



# *Connecting Communities*

# 2021 Annual Report



CLAN Midland  
COMMUNITY LINK & NETWORK

# Message from the Chairperson and Executive Manager

This year marks 28 years of CLAN Midland. This is no small feat for a small but growing not for profit organisation in today's world. We continue to develop as an organisation in impact, reach and governance. We continue to be proud of CLAN Midland, its staff, Board, volunteers, and all those we work with. CLAN Midland holds true to its core values of **TRUST, RELATIONSHIPS, ADAPTABILITY AND HUMILITY**. This was never more evident than in February 2021 when not only was the state launched into lockdown for COVID-19, but we were also faced with devastating bushfires through the eastern suburbs of Perth. The fires directly affected our staff, students, volunteers, Board members, colleagues, and participants, many of whom lived in the path of the bushfire and were forced to evacuate. Over the two weeks of fires and concurrent lockdowns there was an enormous outpouring of support, love, and kindness throughout the community. The Bullsbrook Help Group swung back into action and replicated their amazing community spirit that they had shown during the initial COVID-19 lockdown in 2020. Contact was made with as many staff and key stakeholders as possible to ensure their safety and needs were being met. Whilst it was a very difficult and challenging time, it was yet again, amazing to see the resilience of the community, the wonderful connections CLAN has and can use to support others during the most difficult of circumstances. Our heartfelt thanks to all those who were involved in the relief efforts.

This year also saw CLAN successfully tender for the Lotterywest Strengthening and Adapting Organisations funding. Through consultation with participants and after 2020 there was a strong and evident need to provide online programs. This would require us to improve our technology, policies and rework programs to ensure they were meeting the needs of the community. This would service us if there were future lockdowns and support participants to attend who have not been able to attend face to face programs for a variety of reasons such as transport issues, work commitments (including FIFO) and lack of access to babysitting/creche for programs. We are excited about the year ahead and what it will bring in the online program delivery space. (see more over page)

CLAN was also successful in receiving a small grant from the City of Swan to support local people in connecting with one another post COVID-19 lockdown (2020). (see more over page).

We sincerely thank the dedicated staff, Board and volunteers of CLAN Midland who continually go above and beyond the call of duty. You are all an inspiration and work with integrity, passion and commitment to the community.

*Megan Dawson* *Ciona Lee*

## CLAN Board

Megan Dawson – Chairperson

Seanna Dempsey – Vice Chairperson

Lesley Bremner Bell – Secretary

Amanda Gray – Treasurer

Aman Singh

Sara Browne

Mithun Parthiban

Claire Scanlon

Ian Johnson



## Acknowledgement to Country

*CLAN acknowledges the traditional custodians of the land that we work and live on, the Wadjak people of the Noongar Nation. We pay our respects to their strength, cultural resilience and Elders past, present and emerging.*

Each year our organisation is graced with the kindness and generosity of amazing students and volunteers. This year students and volunteers have contributed a staggering 524 days across social media, document control, programs, evaluations and Paint the Swan REaD.

We are so very grateful to you all for all you do for CLAN and the community. The impact of what you do is far reaching and changes lives.



## TRAINING AND DEVELOPMENT

As a growing organisation, CLAN values the importance of keeping up to date with the latest research, training staff and volunteers and connecting with our peers. In the past year, 4 staff successfully completed the Parents Under Pressure accreditation which has had a positive impact on the work we do alongside families in the community. We have also all retrained in first aid, attended conferences such as WACOSS, Linkwest, Community Development, Perinatal and Infant Mental Health, Paint the Town REaD, cultural awareness and mental health first aid workshops. Some staff members also undertook an introduction to Family Partnership Training. CLAN Midland is committed to continuing this training and way of working into the new financial year as a fundamental way of working together.



