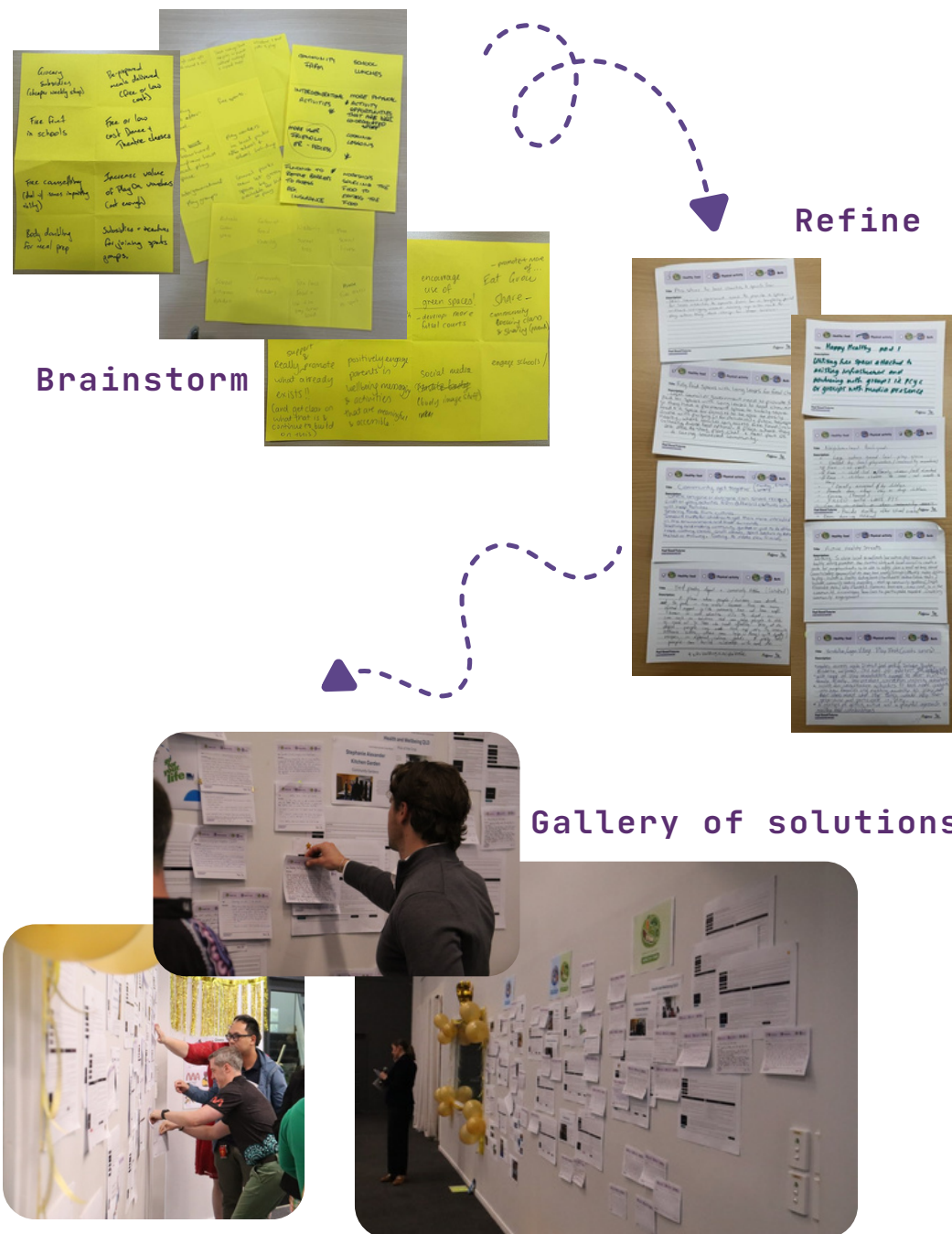
These were then added to our **Solutions Gallery**, which included:

- Prioritised Global Solutions
- Local approaches from Chat Rooms
- Potential opportunities and partnerships identified
- **Our refined ideas**



Solutions were clustered together with those that were similar. We explored the gallery together, and made some observations:

- There were **70+ ideas** across healthy eating, physical activity, and holistic solutions that tackle both and/or other wellbeing factors.
- **Sleep emerged as an additional focus area** to support health, with several ideas related to sleep resources, community champions, and potential environmental and policy changes to improve communities' sleep.
- The **Logan community has an enormous amount of creativity, resourcefulness and vision** for their families and children.



