

IMPACT REPORT

2022 - 2023



Adding years to Aboriginal People's lives

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Who are we?

The Clothing The Gaps Foundation is an independent Aboriginal-led not for profit run by Public Health practitioners. We exist to get Aboriginal people and Communities moving so that years are added to Aboriginal people's lives.

Why do we do this?

The life expectancy gap between Indigenous and non-Indigenous people in Australia is still too large.

We know physical activity is important in changing this, as positive lifestyle habits play a key role in achieving and maintaining health and wellbeing.

Healthy habits such as being active reduces the risk of chronic health illness like, heart disease, some cancers and type two diabetes, it strengthens muscles and bones, helps to maintain body weight and can reduce symptoms of depression.

Getting moving also creates opportunities to connect with Community and Country.

Body, mind, spirit and Country...it's all connected – Aboriginal people have known this for tens of thousands of years.

Aboriginal Self determination

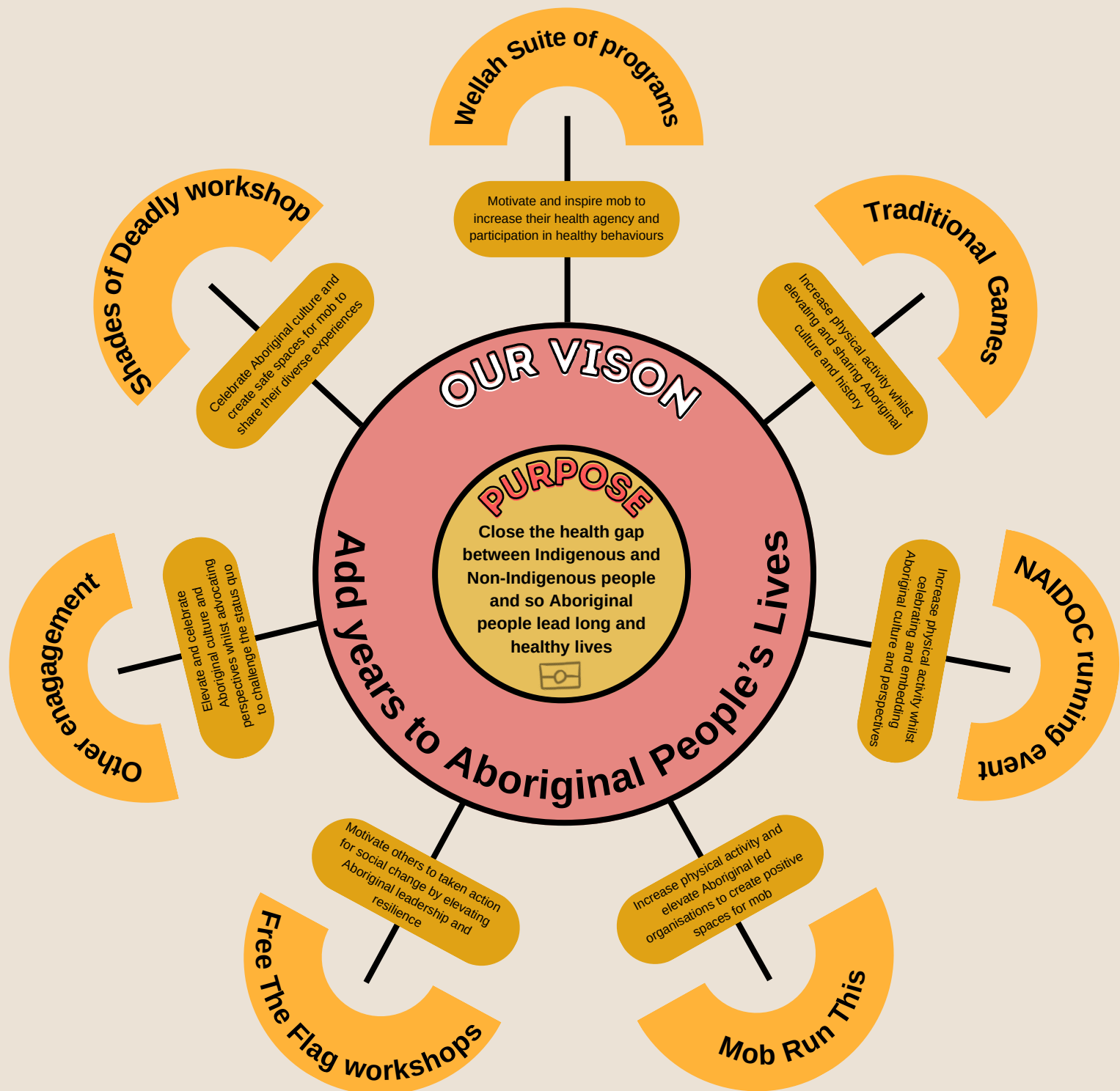
We believe in self-determination in health because Aboriginal Communities know their Community and opportunities and challenges best.

