

TANGENTYERE
COUNCIL
SUBMISSION



Town Camper Wellness Framework

Town Camper self-determination &
leadership



WORKING
TOGETHER
WALKING
TOGETHER

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Introduction

Town Camp Wellness aligns with the Tangentyere Council Strategic Plan and with good practice locally and nationally.

To best support Aboriginal Town Campers in the Alice Springs Greater Region, Tangentyere Council Aboriginal Corporation is undergoing a process to understand Town Campers' wellbeing, and support short and long-term strategies that ensure new and existing government and organisational policies and programs address local priorities and needs, and achieve meaningful and lasting outcomes.

Town Camp Wellness aligns with the Tangentyere Council Strategic Plan and with good practice locally and nationally. The Northern Territory Government has a 10 year commitment to Local Decision Making, in which the NTG will provide opportunities to transfer government service delivery to Aboriginal Territorians and organisations, based on their community's aspirations and needs. The Council has executed an agreement with the Northern Territory Government.

This aligns strongly with the Commonwealth Empowered Communities Policy and 2019 Closing the Gap Report: Foundation for the Future. Specifically, we will work in partnership Town Camps and relevant local, Territory and Commonwealth governments, utilising a strengths-based, community-led approach, influenced by a robust evidence base with shared accountability.

It is also consistent with the United Nations Declaration on the Rights of Indigenous People and is centred on the right to self-determination, to participate in decision-making and exercise full authority and self-management.

The Council will work directly with Town Campers to draft, negotiate and support the implementation of first priorities and long-term place-based Local Agendas for each Town Camp. Each Agenda will include developing shared processes and data gathering tools, measurement systems, targets and timeframes to monitor progress, funding applications, and liaising with key stakeholders, NGOs, and NT and Commonwealth Governments.

The Town Camp Wellness Framework

The Town Camp Wellness Framework (The Framework) is the overall balance within the Town Camp and impacts on the wellness of each individual living there. Physical, social, emotional, cultural values along with work, learning, safety, environment, and access to material basics all impact upon each other and the overall wellness of each Town Camp.

The Framework is underpinned by the premise that strong wellness of a Town Camp will improve the wellbeing of individuals living there. It combines the National Wellness Institute of Australia Dimensions, the Australian Research Alliance for Children and Youth (ARACY) Nest and is aligned with the COAG committed priority areas. The Framework concepts were workshopped with senior women and men from Town Camps, many of whom are recognised as leaders, and some young people. A total of five workshops were conducted with 52 engagements representing 10 different Town Camps and 8 language groups to develop the framework.

The seven dimensions of the framework required for Town Camp wellness are:

1. *Keeping Our Country*

Encompasses the interactions between individuals and their 'habitats' at a local, community and global level, and includes safety in nature, home, work and the community.

2. *Community*

Embraces positive relationships and connections with families and others and includes love.

3. *Shelter*

Access to basic things needed to live a 'normal' life, including financial and occupational wellness, stable and healthy housing, clean water, clothing, healthy food, etc.

4. *Healing (Mind, Body and Soul)*

Having one's physical, developmental, psychosocial and mental health needs met to achieve optimal developmental trajectories and opportunities. Includes access to preventative measures and health education as well as access to services to redress emerging health issues.

5. *Knowledge*

Formal and informal experiences in the classroom, at home and in community, throughout the course of one's life, to maximise life opportunities. Includes cognitive and creative pursuits to also enrich one's capacity to make decisions, problem solve and maintain mental agility.

6. *Camp/Community Leadership*

Engagement with peers and community, including governance and decision-making, determining systems and having a voice and say on matters. Includes access to digital systems and technology for social connections.

7. *Identity*

A positive sense of self and culture underpins all of the other dimensions and is fundamental to overall Town Camp wellbeing. Cultural wellness refers to an ability to both enact one's own cultural values as well as interact effectively with people from different cultures and working towards eliminating racism and systematic discrimination, whilst spiritual wellness is seeking meaning in existence.