10. Package of Local Solutions

Given the huge number of ideas and opportunities in our gallery, we needed to narrow these down to a **manageable but impactful** package of local solutions.

Each cluster of solutions was examined as a whole to synthesise and prioritise the strongest solutions by asking the questions:

- Which ideas are similar and could be brought together, and which feel distinct and need to stand alone?
- Which ideas have the strongest potential to make a difference for Logan's children and families?
- Which ideas feel practical enough to test or progress, and which might need more shaping, partners or investment before they are ready?

Once solutions were clarified and refined, they were prioritised. The top 2 ideas from each table were identified by considering:

- How many pieces of the Jigsaw Puzzle are covered?
- What is the spread across the ecosystem?
- Is the idea clear enough to carry forward?

These solutions were pinned up inside Logan's Golden Frame, and became our **draft Package of Local Solutions**.



Logan's Draft Package of Local Solutions

1. Community Backyard Play

Child-led play in local spaces facilitated by high-quality play experts and parents

2. Active and Healthy

Elevate and activate the Logan City Council's 'Active and Healthy' offerings

3. Breakfast. Lunch. Together.

Provide culturally appropriate, nutritious breakfast and lunch in primary schools

4. Journey into the Garden

Increase and improve school and community gardens and embed curriculum that teaches children where food comes from and how to use it

5. Project Logan-ise

Trained 'energisers' work with schools and communities to increase physical activity and improve nutrition through engaging break-time activities

6. Better Sleep for Logan

Community co-designed resources and initiatives to improve sleep for families

7. Snag an Apple

Enforce availability of healthy food alternatives at community events through council mandates and corporate policy

8. Fresh Food on the Move

Mobile pop-up fresh food distribution from farmers and local producers

9. One Stop Community Shop

A multi-purpose, culturally inclusive community space working towards a fairer food system for Logan

10. Activating Community Spaces

Activate green spaces and built infrastructure, like club spaces, around Logan

03 • NEXT STEPS

To prepare for the final workshop...

01 Discussions synthesised

The 70+ ideas that appeared in the Solutions Gallery were documented, including the final 10 local solutions that were pinned up in the Golden Frame.

Any other notes written down on butcher's paper, sticky notes or handouts was also captured so that we didn't lose any richness or insight.



02 Package of Local Solutions refined

The aim, objectives and description of each solution was clearly articulated.

This clarity was brought to the Advisory Group, made up of subject matter experts in community, delivery and health, who participated in the co-design, to check that it reflected all the co-design discussions so far.

03 Partner ecosystem scanned

A scan was undertaken of the organisations and service providers currently delivering similar activities across Logan.

This helped shaped thinking on potential delivery partners and clarified any gaps where brand new solutions may be needed.

04 Support and commitments gathered

Engagement started with existing Logan Together partners to understand what support they may be able to provide in helping implement the Package of Local Solutions. This thinking was brought to the final workshop.



04

Getting ready for implementation in community

Date: Thursday 25 June, 2026

Location: Unity Hub Community Centre, Slacks Creek

We came together one final time, where we could feel children were at the heart - rainbows on the floor, a campfire in the corner, coloured picnic rugs where reading and play could happen, building blocks on tables and joy everywhere! Marnie from Logan Libraries Acknowledged Country by centring the lives and experiences of First Nations children. We embraced our own inner children with a game of 'this or that' where we learned whether our friends would prefer to join us on a tropical island or live in the snow. We grappled with balancing the seesaw of inspiring Golden Insights and practical parts of implementation. We learned what was hiding in the Silver Bucket and added our own contributions to it. We ended our time together with a celebration dance and feelings of joy and accomplishment that we had created the Feel Good Futures Package of Local Solutions!

11. Designing for Logan

Everyone chose a Golden Insight to focus on and considered each of the Local Solutions carefully to assess whether Logan's Golden Insights had been fully considered as part of the design.

Any important things to keep front of mind when planning implementation were written on the wall next to the solution.

Hundreds of considerations were identified, and several themes emerged across almost all Local Solutions.

Ownership & accountability: Across almost every Local Solution, accountability was front of mind.

“Who will own this action?”

“Who will be accountable for delivery and outcomes?”