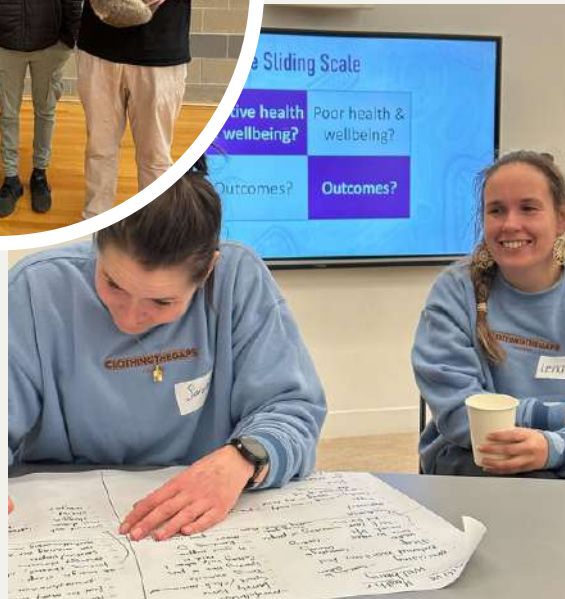
We aim to increase Aboriginal participation in physical activity through our annual virtual runs by supporting Aboriginal Organisations and groups to use the event to run their own Community initiatives and get moving in their own way. We call it 'Mob Run This'.

How do we do this?

We know the power in creating positive spaces to bring mob together to get moving and these spaces often inspire and create ripple effects in our families and throughout the Community. Creating a range of spaces and opportunities to engage in our programs allows everyone to celebrate Aboriginal culture, strengths and knowledge.

PURPOSE IN ACTION







Adding years to Aboriginal people's lives



MESSAGE FROM THE IMPACT MANAGER

LENA CHARLES
Yorta Yorta | Gunai Kurnai

Hey there Foundation Fam,

Wow! What a huge year it has been here at the Foundation. As Impact Manager, I am so honoured and excited to share how we have been committed to our purpose between July 2022 – June 2023.

It's been incredible to reflect and remember that when the Foundation launched in May 2021, we were still very much in the thick of pandemic life with multiple lockdowns and restrictions here on Wurundjeri Country. It's no doubt that as the world has started to shift back to the life we had pre-pandemic, our impact work increased and we've adjusted accordingly. Our impact data shows that in the previous financial year we delivered an overall of 110 Impact sessions. And whilst this year the number was lower at 64 impact sessions, we know this is because we have almost completely stopped delivering impact work online, and have spent more time connecting with people physically.

The increase in delivering impact in physical spaces has meant we have experienced so many highlights this financial year. Our biggest highlights have included:

- Increasing our overall reach by 6.4%
- Almost doubling our Trad Games workshops from 22 sessions to 42
- Upskilling our impactors to become lead facilitators in Traditional Aboriginal Games
- 4,437 people participating in our annual NAIDOC moving event in July 2022
- Launching the Wyndham Vale NAIDOC run alongside YSAS to over 500 participants
- Re-launching our 6 week Wellah Together program in-person to Mob in Wollert, VIC

In 2022 we farewelled our impactors Glen, Medika and Olive who have gone on to peruse other career opportunities and goals. We hope that they've all taken something valuable from their time creating impact alongside us that they can share in their next chapter. In 2023, we were excited to introduce Rose Stewart (Gunditjmara | Taungurung) as our newest impactor. Rose kicked off her impact work with supporting the delivery of Wellah Together in Wollert and has since become a co-facilitator in Traditional Games. We are also super proud of our Impactors Jye Charles (Yorta Yorta) and Justin Bond (Djinung | An-bara) who have both stepped up in their roles at the Foundation. This has included becoming the lead facilitators of Trad Games. Jye has also been more actively involved with the Foundation during 2023 by becoming the Foundation's representative for the VicHealth's Future Healthy First Nations Action Committee. We are really proud to have watched all our impactors flourish and can't wait to immerse them all in future opportunities and growth at the Foundation.

