



**Yangebup  
Family Centre Inc.**

# Strategic Plan

2024 - 2029



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# Summary

The Yangebup Family Centre is a not for profit community organisation located in the City of Cockburn with an established community nestled amongst older suburbs to the West (Coogee, Spearwood and Munster), and many developing suburbs nearby include Hammond Park, Success, Aubin Grove, Atwell and Beeliar.

This Strategic Plan encompasses the period 2024 to 2029. This plan includes feedback from community consultation that occurred in 2022/2023. Regular community consultation is embedded into our activities and the plan is reviewed every year.

The City of Cockburn’s current population of 122,211 is expected to increase to 150,000 by 2030. Forecasts include an increase in the number of families with young children and an increase in lone person households and residents aged 65-69 years.

Community aspirations and priorities have been considered in the development of the strategic objectives contained in the Plan. The strategic objectives are grouped around the following key Community Themes to provide outcome areas:

## Community Themes



# Introduction

The Strategic Plan 2024 to 2029 sets the Centre's direction and lists our strategic priorities. It reflects the priorities of our community and builds on our history and the previous plans. This document contains our major achievements and awards since the last Strategic Plan as well as the aspirations and challenges we face over the next five years.

This plan states our strategic vision and our high-level objectives under four key community themes.

We have developed an outcome-based framework to measure success in each focus area that will demonstrate our impact in partnership with our key stakeholders.

We encourage and support community members to work together to take collective action and generate solutions to shared problems or issues. We look forward to working with our community over the next five years.

Thank you to everyone who participated in our community consultation and the development of our Strategic Plan.

# Our Centre

## Organisation History

The Yangebup Family Centre is an Incorporated Not for Profit Association. The Centre was originally established by several community groups focused on supporting families and providing connection. It became incorporated in 1992.

## Location

11 Dunraven Drive, Yangebup WA 6164

The Centre is on Beeliar Boodjar about 30 minutes south of Perth between Fremantle and the freeway on Dunraven Drive between Yangebup Rd and Beeliar Drive.

## Objectives of the Yangebup Family Centre

- To promote and develop programs and access to the Family Centre in a manner which ensures that all people within our community are provided equal opportunity regardless of race, creed, colour, religion, age, sex or marital status
- To promote the well-being of children and families
- To promote, develop and coordinate activities which relate to the cultural background of children, families and members of the community
- To develop and deliver programs in response to community needs
- To provide and maintain suitable grounds, buildings and equipment for such purposes
- To support community groups in developing self-help activities
- To raise and or contribute in the raising of funds for the use and benefit of the Association for any purpose considered advantageous to these objective

# Our Vision, Mission and Centre Values

## OUR VISION



**INSPIRE • GROW • STRENGTHEN**

Empowering individuals in taking an active role in their community.

## OUR MISSION



The Yangebup Family Centre is a community managed not for profit organisation that promotes connection and wellbeing in the local community. The Centre is a cultural hub where individuals, families and community groups can embrace diversity and belonging.

## OUR VALUES



# Our Key Achievements 2019-2024

## Sustainability

Ensure effective governance and the development of strategic partnerships for ongoing sustainability

- Build and maintain relationships with key partners
- Review and update key governance documents
- HR review completed
- Development of Centre Values
- Rebranding and refurbishment
- Community Eats Program
- Funding from ANHCA to support Food Connections Program
- My Journey to School Booklet developed in partnership
- Build and maintain volunteers to support programs like Community Eats & Food Connections
- Celebration of 30 years in our community

## Inclusion

Provide opportunities for community collaboration and place-based services to support individuals and families in our community

- Community collaboration through activities like cultural cooking, social sewing, May packs (distributed during Covid), Community Eats, Multicultural Feast, Lunar New Year, yarn bombing
- Implementation of Active Ageing Program
- Completion of Return to Work Program
- Build relationships with families through Kaya Time program
- Strategic Inclusion Plan (SIP) completed
- Engagement with CCK and families through CoDesign workshops and trialling All Abilities programs
- Development of outdoor programs including Kids Go Wild and Playgroup in the Park

## Environment

Create a welcoming Centre promoting environmental responsibility and sustainable use of resources.

- Promote environmentally sound practices through workshops and use of boomerang bags.
- Introduction of Community Share Trolley
- Successful in receiving funding and completing installation for LED lighting, PV Solar panels and ceiling replacement.
- Successful in receiving funding and completing works for new Nature Play spaces and upgraded bathrooms.
- Blue bin to collect recyclables in partnership with Scouts WA
- Funding from City of Cockburn for Mosaic Project to commence upgrade of front outdoor area



# Awards and Recognition 2019-2024

## 2023 City of Cockburn Australia Day Awards

### Active Citizen Award

The Yangebup Family Centre was very honoured to have been recognised at the City of Cockburn Australia Day Community Citizen of the Year awards as the winner of the Active Citizen Award. This award is presented to an organisation for their outstanding contribution to the community.

Thank you to Mayor Logan Howlett, David Scaife MLA, Josh Wilson MP, City of Cockburn Councillors, and staff for your ongoing support. Special thank you to our amazing volunteers, committee and staff for your ongoing commitment and dedication. This was a wonderful way to start 2023 and great recognition of our 30 years in the community.



## 2023 Community Service Excellence Award (CSEA)

### Finalist

The Yangebup Family Centre was honoured to be a Finalist in the 2023 Community Services Excellence Awards. The awards recognise and celebrate the work of organisations and individuals in the community services sector, who have demonstrably made a positive difference to people, families, and communities through innovative and creative practice. The Yangebup Family Centre was a finalist in Category 1 – Small organisation.



The awards are a long-standing partnership between the Western Australian Council of Social Service, and the Department of Communities, supported by Lotterywest. This is the second time that the Centre has been nominated for these awards and the second time that we have been recognised as a finalist.

## 2023 Linkwest People's Choice Award

### Finalist



We were very proud to be a finalist for the Linkwest Awards which acknowledged the initiatives of six outstanding Centres.

Our nomination was for the Yangebup Community Eats initiative. Chairperson Tracy Pearson, Community Development Officer Jo McGillivray and Manager Samantha Williams attended the Linkwest Conference where the awards were presented. As a finalist for the People's Choice Award, we provided a 10-minute presentation on

the Yangebup Community Eats initiative. A huge thank you to the City of Cockburn, Cockburn Community, the local partner organisations, volunteers, and community for making this initiative a huge success!

## 2020 City of Cockburn Volunteer Awards

### Runner Up – Organisation of the Year

The Yangebup Family Centre was runner-up for Organisation of the Year in 2020.

With the City of Cockburn recognising the YFC Cultural Cooking program and the fabulous volunteers who make this program so successful.





### 2019 Linkwest Awards

The Yangebup Family Centre was recognised for its community development efforts as a finalist in the 2019 Linkwest Awards. The awards honour the work undertaken by Linkwest member Centres and the positive difference they have made within their communities over the past 24 months.