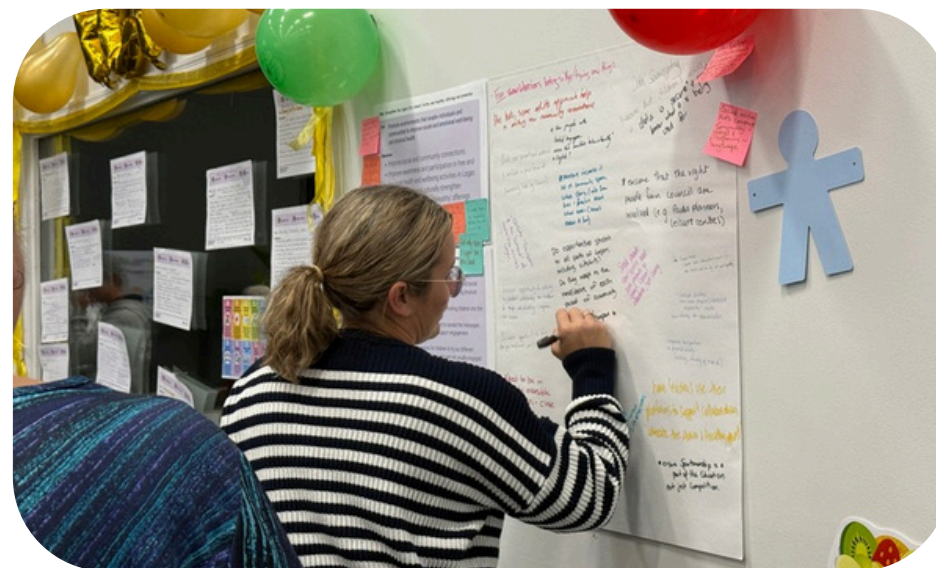
Cultural appropriateness and representation: We need to move beyond translated messaging towards deeply embedding culture in program design.

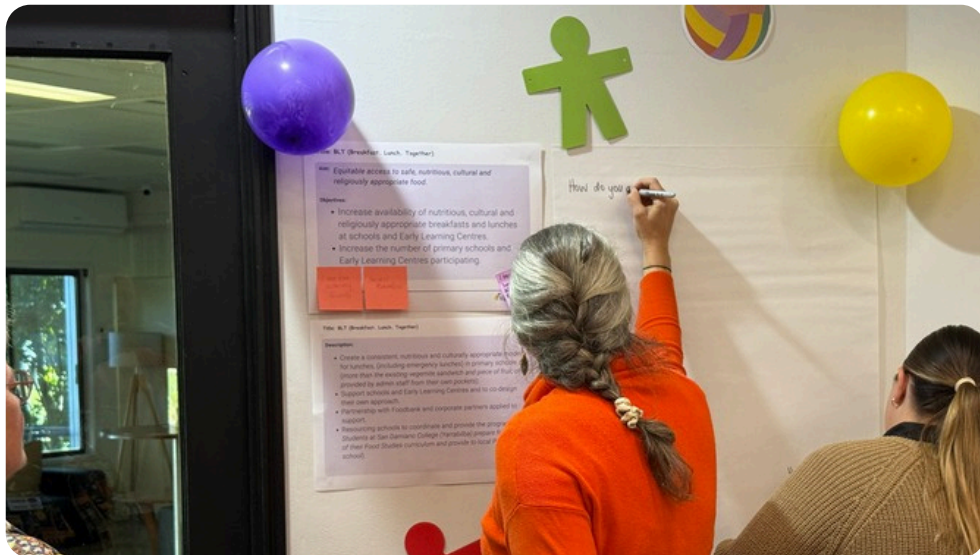
“Understand that certain cultures want to feel included ... one way to do that is representation of people running the program”



Data sovereignty and consent: We need to be clear about who owns data collected from children and families, and ensure that we're keeping this limited, meaningful and accessible.

“Ensure that children's voices and data is secure and people know what it is being used for”





Reaching the edges of Logan: There was a consistent concern that solutions will miss families with the greatest need, because of physical distance or because they don't have the resources (transport, time) to access solutions on offer.

"How do we get the food needed out to the edges of Logan"
"Often those that need it most have the least resources... how do we make it accessible?"



Sensory needs and emotional safety: A strong thread across food, sleep, play and space-based ideas was ensuring low-sensory areas as well as emotional safety and freedom from judgement.

