

Proposal: Using Sport to improve the mental and physical wellbeing of young Aboriginal people

Pioneers Aboriginal Corporation (trading as Pioneers Aboriginal Academy PAA) is an Aboriginal community controlled not for profit organisation. It aims to serve the needs of Aboriginal children and young people and not those of sporting codes nor their corporate sponsors and is inspired by the potential which can be achieved through sport for these young Aboriginal people. Involvement and participation in sport is not only good for their physical health but also for their social and emotional well-being. A healthy body, a healthy mind.

PAA commenced its development at the beginning of 2018. It became incorporated as an Indigenous Corporation (ICN 8959) with a talented, influential and professional Board, and is now in the position to commence applying for funding from government and sponsorship from various sources. In the past twelve months we have brought together partners, committed people, ideas and programs, and have negotiated partnerships and networks at all levels local, state and international.

The central theme of PAA is to assist Aboriginal children and young people achieve excellence in basketball and eventually across other sporting codes, their own lives and their community. Utilising sport as a vehicle and mechanism to show them they can achieve greater things and not become just another statistic and be weighed down by the welfare trap. Aboriginal culture and language, family and country will be their foundation and central to their success. As will excellence in coaching, good nutrition and the provision of safe and secure sporting environments as well as support and role modelling from their peers and mentors.

PAA are very much aware of the need to close the gap with Aboriginal health, particularly given the expertise of our board members. PAA board is made up Nyoongar professionals, doctor, psychologist and FASD expert. With the FASD prevalence report from Banksia Hill Detention Centre and s47F recent south west study, the figures are the highest in the world. s47F study and other research, the new information is even more staggering and will impact these targets immensely. Life expectancy for someone with FASD is 37 years of age, it's a whole of body disorder, the kidney damage can lead to chronic diseases such as diabetes, heart disease. Ear health and diseases like otitis media and conductive hearing loss can also be symptomatic of foetal alcohol spectrum disorder. We are not an ageing population and 50% of our population are aged 0 to 24 and our birth rate is three times that of non-Aboriginal Australia. Thus the need for innovative more effective programs for our children and young people.

According to Canadian research physical activity helped children with strength and balance, bilateral coordination, speed and agility and upper-limb coordination and fine motor skills. Physical activity has been shown to be beneficial for those with FASD in the areas of working memory, cognitive flexibility and planning. In addition, we know that childhood obesity of Aboriginal children is increasing and even greater in remote and regional areas. The lack of organised sporting programs and opportunities, poverty and travel are some of the contributory factors to our children becoming sedentary and limited physical activity as they age, thus the need to support capacity building and placed based solutions within regional and remote communities.

Our intention is to commence with a targeted focus on basketball. We have started to develop elite sporting pathways for talented young Aboriginal people. We have identified the

need to establish clear and achievable goals relating to their sport, health, education, employment and community participation to ensure good mental health. Provision of not only educational programs linked to the prevention of the chronic diseases, but also assisting with practical support and advice. Basic awareness of food labelling and eating before shopping so they aren't eating on impulse and fast foods. Developing healthy eating plans and menus to enable them to sustain the intense training required at the elite level. In the long term this will assist with combatting the chronic diseases.

PAA are currently working in partnership with regional and metropolitan schools and other employment and training providers to develop a holistic education program for these young people. Access to further education, employment and training will provide opportunities for better life outcomes for these young people, their families and communities. We will continue to build on and expand our partnerships and collaborations to secure opportunities and support young Aboriginal people to succeed when engaging with them.

We will work hard to identify young people with the athletic capacity and academic potential to succeed in a United States College Basketball Scholarship or student exchange program. We aim to have one participant per year achieve a scholarship and one student per year as an exchange.

Aims and Objectives

Pioneers Aboriginal Corporation has the following aims and objectives:

1. Create an Aboriginal community controlled central resource organisation that aims to develop elite Aboriginal basketball players and other athletes through;
 - Social entrepreneurship
 - Community development that identifies gaps in regional and local basketball organisations, communities and programs and develops models and provides brokerage and advocacy services to fill those gaps
 - Offering training and support to local and regional basketball organisations
 - Identification of Aboriginal sporting talent and support for their development
 - Provide training, professional development and support to non-Aboriginal partner organisations and service providers working with our young people within the program
2. Develop a broad base of basketball talent at the grass roots, community level and support the development of potential elite athletes through;
 - Specific and specialised training for elite athletes in Perth for those identified. During school break will provide a travelling clinic to visit the regional and remote areas.
 - Nutritional support for athletes at all levels through the provision of adequate food and promoting knowledge about healthy eating for optimum performance.
 - Working with local Aboriginal cultural custodians to grow the cultural knowledge amongst the young athletes at a community level to assist in building strength and resilience for social change.
 - Develop and deliver educational and training programs on FASD, health and nutrition, social and emotional wellbeing and suicide prevention and intervention for the athletes, their families and communities and service providers.

