

# CARDINIA COMMUNITY **SUMMITS REPORT**





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# PART A - THE SUMMITS

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## INTRODUCTION

Cardinia Shire Council is aware that it has many community groups and volunteers providing a range of volunteer services to local residents. Council has recently completed a significant amount of research on health and social challenges facing the local community as part of developing its health and well-being plan, known as the Liveability Plan 2017-2029 and wished to share this information with the community and hence convened two community summits.

A major objective for the Summits was to encourage community groups and individuals to develop new programs and align these programs with the 7 key priority health and social needs of the community. Council hopes that new initiatives will have impact in terms of addressing real community needs and are complementary of each other and not competitive.

Two summits were held on Saturday 28 October 1pm - 4pm and Monday 30 October 9.30 am - 12.30 pm at the Cardinia Cultural Centre, 40 Lakeside Boulevard, Pakenham

The objectives for the Summits were:

- To inform community members about the current health and social challenges in Cardinia
- To encourage community members to design and deliver new community projects/initiatives that address local social and health challenges
- To support community members and groups in developing new projects including providing information about funding sources
- To encourage individuals and groups to collaborate on the development of new projects/initiatives
- To inform community members of existing initiatives they may be interested in supporting

## ATTENDANCE

Approximately 50 people attended the Saturday Summit and 60 the Monday Summit, a total of 110 community members. Many of these people represented community groups though some were interested individuals.

## SUMMIT OUTLINE

The agenda for the half day Community Summits was the same on both days and had the following steps.

1. Introductions
2. Welcome from the Mayor Cr Brett Owen
3. Exhibition of health and wellbeing challenges in Cardinia
4. Identification of programs currently provided by community groups
5. Ideas Generation – for new projects in line with the health and wellbeing challenges
6. Ideas Development – discussing the ideas in more detail
7. Offers – for people to continue to work on the ideas
8. Close

This report sets out the findings of the workshop in Part B and some reflections from the Summit facilitator, Kimbra White in Part C. The report has been prepared by Kimbra White of MosaicLab.

# PART B – WORKSHOP FINDINGS

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## 1. HEALTH AND WELLBEING CHALLENGES IN CARDINIA

Council had prepared seven large scale posters of seven health and wellbeing priority areas in Cardinia. These were:

- social cohesion
- mental health and wellbeing
- safety
- obesity
- financial vulnerability
- family violence
- harm from tobacco, alcohol, drugs and gambling

Participants were invited to read the posters and then stand by the poster (the issues) that was of most interest or concern to them. Once people had selected an issue, they held a discussion with other people concerned about what stood out for them in the issue and/or what they found surprising. No information was recorded during this session.

## 2. CURRENT COMMUNITY LED PROGRAMS IN CARDINIA

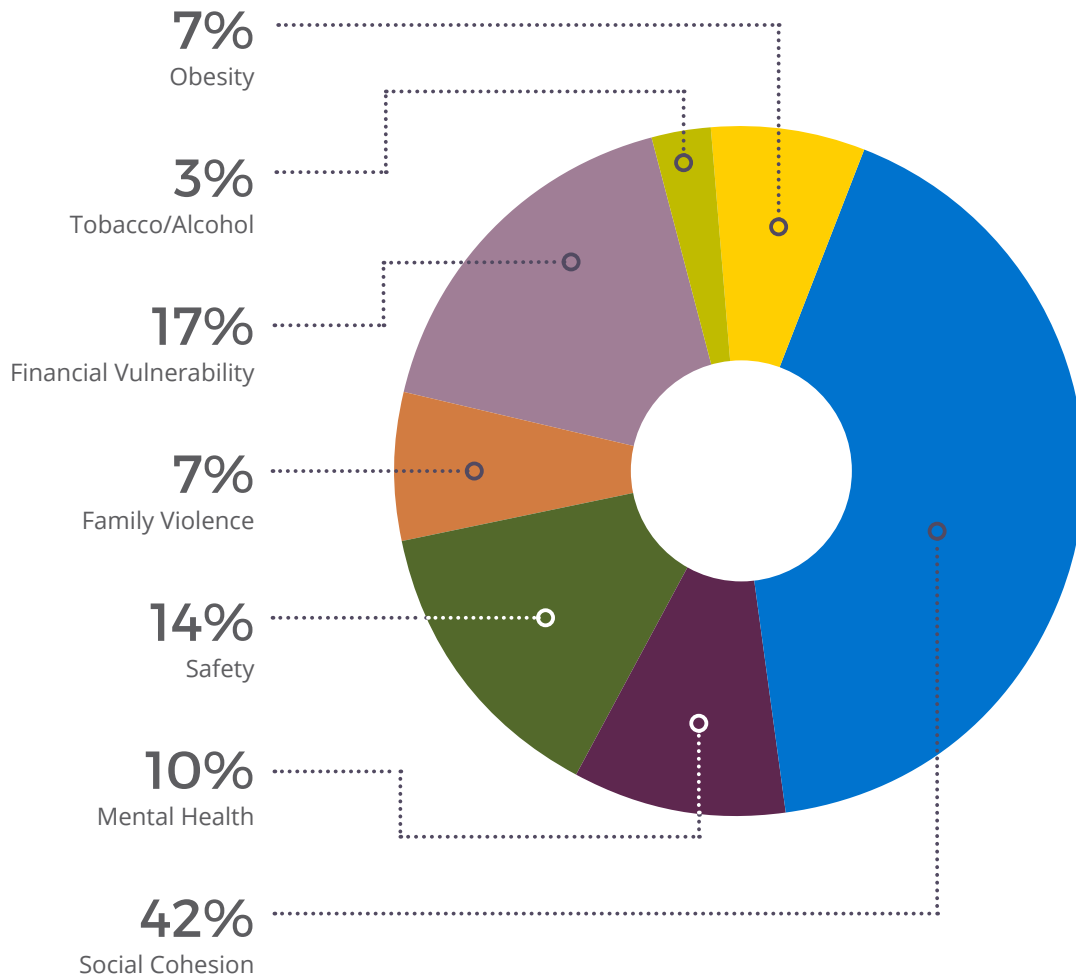
Participants at the two Summits identified 59 projects that are currently being undertaken in the community. This provided a high-level view of program delivery, though it is not comprehensive as not all community groups were represented at the summit and for some of those who were represented, they are involved with groups like neighbourhood houses that deliver multiple programs (and not all of these were documented).