The inaugural **Carmen Lawrence Award for Community Building** is for the Centre that has demonstrated effective community development practices, to contribute meaningfully to a stronger, healthier, more inclusive local community.

### 2019 City of Cockburn Volunteer Awards

#### Ann Gerlach Inspirational Volunteer of the Year and Mayors Award

Ann Gerlach received the Mayor’s Award for over 10 years of volunteering in the City of Cockburn and was also the winner of the Overall Inspirational Volunteer of the Year Award at the City of Cockburn Volunteer Awards on Sunday 10 November 2019.

Ann Gerlach has been an active volunteer at the Yangebup Family Centre (YFC) for the past ten years and has made an outstanding contribution to volunteering at the Centre and in the Cockburn community in a wide variety of roles over the past 15 years.



# Organisation Structure

## Community Representation

The YFC is an Incorporated Association registered with ACNC. The Management Committee comprises of a Chair, Vice-Chair, Secretary, Treasurer and no less than 3 Ordinary Committee Members. The Board employ staff to manage the day-to-day running of the Centre.

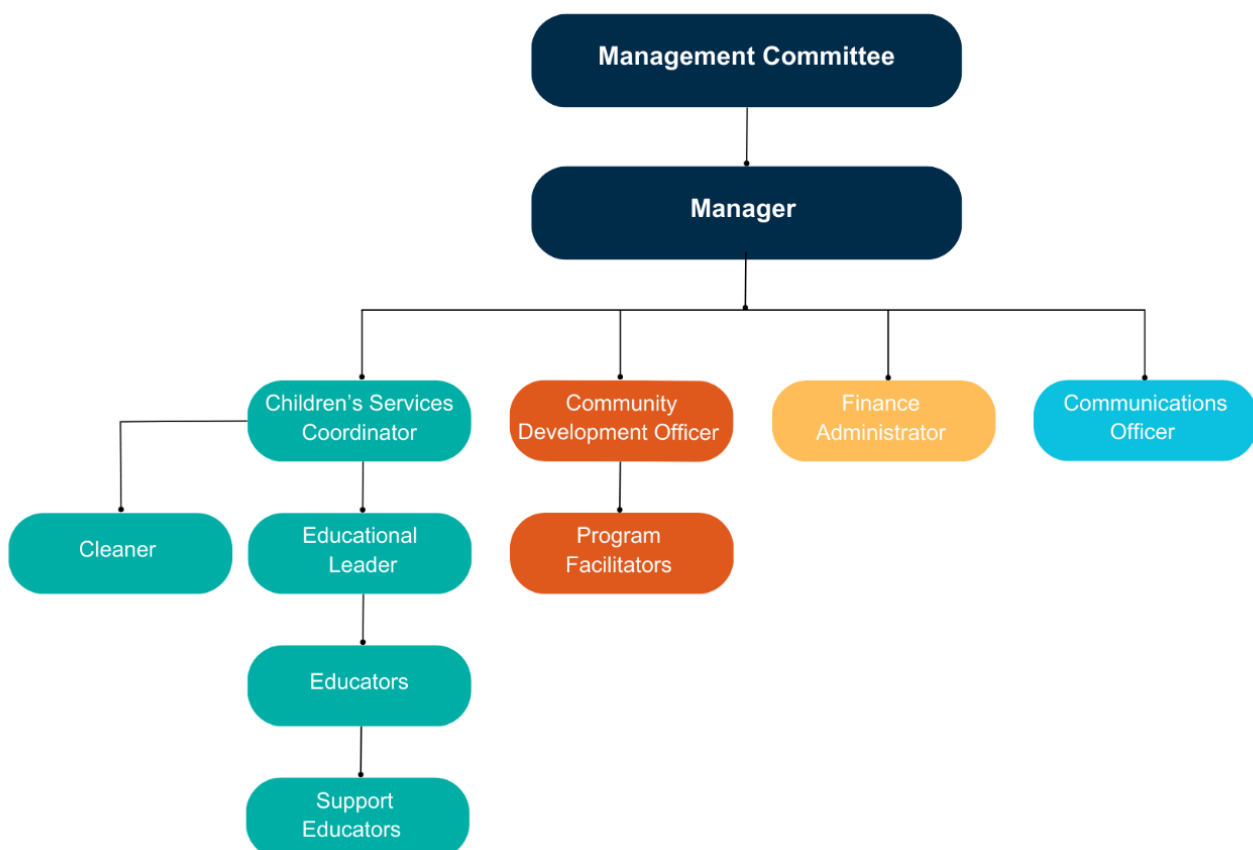
The YFC has a strong Management Committee and 15 part-time employees (approx. 5.5 FTE) with well-established management systems and controls that support its activities and service delivery to the local community.

Our Management Committee consists of eight community members who provide governance and strategic direction of the organisation.



Chairperson Tracy Pearson

- |                   |                    |
|-------------------|--------------------|
| Chairperson       | Tracy Pearson      |
| Vice Chairperson  | Zoe Crowest        |
| Secretary         | Myrto Robert       |
| Treasurer         | Lyn Wright         |
| Committee Members | Ann Gerlach        |
|                   | Kelly Ellis        |
|                   | Kym Maloney        |
|                   | Maggie Zentner     |
|                   | Cyla Maguire       |
|                   | Kailie Worthington |



# Background and Research

The YFC is a hub where all members of the community are welcome and included regardless of their cultural or linguistic background, life circumstance, age, race, ethnicity, gender, sexual orientation, ability and / or religious beliefs. The centre is an inclusive place where people feel they belong, are valued and are able to contribute to their community. The YFC facilitates place-based, grass-roots community development activities that connect and empower people within our community. Our services are universal and available to all Western Australians. The YFC uses an asset-based approach which focuses on community members strengths, encourages them to get to know people in their neighbourhood and to participate in activities being held within their community.

The YFC is affiliated with The Australian Neighbourhood Houses and Centres which is the peak body for community centres around Australia and a member of Linkwest, the state peak body. We use an Asset Based Community Development (ABCD) approach to empower our community and create stronger and more connected communities as part of the Neighbourhood House Service Model.

## **Asset Based Community Development**

Our Centre is community led, community driven and builds on our communities' strengths and assets. As a place-based organisation with a strong base of community volunteers we engage with our community every day. We include engagement activities at our events, we hold mini conversations one-on-one and community conversations. We use ABCD to build on the strengths of our community.

We contribute to the City of Cockburn (CoC) community planning and have been involved in the Connecting Community for Kids (CCK) who have engaged with community since 2014. CCK is a collective impact initiative developed to empower parents, children and professionals in the communities of Cockburn and Kwinana to improve childhood outcomes. The ABCD model is used to ensure our Centre is adding value to the lives of our community members by providing services and activities that focus on strengths in a safe space where they are comfortable to share their culture, knowledge, skills, experience and interests with one another.