*"It is a very good program and I would recommend others to participate in these types of programs. I feel more confident as a parent and feel as though a lot of stress has been relieved by me learning so much about myself my teen, and the way we are as a family. Thanks to this program." (Parent Tuning in to Teens)*

*"I initially begrudgingly attended this course and didn't have high expectations. I went because my wife enrolled us. It exceeded my expectations. It has been very worthwhile and will help my kids and my family grow. I would like to see more fathers attend. We are generally not that good at emotions and I think dads would get a lot out of this as I did. Thank you. Keep up the great work! Julie and Sharon are terrific". (Parent Tuning in to Teens)*



**1246** people attended our events and activities (3156 attendances)



**98.3%** Satisfaction across all parenting programs



**2103** Facebook followers



## LOTTERYWEST

CLAN Midland's diverse programs and outreach activities have helped local communities adapt to an everchanging climate, never more so than during the COVID-19 pandemic impacting families globally. CLAN Midland became an active stakeholder on the City of Swan's COVID-19 Task Force Social Working Group in 2020. The group worked to support a coordinated, planned community-level response to the COVID-19 crisis, developing the Community Support Action Plan. The aim was to understand the pandemic's impact on families and individuals and identify comprehensive measures to support a community response. Participation in the task force, over the past year, has enabled CLAN Midland to explore and share stories and data with other organisations, see gaps in services for different age groups and develop supportive targeted responses. CLAN trialled innovative ways to reach families in the Altone, Bullsbrook, Ellenbrook and Midland areas. Whilst during lockdown it was out of necessity, it was evident there were benefits. It helped to create a potential new scope for virtual delivery for a COVID-19 response, mental health or bushfires. Such a system would differ in approach from the current system in several important ways. It would have the capability to: 1. provide multiple access points that can operate during potential community lockdowns or restrictions, giving the ability to access a virtual platform for the delivery of online programs, 2. engage via digital social media platforms, 3. provide wrap-around supportive strategies to integrate existing and new services for the benefit of families, 4. engage the more vulnerable families and those who are new in the community, 5.

simplify accessibility and increase capacity to respond to unexpected community-level impacts, 6. transition between face-to-face and virtual modes, 7. offer a suite of evidence-driven programs accessible online, with participants then being linked to existing face-to-face services, where appropriate, to increase reach and depth, 8. increase connection and support for those not currently able to access, or in the event of future lockdowns, provide group and individualised online sessions and a closed Facebook page, and 9. deliver online services out of hours and engage with different families where one partner works the day, those unable to access creche or baby-sitting services or fly-in-fly-out schedule.

Lotterywest have funded the one-year pilot project - Virtual Online Parent Education and Community Programs. It will strengthen the organisation's capacity to prepare for and implement longer-term organisational changes in response to the COVID-19 pandemic impact. It will foster an innovative and resilient not-for-profit organisation that can expand service capacity to deliver high-quality, locally connected services during and after the COVID-19 pandemic. CLAN Midland will embrace the opportunity to transition to a new innovative way of working with a virtual online platform to improve families and individuals' access to services and their local community networks whilst mitigating the risk of the COVID-19 pandemic on the organisations' capacity to deliver impactful services fit for purpose.

## FAST PROGRAMS

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*On behalf of Arbor Grove Primary I would like to thank CLAN Midland for again supporting the school and the school community with the FAST program. I would also like to commend the work of Rachael. Her organisation, calmness, empathy and ability to build a strong and cohesive team of partners is a credit to CLAN and those that have supported and trained Rachael. Please pass on the schools thanks to the community partners and parent partners. Together the team was an amazing "unit" and the parents and children I spoke with throughout the eight weeks were glowing in their feedback about the team and the program. Arbor Grove values its relationship with CLAN Midland, and we see FAST as an integral school program and I look forward to seeing it continue for many years to come. Thank you for inviting me to the graduation and for the opportunity to volunteer and support this wonderful program.” Glen Purdy – Principal*

## COMMUNITY LINKS

In the last year, the Community Links project has gone from strength to strength, building on the foundations of our first year in 2019/2020. Funding from the Department of Communities for the Midland and Bullsbrook communities, enables us to work with local communities, supporting community led initiatives, developing local leaders and encouraging local connections, increasing community participation, providing a safe space to learn new skills and abilities and contribute to community life. Through conversations in the community, we have also been able to undertake some scoping work in the Ellenbrook area and look forward to progressing this in the next financial year.