Each project focuses on one of the seven identified priority areas in health and social challenges which includes obesity, social cohesion, mental health and wellbeing, safety, financial vulnerability, family violence and harm from tobacco, alcohol, drugs and gambling.

Of the 59 projects, 42% focus on social cohesion in the community which includes promoting the benefits of volunteering, outreach programs to families and encouraging harmony between community members. The second largest project section is addressing financial vulnerability (18%) through the use of food vans, harvest initiatives and delivering food parcels. The full breakdown is on the following page.



## CURRENT PROJECTS - PRIORITY AREAS



ORGANISATION NAME	OUR PROJECT IS	PRIORITY AREA
South Eastern Contemporary Art Network (SECAN)	Connecting contemporary artists	Social Cohesion
Leadership Program (CLAN)	To promote volunteering and collaboration between community groups.	Social Cohesion
Lakeside Pakenham Scout Group	Through weekly events we encourage youth to develop confidence and appropriate behaviours whilst working with others of various cultures/ religions/financial status	Social Cohesion
Gembrook Community Group Inc.	Improving streetscape of township by bringing residents together to identify opportunities for improvements. Support local initiatives like Carols by Candlelight	Social Cohesion
Country Women's Association Pakenham	Assisting by collection of goods for Cardinia Shire playgroup facilitator to assist vulnerable families to integrate into the community.	Social Cohesion
Bunnurong Mens Shed	Driver to medical appointments (doc, dentist etc.)	Social Cohesion
Lakeside Residents Group	Outreach to families via children's activities like film nights, Easter egg hunt, teddy bear picnic and Halloween party	Social Cohesion
Cardinia Interfaith Network	Taste of Faith (annual event) and tours to places of worship by adults and school students	Social Cohesion
Ash Wednesday Bushfire Education Centre (AWBEC)	Community Information Centre and Memorial with volunteer opportunities	Social Cohesion
CCLC, Pakenham Library and Windermere	Communities for Children - early years outreach to vulnerable families	Social Cohesion
Casey Cardinia Library Corporation	Warming and Cooling, Free Internet, Wi-Fi and safe place for vulnerable families and people.	Social Cohesion
Beaconsfield Neighbourhood Centre	Health and Fitness, arts and crafts, social and children's programs.	Social Cohesion
Living Learning Pakenham, Vic Woman's Coalition for Migrants and Refugees	Women's Friendship Café - Thursdays 9.30am	Social Cohesion
Follow Baptist Church	Starter Packs	Social Cohesion
Anglicare (Communities for Children)	Caring Relationships <a href="http://www.cardiniasafenet.com.au">www.cardiniasafenet.com.au</a>	Social Cohesion
	Cardinia Relay for Life	Social Cohesion
Cardinia Shire in partnership with Outlook, Lang Lang CC and Aligned Leisure	Blokes in the Kitchen (2 groups) and Walking Basketball	Social Cohesion
Follow Baptist Church	Breakfast Club (Tuesday mornings, Year 7 students at Officer Secondary College)	Social Cohesion
Kooweerup Regional Health Service	Art for Adults	Social Cohesion
Art Show Pakenham	Art Show (Last weekend in May)	Social Cohesion
Art Show Pakenham	Art in the Garden - combining art in a garden setting around shire with Kooweerup next (2018)	Social Cohesion
Timbertop Residents Group	Walking Group and Coffee Chat Group	Social Cohesion
Monash Health	Health Champions	Social Cohesion

