



KINDNESS IN A CUP

Over the past 12 months, our Paying it Forward – Kindness in a Cup campaign has continued to grow. Launched in September 2024, the initiative allows community members to visit participating cafes (Fred & Bet's Cafe and Foragers) and pre-purchase a hot drink for someone who could use a little extra happiness in their day.

In addition to providing the Ararat community with a simple way to practice empathy and generosity, Kindness in a Cup supports local businesses and residents experiencing hardship. The response to the campaign has been overwhelming, with more than 1,000 pay it forward coffees distributed since the the initiative was first introduced!

GRATITUDE WALL

In October 2025, we launched The Positive Postie Project Virtual Gratitude Wall to allow the community to experience the benefits of practicing gratitude!

The gratitude wall is located on the Central Grampians LLEN website and can be used to acknowledge and celebrate local businesses, sporting clubs, community groups or individuals who are doing great things.



During Mental Health Month, there were 47 messages posted to the wall, recognising everything from tireless volunteers to businesses going above and beyond for their customers.

YOUTH MENTAL HEALTH FIRST AID



In September, Resilient Ararat sponsored 21 community members to complete Youth Mental Health First Aid (YMHFA) training. We also worked with Ararat College to train two staff members as Teen Mental Health First Aid (TMHFA) instructors, leading to 134 Year 7 and 8 students being certified in TMHFA.

YMHFA and TMHFA equip participants with the knowledge, skills, and confidence to recognise, understand and respond to young people experiencing a mental health problem or mental health crisis.

Since 2020, we have supported 67 locals become Youth Mental Health First Aiders. These individuals are teachers, youth workers, sports coaches and mentors who are now trained to provide vital support to young people in our community.

MENTAL HEALTH MONTH



THE positive postie PROJECT

The Positive Postie Project was a kindness-based wellbeing initiative that encouraged the whole community to practice gratitude during Mental Health Month 2025. The campaign was widely promoted through navy 'grateful' caps which were dropped at parks, sporting facilities and other landmarks for community members to find.

Participating schools received free campaign resources, including branded notepads and Positive Postie boxes to inspire students to write kind, uplifting notes to their peers, teachers and school staff. Local businesses were also invited to get involved in the campaign with their staff.

As part of the campaign, a virtual gratitude wall was set up on the CGLLEN website to allow community members to acknowledge and



celebrate local businesses, sporting clubs, community groups or individuals that are doing great things. The Positive Postie Virtual Gratitude Wall has remained live since the completion of the campaign and continues to be used to express gratitude. You can visit the wall or add your message [here](#).

Our supporters



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Our cluster schools

Ararat College
Ararat West PS
St Mary's PS

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PHONE 03 5352 3266

WEBSITE www.cgllen.org.au/resilient-ararat