The shift and increase in the impact work at the Foundation is an exciting time and a great indicator of what is yet to come. We can't wait to create more noise, impact and connection. Our vision is seeing ourselves at the heart of Community. This means more time in spaces with Mob. We hope to achieve this by prioritising the work of our Mob Run This program so we can continue to 'Add years to Aboriginal people's lives' by elevating the incredible work mob are doing in their Communities. This after all is the heart and inspiration of our purpose.

For those who continue to support us and believe in our purpose, we thank you! Whether it's through booking an impact session, participating in our NAIDOC event, engaging with us on social media or providing a donation, we are grateful. We hope to continue working alongside you to celebrate Aboriginal culture and create impact. To all the Mob we've had the pleasure of working alongside and engaging with, you are the core of our purpose. Without you there is no impact. I am extremely humbled to be led and inspired by you all. With impact and purpose,

Lena Charles
Lena Charles

MEET THE IMPACTORS

July 2022 – June 2023



LENA CHARLES

Yorta Yorta | Gunai Kurnai



JYE CHARLES

Yorta Yorta



ROSE STEWART

Gunditjmara | Taungurung



JUSTIN BOND

Djinung | An-bara

Our impact year on year

65

Impact Sessions
Compared to 110 sessions last year

TOTAL REACH



over 6,600 People
6.4% increase from last year

PHYSICAL ACTIVITY

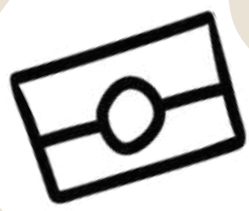


over 60,00 hours
328% increase from last year





WHERE WE'RE CREATING IMPACT



15

Aboriginal Orgs
and Community
Groups



28

Kindergartens,
Primary and
Secondary Schools

4

Youth Groups



28

Workplaces



5

Universities



1

Sports Club

1

Correction
Facilities and
Justice Programs



42

**Trad Games
Sessions
with over 1500
participants**

90% increase from last year



Photo: Trad Games at Vic Health First Nations Committee meeting 2023

**IN 2021 - 2022 WE ALMOST DOUBLED
THE DELIVERY OF TRADITIONAL
ABORIGINAL GAMES SESSIONS AND
NUMBER OF PARTICIPANTS. WOW!
WE'VE BEEN BUSY!**

**CHECK OUT THE
YULUNGA
RESOURCE HERE**



Our fave Trad Games are...