The YFC utilises a range of community engagement, research and planning methods to ensure we provide opportunities for local community members to be included in decision making processes. These processes keep us informed of and provide evidence to demonstrate emerging or existing community aspirations. In addition to ABCD engagement we also use surveys (online, social media and face-to-face), a suggestion box and workshop feedback forms. We trial groups, approaches and formats which are assessed with findings influencing future programs. The YFC uses data to effectively identify, respond to and make decisions about trends and issues that impact the local community.

## **Engagement in our Community**

The YFC was originally established in 1992 to provide a venue for community programs and groups. The service contributed to the overall well-being of locals with more than 150

families regularly attending the centre in 1992. Over the years the programs have changed as the community has evolved.

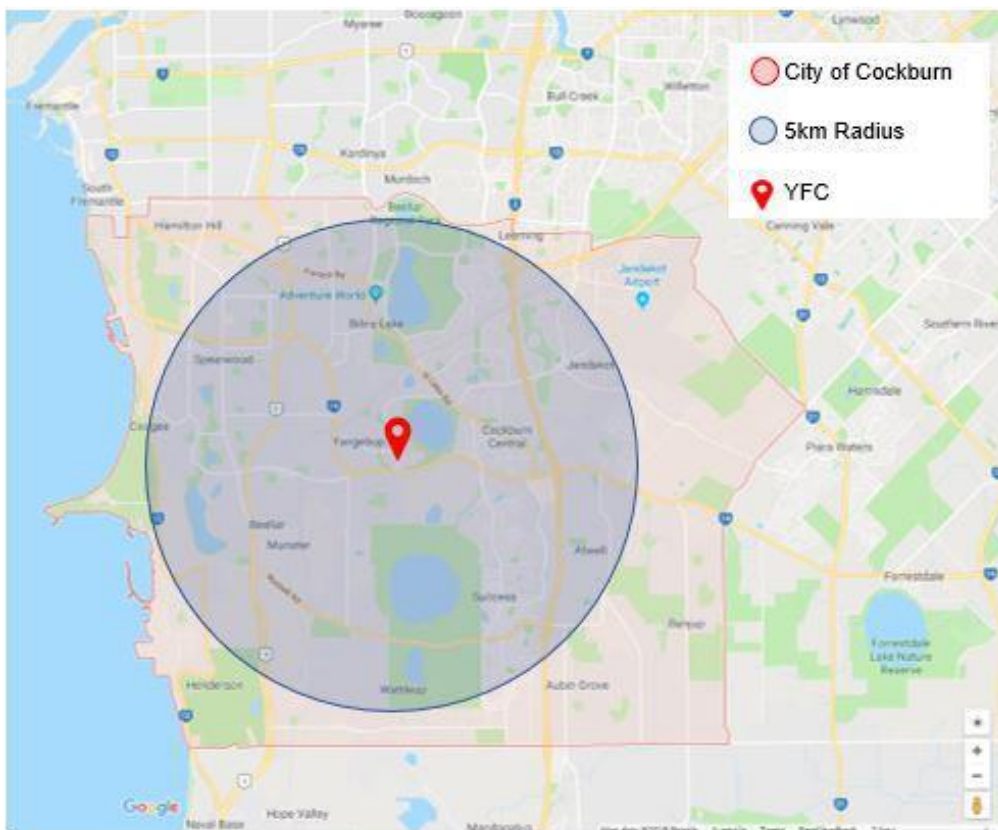
The totem poles at the front of the Centre have become a significant local landmark. They were originally painted in 2008 by students from local schools in a Yangebup Progress Association (YPA) project sponsored by the CoC and Alcoa. In 2018 with the support of the CoC we rejuvenated the poles with the Women of the World group and members of the Centre to reflect the cultural diversity of the area. To celebrate our 30 year anniversary, we supported a community Yarn Bombing project and Community Mosaic project adding a birdbath with mosaics representing the local lakes with images of bullrushes and turtles.

The Centre currently provides a meeting place for 12 recurring groups and a wide range of workshops with around 500 families attending regularly. The office is open Monday – Friday 9am-3pm with a friendly staff member available to welcome people and provide information and guidance. We also provide place-based programs from other venues where gaps have been identified.

We communicate via social media regularly, send newsletters, host community functions, get out and into our community to engage with locals and collaborate with businesses and stakeholders regularly.

## Community Profile

The Yangebup Family Centre (YFC) is on Beeliar Boodjar about 30 minutes south of Perth between Fremantle and the Freeway. The YFC is located in the suburb of Yangebup, ideally situated to provide services to the rapidly growing City of Cockburn and surrounds. All are welcome at the Centre no matter where they usually live.

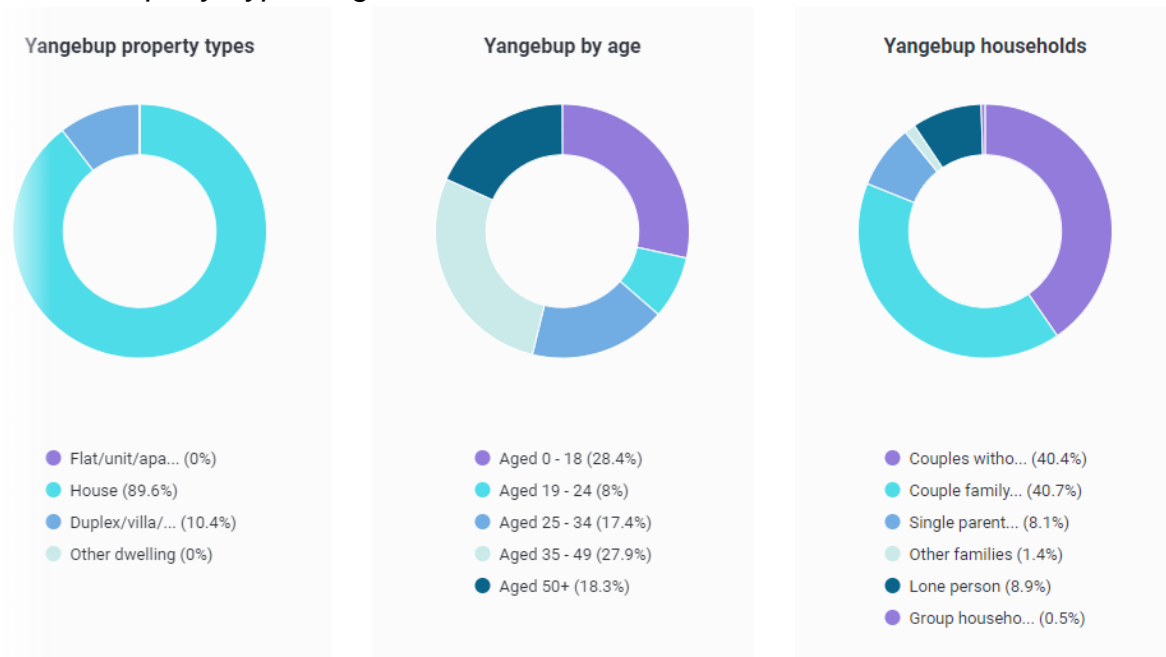


## Yangebup

Yangebup is derived from the Aboriginal word "yanget", the name of a native flax or bullrush. Yangebup Lake, after which the suburb is named, was first recorded in 1841, and Yangebup was approved as a suburb name in 1977.