- Working with partner organisations in the areas of welfare, education, employment and training to ensure that the motivation developed through sport is also channelled into other aspects of the young athletes lives.

Our dream is to see Aboriginal basketball players from the PAA program play at the College level in the USA, and to have them successfully return to their communities to inspire other young Aboriginal people, their families and communities.

Establishment of the Program

It is now time to move onto the formal establishment of the organisation with staff, premises, formal agreements and partnerships, and an operational budget. It is essential that the PAA concept be given an opportunity to demonstrate its viability. The international relationships/partnerships with Canada, the USA and New Zealand were solidified, recently with a visit to Canada and the USA in October 2018. However, ongoing conversations need to be held with First Nations people in Canada, the USA, New Zealand and with African American educators and basketball coaches for the next phase of planning the tournaments and interactions.

During the first year PAA's ideas and concepts will be tested by supporting existing local and regional tournaments in rural and remote areas. PAA will be coordinating a statewide basketball tournament, initially for under 25's, but eventually all age groups, ranging from under 12 to under 25, for talent identification and team selections for international tournaments. PAA have commenced discussions with Aboriginal elders, groups and leaders in Western Australia to gain their support, although this will continue to grow and expand.

The aims for the first twelve months of operation are to:

- Obtain funding for 5 years
- Employ key staff, (Development Manager and Head Coach).
- Formalise partnerships and agreements with schools, local and regional Aboriginal Basketball associations, Aboriginal groups providing education, training and employment support, Aboriginal cultural organisations and various First Nations and African American schools and basketball organisations and programs.
- Commence the local and regional basketball program.
- Commence the elite development program at a residential facility in Perth (waiting for local government rezoning of a vacant existing facility), but have commenced discussions with relevant organisations such as s47G
- Commence the international program by sending elite Aboriginal youth teams to a First Nations basketball carnival in Canada and to tour schools in the USA.

Staff

- The Development Manager (is also a qualified personal trainer and fitness instructor) will be an Aboriginal person and will be responsible for preparation of the athletes prior to commencing training with warm ups and stretching. Assisting and advising athletes with specific and individualised training and development programs. They will be the contact point for local, regional, state and international collaborators. They will organise all local, regional and state wide sporting carnivals and coaching clinics, manage the elite program and the developmental program, and all international

sporting outreach events. They will also ensure that each program is grounded in Aboriginal culture and knowledge. They will organise and develop sponsors and ensure that both funders and sponsors are kept in close contact with the program. A key responsibility will be ensuring that all Aboriginal youth involved in programs have access to good nutrition and a safe environment.

- The Head Coach is a pivotal position and will be responsible for ensuring that all the Aboriginal sports people associated with Pioneers receive modern up to date coaching. They will be responsible for coaching the elite and developmental programs, and the delivery of coaching clinics for local and regional sports associations.

Annual Budget

2019	
Item	Cost
Salary Development Manager (in school and after hours support)	\$ 90,000
Salary Head Coach (in school and after hours sessions)	\$ 80,000
Insurance	\$ 10,000
1 x leased vehicle	\$ 20,000
Flight costs in WA x 10 coaching clinics and talent identification	\$ 20,000
7 person team to USA x 15 days x 2	\$ 100,000
Elite Program with 2 x Perth camps	\$ 60,000
US College scholarships x (4) and student exchange x 1 x \$25,000 US	\$ 174,000
Athlete education and training programs (FASD, health and nutrition, social and emotional wellbeing) statewide, regional and remote, including provision of food supplies	\$ 100,000
Venue/court hire for training at \$40 per hour (2 hrs) x 3 sessions per week x 40 weeks	\$9,600
TOTAL	\$ 603,660

The budget will be the same for 2020 – 2023 however if the numbers of young people talent identified and offered scholarships and student exchange increases these changes would need to be considered in future projections.