WANA

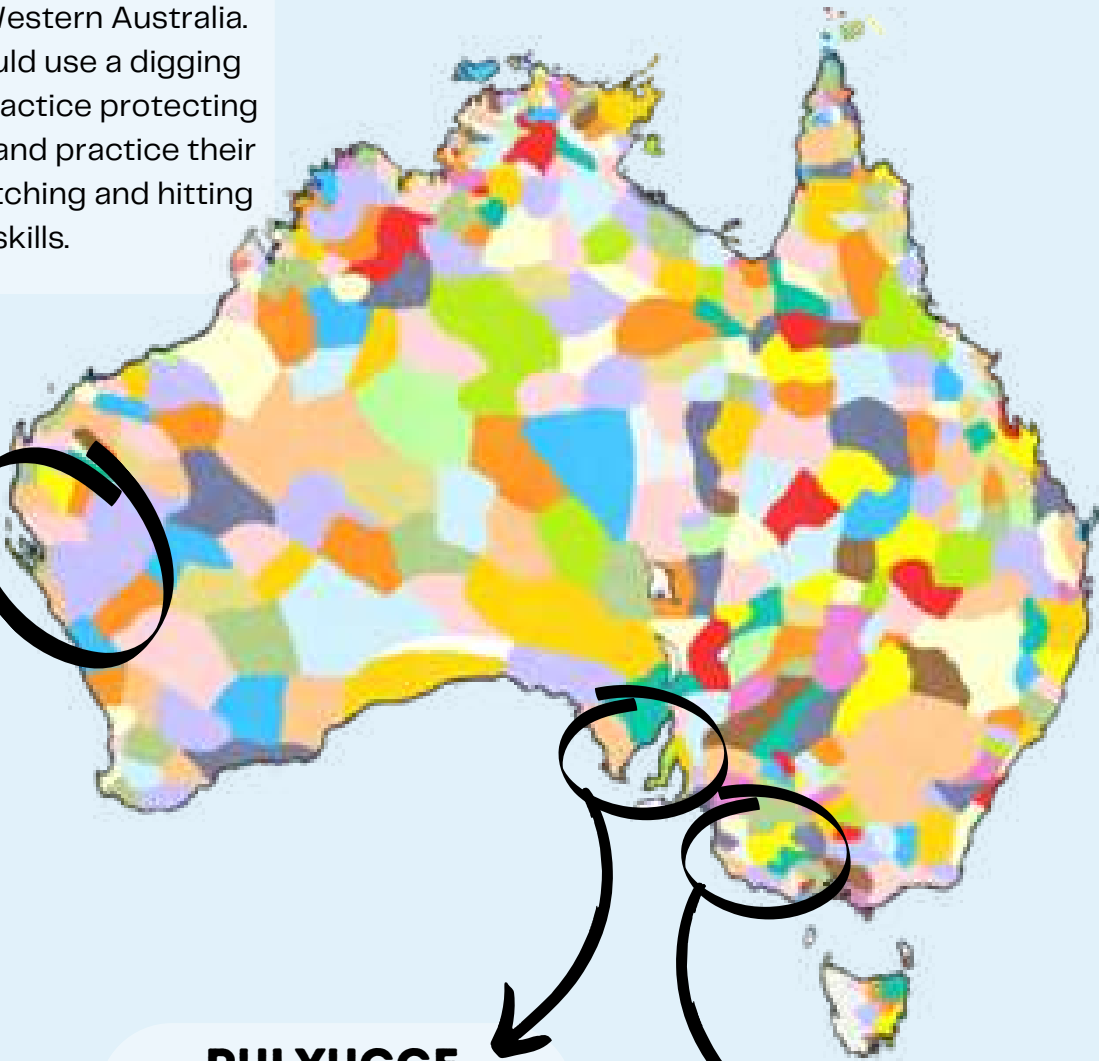
'Wana' is the Noongar word for digging stick. This game was played by young Noongar women in Western Australia. Women would use a digging stick to practice protecting their babies, and practice their throwing, catching and hitting skills.



MARNGROOK

'Marngrook is the Gunditjmara word for 'game ball'. It is made from possum skin.

Traditionally Marngrook's were stuffed with possum guts and intestines on the inside so that none of the possum was wasted.



PULYUGGE

Played in the Murray, Lake Alexandrina, and Lake Albert areas of South Australia. This game is about communication and teamwork. Teams will strategically pass the ball to each other to try and tag the opposing players.

WEET WEET

Played in the Western Districts of Victoria. This game was played to improve accuracy as well as distance throwing, which could then improve practical skills such as hunting.



Photo: Free The Flag delivered to year 9's 2023

THE FREE(D) THE FLAG WORKSHOPS ARE A GREAT WAY FOR SCHOOLS TO EMBED LEARNING ABOUT ABORIGINAL LEADERSHIP IN THE CLASSROOM AND HOW THEIR STUDENTS CAN MAKE SOCIAL CHANGE.

THE SHIFT TO IN CLASSROOM WORKSHOPS POST COVID HAS INCREASED THE LEVEL OF ENGAGEMENT, CURIOSITY AND ENTHUSIASM FROM STUDENTS.

THESE WORKSHOPS HAS ALSO BEEN AN OPPORTUNITY FOR OUR IMPACTORS TO BUILD THEIR FACILITATION SKILLS.

FREE THE FLAG



Free'd The Flag Sessions with over 320 participants

What happens in a Free The Flag workshop?



1

OUR VALUES AND PURPOSE

We share our 'why' behind everything we do at Clothing The Gaps, including our values to 'Elevate, Educate, Advocate, Motivate'.

HISTORY OF THE ABORIGINAL FLAG

Participants learn when the Flag was created and why and some pivotal moments in history including when the flag was declared a National flag and when it gained copyright.