"Consider sensory needs - lighting, smells, touch, sounds, routine!"
"Neurodivergent children can struggle trying new foods that aren't safe or familiar"



Stay away from deficit language and competition: We should avoid deficit framing and move away from competition-based activities towards positive sportsmanship.

"Avoid deficit framing i.e. not *don't eat this* but rather *what can I add to this to improve health*"
"Reframe to *progress over perfection*, not *I can't be perfect, I will fail, so I won't even try*"



12. Planning implementation

We turned our attention to implementation, and focused on answering the critically important question: **What will it take to make our Package of Local Solutions a reality in Logan?**

For each solution, we discussed:

-  **People:** What kind of people are needed to implement this? e.g. coaches, school champions, volunteers, technical experts
-  **Delivery Partners:** What other partners might we need to make this happen? e.g. government, school leadership
-  **Resources:** What other things do we need to make this happen? e.g. space, buildings, materials, equipment, training
-  **Adaptability:** What is needed to adapt the solution so it works across each of Logan's focus communities?
-  **Costs:** Will there be set-up costs and/or ongoing costs? How small or large will these be?
-  **Policy & Legal:** Will a policy or regulation change be needed, and what might it be?
-  **Timeline:** How quickly can we make this happen? What would be possible in Year 1 and then in Year 2?

Some key insights emerged across the solutions to keep front of mind as Logan Together and partners move into more detailed planning:

-  We need to **find the “right” people** who can build trust and consistency with children and community, not generic experts.
-  Lots of potential **partners already exist** but often aren't coordinated, so we need to map who's already delivering work and connect the dots.
-  Where possible, we should **adapt a proven reference model** rather than trying to design something new from scratch.
-  **Child safety compliance** policies and frameworks need to be built into design from the beginning.
-  Solutions are at **different levels of readiness** for implementation, and sequencing should reflect this; not all solutions will be starting from the same point.



04 • WHAT WE EXPLORED



Finally, the Logan Together team shared all of the contributions Logan Together partners had offered to support the implementation of the solutions.

We then thought about what we in the room had to offer in and added it in. We asked ourselves:



What can I contribute? This might be knowledge, time to volunteer, energy to spread the work about Feel Good Futures

To wrap-up our co-design process, we took a moment to think about the vision for each Local Solution within Feel Good Futures, and asked ourselves:

What would successful implementation of this solution look like on the ground in Logan?

For each solution, we thought about Logan in two years time and crafted **creative newspaper headlines and logos** to bring this vision to life, which we shared with everyone in the room!

What happens now?

01 Finalising solutions with Advisory Group

The Advisory Group will support Logan Together to finalise the design of each local solution, plan for implementation, and guide delivery over the next two years.

02 Adapting for Logan's multicultural community

Logan Together will work closely with **Village Connect** and **SSI** to ensure the Local Solutions are contextualised appropriately for our diverse, multicultural Logan community.

03 Adapting for Logan's Focus Communities

Local Solutions will be tailored to meet the needs of each unique Focus Community, to ensure success, as decided by the community-led governance in each community.

04 Planning for implementation

Implementation plans will be created to align partners and effort for each solution and across the package.
MOUs or other agreements will be created as needed to support implementation.



OVERALL THEMES

Over four co-design workshops, more than 70 ideas were generated and then narrowed down to a package of 10 local solutions for Feel Good Futures. These are grounded in global evidence, local expertise, and the voice of Logan's children, families and community leaders. Looking back across the whole journey, **several themes stand out as critically important** for us to carry forward into implementation.

Logan already has the foundations.

Strong community-led activity, infrastructure and local knowledge already exist across Logan. The task ahead is as much about strengthening, connecting and reducing barriers to what's already working as it is about building something new.

Culture must be embedded in design.

Representation, community leadership and respect for cultural practices emerged repeatedly as essential in order for families to engage with and trust solutions.

The people delivering matter as much as the solutions themselves.

Across all stages of co-design, a strong message came through that impact depends on finding the 'right' people, those who can build trust and consistency with children and community.

Safety, not just access, drives engagement.

Across food, play, sleep and physical activity solutions, a recurring insight was that children and families need to feel safe and unjudged to meaningfully participate. This includes messaging free from deficit and shifting from competition towards progress and belonging.

Reaching those with the greatest need requires deliberate design.