ORGANISATION NAME	OUR PROJECT IS	PRIORITY AREA	
Dream Harmony (ECH)	Yoga class, badminton, basketball and community-dig-in	Mental Health	
Mind Drawing	Using mind drawing to show people we don't all see the same thing therefore need to use our words to find common grouped for good communication.	Mental Health	
Aligned Leisure	Workplace Accreditation Program	Mental Health	
Kooweerup Regional Health Service	The Hub Youth Drop in Centre	Mental Health	
	Cockatoo Sings Community Choir	Mental Health	
Follow Baptist Church	No Limits' mentoring at Officer Secondary College	Mental Health	
Bicycle User Group	Bike use for health, recreation, skill development, longevity, social activities, support and advocacy. About Self-development for community development.	Safety	
Upper Beaconsfield CFA	Free community breakfast (Sunday 19th November 9am-2pm) Planning ahead for bushfire season informative session.	Safety	
Ash Wednesday Bushfire Education Centre (AWBEC)	Bush Fire Education	Safety	
Cardinia Shire Council	Age friendly strategy action plan. Elder Abuse initiative with Cardinia Age Friendly Alliance Group (links to 'Together We Can' and 'Seniors Rights Victoria')	Safety	
Neighbourhood Watch	Safe Plate, Safe Home, CPTED Assessment and Coffee with a Cop	Safety	
Follow Baptist Church	Community Care Packs	Safety	
Toomuc Valley Residents Association	Toomuc Alert System (TAS) - an SMS warning system alerting community members about a threat to our valley - mainly about fire (though not necessarily)	Safety	Social Cohesion
Cardinia Interfaith Network	Encouraging harmony and understanding between people of different faiths and promoting social cohesion. School and Adult tours of various places of worship.	Safety	Social Cohesion
Follow Baptist Church/Orange Sky/Clean as Casper	Bless Collective Project Food Van (Tuesdays and Thursdays). Tuesday Pancake and Juice Officer Secondary College	Financial Vulnerability	
Hills Community Harvest	Shared Harvest Program capitalises on backyard surplus to provide access to affordable fresh produce. Produce is donated collected by volunteers and distributed through free food pantries and community dinners	Financial Vulnerability	
Leadership Enviro Clan	Choose Trees Please - use reusable cups	Financial Vulnerability	
Cockatoo Country Market (CCM)	Cockatoo Country Market monthly market and twilight market twice a year	Financial Vulnerability	



ORGANISATION NAME	OUR PROJECT IS	PRIORITY AREA
Cardinia Food Parcel Project (ADRA)	Delivering Food Parcels to families in need	Financial Vulnerability
Good Shepherd Foundation	No Interest Loan Scheme (NILS)	Financial Vulnerability
St Vinnies (regional)	St Vincent De Paul Society (material aid/home visitation) in Cardinia (Iona, Koo Wee Rup and Pakenham)	Financial Vulnerability
Share the Dignity and Girl Guides Victoria	Collecting sanitary items for 'Share the Dignity' collections. (5-16-year-old girls and families contribute)	Financial Vulnerability
Cockatoo Community Energy Inc.	Sustainability in the Hills	Financial Vulnerability
Cardinia Combined Churches Caring (4C's)	Provision of food, counselling, emergency relief, prayer room and crisis housing	Financial Vulnerability
Cardinia Family Violence Network	The Clothesline Project	Family Violence
Aligned Leisure	Supported Access Program	Family Violence
Together We Can' Cardinia Shire Council (Fiona Cost)	Together We Can' project to end family violence in Cardinia Shire steering committee.	Family Violence
Outlook Community Centre	Men's Cooking Group, All together choir, women's support group and white ribbon accreditation	Tobacco/Alcohol
Lakeside Residents Group	Australia Day Event	Tobacco/Alcohol
Cardinia Leadership Team	Empowering healthy lifestyles to reduce obesity rates in the shire.	Obesity
Outlook Community Centre	Walking Groups	Obesity
Monash Health, Outlook and Others	Bicycle User Group (BUG) Mentoring and Neighbourhood Houses	Obesity
Aligned Leisure	Tiger Paw Program	Obesity
Country Women's Association Officer	To hold information sessions on how to make positive changes mentally and physically on all the agenda topics. Small things make big changes.	All







### 3. IDEAS FOR NEW PROGRAMS

The participants were invited to think about new programs they would like to deliver based on the health and wellbeing priority areas in Cardinia. They were also invited to include existing programs they would like to expand by seeking assistance from other participants. Over the two sessions 21 new projects were identified. Small groups formed around these project ideas and developed the following details.