2



3

THE MOMENT OF CHOICE

In June 2019, we received a cease and desist for using the flag on our merchandise. We had a moment of choice: Do we accept the situation or take action? We share how taking action can lead to change.



THE MOVEMENT

The Free The Flag campaign has been on a journey. We share the crucial moments that created momentum and drove awareness and change.

4



5

KEY TOOLS FOR SOCIAL CHANGE

What did we learn about creating change during Free The Flag? We share our recipe and the key steps to taking action that can be applied to any social cause.



SOCIAL CHANGE IN ACTION ACTIVITY

Got a social cause you're passionate about? Participants have the opportunity to apply our tools to create their very own ideas for change.

6





SHADES OF DEADLY

**CELEBRATING DIVERSITY,
CHALLENGING
STEREOTYPES**



3

**Shades of Deadly
Workshops
celebrating identity
with 42 young mob
aged 14–18**

**DELIVERED AND
CELEBRATED IN 3
ABORIGINAL
COMMUNITY
SPACES**



MELB UNI 'RISE' PROGRAM

The Rise program provides Indigenous students in Years 9 and 10 with the opportunity to immerse themselves in Science, Technology, Engineering, and Maths (STEM), in a culturally supportive and responsive space.



COMMUNITY SPIRIT FOUNDATION

The Community Spirit Foundation's programs broaden horizons and support First Nations students to experience their full potential in school.

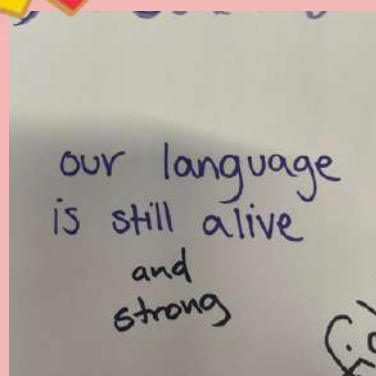


POLLY FARMER FOUNDATION

The Foundation empowers Indigenous students through education to pursue their aspirations at school and beyond



**WATCH
CAMPAIGN**



What happens in a Shades of Deadly workshop?



SHARING REFLECTIONS, KNOWLEDGE AND EXPERIENCES

We share both the trailer and campaign video to engage participants and offer the opportunity to share their reflections and experiences whilst creating a culturally safe space.

ACTIVITY TIME

Participants have the opportunity to work in groups guided by facilitators to unpack the prompts featured in the campaign. Participants share their answers on butchers paper. At the end of the activity, participants rip apart the 3rd butchers paper to symbolise that no one has the right to define our Aboriginality.

1

2

3

WE KNOW WE ARE BLAK BECAUSE...

WE ARE PROUD TO BE BLAK BECAUSE...

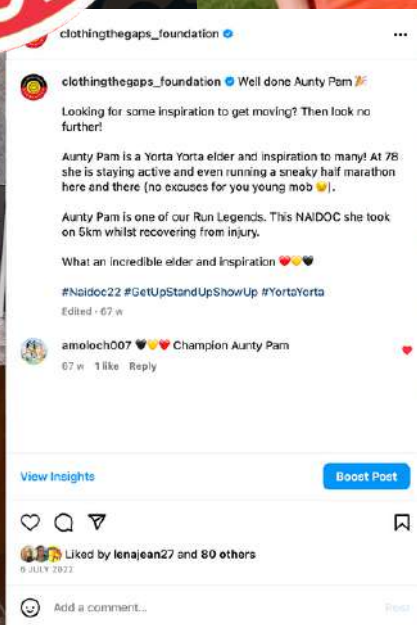
WHEN WE TELL PEOPLE "I'M ABORIGINAL" THEY SAY... AND IT MAKES US FEEL..



"I AM A SHADE OF DEADLY"

At the conclusion of the workshop, we present participants with their very own Shades Of Deadly pin and come together as a group to chant 'I am a Shade of Deadly'. This is to conclude the session on a positive note and celebrate one another.