**897** Midland Community Engagements  
**1029** Bullsbrook Community Engagements  
**272** Ellenbrook



**1828** Student hours



**2365** Volunteer hours

## COVID-19 RECOVERY RESPONSE INITIATIVE: COMMUNITY CUPPAS TO CREATE CONNECTIONS FOR WOMEN

Through funding from the City of Swan, we were able to start two Community Cuppas to Create Connections for Women's groups in Bullsbrook and Midland. Many of the conversations held included indications that some people (especially women) were experiencing anxiety around returning to connected community life and also that the pandemic had affected what was some people's previous life normal. The group in Midland chose sewing as the way to connect. Four participants had never used a sewing machine before attending the Sewing Group. All four have been able to create sewing items on their own by the end of the program. This learning has provided them with skills towards self-sufficiency as well as pride and confidence in being able to achieve and learn a new skill.

*"I have learnt to sew – on the first day I made a headband for my baby – I didn't know I could do that." "I have enjoyed sharing my sewing with others." "I have met some people I didn't know before."*

The group in Bullsbrook consisted of women who previously considered themselves to be suffering from isolation and are now regularly attending the group. Participants meet fortnightly for coffee, to share stories and connect with other women from their local community. The City of Swan have also kindly provided the use of the Ethel Warren Community Centre for the group to meet. It has been so successful that the group has continued to meet well past the completion of the funded period.

*"I am really glad I finally got the courage to come, I will definitely be back."*

*"Last year was difficult for me, this year is looking better."*

*"Thank you for the Cuppas group. I have met some nice people in my community which is great."*

## HOME GROWN PROGRAMS INBETWEENS

CLAN has been working over the years on some home grown programs two of which have been very successful this year. The InbeTWEEN program is a five week workshop series for parents/carers of girls aged 9-13 years of age. The program is based on up to date research and supports parents with ideas and tools for supporting tween/teen girls through their journey of the adolescent years. It is also a forum for parents and carers to share their own useful tips and resources they are using to support them with their role. The topics addressed in the program include: understanding the ages and stages of development of girls aged 9-13 years; understanding the impact technology and social media are having on their girls and identity. In the last session, the tween and teen girls are invited to join their parents and participate in some shared activities. The purpose of this session is to create a safe space for open dialogue between the girls and their parents. We look forward to continued growth of this program in 2021/22.

### Testimonials

*"As a father in this group of mums, and talking about attending this program with my workmates, this is so very much needed. Raising our girls is the job of both mum and dad (and family, friends....). Taking an active role, having a plan, setting up our girls to have a positive, strong founded home allowing them to grow and discover. Keep it up." Parent*

*"I really enjoyed the InbeTWEENs program and would encourage my friends with daughters to attend. I felt comfortable sharing real life situations. I never felt judged and when hearing other's stories, I felt a real belonging, these were my people. I discovered that I'm not the only one with an awesome daughter, although she's not always my favourite and she's an only child. Hahaha!" Parent*

## READ PLAY GROW

Read Play Grow is an early intervention program aiming to support parents of children aged between 0-3 years. This program partners with parents to ensure that the home environment provides key everyday experiences for their child to become a successful learner by the time they reach school.

Based on this research, Read Play Grow (RPG) works alongside parents, in their own homes or in groups, to:

- Promote early brain development
- Highlight the importance of attachment
- Enhance the pre-literacy skills of their children
- Help them with life skills and routines to be ready to enter school
- Maximise health outcomes for the child

This financial year, we partnered with three local organisations across the City of Swan including Arbor Grove Child and Parent Centre, Brockman House and Meerilinga to deliver Read Play Grow. We trained a staff member from each organisation to co-facilitate this program alongside CLAN staff. Between January - June 2021, we delivered four Read Play Grow programs and solidified connections at each organisation to run programs at their centre again later in the year based on the positive feedback from parents.

*"Read Play Grow was a great, enjoyable program that provided a safe and open space to discuss and expand with other parents on the ideas presented. Each week had valuable take home information that was easy to adapt for my own child's age. Julie and Sophia took the extra time to connect with us and made Monday mornings something to look forward to. They also had a wealth of knowledge and made every session interesting and relatable. I would definitely recommend this program to all parents."*



## Our Sponsors



Government of Western Australia  
Department of Communities



CLAN Midland has been proud to work with a variety of practice partners and collaborators



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