PROJECT IDEA	ABOUT THE IDEA (ACTIONS AND REASONS)
<p><b>Children Safe Project</b> <i>How we keep our children safe project</i></p>	<p>People no longer know how to fit into a community. This project will support the community to educate members how they should/could keep their children safe. Need more connections to CALD community and the interfaith network.</p>
<p><b>New Resident Show Bag</b> <i>Aimed at young families, retirees and immigrants. Volunteer 'buddy system' for new immigrants.</i></p>	<p>Social inclusion, finding out what's available to you in your community, support groups including a list of hospitals, doctors, shops and clubs. Township committees. Connections with developers/real estate agents/ Land sales office for possible distribution.</p>
<p><b>Seniors Communication Project</b> <i>Expand our reach to communicate with vulnerable senior residents through established home library service, Pakenham and Emerald libraries and mobile libraries bus to rural communities.</i></p>	<p>With changes to Aged Care reforms older residents who are not 'tech savvy' need paper based/personalised information to meet their communication needs. Gain approval from management. Discussions need to be had around delivery of materials and knowledge. Library to align project to Council's Liveability Plan. Scope the project to align to Age Friendly Strategy's 2017-19 Action Plan.</p>
<p><b>AOD Support Group for Parents of Users</b> <i>Support group of parents of substance abusive/addicted children. Possibly online.</i></p>	<p>Allow parents to debrief with those that understand. So they don't feel alone. Not linked to DHHS or AOD service. IT training, support from another organisation with venue, auspice, facilitator support. Setting parameters and boundaries.</p>
<p><b>Toomuc Creek Community Food Hub</b> <i>Establish a community food growing hub (5.7km) at Toomuc Creek/TVR in partnership with Beaconhills College and the community.</i></p>	<p>Makes good social use of the land. Meeting social need i.e. food security. 5% of adults eat enough fruit and veg. Increase in food security. Increase in school engagement. Lease land. Partnerships (committee) with Beaconsfield, Bless Collective, Conservation Volunteers Australia. Funding.</p>
<p><b>Family Cooking Classes</b> <i>Teaching skills in the kitchen to young families, single mums and dads or couples to learn to make healthy, economical meals.</i></p>	<p>It could help with obesity, social cohesion and financial vulnerability. A facility to be able to run these courses.</p>

PROJECT IDEA	ABOUT THE IDEA (ACTIONS AND REASONS)
<p><b>Cardinia Relay for Life</b></p> <p><i>To engage the broader CSC communities to get involved in Cardinia Relay for Life including: youth, big business, families, community organisations and members of council.</i></p>	<p>Empowering community members to be involved. Breaking barriers and assisting in connecting to community. Raising awareness. Key contact people in outlying areas (township committees). Media coverage. Information sessions (group or one on one). Education on what event is and expectation.</p>
<p><b>Coffee Van</b></p> <p><i>A coffee van staffed by special needs people/teens/mental illness.</i></p>	<p>To provide training for vulnerable people. Give a sense of self-worth and community. Source a van. Barista Training. Council Regulations.</p>
<p><b>Community Group Network</b></p> <p><i>Municipal wide community group network</i></p>	<p>Prevent duplication. Awareness of services. Referral and linking services. Sharing resources. People to organise. Decide who to invite. Council to facilitate set up. Volunteers week activities - joint event.</p>
<p><b>Sports Program</b></p> <p><i>Non-competitive and affordable exercise/recreation/sport for all ages e.g. Cardio Tennis.</i></p>	<p>People are turned off by competitive nature of sport but need/enjoy exercise and social aspect and skills. Obesity is a priority area for all ages. Get sporting clubs on board to offer non-competitive programs. Hours/ access to clubs and commune to play with e.g. cardio tennis.</p>
<p><b>Cardinia Combined Residents Group Network</b></p> <p><i>Cardinia Combined Residents Group Network (including Township Committees) Initially facilitated by Council</i></p>	<p>Survival for all resident groups by sharing ideas, successes and failures, financial management, event and committee management. To encourage joint ventures. Initially a council facilitated forum. Calling together 2 members from all resident groups and township committees (+ potential group).</p>
<p><b>Community Group Directory</b></p> <p><i>Create a database of organisation and groups and what they do so residents have one 'go to' place to find a way to connect with their community. Also to categorise groups appropriately and to make its existence.</i></p>	<p>People don't know where to find information of where to connect and people could help when needed. We have no spontaneous volunteer register to help. It needs to be in a central place so council website is a logical place BUT currently few people go to the council website for information so this data resource needs to be broadly and continually promoted through media and CONNECT, rates notices, community houses, schools, kinders, U3A, Libraries and Cultural Centres. Website kept updated regularly by the community groups too (so they may need extra prompting). Groups to know about the database and how to use it. There needs to be more information about what each group does and benefits for members and/or community. Also how to connect with them. We may need another person on Council to work on this project with Nicole Lucas because this is an issue the community has identified as a priority at the Community Summit.</p>