Yangebup is an established area with development slowing down due to saturation of available land. With a population of 7,887 in 2021 it is expected to increase to 8,517 by 2031. Forecasts include the expectation that there will be an increase in the number of families with young children and an increase in lone person households, with an increase in residents aged 65-69 years.

### Current Property Types, Age and Households



The Yangebup Family Centre is located in an established community nestled amongst older suburbs to the West and many developing suburbs in all other directions.

Development areas include Hammond Park, Success, Aubin Grove, Atwell and Beeliar while some of the established areas include Coogee, Spearwood, and Munster. Population growth is expected in the suburbs of Coogee, Cockburn Central, Hamilton Hill, Hammond Park, Spearwood, Success and Treeby.

People living in our community include;

- Couples without dependants, approximately 40%
- Couples with children, approximately 40%
- Single parent, approximately 8%
- Fly in Fly out workers with isolated spouse
- Culturally and linguistically diverse families isolated from extended support family base, approximately 22%
- Lone Person households, approximately 9%
- Seniors (60 years +), approximately 15%

Many of the original residents of Yangebup have moved on with new residents dominated by young families and single parent households. Surrounding development areas including Beeliar, Success, Hammond Park and Aubin Grove are expected to attract young and prospective families with a relatively large proportion of pre-school aged children.

Our community consists of a large group of Fly in Fly out workers, with one partner relied upon to care for children without support for extended periods of time.

There are many small businesses operating within our community with administration and accounting functions being supported by partners who are at home with children. There is also an increasing number of people working from home and trying to juggle family and work in the same space.

Many of our families rely upon grandparents to provide care for children whilst they attend work or other commitments.

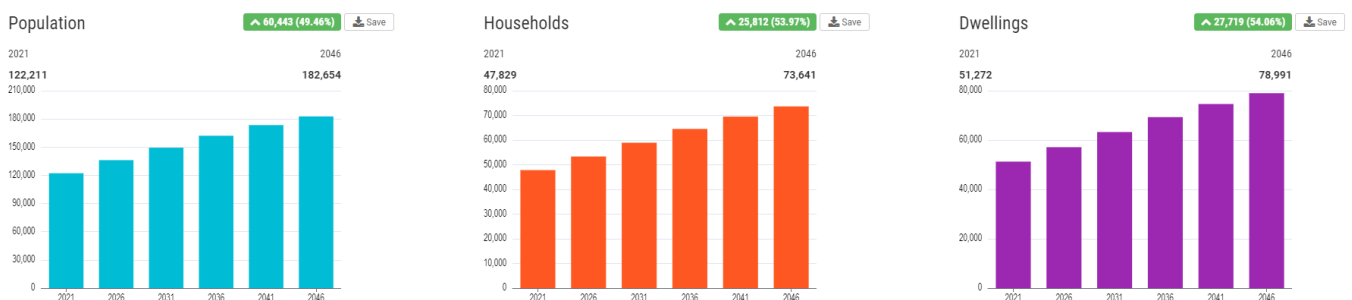
Many migrant families on work visa arrangements reside within our community as they are drawn to positions within the City of Cockburn. Many of these families face the challenges of separation from broader family support networks, cultural differences and lack of knowledge or understanding of local services and customs.

## City of Cockburn

The CoC's population in 2021 of 122,211 is expected to increase to almost 150,000 by 2030. Significant population growth is currently occurring in the CoC, and this is expected to continue over the next 5 years.

### Cockburn


REMPAN Forecasts prepared in September 2023.





Forecasts include the expectation that there will be an increase in the number of families with young children and an increase in lone person households, with an increase in residents aged 65-69 years.

### COC POPULATION FORECAST

2021	122,211	2030	149,366	 Families with young children Lone person households Residents aged 65-69 years

In 2021 the median age in Cockburn was 37 years compared to 35 years in 2016.

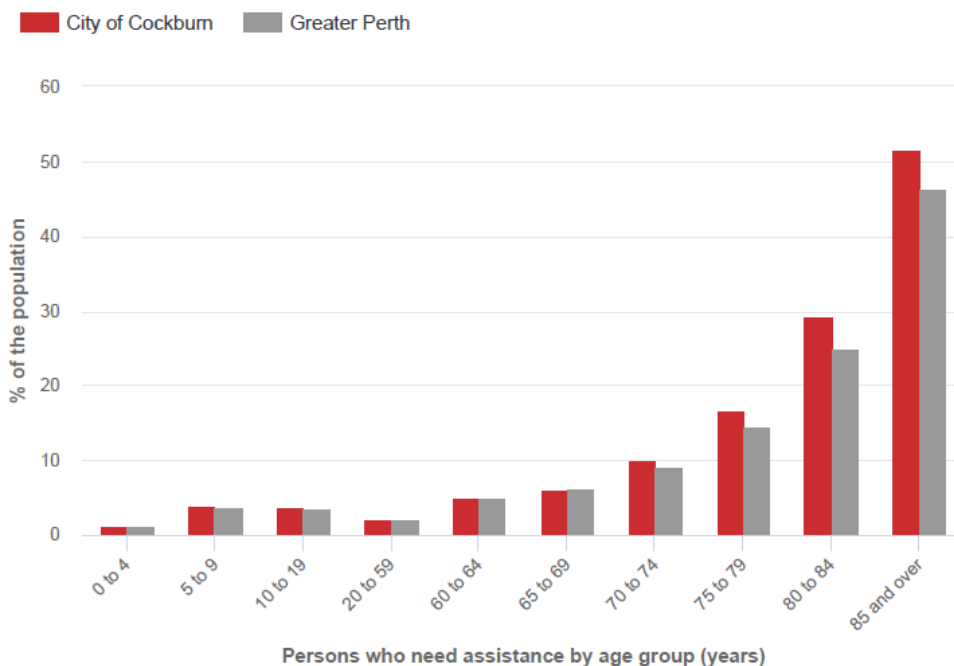
The percentage of the community 60 years or older was 18.6%.

Aboriginal and Torres Strait Islander population is 1.9% and people born overseas is 34% with 22% speaking a language other than English at home. There has been an increase of people working from home 3.6% in 2016 to 7% in 2021.

CoC is becoming more culturally diverse with 34% of the population born overseas. The largest non-English speaking countries of birth in the City of Cockburn are the Philippines and India both with 2% of the population. Many of these families face the challenges of separation from broader family support networks, cultural differences, social isolation, and lack of knowledge or understanding of local services and customs.

In 2021, 5,278 people (or 4.5% of the population) in the City of Cockburn reported needing help in their day-to-day lives due to disability. This was a percentage increase from 2016.