Workshops and process

During the Framework workshops, Town Campers identified key words relevant for each dimension. These key words developed the survey tool for the consultations regarding Town Camper wellness within the framework as outlined below:

1. *Keeping Our Country*

- Keeping our land
- Looking after land
- Includes homelands and outstations
- Land management
- People are safe
- Ceremonial ground
- If you look after country, country will look after you
- Access for people with disabilities
- Shade
- Bower shed
- Keeping country safe
- Sacred sites
- Can't just shoot every animal because then you'll run out
- Looking after Elders otherwise we're not looking after country
- Cultural knowledge
- Knowledge of land
- Connections

2. *Community*

- Safest place is home
- Family
- Clans
- Tribes
- Keep kids safe
- Family help out
- Community
- Communication
- Men and women
- Kinship
- Kin
- Hub
- No fighting
- Grandparents look after kids
- Neighbours
- Support each other
- Sharing and caring
- Getting together
- Elders
- Engaging
- Family History
- Neighbourhood watch
- Happy or sad upbringing
- Positive family image
- Encouraging others to be strong
- Indigenous Gathering Areas (IGAs) – physical spaces and people coming together
- Word of mouth
- Unity
- 'Tangentyere' – working together
- Talking straight
- Respect one another

3. *Shelter*

- Home
- House
- Castle
- Overcrowded
- Shades like ancestors
- Phone
- Humpy
- Shed
- Water
- Lack of infrastructure, e.g. roads
- Live off the land – too expensive otherwise
- Transport
- Power
- Human resources
- Men and women's

4. *Healing (Mind, Body and Soul)*

- Strong in mind, body and soul
- Teach kids mobility
- Strong
- Walk with nature
- Physical exercise
- Eating healthy – feed body with fuel
- Emotions and feelings
- No drinking
- Clinic on land – access
- Being with family groups

- Elders
- Full in stomach
- Good mental health
- Drinking water/hydrated
- Supermarket prices and quality
- Smoking ceremony
- Prayer
- Spirituality
- Medications
- Bush tucker
- Bush medicine

5. Knowledge

- Knowledge, including of culture
- Deep listening
- 2 way learning
- Outdoor learning
- Learning in community
- Learning the young kids
- School is important
- Legal education
- Education of human rights
- Learning cooking
- Recipes (and reading recipes)
- Wrong way of teaching kids, e.g. pub
- Bike programs (practical)
- Inside distractions, e.g. TV
- Teaching skills
- Skills for home
- First Aid for home

- Strong in mind
- Doesn't matter where you learn
- Grandparents and parents are teachers
- The more you get the more you know
- Learning before school
- Read and writing
- Telling stories
- Respect – of Elders, Knowledge, Experience and Self
- Knowledge is power
- Power comes with responsibility
- Questioning
- If you don't learn, you don't know anything
- Talking

6. Camp/Community Leadership

- Barriers to participation
- Access to services
- Town Camp representation
- Transport around town
- Cultural awareness
- Inductions and language courses
- Looking after all things that impact Town Campers
- Own Bosses
- Pride
- We are experts
- We are influencers
- We have lived experiences
- We are committed

- We are invested
- Self-determination
- Wellbeing
- Opportunity
- Independent
- Sport
- Activities
- Resistance
- Curfew
- Justice
- Elders
- Action
- Law – can be hard time for people
- Justice belongs to everybody

- Services on our country, e.g. CDP
- Population
- Too many juveniles in custody
- Interpreters in services
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7. Identity

- Aboriginal people are unique
- Knowledge
- Resilience
- Weapons
- Smoking ceremony (cleansing)
- Hunting
- Tracking
- Country
- Camping
- Bush
- Bush tucker and medicine
- Cook roo
- Aboriginal justice
- Healing
- Dance
- Song
- Self-esteem
- Dreamtime
- Story-telling
- Kin
- Proud
- Family history
- Images
- Self-care
- Elders
- Business
- Language
- Lore
- Art
- Culture means a lot to us Aboriginal people
- Support
- Beliefs and Christianity
- Smoke signal
- Boomerangs and spears
- Talking
- Generations

- Autonomy
- Mobility/travel from bush
- Multiple generations of leadership exist
- Transport – taxi is expensive

- Family
- Skin
- Tribes
- Connections

Guiding Principles

Tangentyere Council has a long-established relationship with Town Campers in the Alice Springs Greater Region. The Council will negotiate participation and methodology in developing the Local Agendas with Town Campers and established cultural and leadership authorities (such as the TCAC Board and local Housing Associations) to ensure respectful, meaningful and culturally safe processes are in place.

