

Investing in rural Wellbeing:

The critical ingredient for vibrant places

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FRRR

Foundation for Rural
Regional Renewal





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The only national foundation specifically focused on ensuring the social and economic strength of remote, rural and communities by aligning government, philanthropic and community purposes and investments.



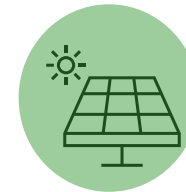
Grant & Develop | Leverage & Broker | Insights & Learning



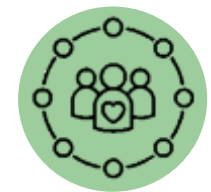
People



Place



Climate Solutions



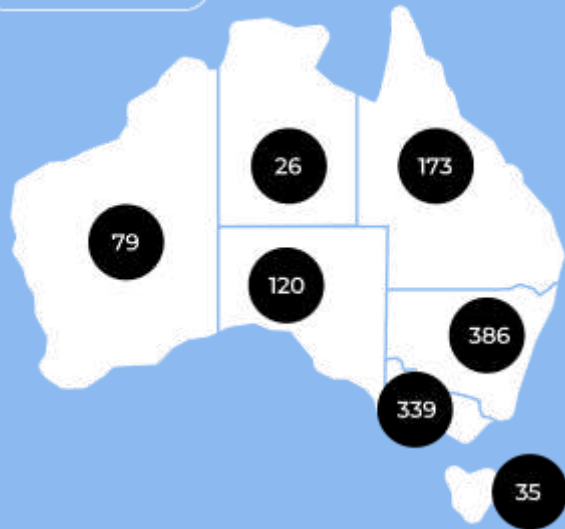
Disaster Resilience

So that communities:

