



Project Outcomes

Project 1 – Karreeta Meerta Peeneeyt Overview

Karreeta Meerta Peeneeyt – “Grow & Rise Up Strong” is Yarn Barks personal, skill and cultural development programming aimed at building the capacity of young Aboriginal and Torres Strait people in having the necessary skills, confidence and knowledge to navigate their future, and a strong sense of cultural identity and resilience towards maintaining healthy in mind, body and spirit well-being.

Karreeta Meerta Peeneeyt is based on five key modules:

- Tackling shame, removing your masks and finding strength in vulnerability.
- Personal Narratives, values and storytelling.
- Connecting to your shared and individual cultural journey.
- Connecting to and caring for country.
- Understanding grassroots issues, social action and the power of being a young person.

IMPACT

Past injustices endured by First Nations Peoples, discontinuity of cultural practices, ongoing racism and the harsh day to day realities of life has resulted in significant intergeneration trauma being experienced by our communities today, in particular by our First Nations Young People.

In Australia, suicide rates among First Nations Young people are the leading cause of death, with incarceration, mental illness and non-completion of education statistics growing rapidly at an unacceptably high rate.

With increasing evidence that First Nations led, cultural strengthening and mentoring initiatives are the most effective protective factor towards the holistic well-being of First Nations People Yarn Bark’s Karreeta Meerta Peeneeyt Program will be:

Karreeta Meerta Peeneeyt Key Outcomes:

- Deepened connections to culture / identity and developed places of purpose, belonging and self-exploration where young First Nations Peoples thrive.
- Young First Nations people are living healthy lifestyles and connected to strategies that strengthen and promote earth, mind, body and spirit well-being.
- Consistent support for First Nations young people to access quality education and transition to further learning or work, and to have the confidence to make a positive contribution within their own communities.
- An effective and safe channel for proud and strong cultural expression.
- Consistent mentoring of First Nations young people to reconnect to the material and non-material aspects of traditional culture.
- First Nations young people have the necessary tools to navigate through competing and different worlds, whilst maintaining the traditional values of respect, authenticity connection and accountability.
- Breaking cycles of disadvantage through access to paid productive employment opportunities for First Nations Peoples to deliver program content.
- First Nations young people re-connected to their responsibility of connecting to and caring for country and advocating towards climate change and natural resource management to contribute nations understanding of sustainability.



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Engagement Numbers - Karreeta Meerta Peeneeyt

Below is an estimate of First Nations young people Karreeta Meerta Peeneeyt aim to engage in 2019. These numbers are based on our current relationships / partnerships with schools, communities and programs that provides Yarn Bark access to significantly large cohorts of First Nations Young People.

Karreeta Meerta Peeneeyt – Program Location	Estimated Participant Numbers
Ballarat Community, Victoria.	20
Geelong / Warrnambool Community, Victoria.	15
Korin Gamadji Institute, Richmond Football Club.	120
Koori Academy of Excellence, Department of Education.	50
Mildura Community, Victoria.	15
Yiramalay / Wesley Studio School – Victoria / Kimberley WA.	30
Koorie Youth Council, Victoria. (annual KYC Youth Summit)	50
Total Estimated Engagement (2019)	300

Employment Opportunities

Yarn Bark will provide casual employment / facilitation opportunities for First Nations Young People (initially from across Victoria with the potential to expand interstate) to deliver the *Karreeta Meerta Peeneeyt Program*, under the guidance of experienced Yarn Bark facilitators.

Over a 12-month period Yarn Bark will approach 10 young people to undertake an intensive facilitation and content delivery training, that will equip them with skills, knowledge and confidence to support the delivery of *Karreeta Meerta Peeneeyt*.

Training will include:

- Facilitation skills and methods.
- Intensive learning of Karreeta Meerta Peeneeyt modules.
- Designing effective tailored program content.
- Managing participant disclosure.
- Cultural awareness and sensitivities.
- Coordination and event management.

It is our vision that after Yarn Barks youth facilitation team has undertaken an intensive training, they will then transition into **paid co-facilitation roles** where they will learn and develop on the job skills and experience. In addition, will be provided with on-going mentoring by Yarn Bark staff and will be allocated continual leadership roles to maximise growth and learnings.

By mid-2020 we will have a team of 10 youth facilitators that will be fully competent of delivering Karreeta Meerta Peeneeyt modules in their own communities, generating sustainable paid employment opportunities. Ideally, the cycle would then be repeated on an annual basis, growing Yarn Barks youth facilitation network and embedding a First Nations youth led approach.