s22

From: s22
Sent: Thursday, 3 January 2019 9:18 AM
To: s22
Subject: Basketball: Unsolicited Funding Proposal - Pioneers Aboriginal Corporation [SEC=UNCLASSIFIED]
Attachments: Funding proposal Pioneers Aboriginal Corporation.docx; boys trials.jpg; Coaching clinic1.jpg; first training session.jpg; kalgoorlie3.jpg; kalgoorlie4.jpg; kununurra3.jpg; kununurra4.jpg; Ningamia.jpg; Participants in Pioneer Aboriginal Corporation basketball clinics 2018.xlsx

From: s22 @health.gov.au>
Sent: Thursday, 20 December 2018 2:49 PM
To: s22 @health.gov.au>
Cc: s22 @health.gov.au>
Subject: FW: Unsolicited Funding Proposal - Pioneers Aboriginal Corporation [SEC=UNCLASSIFIED]

As discussed

From: s22 @health.gov.au>
Sent: Thursday, 20 December 2018 2:43 PM
To: s22 @health.gov.au>
Cc: s22 @health.gov.au>; s22 @health.gov.au>; s22 @health.gov.au>; s22 @health.gov.au>; s22 @health.gov.au>
Subject: Unsolicited Funding Proposal - Pioneers Aboriginal Corporation [SEC=UNCLASSIFIED]

Good Morning Everyone

Attached is an unsolicited funding proposal for the Pioneers Aboriginal Corporation to develop a program for young Aboriginal people to develop skills and achieve excellence in basketball through exchange and scholarships programs, whilst at the same time addressing issues of mental health, nutrition and general physical wellbeing. The program has been running for 12 months without any funding but to take it to the next level they need funding to do. 2018 has been their first year of operation and already 166 children have been through their program and there are a number of the participants who are showing great promise. Attached are some photos of the kids as well.

Attached to this email is a proposal from Donna Nelson, CEO of Pioneers Aboriginal Corporation who can be contacted on s47F if further information is required.

s2 can you please put this through the system in the usual manner but I am giving s22 a heads up.

Thanks everyone and have a great Christmas and New Year. See you in 2019.

Regards

s47F | Indigenous Health Adviser

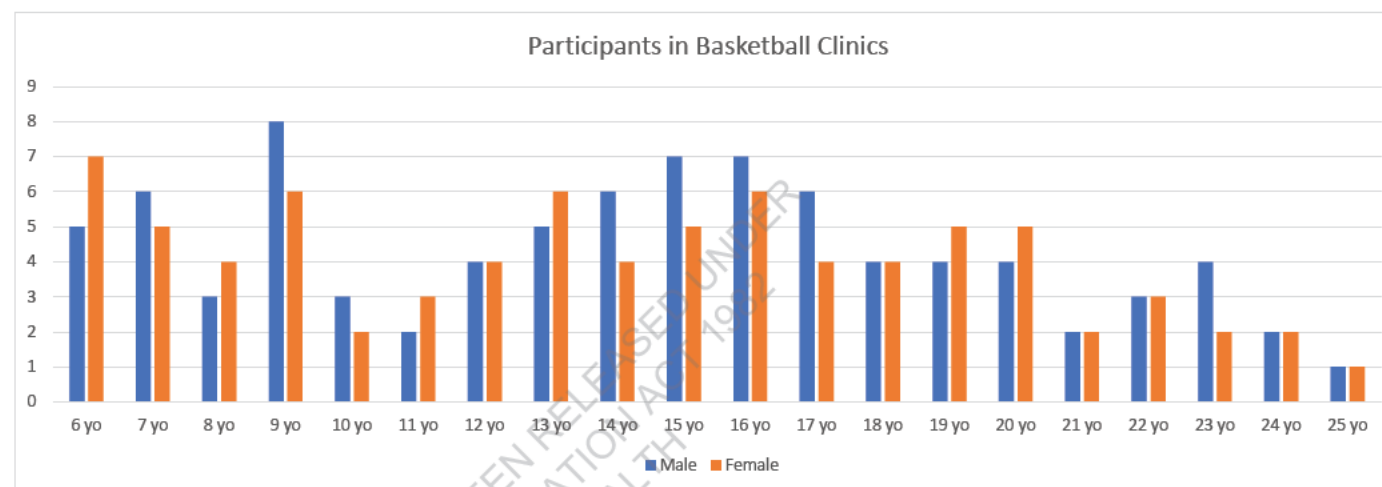
Office of the Hon Ken Wyatt AM, MP
 Minister for Senior Australians and Aged Care
 Minister for Indigenous Health
 Parliament House CANBERRA ACT 2600 s47F



We acknowledge the traditional owners of country throughout Australia, and their continuing connection to land, sea and community. We pay our respects to them and their cultures, and to elders both past and present.

