



VICHEALTH'S FUTURE HEALTHY FIRST NATIONS ACTION COMMITTEE

As part of VicHealth's Future Healthy initiative, we are developing a new project – a Future Healthy First Nations Action Plan. The project supports Aboriginal and Torres Strait Islander organisations and young mob living in Victoria to self-determine their pathways towards improved health and wellbeing.

To help us co-create the Action Plan, a group of First Nations consultants, Karen Milward, Neil Morris and Tristan Schultz have been engaged to design and facilitate a committee of young mob and professionals. And we need your expertise.

Future Healthy overview

Future Healthy focuses on young people aged 0 to 25, particularly those who face more barriers to good health. Future Healthy partners with young mob to lead healthier lives. It focuses on:

- getting mob more active and playing sports
- improving social and emotional wellbeing through connection to culture
- teaching mob how to fuel their bodies with healthy tucker.

More about the committee

We are looking for the following representation:

- First Nations young people aged 18 to 30 who can talk to their own experiences and cultural knowledge, and provide thoughts and ideas about the health and wellbeing of young mob. This can be from within or outside of your organisation.
- Professionals (any age, they do not have to identify as First Nations), who have experience in key areas such as health promotion, systems thinking, strategy development and the needs of young mob.

Timeline and member commitment

Our timelines are flexible and will be built around those providing their expertise. VicHealth works under the principle of 'moving at the speed of trust'. The project will commence with a two-day Immersion on Country in person in the final week of February 2023. In addition, there may be a number of other face-to-face opportunities to connect as a group. This will be followed by one to two days spread across the following few months.



These engagements will likely be lighter touch, such as online gatherings, emails or phone calls.

Ensuring cultural safety

First Nations consultants, Karen Milward, Neil Morris and Tristan Schultz will focus on creating a culturally safe environment for those involved. In addition, mentorship with First Nations leaders and experts working with mob and peer to peer support will be available. A protocols document, outlining the commitment and spirit of the project, has been developed. It respects, draws from, summarises, and follows comprehensive best-practice protocols and ethics codes. This document will be shared with those involved in the project.

Additional information for young mob joining the committee

VicHealth listens to and wants to amplify the voices of young mob living in Victoria. This is all about their opinions, ideas and lived experience. There are no right or wrong answers and no prior committee experience is necessary. A range of professional development and support opportunities will be available.

Professional development opportunities:

- Two-day Immersion on Country to get to know each other, experience local culture and hear from guest speakers. In addition, get up to speed with all the background information about the project and learn about less familiar areas.
- A safe environment to have a say on how VicHealth should invest in the health of young mob.
- Opportunities to develop leadership skills through knowing, being, doing.
- Learn from diverse leaders.
- Gain experience in areas of interest, for example branding, artwork, storytelling, video creation or meaningful data collection.

Supports available:

- First Nations leaders will provide the committee with ongoing support.
- Peer to peer support from other young mob involved in the project.
- Mentor support from committee members and experts working with mob.



Additional information for professionals joining the committee

Key responsibilities:

- Consider VicHealth levers (for example, grant making, branding and research) to ensure Future Healthy gets the greatest outcomes for young mob.
- Provide strategic advice and recommendations to ensure the Action Plan sets out a clear and targeted way forward to improve the health and wellbeing of young mob while ensuring the voices of young mob are central to all recommendations.
- Support the promotion of the Action Plan to ensure First Nations organisations are aware of opportunities to access VicHealth supports.
- Consider how VicHealth can best support First Nations organisations to apply for grant funding.
- Recommend how VicHealth should communicate and engage effectively with community to foster ongoing, meaningful relationships which create value.

Funding

We acknowledge the time and expertise of those participating in this process. VicHealth will provide \$15,000 + GST per organisation to cover the time and expenses of those sitting on the committee.

Probity

Organisations that join the committee will still be eligible to apply for future VicHealth funding opportunities that may arise from the Action Plan. However, there are several terms that will need to be agreed:

- At the time of applying for future VicHealth funding, the organisation must submit a conflict of interest outlining involvement in the committee.
- The person on the committee should not be the person applying for VicHealth funding.
- The person on the committee cannot participate in any assessment or decision-making process regarding future VicHealth funding.

The role of the committee is not to decide which organisations should receive funding. Participation in the committee has no influence on future funding opportunities. VicHealth is responsible for all funding decisions.



Questions?

Contact Clare Collings with any questions:

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Our approach is very flexible. We would love to hear from you if:

- you wish to be involved in this project in a way other than the committee.
- you have recommendations about how you think VicHealth should proceed.