PROJECT IDEA	ABOUT THE IDEA (ACTIONS AND REASONS)
<p><b>Hills Road Safety Action Group</b></p> <p><i>Improve road safety in the hills for both the residents and the increasing number of tourists. Name "Hills Road Safety Action Group"</i></p>	<p>Decrease road accidents/fatalities and significant injury for residents and tourists. Develop project plan. Link to existing road safety groups in the hills. Cockatoo Roads Action Group. Support from Council. Link to Road Safe South East. Link to Emerald and Monbulk SC. Engage with young people who attend. Links with Vic Police and Tourism Vic. Reward good driving practises.</p>
<p><b>Facility and Event Breathalysers and Information</b></p> <p><i>To provide breathalysers in all major council owned facilities or public venues where alcohol is sold e.g. CCC, Pakenham Racecourse, Officer Club. To provide information packs to businesses on responsibility to staff when providing alcohol.</i></p>	<p>Because harm from alcohol has been identified as a major problem in the shire and not one project was chosen to address this. An example is the Big Blokes BBQ - unlimited alcohol offered equals social media posts of intoxication. You can be fun and responsible. Support from Council to implement breathalysers to venues they own and advise public of their implementation. Produce packs from LLC (liquor licensing commission) for free.</p>
<p><b>Nar Nar Goon International Mural Competition</b></p> <p><i>Run an international mural competition based in Nar Nar Goon at the same time as a sculpture comp in Bunyip.</i></p>	<p>Art is under represented in rural towns. It will excite the community - cohesion. It will bring money into the towns. Increase tourism and community pride. Increase community wellbeing and fight obesity. Get insurance. Steering committee. Sponsorship and grants. Investigate etc. Shire involvement.</p>
<p><b>Facility Project</b></p> <p><i>Shared facility for the community including scouts with broader community requirements accounted for in design.</i></p>	<p>Through scouting and broader community groups we will encourage participation in various activities that will encourage community participation and scouting values. To build their strength, resilience, capacity along with overall respect. Work politically. Develop partnerships with council, state government, community, scouts and schools. Funding. Time. Commitment. Councils cooperation.</p>
<p><b>Reduce obesity rates</b></p> <p><i>Creating an innovative, detailed strategy with key actions proven to achieve a reduction in the Shire's obesity rates.</i></p>	<p>The health of our community is critical. We want our children to live longer lives than we do. Key stakeholders passionate about partnering with us. Public Relations experts to continually communicate our messages effectively. Networks of passionate individuals/groups who can help us deliver our messages.</p>

PROJECT IDEA	ABOUT THE IDEA (ACTIONS AND REASONS)
<p><b>Hills Community Harvest</b></p> <p><i>Alleviate food insecurity by utilising free backyard produce that would otherwise be wasted.</i></p>	<p>To prevent food wastage. To improve access and affordability of fresh produce. To reduce obesity. To reduce everyday stressors. To improve nutrition and social cohesion. Volunteers. Back yard growers. Distributors. Kitchen access (approved for Street Trader rego). Publicity and promotion. Business expertise.</p>
<p><b>CALD Employment Project</b></p> <p><i>Identifying agencies who help CALD communities to connect with prospective employers. Train CALD communities on employability skills. Connect communities in need and the agencies.</i></p>	<p>CALD community population is increasing in the Shire. They don't know who to approach and who to ask for help. So we need some agencies to assist. Identifying agencies and approaching them to find out their interest to help our Shire. Ways to connect the individuals in need with these agencies.</p>
<p><b>Relationship Management Education</b></p> <p><i>Skills development on relationship management.</i></p>	<p>People lack knowledge on how to manage relationships with partner, children, neighbours and the society at large. It will enable conflict resolution, reduce family violence and improve social cohesion. To build support services on how to cope with relationship problems.</p>



## 4. OFFERS

As final step participants were invited to make an offer to either lead or participate in further developing one of these projects. All but one project had an interested group of people to take the projects forward.

