



ACTS OF KINDNESS

In October, Resilient Ararat brought some much-needed joy to the community when it launched its second annual mental health campaign. *Random Acts of Kindness in the Rat* emphasised the importance of practicing empathy through kindness by encouraging Ararat residents to complete a random act of kindness for a friend or stranger during Mental Health Week.

One thousand 'kindness calling cards' were widely distributed to create a 'pay it forward' movement of kindness throughout the week. People who received a calling card were encouraged to complete a random act of kindness for somebody else and pass the card on to keep kindness circulating. Social media played an important role in the campaign by ensuring the community could share their kind acts with others.

By the end of the week, Facebook and Instagram were flooded with images and stories of individuals and businesses making people smile with thoughtful gestures and gifts - a nice reminder of the kindness and community spirit that exists in Ararat.

RESILIENCE ART TRAIL

Unfortunately, due to the Covid-19 pandemic affecting visitation to schools, The Resilience Art Trail project planned for 2021 had to be postponed. This exciting initiative, which involves students from all of the Resilient Ararat cluster schools, will now take place next year.

Students will be working with local artist, Alyshia McInnes, to design and paint a panel of artwork that reflects what their school community is grateful for. The final product will be a series of nine weather-proof, framed art panels which will be displayed at the front of each school, or in a chosen location in the school's community. This will create a unique Art Trail throughout the Ararat Rural City area. It is hoped the trail will serve as a visual reminder in the community of the importance of positive mental health long after the Resilient Ararat project finishes.

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Stay connected...



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**Resilient
Ararat**

2021

in review



THANKS ARARAT

It was another challenging year for Resilient Ararat as Covid-19 restrictions continued into 2021. Despite having to cancel or postpone some of our activities, we were extremely proud of the way our community embraced our efforts to support and promote positive mental health in Ararat.

The projects and initiatives implemented by Resilient Ararat this year would not have been possible without the generous support of our major sponsors. We would like to thank Ararat Community Enterprise (ACE), Mellow in the Yellow and Grampians Pyrenees Primary Care Partnership (PCP) who helped ensure our 10 cluster schools could continue to implement The Resilience Project curriculum in 2021.

With gratitude,

The Resilient Ararat team

GRATI-TUESDAY

In 2021, we continued with our Grati-Tuesday initiative across our social media platforms. This regular reminder to practice gratitude and empathy has been embraced by our community and we received some fantastic responses to our question of "What are you grateful for today?" From pets, to supportive workplaces and thoughtful friends, the people of Ararat recognise they have many things to be thankful for. This is such an important part of boosting our happiness and improving our mental health. Thank you to everyone who participated in the initiative this year.

MENTAL HEALTH FIRST AID

In July, Resilient Ararat organised Youth Mental Health First Aid training for local teachers, businesses, community organisations and individuals who work closely with young people. The course helped equip 36 participants with the skills to recognise and respond to an adolescent who may be experiencing a mental health problem or crisis situation.

Our Youth Mental Health First Aid graduates will put the strategies they learnt to good use, supporting young people in need throughout Ararat and its surrounding communities.

MINDFULNESS WITH MEAGAN

We were fortunate to have local accredited Mindfulness and Meditation teacher, Meagan Ward, pass her knowledge on to teachers and students from our Resilient Ararat cluster schools. Between Covid-19 lockdowns, Meagan was able to attend several schools to help support the delivery of The Resilience Program curriculum. Younger students learnt strategies and practices to manage their emotions and build their self-awareness and resilience. In the senior year levels, Meagan focused on skillset, mindset and building mental fitness to enable students to bring their best performance to their secondary schooling.



TEACHER SEMINAR

In May, Resilient Ararat supported teachers from our cluster schools to attend The Resilience Project's annual Teacher Seminar in Melbourne. The event supports teachers with the implementation of The Resilience Project curriculum and inspires them to promote positive mental health among their school communities.