Seed & Strengthen | Adapt & Evolve | Innovate & Renew

FRRR at a glance – FY22/23

Grants Awarded



\$22.5M via 1,158 grants toward initiatives worth \$62M, in 552 postcodes



Outcomes Supported

Building Community Resilience

29%

272 Grants

\$6,545,147

Developing Organisational Resilience & Capacity

24%

285 Grants

\$5,432,532

Promoting individual & community health & social wellbeing

18%

243 Grants

\$3,918,614

Supporting lifelong learning, education and / or training

12%

156 Grants

\$2,721,028

Contributing to a culturally vibrant community

8%

117 Grants

\$1,750,578

Building economic strength & sustainability

6%

37 Grants

\$1,427,071

Acting on environmental challenges / opportunities

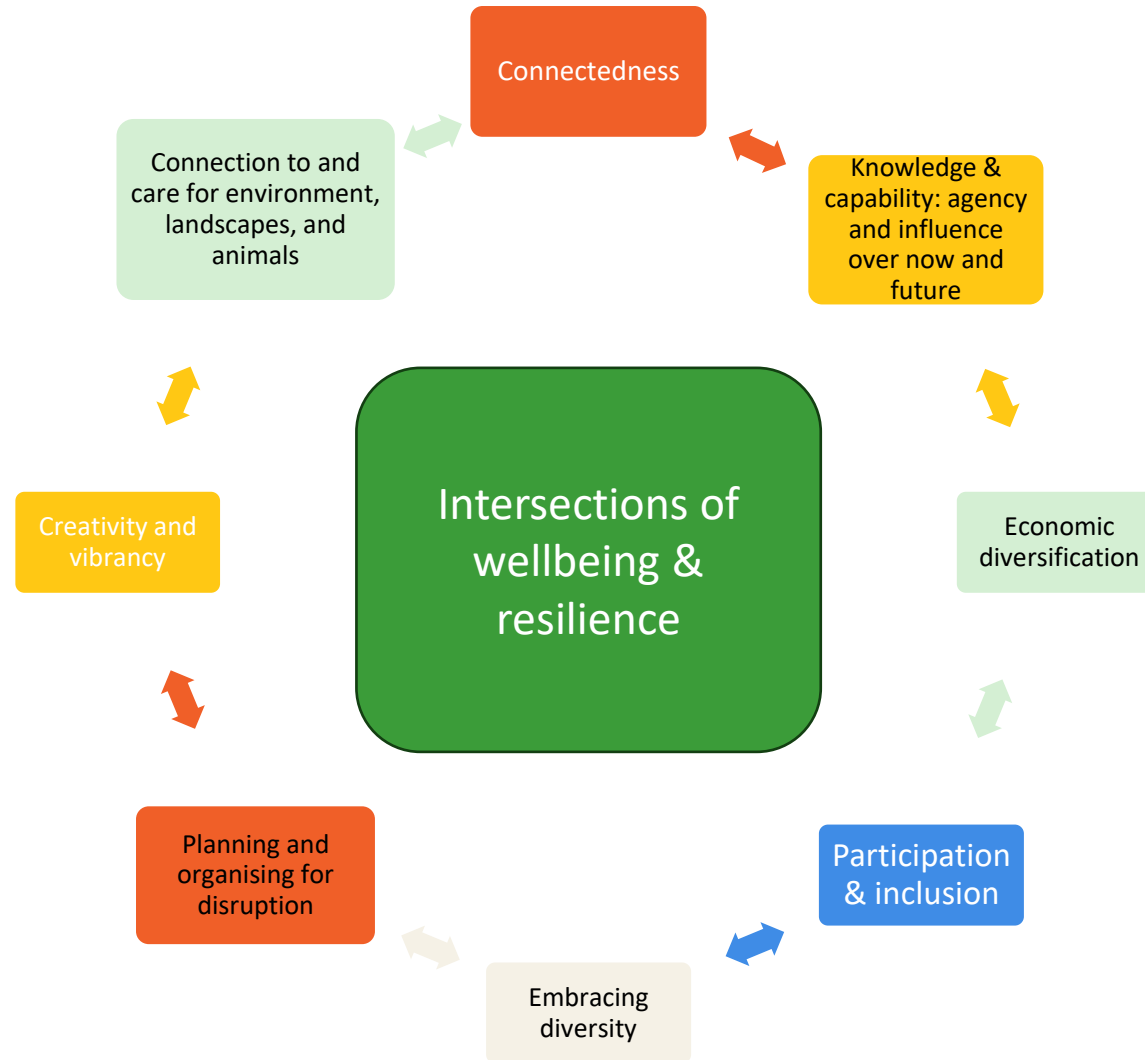
3%

48 Grants

\$702,623

Wellbeing: a crucial ingredient to policy success

- Holistic and cross-cutting
- A set of dynamic conditions
- Requires capacity and resourcing
- Should be measured at hyperlocal, as well as regional, state, and national scales



Wellbeing in an environment of disruption & trauma: FRRR 2021 Heartbeat of Rural Australia study