There was a consistent concern that solutions will miss the families who need them most, whether due to physical distance from services, limited resources to access what's on offer, or barriers layered on top of one another. Equity needs to be designed from the start.

Collaboration and accountability is needed.

The Logan community know that successful approaches need multiple partners working together. A single approach by a single provider hasn't proven to work well. It is also critical that everyone involved is accountable for their part. This accountability will be built into how solutions are delivered to ensure success.

FEEDBACK

Change, in real time.

Logan Together's approach to co-design, built community confidence through safety and engagement, cross-sectoral alignment through workshop design and supported the design of solutions likely to make a genuine difference in Logan. Feedback on the process was captured through a survey following the final workshop.

“I have felt welcomed and valued. The whole experience has felt collaboration first”

“I feel like we’ve had great opportunity to share ideas and find common ground and synergise. It felt welcoming, engaging and fun.”

“Lived experience was just as valued. Every voice mattered (even just me - a mum of Logan)”

“Seeing community speak with such authority and confidence - really is community empowerment in action!”



“I feel more confident advocating and I was able to network for better outcomes for children and community”

“The workshops have shown me what can be achieved when people of varied backgrounds share knowledge and ideas.”

“I’ve gained an understanding of how important many voices are to find solutions. Capturing ideas from so many people was amazing to see and experience. Thank you”

Final Feel Good Futures Solutions

The final package of solutions was refined with advice from the Advisory Group to bring together solutions with elements and partners in common, to create holistic, woven solutions that can be locally adapted to be effective across the breadth of Logan.

1

Community Backyard Play

Create engaging local spaces where children can participate in high quality play.

2

Active and Healthy

Elevate and activate the existing local government 'Active and Healthy' program, influencing the shape and scale of the offerings and promoting widely.

3

Grow. Make. Share.

Provide equitable access to safe, nutritious, cultural and religiously appropriate food for children in their learning spaces.

4

Snag an Apple

Support a change at sporting venues and community events to promote quality, healthy food options, making it cool and affordable to choose healthy.

5

The People's Pantry

Strengthen multi-purpose community spaces that promote provision and use of quality healthy food across Logan.

6

Logan Sleep Strong

Co-design the approach to increasing healthy sleep practices of children and families in Logan.

7

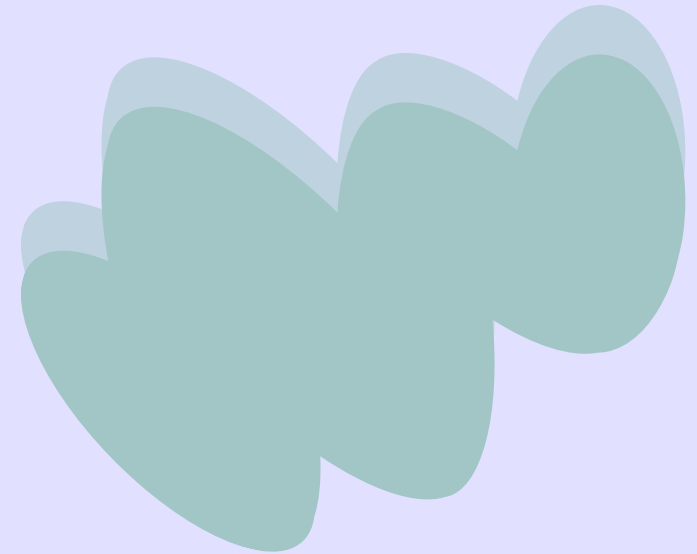
Energise Logan

Create school and community environments that promote physical health and social and emotional wellbeing through direct coaching.



WITH THANKS

it took a community.



Feel Good Futures was made possible by the elders, facilitators, venues, partners and — most of all — the community members who showed up, shared, and co-designed solutions for Logan.

“It has shown me that the Logan I know and love can be a leader for other communities.”

COMMUNITY MEMBER • CLOSING SURVEY

Participants

Adrienne Watego, Community member

Alex Holloway, Health & Wellbeing QLD

Amanda Maystone-Towell, Community member

Ana Svensson, Novo Nordisk Australia

Andrew Barnes, Community member

Angie Casella, Curious Me

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Belinda Fisher, Headstart

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Cherry Muai, MPAG

Crystal Marsh, Strong Beginnings Food Working Group

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Moses Oburu, Community Member

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Logan Together

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