#### Need for assistance with core activities, 2021

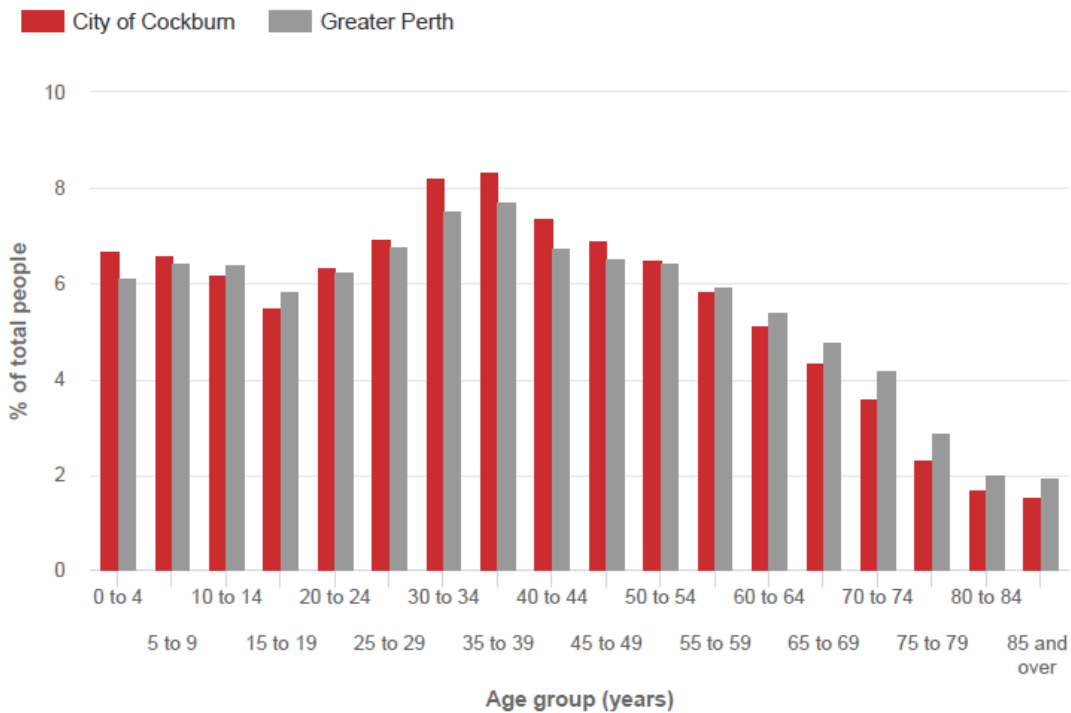


Source: Australian Bureau of Statistics, Census of Population and Housing, 2021 (Usual residence data). Compiled and presented in profile.id by .id (informed decisions).

The CoC is heavily populated by families with over 34.5% of households having dependent children and this number is predicted to steadily increase. The age structure of this population demonstrates a higher number of babies, toddlers and young children live in the CoC than the general population of greater Perth. The development of Beeliar, Success, Hammond Park and Aubin Grove are expected to attract young and prospective families with a relatively large proportion of pre-school aged children.

### Age structure - five year age groups, 2021

Total persons



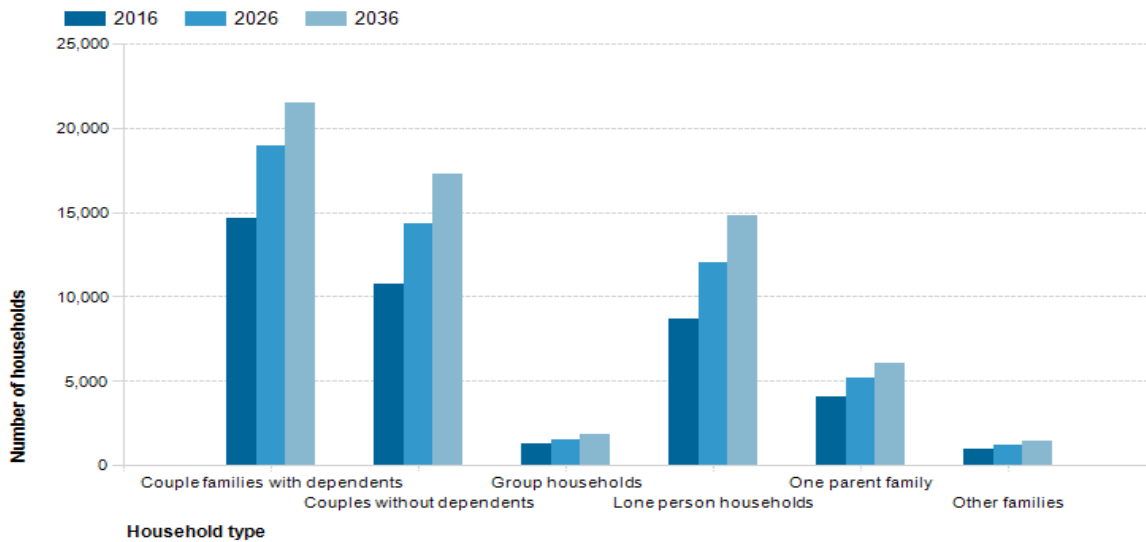
Source: Australian Bureau of Statistics, Census of Population and Housing, 2021 (Usual residence data). Compiled and presented in profile.id by .id (informed decisions).

The statistics in the table above correlate with data taken from the YFC which shows the majority of our community members are female, between the ages of 30-54 years. YFC provides services to champion this population via targeted community programs such as support and social groups, workshops, and educational sessions. Over 500 families with children aged 0-14 years access services every week.

The graph below demonstrates the populations of Couples with dependants, Couples without dependants and Lone households are predicted to steadily increase over the next 18 years.