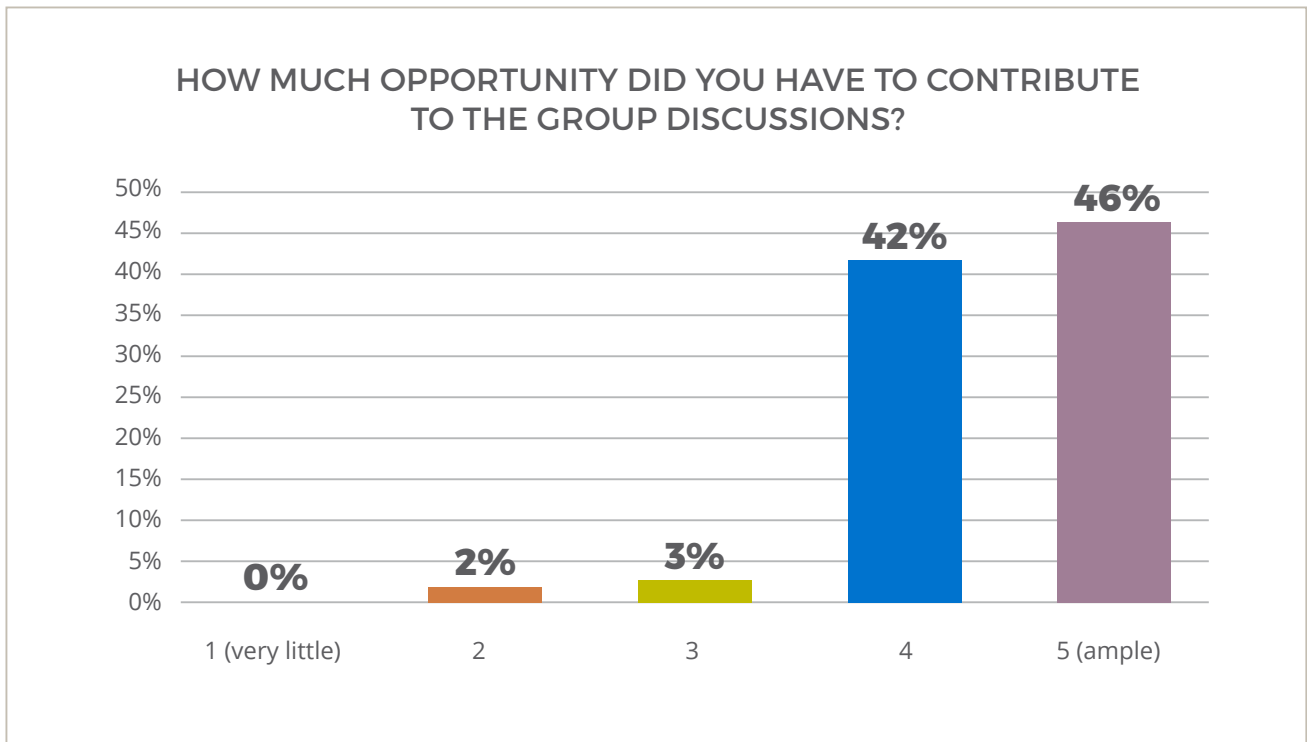
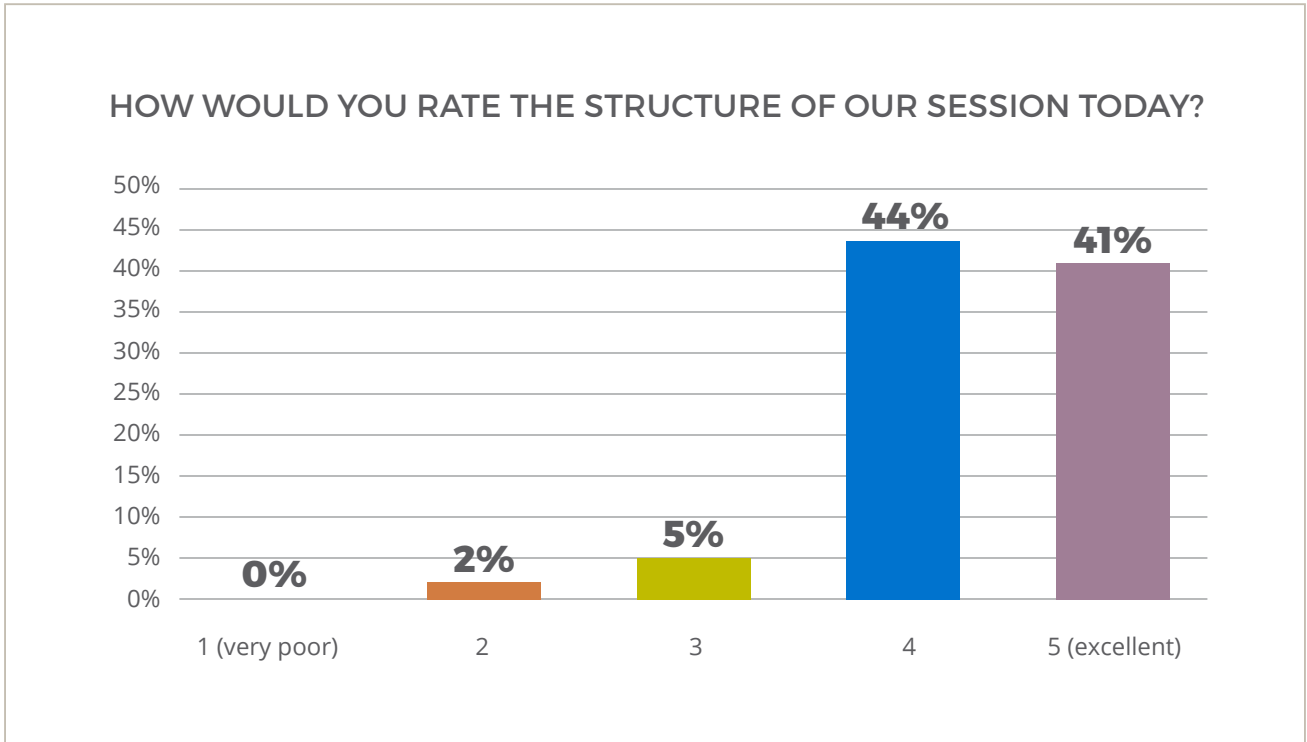
## 5. MOVING THE PROJECT FORWARD

Council had prepared an information pack for those people who were prepared to lead and keep working on the projects. This information included a community initiative planning guide, information on how to apply for a council grant, event planning guide and risk assessment template.

