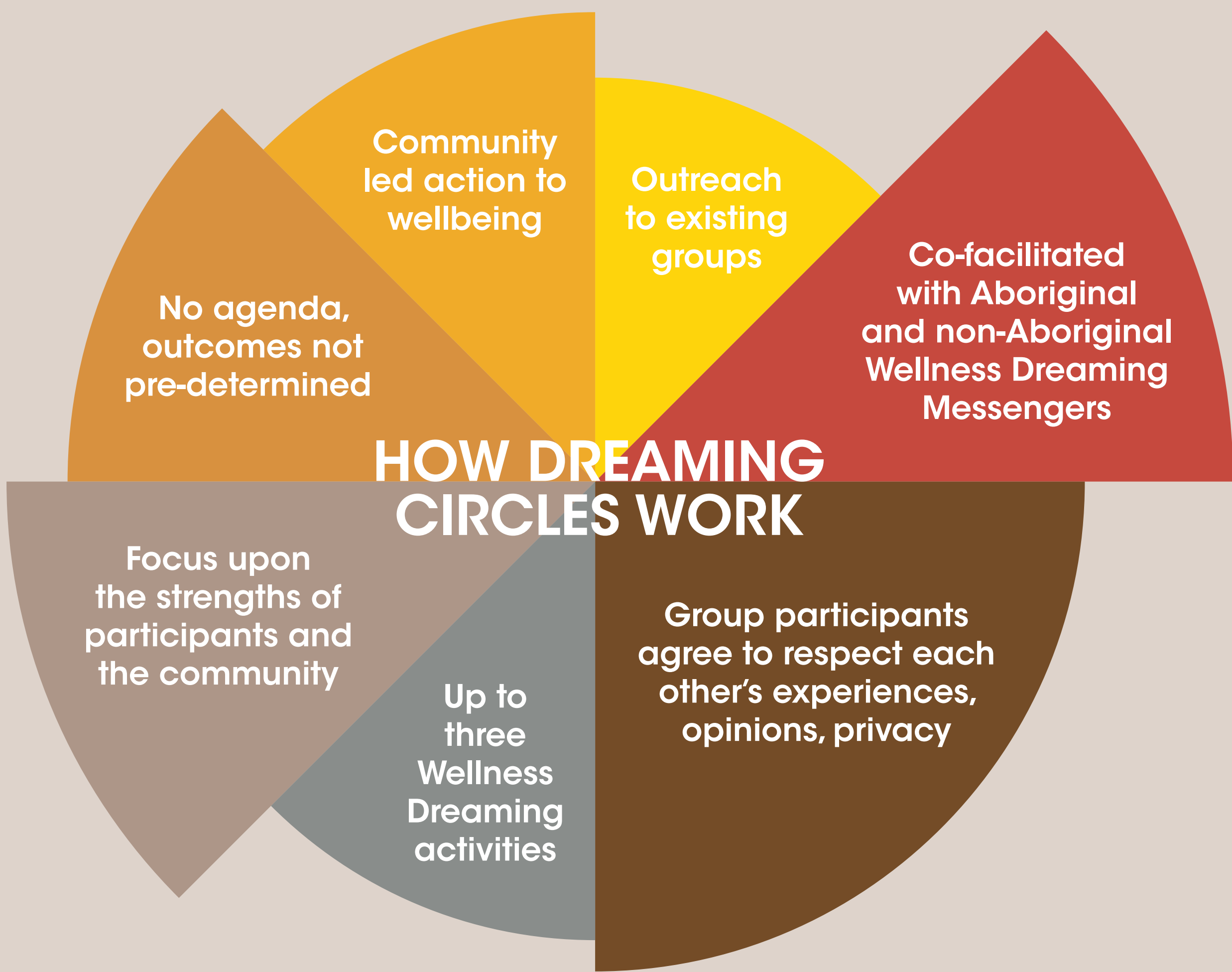


# Dream out loud



**ONE COMMITMENT, WHAT WILL YOU DO?**

Going public and making a commitment helps us be accountable to each other. Community action can start with simple steps.

*Community voices said:*

- I'll write and read a poem
- I'm going to learn to make a cake for my kids
- I want to learn to knit
- To get my six year old twins involved with sport
- To learn more about my culture
- To do whatever I can to prevent family violence in Melton

**GIFTS OF THE HEAD, HEART AND HANDS**

Identify your strengths, gifts, skills you can offer to bring change

*Community voices said:*

**Head:** time management, reading, organising, listening, planning, life knowledge

**Heart:** Compassion, friendship, hugging people, empathy, smiling and say hello, being there for others, honesty

**Hands:** painting, fixing things, hair and make-up, cleaning, cross-stitch, knitting, playing music

**EASY AS ... 5 SIMPLE QUESTIONS**

1. What is working? 2. What would 'better' look like? 3. How do we get there? 4. What are the first steps we can take? What can we do now to get started?

*Community voices said:*

Invite others to visit our (Elders) group such as Koori youth choir and playgroup

**STEPPING STONES**

- Acknowledge the steps that have been taken already
- Agree on a common dream
- Brainstorm activities
- List people who can help, resources and set deadlines

**Wellness Dreaming is a project focused on strength and the messengers make it possible**

**WHAT DOES COMMUNITY WELLNESS LOOK LIKE?**

Draw, paint, depict your ideal community and imagine what it would look like in five - ten years. What role could you play? Who else could help?

*Community voices said:*

- Family, Connection, Relationships
- Open day for NAIDOC Week
- Invite our families for afternoon tea
- The Mayor of Whittlesea, Annabelle and Christine



**RAPID DREAMING**

Think about three things you all care about and create an activity that includes all three.

*Community voices said:*

- the mob is what binds us
- lateral love
- land and culture
- equality
- caring for nature, for all of us

*Our way of sharing knowledge is powerful, it's strong. Listening and learning about each other and what we can change together*

*Out West and in the North, Wellness Dreaming has ignited a spark. strength is the fuel*



*From suburb to suburb we connect the dots*