### Forecast household types

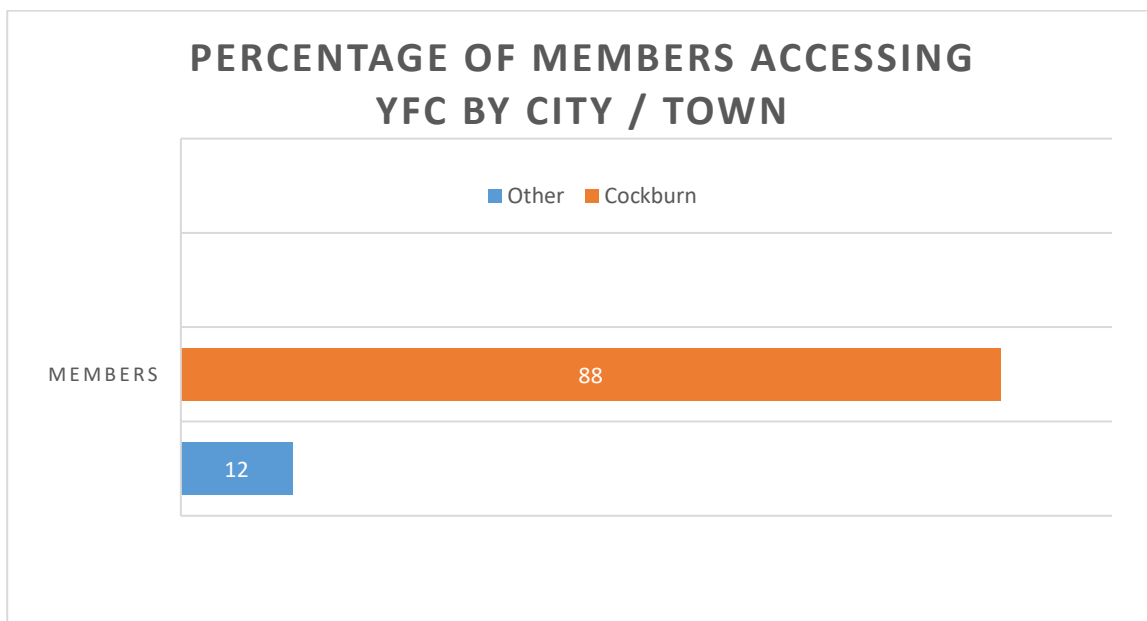
City of Cockburn

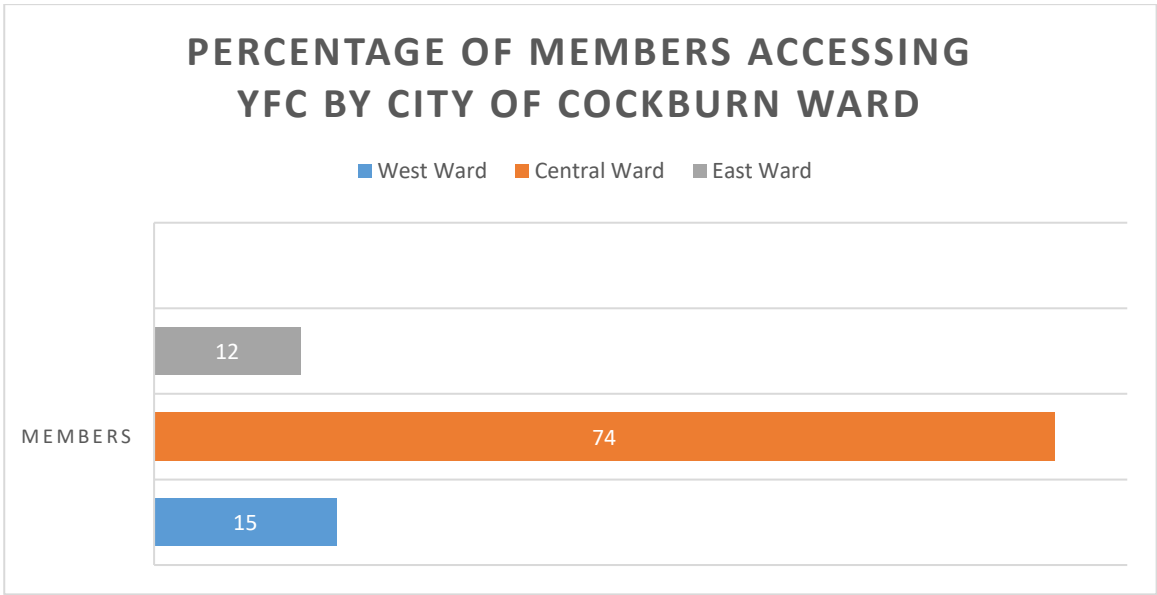


Population and household forecasts, 2016 to 2036, prepared by .id the population experts, December 2017.



YFC provides place-based services to residents of the CoC on a daily basis. We also have 12% of members who attend our programs from Melville, Fremantle and other areas. The chart (below) captures the geographical boundaries of the YFC services and community engagement.





In addition to providing place-based services in Yangebup the YFC also deliver outreach programs at local parks and in partnership with CCK and local schools. The programs reduce barriers like financial costs and entering an unfamiliar venue. The events have encouraged participation from families who identify as ATSI and families who identify as having a disability (either parent or child).

Successful partnerships with Connecting Communities for Kids (CCK) and the Cockburn Early Years Network (CEYN) helped support the vision of improving outcomes for Children and identified areas of concern with the data collected through the Australian Early Development Census (AEDC) results. These results/data show that the percentage of children developmentally vulnerable in Cockburn has decreased compared to WA from 20% in 2015 to 17.7% in 2021.

Suburbs with a significant percentage of childhood vulnerability include Bibra Lake, Coogee, Hamilton Hill, Munster, Spearwood, North Lake, Aubin Grove and Success.

Of particular note from the recent AEDC results was the increase from 11% in 2015 and 2018 to 17% in 2021 for children needing further assessment to identify special needs.

# Assets and Aspirations of our Community

## Volunteers

With over 32 years of engaging with our local community, the YFC has a dedicated team of over 80 volunteers. Most of our volunteers currently attend the Centre or have attended the Centre in the past. The volunteers assist YFC with governance, management, program delivery, administration, social media management and marketing, grant applications, problem solving, capacity building, input into program design, fundraising, events and community initiatives. It is estimated that the financial contribution of these volunteers is in excess of \$150 000 per annum.

To help support and develop our volunteers to provide the highest level of community support YFC continues to collaborate with and provide them with the administrative, strategic and social support that they require to operate safely and effectively within the community. By empowering our volunteers to be leaders we envision a strengthened community identity, where both men and women are comfortable and respected in leadership positions in their community and as role models for their children.

The Food Connections initiative began from an increase in community looking for food relief. We have connected with other stakeholders to provide a light lunch prepared by volunteers at the Yangebup Family Centre with the support of the Community Development Officer while the Mobile Food Bank attends the Centre. We have also introduced monthly Community Eats dinners with volunteer organisations providing the meals. Our volunteers are empowered and make a valuable contribution to ensure the sustainability of these programs.

## Local Women

The YFC targets, works with and offers services to a diverse group of women including, new and experienced mothers, vulnerable and disadvantaged women, women of CALD backgrounds, ATSI women, LGBTI women, retired and elderly women, professional women who hold management roles, facilitate programs, child educators, volunteers and local businesswomen. These women offer each other their wisdom and support in all life stages and aspire to live in a safe community where they are valued and respected as equals.

Women lead complex lives, often juggling multiple roles and responsibilities within their homes, families, careers and communities. The complex nature of women's lives can lead to stress, anxiety, depression and poor life choices which also affect the children within their care and their relationships. Women have specific health needs and require access to multidisciplinary services that provide education, social support, holistic and inclusive models of care.

The YFC supports women formally and informally by providing personal and parenting education, respite opportunities, social and emotional support through parenting and women's groups and provides opportunities to share and bond during cultural celebrations and workshops. YFC staff also provide referrals to allied health services for clients with complex health or mental health requirements.

## CALD Community

Cultural diversity and inclusion were identified as potential areas of growth for the YFC in 2013 with only 5% of members accessing YFC identifying as CALD. Our 2014-2019 Strategic plan identified that the Centre needed to increase opportunities to welcome and engage with community members from CALD backgrounds. In 2017, 32% of all community members accessing the YFC identified as having a CALD background and this has been maintained over the past strategic cycle.