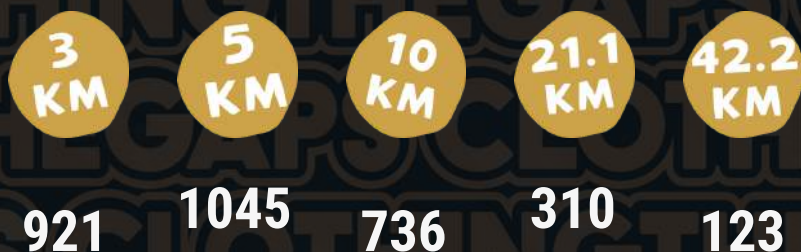


OVERALL REGISTRATIONS

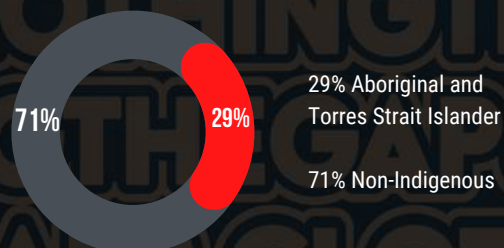
4437

8% increase in participation

DISTANCE REGISTRATIONS



MOB REGISTRATIONS



1066

WORKPLACE PARTICIPANTS



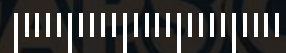
1121

STUDENT REGISTRATIONS

WE MOVED

27,079 km

TOGETHER!



Did you know?

We saw a **significant increase (54% to be exact)** in our workplace registrations. We had **51 workplaces** register their staff to participate. This made up a total of **27% of overall** registrations. **37 of these were new** workplaces participating in our event for the first time. We are also proud and humbled to see **27% retention** in workplaces registering for another year.

Get Up Stand Up Show Up

NAIDOC Running Festival

WHYNDHAM VALE

In 2022 we partnered with YSAS to launch an in-person running event in the Western suburbs of Melbourne. The event was launched with a smoking ceremony and traditional dances. Mob also had the opportunity to engage with local health and Community services. The day brought over 500 people from the community to come together, celebrate NAIDOC and get moving.





Watch the recap video



NAIDOC RUNNING FESTIVAL

Wyndham TV

The community connects at Wyndham Vale for this year's NAIDOC running festival.

MOB RUN THIS



11

Aboriginal Orgs and Community groups

MURRUP BARAK
MELBOURNE INSTITUTE FOR
INDIGENOUS DEVELOPMENT



Gippsland & East Gippsland
Aboriginal Co-Operative Ltd.



Health
Hunter New England
Local Health District

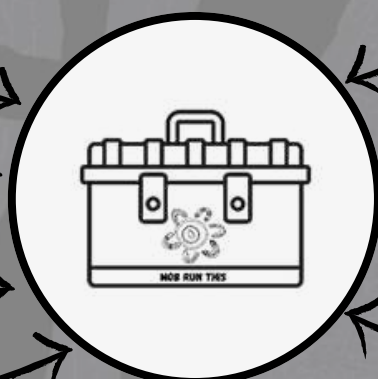
What is included in the Mob Run This toolbox?

The hype and buzz
around a National
event

Social media
advice, tips and
resources

Registration
templates

Event planning
advice, tips and
resources



Customisable
flyers

Customisable
social media
templates

Training plans
for all levels

Support from the
team at Clothing The
Gaps Foundation



WHERE IT ALL STARTED

Did you know that Goolum Goolum in Horsham on Wotjobaluk Country was the inspiration behind our Mob Run This package? In 2020, they used our event as a platform to support mob to get moving and staying connected during COVID. Talk about Local is legendary!

GOOLUM GOOLUM



WATHAURONG

Wathaurong Aboriginal Co-op is also one of our OG Aboriginal Org's that have been part of Mob Run This since the beginning. In NAIDOC 2022, the Aboriginal Community from Geelong all came together to get moving.

Let's get
WELLAH
TOGETHER
Wollert

28

registrations



on average 5 people
attended the program
each week

28

points of contact



In May 2023 we were so excited to launch our first in-person program since COVID. It was a long time coming and nothing truly beats hanging out with mob to shake up our health and well-being. We spent an incredible six weeks in Wollert, VIC on Wurundjeri Country.

Six weekly 2 hour workshops

Week One

Health, YOU and your goals



Week Two

Getting Active



Week Three

Recommended Daily Intakes



Week Four

Reading Food Labels



Week Five

Healthy on a Budget



Week Six

Staying Balanced



BRINING MOB TOGETHER IN PERSON

We connected with mob in-person every Wednesday for 6 weeks. We had a healthy feed, participated in group workouts and explored health topics to put into practice.