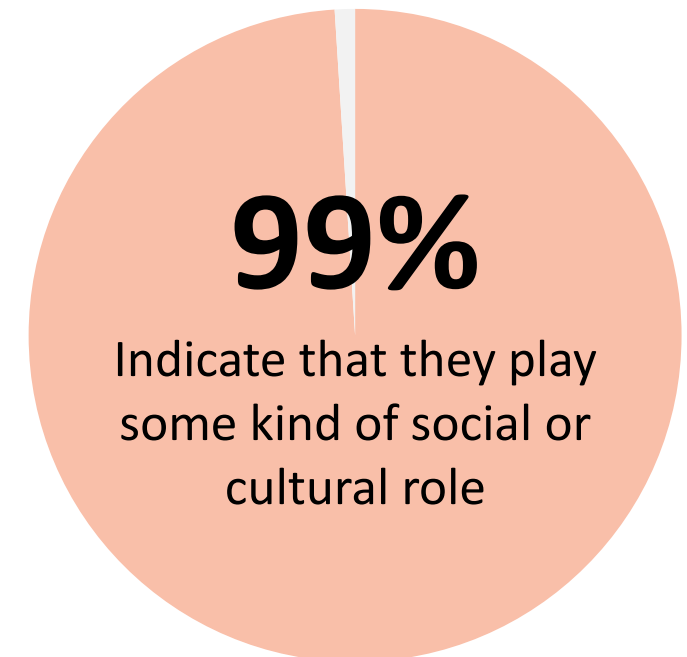
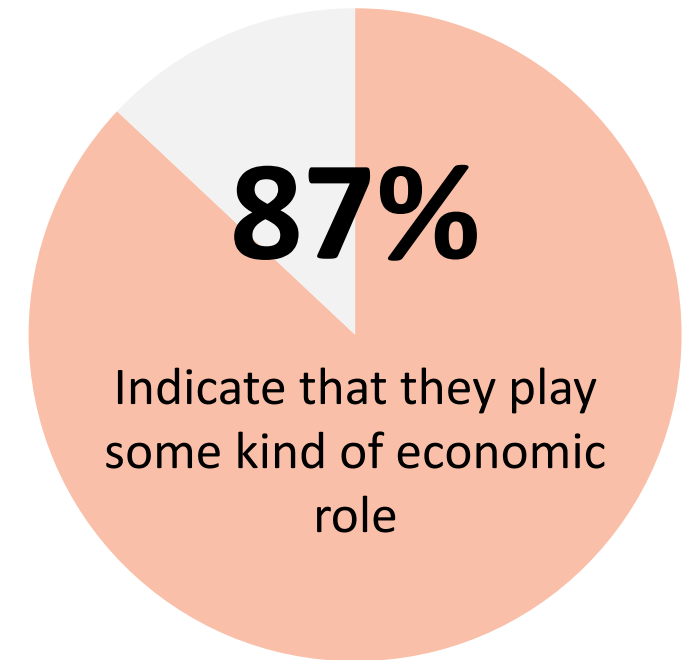
- A national survey targeting local community-led not-for-profits and community groups
- Designed to understand and quantify the experiences of these organisations over the last few years in the context of constant disruption
- Sought to offer a data-led platform for often unheard or hard-to-reach community voices to amplify needs, gaps, opportunities

Finding: Local NFPs are the glue in fostering & sustaining wellbeing in rural communities



What did we hear?

- An important economic role, advocating for new community projects, supporting community infrastructure, encouraging visitors to their region and providing links to government agencies.
- More than half provide activities to help improve the mental health and wellbeing of their communities either directly, or indirectly by combatting social isolation

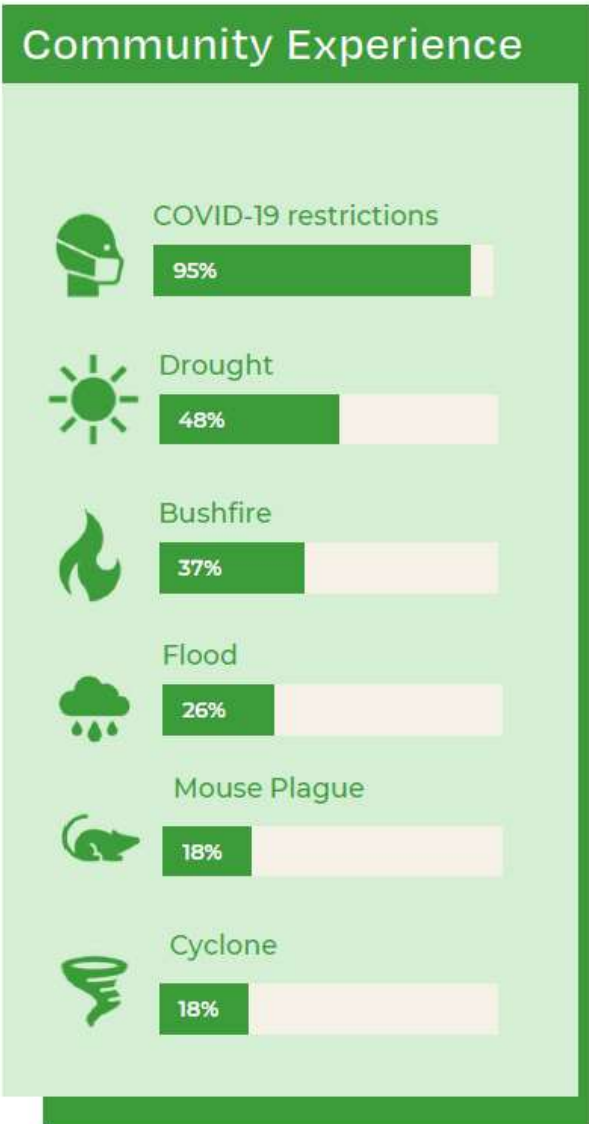


What would happen if these organisations were not around?