## 6. EVALUATION

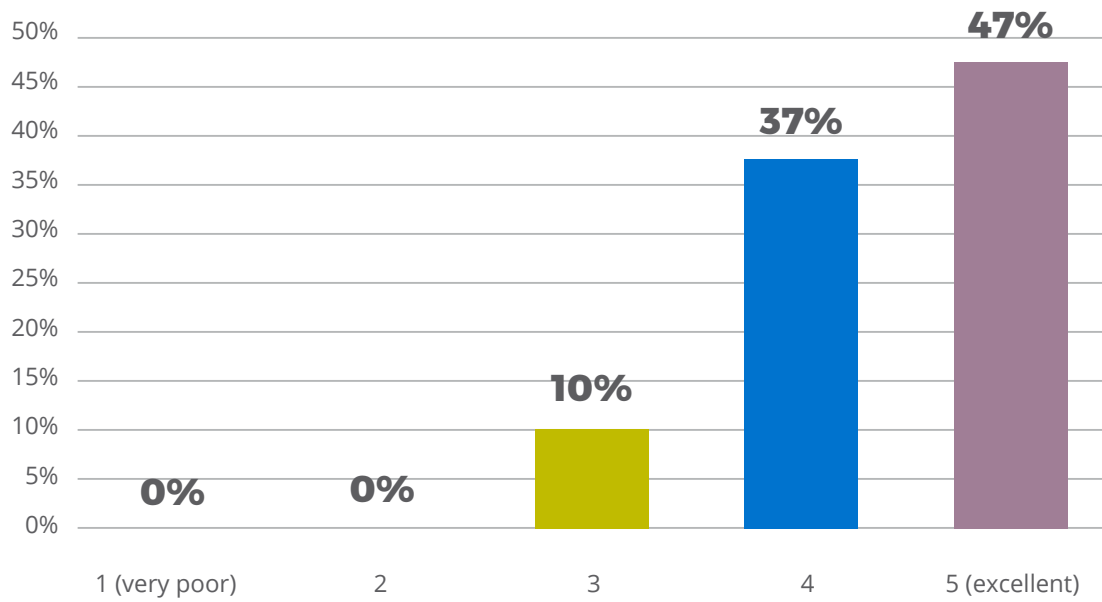
Participants from the two summits were invited to provide feedback on the facilitation, information provided and their levels of confidence in project development in the future.

Participants were asked to rate their experience at the Summit through five questions. The breakdown of those responses is below:

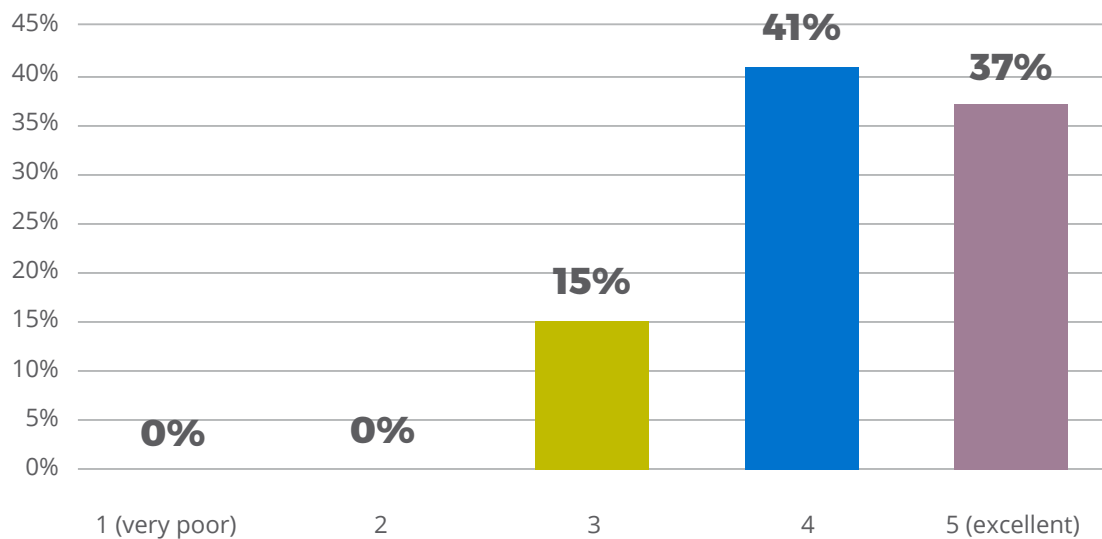




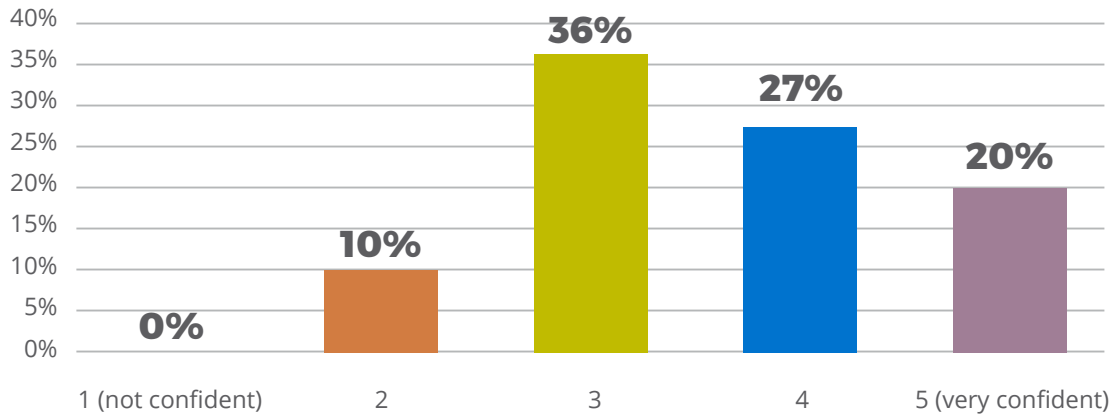
### HOW DID YOU RATE YOUR OPPORTUNITY TO MEET NEW RELEVANT AND LIKE-MINDED COMMUNITY MEMBERS AND SERVICE PROVIDERS?