In developing Local Agendas, the Council will work with the Board, each Housing Association, and local Town Campers adhering to the following principles, which are directly aligned to the TCAC Values:

1. Self Determination – Town Camp leaders and community members are best-placed to develop place-based community profiles, reflective of each Town Camp, including consent, a list of priorities with short term and long term outcomes;
2. Respect and Pride – Recognising our internal strengths and expertise of Tangentyere Council Board of Management and staff to develop appropriate data-gathering tools, consent forms and data analysis processes;
3. Integrity and Honesty - Active listening and recording of all history, views, ideas, and opinions identified by Town Campers, and regular feedback on how information will be used for each site, ensuring issues and language reflect the Town Campers' intentions and adjusting when needed;
4. Unity and Collaboration - Remain balanced and consider each Town Camp separately, as well as consistently across the organisation, identifying common themes;
5. Handing on the Passion – Determination of the most appropriate short and long-term strategies for each Town Camp and across the organisation, and the most appropriate partnerships for future strategic planning; and
6. Quality – Regular reflection and evaluation with Board of Management and local governance structures to ensure respectful consultation including input and approval of the local engagement processes, timeframes, and locations, to maximise local participation.

Guidelines for Workers



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- Developed by the Tangentyere Family Violence Prevention Program, the guidelines below for a good worker will also apply.
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"USES PLAIN ENGLISH (NO JARGON)" "USES SILENCE"
"USES FACE TO FACE COMMUNICATION (GETS OUT OF CAR/DOESN'T CALL PEOPLE OVER)"
"IS WARM, FRIENDLY, ENCOURAGING AND SMILES"
"EXPLAINS WHY (ROLE, PURPOSE, MANDATE)" "IS OPEN TO TWO-WAY LEARNING"
"HAS A NON-JUDGEMENTAL ATTITUDE" "KEEPS BUSINESS PRIVATE (CONFIDENTIALITY)"
"RESPECTS US: OUR CULTURE AND KNOWLEDGE"
"SITS AND TALKS GOOD WAY (BUILDS TRUST AND RELATIONSHIPS)"