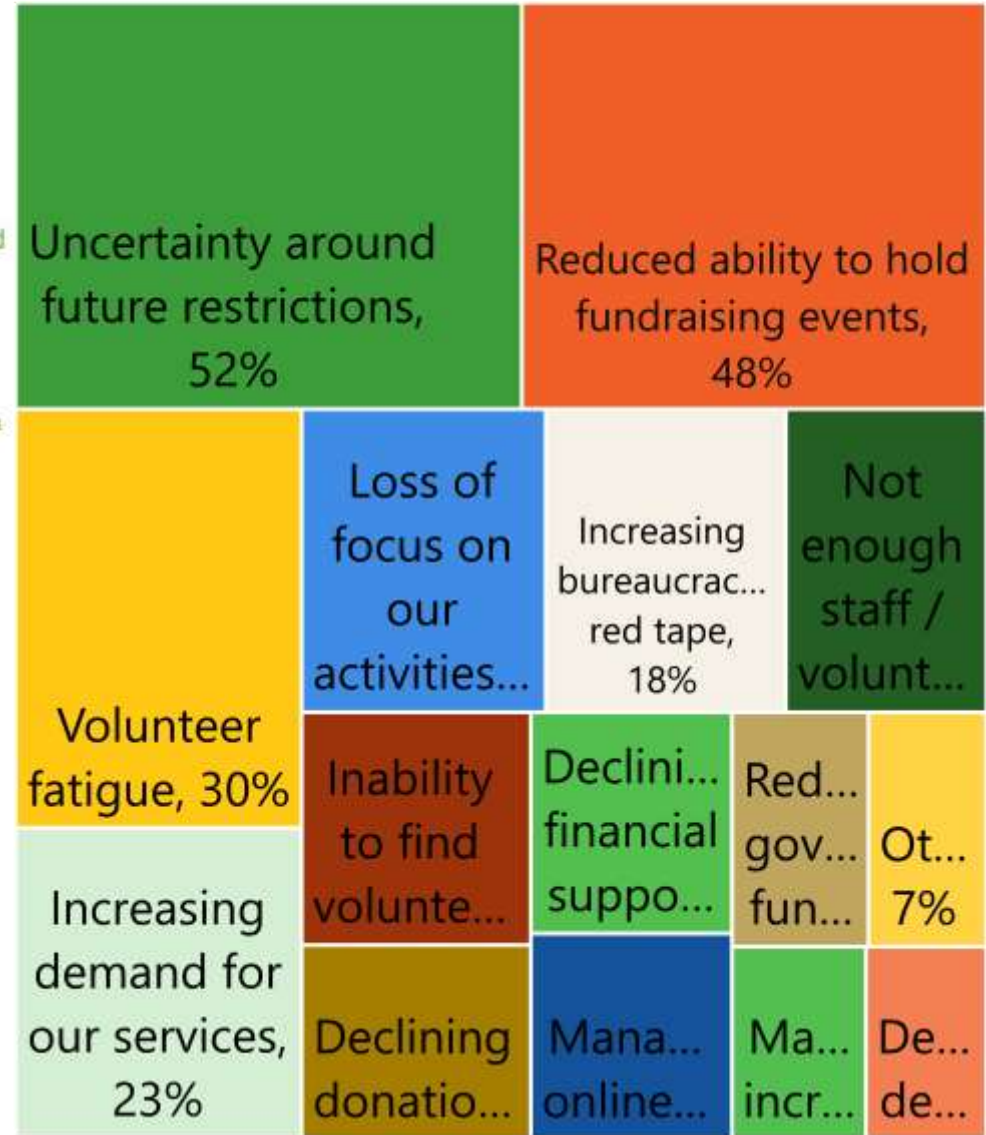
*“It would be **fragmented** and **disconnected**. There would be **no child-care**, no-one dealing with **emergency assistance**, **mental health** issues and support. Our **older people** would have **no access to social opportunities**, outings or a shopping **bus** to the nearest supermarket... **Youth** would have **nowhere to hang out**. There would be **no playgroup**, **no social groups**. **This place would be an emotional and social desert**. We don't have the usual government and shire agencies providing anything for us. **We do it all. And we struggle to get funded for it...**”*