KEEPING MOB MOTIVATED AND ACCOUNTABLE

Each week we released a new challenge for mob to take on that covered our Deadly Dares. Mob would share their progress in the Facebook group. Winners would score their very own Clothing The Gaps merch!

Six Deadly Dares to tackle

Know Your Numbers and set those goals



Go for 2 & 5, make healthy swaps



Dodge the darts! Stay smoke free



Map like Nan! Mind, Body, Soul



Move your moom - 30mins/10000 steps



Give sugar, fat, grog and salt the slip - go with water



DEADLY MERCH

Every participant got a chance to earn their very own NAIDOC singlet by attending at least 4 out of the 6 weeks.



FEEDBACK

I feel rejuvenated, inspired and enthusiastic to be in this space. It really gives me hope that our community is moving towards better health outcomes. I love that the programs focus is about healthy living not weight loss. Meeting new like minded people. I love the feeling of comradery



**DAREBIN SCHOOLS
NAIDOC YARNING
CONFERENCE 2022**



GET UP! STAND UP! SHOW UP!

STORIES

TRUTH TELLING

FUTURE

LEARNING

HEALING

Reconciliation IN EDUCATION

LAND PAST AND PRESENT

TRUTH IS DIFFICULT BUT MAKES US STRONGER

EDUCATION IS SO IMPORTANT TO TEACH US THE TRUTH

MEANING OF DANCE MOVES

TRACKING

UNCLE JACK CHARLES WAS AN LGBTIQ ICON

HEARING from CHILDREN

SKETCH NOTES

GRAPHIC RECORDING BY [NAME]

CAPTURED WITH [NAME] ON [NAME] COURTESY



We've been offering site tours to all kinds of groups. This allows for us to share our story whilst showing our unique and culturally safe space. People have the opportunity to see our shop and warehouse exist under the same roof.

COMMUNITY ENGAGEMENT



**Site tour with MITS
(Melbourne Indigenous
Transition School)**



**Guest speaking with
ABS during NAIDOC
2022**



**Careers night with
senior Aboriginal
secondary students at
Ganbina (Shepparton)**



**Site tour with
Community First
Development**



VicHealth

FUTURE HEALTHY FIRST NATIONS ACTION COMMITTEE



AS PART OF VICHEALTH'S FUTURE HEALTHY INITIATIVE, WE ARE PART OF THEIR NEW PROJECT OF DEVELOPING – A FUTURE HEALTHY FIRST NATIONS ACTION PLAN. THE PROJECT SUPPORTS ABORIGINAL AND TORRES STRAIT ISLANDER ORGANISATIONS AND YOUNG MOB LIVING IN VICTORIA TO SELF DETERMINE PATHWAYS TOWARDS IMPROVED HEALTH AND WELLBEING. BEING PART OF THIS COMMITTEE HAS ALLOWED BOTH JYE AND LENA TO IMMERSE THEMSELVES WITH OTHER MOB WORKING IN THE HEALTH SPACE ACROSS VICTORIA TO SHARE IDEAS AND STEER THE WORK AT VIC HEALTH.

IMPACT UP CLOSE AND PERSONAL

"I was super anxious coming into a group of people I've never seen but was very quickly welcomed and made to feel like I belong. the early laughs certainly helped too! And it was so nice to see not only myself but also my children welcomed"

WELLAH
TOGETHER
Wollert

**FREED
THE
FLAG**

"I spoke with a few students afterwards and they found the content fascinating, especially as many of them had never heard of this campaign. Students also connected with the conversation around honouring Elders and connection to country.."

"We walked around Merri Creek to celebrate, recognise and reflect on history and culture of First Nations people across Australia, and in particular the Wurundjeri People of the Kulin Nation, the traditional custodians of the land we were walking on. We acknowledge that sovereignty has never been ceded, and that the land we live and work on always was and always will be, Aboriginal land."



**SHADES
OF
DEADLY**

"This was a very powerful session for our young ones to open up. It opened the conversation about some sensitive issues that we all face and how we over come these. They sat in groups to yarn and talk with each other about how this makes them feel. I hope our Bowarring kids felt stronger when they walked out today and always be proud to be black and apart of a culture that is the longest living culture in the world."

"The participants loved all aspects of the impact session. The variety of games as well as the education behind the games was insightful and expanded their knowledge!"





MORE ENGAGEMENT

MORE COMMUNITY

MORE IMPACT