One of YFC's greatest assets is our CALD staff members. These staff members enrich our Centre with their traditions, culture and experiences which adds value for all who attend. The YFC continually works with CALD staff and the broader CALD community to ensure that YFC is a safe place that embraces diversity. To continue to strengthen and grow our CALD participation rates we have developed and host a number of CALD specific programs and celebrations.

Outside of office hours the YFC is also utilised by local faith groups, hired out for cultural celebrations such as birthdays, weddings, christenings, music sessions, language schools and others. The YFC aspires to continue to grow its reputation as a place known for the inclusion, celebration and valuing of its CALD community members.

## Babies and Children

The CoC has a high number of babies and children and as a result the YFC is heavily focused on providing services to support babies, children and their parents. As our future community members and leaders, we recognise the babies and children who attend our programs and services as one of our greatest assets. Babies and children have a way of bringing their community together by offering a mutual talking point for many of our vulnerable or isolated community members such as new parents, mothers, fathers and the elderly. To support these community members and offer opportunities for social inclusion, personal development, increased health and wellbeing and parenting skills the Centre offers a crèche service to parents who attend its programs in addition to programs where parents can attend with their children.

Babies and children benefit greatly from these services as their parents receive much needed respite, social interaction, skills, knowledge and access to a rich network of support through the YFC staff and partners which empowers them to achieve their goals as parents and individuals. We use evidence-based research to shape our children's programs and use professional early childhood educators to facilitate and deliver our programs. This delivery method is clinically proven to benefit children across a broad range of outcomes including health and mental health wellbeing, social competence, emotional maturity, language and cognitive skills in addition to school readiness.

There is strong evidence that what happens in the first three to four years of a child's life is critical, and that if we get it right in the early years, children will most likely thrive throughout school and into their adult lives. The quality of a child's earliest environments and the availability of appropriate experiences at the right stages of development are crucial determinants of the way each child's brain architecture develops. Parents and caregivers value outdoor spaces with nature playgrounds and safe, crime-free communities. The CoC residents want communities that are connected, and that they can contribute to and want a greater focus on local spaces and events. Parents and caregivers also want better access to affordable, quality childcare, including occasional care.

## Seniors

The YFC values its senior community members who attend the Centre for community activities and health and wellbeing classes. Our senior citizens bring a wealth of knowledge about the local area and community and share this with the staff and other attendees of the Centre. Our senior citizens also provide informal social support to their peers and other attendees of the YFC and volunteer their time to the Centre.

# Challenges and Issues for our Community

## Financial Hardship

Australia is in the grip of a social crisis right now. With costs of living – utilities, groceries and everyday essentials – rising disproportionately to wage growth, the average household budget is being stretched to breaking point for thousands of families.

Additionally, with historically low rental vacancy across the country, inadequate supply of social housing and thousands of families on wait lists for public housing, the situation is set to get much worse for those who are already struggling to afford a full meal or a week's rent to keep their families fed and safe.

Inflation, or the rising costs of living is putting thousands of Aussies under immense financial hardship, making it impossible for many to make ends meet.

According to government and research data, over 3.3 million Australians, including over 700,000 children, are currently living in poverty, and 40 per cent of renters believe they will struggle to pay rent over the next three months.

The current economic climate has led to a steady increase in people facing hardship. Data from Suicide Prevention shows that as at March 2023, 46 per cent of Australians have reported feeling increased pressure as the cost of living continues to rise.

An alarming number of families are feeling the pain of rising costs. With the cost of groceries, energy bills and fuel increasing dramatically over the past year.

Research shows that shame and fear prevent many from seeking assistance when they need it most, but left unaddressed, issues such as homelessness, poverty, addiction and violence often lead to a vicious loop of cyclical and even generational disadvantage.

## Isolation

Loneliness and social isolation were concerns before the onset of the COVID-19 pandemic but have been exacerbated in the subsequent years. Social isolation and loneliness are among the many factors that can be detrimental to a person's wellbeing.

Connections and interactions via friendships, community centres, groups and clubs are vital for mental health wellbeing and feelings of belonging. With the rise of individualistic activities such as social media it is vital that opportunities to engage in traditional methods of socialisation are still available to community members.

## Domestic Violence

A review of the WA Police statistics indicates that the incidences of family related offences continue to increase with over 28 000 cases in 2021-2022 increasing to over 39 000 in 2023-2024 in Perth metropolitan area.

YFC provides social and emotional support to individuals experiencing domestic violence. Our experienced staff are able to provide referral pathways, and we have an experienced Child Health Nurse co-located for additional support. The Centre has a People at Risk Policy which includes response and referral pathways for domestic violence, neglect and abuse and provides suitable training to support staff. The Centre has a purple bench located at the front of the building showing our support for victims of domestic violence.

## Mental Health

Good mental health is a sense of wellbeing, confidence and self-esteem. It enables us to fully enjoy and appreciate other people, day-to-day life and our environment. The current economic environment and the cost of living crisis impacts on mental health. Additional pressures such as losing a job or having a baby add to the likelihood of depression and other mental health issues.

Childhood adversity is being labelled “one of the most serious, expensive and widespread public health crisis of our time” (Burke-Harris 2019) Adverse Childhood Experiences (ACE’s) are highly stressful, and potentially traumatic events or situations that occur during childhood and/or adolescence. It can be a single event, or prolonged threats to, and breaches of, a young person’s safety, security, trust or bodily integrity. These experiences directly affect the young person and their environment and require significant social, emotional, neurobiological, psychological or behavioural adaptation. There is a growing body of evidence of the relationship between child abuse, neglect and household challenges and the increase in negative health, social and economic outcomes across a person’s lifespan.

The 10 ACEs include:

- Physical abuse
- Sexual abuse
- Emotional abuse
- Physical neglect
- Emotional neglect
- Exposure to domestic violence
- Household substance abuse
- Household mental illness
- Parental separation or divorce and
- Incarcerated household member.

ACE’s impact a child’s development, their relationships with others, and increase the risk of engaging in health-harming behaviours and experiencing poorer mental and physical health outcomes in adulthood. The YFC aims to increase infant, toddler and child mental health wellbeing by supporting their caregivers to provide healthy, research-based approaches to parenting through courses such as Circle of Security, Early Parenting groups and via facilitated playgroups for toddlers and children.

## Language

In the City of Cockburn, 21.6% of people used a language other than English at home in 2021.

Analysis of the language used at home by the population of the City of Cockburn in 2021 compared to Greater Perth shows that there was a similar proportion of people who used English only, and a larger proportion of those using a non-English language (either exclusively, or in addition to English). Overall, 74.0% of the population used English only, and 21.6% used a non-English language, compared with 74.0% and 20.9% respectively for Greater Perth.

The dominant language used at home, other than English, in the City of Cockburn was Mandarin, with 2.6% of the population, or 3,129 people using this language at home.

A significant number (5,178) did not state their proficiency in English in the census, which could be because of poor English skills which would inflate these figures.