- Rural WA

Impacts of disruption and trauma



Greatest impact of recent events on community organisations



What is needed? Integrated and systems approach to embedding wellbeing into funding



Place-based, community-centred, systems focussed

Coordination and collaboration from the bottom up, building knowledge systems and networks, formalising and authorising local skills and assets, Truth-telling and Healing

Targeted investment to shore up resources and capability

Volunteer emergency services, volunteer development & succession planning, NFP capacity and resourcing, economic diversification, essential services

Place-making & community development

Community meeting places, community inclusion and wellbeing programs and activities, environmental care, economic stimulus, cultural vibrancy and connection, intergenerational transitions



Action: Small Grants to support wellbeing across communities

- Right-sized & manageable for small towns & small orgs
 - Enable small steps toward big things
 - Build collaboration muscle
 - Strengthen pride, social capital, wellbeing
- Hyperlocal impact - that may not show up in national datasets

Lake Grace Community Men's Shed, WA \$6,500 grant to promote positive role modelling and inter-generational connections for disengaged youth via welding classes, while building a local employment pathway.



“

“As a result of this project, five young people secured apprenticeships in mechanics, cheffing, landscaping, panel beating and carpentry; 15 young people have casual employment in their community; and one young person is engaged in a Traineeship at ShoreTrack.”

- ShoreTrack

“By completing this project it shows that despite being a small, low socio economic town we can make life better for ourselves.

We deserve nice facilities and can create them with the help of organisations like FRRR. So thank you.”



Playgroup WA Inc (For Morawa Playgroup)

Action: Place-based NFP capacity building 'Investing in Rural Community Futures'

Shifting rural not-for-profits from surviving to thriving, to ensure a vibrant, resilient & revitalised remote, rural, and regional Australia.

Recognising the critical role place-based NFP's play in RRR Australia, and the potential they can have if better-resourced with investment in **strengthened skills, efficiencies, systems, and strategic thinking.**

Delivered in 8 NSW communities. Launching in Victoria in July 2024.



5-year place-based program activated through four enablers

- **Collaboration**
- **Flexibility**
- **Local connections and support**
- **Evaluation**

NFPs collectively develop goals aligned to four Capacity Building Pillars

- **People**
- **Strategy**
- **Efficiencies**
- **Systems**

Key Components



Impact Example

STARTING PLACE

- Town built around rail, closed in 1970's
- Lost identity and purpose
- Relied on privatised prison as new employment base
- Ageing population coupled with increasing disadvantage
- Siloed orgs and services and low level of coordination
- Inefficient service systems
- Low success rate in attracting funding and investment
- A sense of wanting to shift



AFTER \$4MILL & 4.5 YEARS OF IRCF

- Health interagency with high functioning coordination resulting in reduced presentations to emergency; focus on prevention and early intervention; referrals and integration; improved health and wellbeing
- Sustainable and financially self-generating aged care service, community centre, and community facilities; enabling people to live well in place
- Attracted funding through NDIS, Medicare, other government grants. Direct IRCF leverage of \$3.6m
- Retention of only bank through collective advocacy. Now turning advocacy efforts toward responding to effects of prison de-privatisation
- Increased safety for First Nations people to participate and add to community life
- Innovation in volunteer attraction and engagement of new people & next generation
- Confident, connected, proud, with bold ideas and skills to deliver

Action: community infrastructure as an enabler of wellbeing

From hall to hub of Coffin Bay, SA

- A long list of required repairs has meant that the Community Hall hasn't been being used to its full potential in the last few years.
- \$5,914 SRC grant kicked off a 6-stage hall renovation plan funding a new hot water system, ceiling fans and repairs to the men's toilets.
- The renovations provided the opportunity for several Community Health services to be held under one roof, including mental health clinics and AA meetings.
- Next steps - tile the kitchen, a community garden, a men's shed, and getting the local schools involved in painting a mural.



Embedding wellbeing doesn't need to be complicated!

- People
- Place
- Disaster resilience
- Climate solutions



Please reach out to learn more!
www.frrr.org.au