### HOW INFORMATIVE WOULD YOU RATE THE DATA PROVIDED AROUND CARDINIA'S KEY HEALTH PRIORITIES?



## HOW CONFIDENT ARE YOU, THAT YOUR INITIATIVES OR ACTION GROUPS WILL BE SUCCESSFUL DUE TO COLLABORATING IN THE SUMMIT STRUCTURE?



The evaluation also provided a space for additional ideas and comments about the session.

### GENERAL FEEDBACK

Great initiative & thank you.

Fabulous event. Do it again regularly please.

We need to stop trying to re-invent the wheel and work together to achieve bigger outcomes.

Some projects at the end have little or no resemblance to summit/Council concerns.

I think Council should try to get community groups connected together to find out what council can do to support them, as well as what the volunteers can do to support council.

It would be beneficial to have a summary of the projects put on the shire website (viewable from a link on the home page). This would give a wider audience the opportunity to read at their leisure what help is needed or projects available.

We need more volunteers (people resources)

### IDEAS FOR IMPROVING THE SUMMITS

It would have been great if people (including council people) had a business card to pass on, or a flyer with their name, organisation, contact details and a line about what they do. This could be a form sent to participants when they booked to attend, that they could fill out and print.

To get more of the community involved.

Process of mixing/matching people - great. Not sure if projects matched the general objectives of the Community Summit.

A follow up meeting to evaluate what progress has been made.

More about council's role with these priority areas.

Sharing ideas earlier in the session so we can potentially connect more over common interest/project ideas.

Well done, interesting.

Specific council needs/projects presented highlighting shortfalls or specific areas of need.

## ADDITIONAL IDEAS AND INITIATIVES

How can the CWA present speakers on needed topics within schools? How can the CWA be on call to help in the community?

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After the failed initiative to start a Youth Group in Cockatoo, I would like to increase opportunities for youth interaction and building youth resilience.

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All priorities fit under the umbrella of public health. How could a public health model promote the priorities and projects? How to build resilience & community capacity.

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Something in our shire particularly the hills area for youth from about year 7 onwards. There is not enough in the shire for them to do.

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Support in pre-school literacy development for young families. Single mother initiatives

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Community harvesting, knowledge cafes.

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BUG monitoring. Bicycle groups in neighbourhood houses that offer nurturing of people joining who need to build confidence and safety skills.

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# PART C – FACILITATOR REFLECTIONS

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## 1. MEETING THE OBJECTIVES

This section of the report considers the outcomes of the summits in relation to the objectives.

### ***To inform community members about the current health and social challenges in Cardinia***

Just under 80% of participants considered that the information provided at the summits was excellent or good. It was apparent that some of the information was surprising and even shocking to some of the participants in terms of the levels of health and social disadvantage. Providing this information was a critical step in the Council's goal of having community groups develop programs that are more closely aligned with the needs of the local community.

### ***To encourage community members to design and deliver new community projects/initiatives that address local social and health challenges***

Having 110 local people involved in identifying 21 new projects to address local social and health challenges is a great start. No doubt Council will need to follow up with these people, continue to be encouraging and support them in a variety of ways until the projects (or some variation of these projects) come to fruition. Even getting half of these projects through to establishment would be a great success.

### ***To support community members and groups in developing new projects including providing information about funding sources***

Information was provided at the summits about funding sources and hopefully the groups will be future applicants for community grants.

### ***To encourage individuals and groups to collaborate on the development of new projects/initiatives***

The summit facilitated a range of people coming together to collaborate on new projects. There is no certainty that they will continue in the same groups that formed during the summit process. However, even if some continue that will be a success and everyone

who attended is now more aware of the range of other community groups that they could be seeking to partner with on projects.

### ***To inform community members of existing initiatives they may be interested in supporting***

Participants at the summit heard about many different initiatives they might be interested in joining. There is less likelihood that this will result in new volunteers for community groups as most people in attendance were already part of a community group and were possibly not looking for more to join.

## 2. GENERAL REFLECTIONS

The summits were very successful in attracting community members and evaluation shows they were very well received. Clearly this type of activity is meeting a need of community groups to be working more closely with the Council in meeting the social and health challenges in Cardinia. They were also highly effective in sharing information with the community about current social and health needs.

One or two attendees expressed a desire for Council to be more prescriptive in telling them exactly what programs are needed. However, this is not necessarily advisable as if done, the community may react to be told what to do when they are at the 'coal face' of the community. This needs to be seen more as a partnership. Making this a regular event would enable the community and Council to further develop how they work together in a partnership to address local needs.

In terms of future work, council staff will need to stay in close contact with the groups to assist them in developing the identified projects (or something similar) through to fruition. In terms of matching community volunteer work to health and social wellbeing, these summits are a major step forward. Consideration could also be given to some part of the community grants program being specifically allocated to projects developed as a result of the summits.





# Cardinia



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**PLEASE NOTE:** While every effort has been made to transcribe participants comments accurately a small number have not been included in this summary due to the legibility of the content. Please contact Kimbra White at [kimbura@mosaiclab.com.au](mailto:kimbura@mosaiclab.com.au) for any suggested additions.