THIS DOCUMENT HAS BEEN RELEASED UNDER
THE FREEDOM OF INFORMATION ACT 1982
BY THE DEPARTMENT OF HEALTH

Age	Male	Female	Total
6 yo	5	7	12
7 yo	6	5	11
8 yo	3	4	7
9 yo	8	6	14
10 yo	3	2	5
11 yo	2	3	5
12 yo	4	4	8
13 yo	5	6	11
14 yo	6	4	10
15 yo	7	5	12
16 yo	7	6	13
17 yo	6	4	10
18 yo	4	4	8
19 yo	4	5	9
20 yo	4	5	9
21 yo	2	2	4
22 yo	3	3	6
23 yo	4	2	6
24 yo	2	2	4
25 yo	1	1	2
			166



**Responses received from Donna Nelson, CEO, Pioneers Aboriginal Corporation
24 January 2019**

Period of funding: The proposal requests funding for 5 years. This is beyond the Government's forward estimates period, which consists of the current fiscal year and the following three fiscal years. Would you accept funding for a period of less than 5 years?

Period of funding: The initial proposal submitted was for 5 years of funding, however we would be happy to accept funding less than 5 years. Funding for the fiscal year would enable us to put some of the programs in place and achieve immediate outcomes for our children and young people and our communities.

Budget: You have indicated that the annual budget which forms part of your proposal totals \$603 660 (excl GST). We calculate the budget's list of itemised items at \$663 600. Could you please confirm the correct figure?

Also:

- Is the budget inclusive of all expenses for which funding is being sought, or are there additional costs such as staff accommodation, payments to service providers, etc.?
- What about the residential facility in Perth which is mentioned in the proposal?
- Does your organisation draw on other sources of funding?

Budget: My apologies for the error in my calculations with the budget proposal. I have just reviewed the figures/amount requested and its actually \$643600.00 per year that we were seeking for the program. This figure did not include GST.

- The budget only includes the salary for the Head Coach and Development Manager, we would look at other possible funding sources for other staff and capacity building the organisation.

- At this point we haven't accrued any costs with service providers, we have negotiated in-kind support where possible to try to keep costs to an absolute minimum. For example, the trip to Canada, the s47G will cover the costs of meals and accommodation, as well as the cost of flights from Vancouver to Haida Gwaii. However, for some athletes identified as talented and gifted there may be costs with gym access etc until such time as we have our own purpose-built facility.

- Pioneers to date has self-funded this program for the last 12 months. The visiting American coach self-funded his trip here and was accommodated by friends and family. Other possible funding sources are being sought too to cover the full cost of the program, particularly for the initial establishment and capacity building phase. We would consider tenders (partnerships with larger organisations in the space) and other sources in the longer term, so as not to rely solely on grant funding.

- Negotiations have commenced with a number of agencies, s47G re the residential facility, which we are still waiting on rezoning of the site. An EOI has been lodged however,

these negotiations with those respective agencies would continue if our application has been approved. s47 have indicated that if successful they would assist in seeking other possible funding sources as well as a feasibility study. Sources of funding could be s47G etc for the athletes in the longer term.

Governance: What will be the roles of the State-wise advisory group which is being established? Will this group help to determine which communities the program would be expanded to and how they would be selected?

Governance: The role of the Statewide Advisory Group will help to determine which communities the program would be expanded to. The interim committee will comprise those individuals who have a keen interest in basketball and are currently actively involved within their communities. Other roles of the group will be determined at the first meeting on the 23rd February by the members. Pioneers want to work collaboratively with those representative programs in those regions to ensure our program is accessible to all Aboriginal children and young people across WA. Pioneers will support the work they currently do with their communities in those regions and take our travelling clinics to assist with identifying talent, offering coaching clinics and offering ongoing support to them in their communities. It will provide access to elite pathways for Aboriginal children and young people.

Health education: The proposal states that the program will include education and training programs on FASD, health and nutrition, social and emotional wellbeing and suicide prevention and intervention for the participants, their families and communities and service providers. Can you provide any information about these programs, including who will provide them, in what contexts they will be delivered in relation to the overall program, and how families and communities will benefit?