TOWN CAMP COMMUNITIES

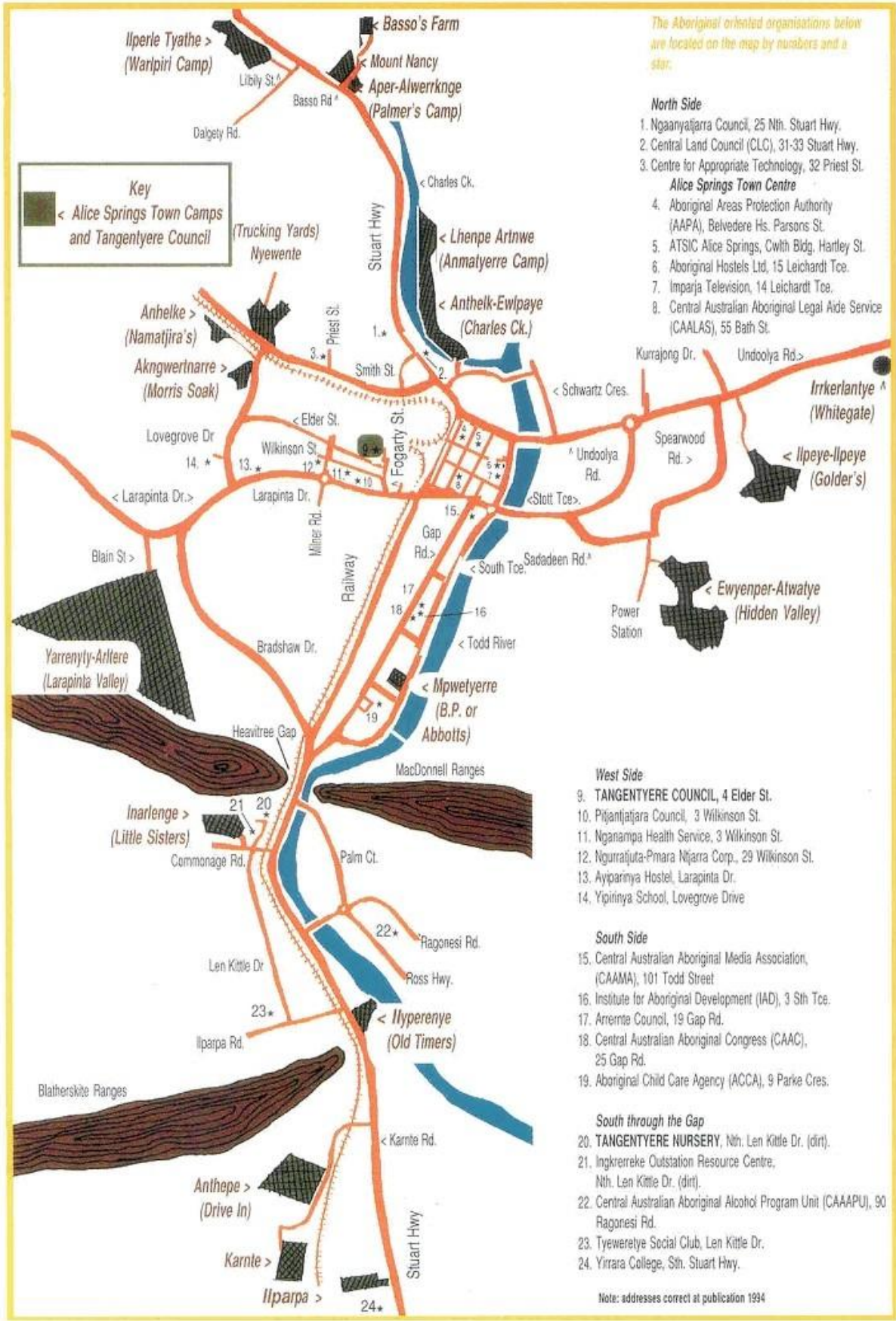
SAY THAT A GOOD WORKER...

"IS RELIABLE AND FOLLOWS UP TALK WITH ACTIONS" "LISTENS TO US"
"VALUES PEOPLE'S TIME AND SPACE" "TALKS STRAIGHT (HONESTY AND TRANSPARENCY)"
"TEACHES PEOPLE KNOWLEDGE & SKILLS SO THEY CAN DO THINGS FOR THEMSELVES"
"SHOWS CARE AND SUPPORT" "TALKS FUNNY WAY (USES HUMOUR)"
"UNDERSTANDS THE HISTORY OF TOWN CAMPS" "MEETS PEOPLE WHERE THEY ARE AT"
"IS SOLUTION FOCUSED AND STRENGTHS BASED, NOT PROBLEM CENTRED"
"DOESN'T ACT AS THE EXPERT"

**TANGENTYERE COUNCIL**


1. Town Camp Locations

- 1. Akngwertnarre (Morris Soak)
 2. Antheke-Ewelpaye (Charles Creek and Kunoth)
 3. Anthepe (Drive In)
 4. Aper-Alwerrkngge (Palmer's Camp)
 5. Ewyenper-Atwatye (Hidden Valley)
 6. Ilparpa
 7. Ilperle Tyathe (Warlpiri Camp)
 8. Ilyperenye (Old Times)
 9. Inarlenge (Little Sisters)
 10. Irrkerlantye (Whitegate)
 11. Karnte
 12. Lhenpe Artnwe (Anmatyerre or Hoppies)
 13. Mount Nancy and Basso's Farm
 14. Mpwetyerre (Abbotts)
 15. Nywente (Trucking Yards)
 16. Yarrenyty-Arltere (Larapinta)





Tangentyere
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