The activities provided by the YFC provide an opportunity to practise language skills in a safe and supported environment.



# Our Services

The YFC provides a warm and welcoming environment where social connections are fostered through the provision of activities, programs and opportunities. People can meet other individuals or families with similar interests or experiences in their area and increase their participation in the community. These activities or groups are facilitated by YFC, or we partner with other stakeholders and volunteers to provide these opportunities. The presence of a welcoming, knowledgeable and connected person plays a major part in helping community members to connect and participate in the community.

- We build capacity through our flourishing community groups, collaborative partnerships and strong relationships with residents and stakeholders for over 32 years.
- We provide a safe supportive place for individuals, families and community groups to connect.
- We utilise a range of engagement strategies to understand the needs of individuals, families and community groups.
- We build capacity by empowering individuals to take an active role in our community.
- We develop the potential of individuals, families and community groups to build connections and increase wellbeing.
- We meet the identified needs of individuals, families and community groups through services, programs, networks, partnerships, initiatives and events.
- We provide a safe supportive place for individuals, families and community groups to connect and thrive.

Specific services and activities include;

- providing support to community to develop strength-based services, projects or initiatives.
- provide groups, short term and one-off workshops independently and in partnership with other agencies/funders/stakeholders;
- provide space for place-based community groups on an ongoing basis and/or for one-off workshops; and
- coordinate and/or participate in a range of community events
- The YFC prioritises the co-location of complementary services such as Community Health.
- The YFC provides sustainable programs such as Occasional Care and Pre-Kindy where fees charged cover costs.

Through our planning, evaluation and engagement we will continue to identify similar activities that meet the outcomes and continue to build capacity. As a result activities may change and adapt over time.



# Yangebup Family Centre Inc.

## Strategic Plan Summary 2024 – 2029

### Our Vision

Inspire • Grow • Strengthen

Empowering individuals to take an active role in our community.

### Our Mission

The Yangebup Family Centre is a community managed not for profit organisation that promotes connection and wellbeing in the local community. The Centre is a cultural hub where individuals, families and community groups can embrace diversity and belonging.

Strategic Area	Outcome	Strategic Actions
Collaboration and Leadership	A community focused, sustainable, and progressive organisation.	<ul style="list-style-type: none"> <li>Engage with community in a welcoming and inviting space.</li> <li>Build and maintain relationships with key partners and external networks.</li> <li>Effective management, communication, and technology systems.</li> </ul>
Connected Community	A vibrant, inclusive, and connected community.	<ul style="list-style-type: none"> <li>Deliver community programs that promote connection.</li> <li>Build social support and break down isolation.</li> <li>Build relationships with vulnerable or disadvantaged families.</li> </ul>
Empowered People	Community members are supported to have valued roles and fulfilling lives.	<ul style="list-style-type: none"> <li>Build on volunteer capacity.</li> <li>Provide opportunities for collaboration.</li> <li>Provide opportunities to develop skills, knowledge, and experience.</li> </ul>
Caring for Children	Quality programs are provided for children and families.	<ul style="list-style-type: none"> <li>Provide a quality Early Learning and Care program in a safe, secure, and educational environment.</li> <li>Provide opportunities for families who do not attend childcare to connect and develop skills in preparation for school.</li> <li>Provide opportunities for families during times of isolation.</li> </ul>

# Strategic Area 1



## Collaboration and Leadership

Outcome - A community focused, sustainable, and progressive organisation.

### Strategic Actions

Engage with community in a welcoming and inviting space	Build and maintain relationships with key partners and external networks	Effective management, communication and technology systems
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### Activities to Achieve Outcomes

<ul style="list-style-type: none"> <li>• Develop front outside area to include seating, new signage, garden</li> <li>• Replace grass and fencing at the back of the Centre</li> <li>• Identify new ways to engage with community.</li> </ul>	<ul style="list-style-type: none"> <li>• Identify new partnerships and funding opportunities</li> <li>• Build stronger relationships with target groups we don't currently reach</li> <li>• Maintain current partnerships</li> </ul>	<ul style="list-style-type: none"> <li>• Develop role for Communication Officer</li> <li>• Conduct a business review to identify cost drivers and savings and get advice on the best business and service delivery models to use.</li> </ul>
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# Strategic Area 2



## Connected Community

Outcome - A vibrant, inclusive and connected community.

### Strategic Actions

Deliver community programs that promote connection	Build social support and break down isolation	Build relationships with vulnerable or disadvantaged families
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### Activities to Achieve Outcomes

<ul style="list-style-type: none"> <li>• Develop or maintain programs that promote connection eg Food Connections, Community Eats</li> <li>• Provide opportunities for Intergenerational activities.</li> <li>• Activities to increase awareness and promote inclusion.</li> </ul>	<ul style="list-style-type: none"> <li>• Provide opportunities for Intergenerational activities.</li> <li>• Develop Disability Inclusion Plan.</li> <li>• Provide mental health, mindfulness, and wellness opportunities (including helping parents with children and teenagers).</li> </ul>	<ul style="list-style-type: none"> <li>• Develop Reconciliation Action Plan (RAP)</li> <li>• Provide opportunities for Aboriginal families</li> <li>• Provide opportunities for culturally diverse families</li> </ul>
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## Strategic Area 3



## Empowered People

Outcome - Community members are supported to have valued roles and fulfilling lives.

### Strategic Actions

Build on volunteer capacity.

Provide opportunities for collaboration.

Provide opportunities to develop skills, knowledge and experience.

### Activities to Achieve Outcomes

- Volunteers are supported and their contributions are valued and celebrated.
- Policies are continuously improved to attract, manage and retain volunteers and support effective risk and safety practices. (National Volunteer Standards)

- Identify community initiatives and provide support.

- Empower community to share skills and knowledge (eg craft, Cultural Cooking, Life Skills, Technology)
- Investigate Adult Learning with certification opportunities.

# Strategic Area 4



## Caring for Children

Outcome - Quality programs are provided for children and families.

### Strategic Actions

Provide a quality Early Learning and Care program in a safe, secure, and educational environment.	Provide opportunities for families who do not attend childcare to connect and develop skills to transition to school.	Provide opportunities for families during times of isolation.
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### Activities to Achieve Outcomes

<ul style="list-style-type: none"> <li>Review current model and name of program.</li> <li>Continuous Improvement through the Quality Improvement Plan (QIP) is embedded and continues to meet all National Standards.</li> <li>Maintain exceeding in Quality Area 6 and identify two additional areas to work towards exceeding.</li> </ul>	<ul style="list-style-type: none"> <li>Opportunities are provided for local families to connect (Playgroup / Playclub)</li> <li>Partnerships are developed with local schools.</li> </ul>	<ul style="list-style-type: none"> <li>Identify programs to reduce social isolation for families (eg Holiday play sessions, 8-12 year old workshops, home schooling groups)</li> <li>Provide opportunities for parents to meet and develop parenting knowledge and skills.</li> </ul>
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## Yangebup Family Centre

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