



## **CaraCare Feedback Report**

### **Logistics**

**Group Name: Having A Go – connecting to self, connecting to others through movement**

**Dates: 22 May to 7 August 2017 (from 4.30pm to 5.30pm on a Monday afternoon)**

**CaraCare Facilitators: Manny Kassiotis and Conor McVeigh**

**Wests Tigers Facilitators: Shaun Spence and Laura**

### **Introduction**

This pilot group was a joint initiative between CaraCare and the Wests Tigers Rugby League Club, following an initial meeting/ discussion at the Concord Fair in November 2016. Between January and April 2017 there were three meetings that occurred to discuss, develop and design the program. There were fourteen children and young people who were interviewed for this group, and eleven children and young people completed the group.

This group involved twelve, one hour sessions for children and young people to build their confidence in their own physical skills and team work. One of the aims of the group was to foster and enhance the child and young person's sense of self-worth, identity, self-efficacy, sense of community and reconnecting them to positive role modelling and physical activity. The group was held at the Concord Oval – home ground of the Wests Tigers Rugby League Club.

The group structure was divided as follows - physical activities for 45 minutes and then a 15 minute discussion on various topics/ themes. Each session linked physical activities to the following topics/ themes and was reinforced at every opportunity by the facilitators:

- Team work
- Violence
- Bullying
- Respecting gender differences
- Harnessing power over our emotions
- Leadership
- Physical and emotional safety
- Mental health

By the third week of the group, the children and young people decided that they wished to explore in greater detail the topic of ethics. This then became the focus of the group during the “discussion” time, and it was decided to produce a book on ethics written and illustrated by the group.

During the final session of the group (and at the end of group celebration) the children and young people got to meet several members of the Wests Tigers Rugby League Club. This was a very successful and positive outcome and the group ended with all of the children and young people receiving tickets to a game.

Finally, in November 2017 a member of the St James Ethics Centre was invited to meet with the children and young people and provide feedback on the first draft of the book in the form of a focus group.

### **Referring Agencies**

There were a number of different agencies that referred the children and young people to this group:

- FaCS
- SSI
- SDN
- VS
- Key Assets
- Self-referral(s)

## Group Data

AGE	GENDER	CARE STATUS	ETHNICITY	TRAUMA HISTORY
13	Male	OOHC	Anglo-Australian	DV/ Neglect/ Bereavement
11	Female	OOHC	Greek/ French	DV/ Neglect/ Bereavement
7	Male	OOHC	Greek/ French	DV/ Neglect/ Bereavement
13	Female	Kinship Care	Assyrian	DV/ MH
10	Male	Birth Family	Anglo-Australian	DV
15	Female	Birth Family	New Zealand	DV
7	Female	Birth Family	New Zealand	DV
12	Male	Birth Family	Anglo- Italian	Emotional Abuse/ Bullying
11	Female	Birth Family	Anglo-Italian	Support Person
11	Male	OOHC	Anglo-Greek	DV/ Neglect/ MH
9	Male	Adopted	Kenyan	PTSD

## **Feedback from the participants**

At the end of each session the children and young people were asked what they did and didn't like about the group, and in particular if there was anything they would like to change about the group. Consistently from week to week the overwhelming response to the question "what did you like about the group" was "everything!" Some of the things that the children and young people didn't like focused on environmental factors – "the cold weather," "the wet grass," and "the bad lighting" (the group often ended in the dark).

Some more specific feedback about what was most liked:

- Meeting new people
- Not being stuck at home
- Team work
- Communication
- Discussion on bullying
- Meeting the players

## **Conclusion**

The feedback from this pilot group demonstrates the enjoyment and satisfaction that the children and young people derived from participating in one of the first “movement” groups developed by CaraCare. The feedback is invaluable in assisting with any changes or modifications that need to be made to the group in preparation for coordinating and facilitating the group again.

A final evaluation of the pilot group is still pending and will hopefully be completed in early 2018. The book on ethics that the children and young people developed will also be completed early in the New Year and will be officially launched and promoted both by CaraCare and the Wests Tigers Rugby League Club in due course. It is anticipated that the next “Having A Go” group will be offered in Term 1 and once the second group has been completed, a more thorough and comprehensive evaluation of the group will occur.