Karreeta Meerta Peeneeyt will be overseen by Yarn Barks Senior Program Manager / Co-Founder, William Austin. Ideally, Yarn Bark would also have the capacity to employ two Cultural Mentors on a part time basis to support the wellbeing of Yarn Barks youth facilitation team and Karreeta Meerta Peeneeyt participants. However, this is not compulsory and currently as not been included in the proposed costings.



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Project 2 - Wayapa Wuurrk Cultural, Earth & Sustainability Education Program

Wayapa Wuurrk (Connect to Country) is a globally certified Earth Connection Wellness Practice based on Aboriginal wisdom that combines cultural expression and education, earth mindfulness, narrative meditation and physical movement to create holistic wellbeing & sustainability. Wayapa teaches the importance of Earth, Mind, Body and Spirit wellbeing and supports all people in establishing a healthy relationship with the Earth, based on connecting to 14 fundamental elements that have significant cultural meaning and teachings.

After investing to become certified practitioners in Wayapa Wuurrk, Yarn Bark are now developing an innovative 14 week intensive Cultural, Earth & Sustainability Program model based on the 14 elements of Wayapa Wuurrk. We aim to pilot this program in primary schools within Victoria, as a creative approach to implementing First Nations knowledge into curriculum.

The model will be delivered as 14 one-hour workshops, each focusing on the cultural stories, significance and teachings attached to each element and how they relate to our Earth, Mind, Body and Spirit wellbeing.

Training and Employment

Yarn Bark aim to seek funding to give five of our young First Nations youth facilitators the opportunity to undertake the 7-day intensive Wayapa Wuurrk diploma course. In return this will allow Yarn Bark to provide employment opportunities, through building their capacity to deliver Yarn Barks 14 week intensive Cultural, Earth & Sustainability Program across Victoria.

Key outcomes Wayapa Wuurrk Cultural, Earth & Sustainability Education Program:

- Young Australians have access to quality Aboriginal education, inclusive of all people, designed and delivered by Aboriginal community, providing meaningful learning opportunities and authentic relationships to be formed.
- Raised awareness towards the urgent issue of climate change, through the sharing First Nations knowledge and perspectives of how-to live-in harmony with the environment.
- Raised awareness towards consumerism and education on active solutions we can all make through adapting a “Wayapa Wuurrk” lifestyle.
- Increased understanding of how traditional Aboriginal knowledge can be utilised in a modern society to contribute towards sustainability, natural resource management and innovation.
- Increased awareness towards one’s own holistic well-being starting with the wellness of the Earth, flowing on to mind, body and spirit well-being through an Aboriginal lens.
- Contributes to a peaceful and inclusive society that teaches the importance of valuing all traditional and western knowledge in order to create sustainable development and progression.
- Breaking cycles of disadvantage through access to paid productive employment opportunities for First Nations Peoples



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Project 3 - Yarn Bark Koytpa Koy Koy Marra (Storytellers)

Yarn Bark – Koytpa Koy Koy Marra (Storytellers) is a movement of First Nations young people taking a stand against mental illness and Indigenous youth suicide, through proud and strong, modern and traditional forms of cultural expression.

It is an active social media platform of purpose, belonging and connection utilised to share our stories from across the land. Where young people can inspire each other to embrace and celebrate their own cultural identity, and to form a solidarity through focusing on the inherited strength, love and spirit of 75,000 plus years of a living, breathing and healthy cultural survival.

Young people that wish to become a member of Yarn Bark – Koytpa Koy Koy Marra will feature a profile on Yarn Barks website and will have access to close mentoring of Yarn Bark staff in capturing, articulating and sharing their story around particular themes in their own unique way.

Yarn Bark - Koytpa Koy Koy Marra will capture all aspects of the evolving cultural narrative our current generation lives, to contribute towards preparing future generations for the complex society they will one day be required to inherit and navigate.

In addition, it aims to generate causal employment opportunities for its members to share their stories at events, schools, organisations and leadership programs across the Nation in the future. Contributing to our vision of supporting the growth of cultural intelligence of all peoples living in Australia.

Key outcomes of Yarn Bark - Koytpa Koy Koy Marra (Storytellers)

- Developed solidarity between First Nations Peoples across Australia through the connection of stories, experiences and song lines across the land.
- Facilitated peaceful, healthy and sustainable relationships and contribute to an inclusive society through providing safe spaces for all Australian people to gather and access an education on First Nations peoples, culture and community.
- Breaking cycles of disadvantage through access to paid productive employment opportunities for First Nations Peoples to share their knowledge and perspectives.
- Promotes well-being for First Nations Peoples through connecting to culture and identity and having access to platforms to express themselves culturally to large engaged national audience.