Health Education: There is currently Canadian research which that physical activity is good for children with FASD. Currently, Pioneers works closely with s47F

The Banksia Hill prevalence study, FASD in Fitzroy Valley and Telethon Kids Institute clearly states that we have the highest rate of FASD in the world at 49%. As Aboriginal people, knowing, living and working in our communities, we know that FASD is still emerging as the next major crisis.

s47F and other Aboriginal professionals (where possible) would be contracted to provide training and support to our communities. We would utilise our community and professional networks to ensure the training and support to the communities is provided. Some of these include, s47G for the social and emotional wellbeing aspect of the program. s47F

. The participants have their blood pressure etc taken and recorded. Pioneers would be keen to ensure all athletes are tested at regular

intervals to ensure the work we do enhances their fitness and performance with good nutrition to reach their peak performance and achieve their potential as elite athletes.

We have commenced discussions with s47G to have s47F provide FASD awareness and training for the parents, whilst Pioneers would conduct a basketball clinic for the children and young people. A number of community visits have been planned for the south west in the coming months to support s47F current research project s47F. Supporting the research and engaging our communities at the same time, building on partnerships and in-kind support, making the most of available resources. Our aim is to raise the awareness and educate our community of the harm of alcohol consumption for the unborn child in a culturally appropriate and sensitive way, yarnning and sharing as Aboriginal people with our own mob.

Nyoongar young people are 3 times are suiciding at a rate 3 times that of other Aboriginals. Participating in physical activity is known to assist with a healthy state of mind. Participating in a team sport like basketball has provided peer support to many from team mates and it alleviates some of the pressures of home life at critical times, such as Friday nights, Saturdays and Sundays for many of them.

Pioneers are working closely with the s47G to design the theoretical component of health and nutrition, FASD and social and emotional well-being. Pioneers will assist the athletes with the practical application by assisting with food and meal preparation, shopping and self-esteem and confidence building workshops, interviewing skills and public speaking.

Partnerships and collaborations: The proposal mentions partnerships between your organisation and regional and metropolitan schools and other employment and training providers. Can you provide any information about the nature of these partnerships?

Pioneers are currently working closely with s47G and as such have developed a cultural curriculum framework. We have enhanced some of their existing programs with our partnerships. A good example of this is the students are studying environmental and conservation impacts in HASS. Our partnership with s47G will utilise drones by ensuring upper school students are trained and registered CASA operators. They will use the drones to survey the land mass and to monitor and manage native flora and fauna, particularly those that are endangered species. The students have planted native flora in regions along the shorelines to stop further water erosion as an example.

s47G are another partner organisation who are looking at recruitment and employment for local government and other employment programs. The partnership will ensure the students have employment pathways upon successful graduation if they choose not to travel overseas or not awarded US/Canadian college scholarships. Partnerships with other providers such as s47G and s47G too would offer apprenticeships and traineeships for Aboriginal students in our program. We have just commenced discussions with s47G who have just been contracted to commence working in the south west and have Aboriginal employment targets. They are keen to work with us and strengthen our relationship with the school as

most Aboriginal students are accessing the s47G so are suitably skilled and qualified to commence employment immediately.

Our program is holistic and looking at addressing the gaps at those transitional phases in a student athlete's education. From primary to secondary, year 10 to year 11 and 12, then further education, employment and training.

North American partners: Can you provide any information about the cooperation and/or commitment that your organisation has secured from overseas organisations and/or schools? Key elements of the proposed program rely on these overseas relationships.

Pioneers Aboriginal Corporation have established numerous international partnerships and relationships, being New Zealand, Canada and North America. s47G

. The commitment and cooperation secured with each of the international relationship mostly is to coordinate tournaments within their respective regions as well as engage, support and be involved with our young people whilst there. s47G are contributing to the cost of return flights for our athletes from Vancouver to Haida Gwaii at approximately \$300 Canadian each. They have committed to providing accommodation and meals too whilst there. Pioneers are in the process of negotiating the same commitment in New Jersey. It has been confirmed that s47G will provide all meals for all athletes whilst in NJ. They are seeking suitable accommodation which too will be covered.

If we are successful with our application for land acquisition with s47 and have a purpose-built facility they are extremely keen to attend an international tournament here in WA hosted by Pioneers Aboriginal Corporation.

All international partners have made the commitment to support and mentor the student athlete and communicate on a regular basis with Pioneers Aboriginal Corporation.

There is a very keen interest in the program internationally which already is looking to expand to Zambia and Portugal in 2020.

Recruitment: The proposal discusses the importance of physical activity for children with FASD and as a preventive intervention for childhood obesity. Can you provide any information about the recruitment process for student participants and whether this will target students with particular needs?

The traveling clinic is such that it will identify potentially gifted and talented basketball players from across WA. Currently three young men s47F . Pioneers have discussed enrolments for them at s47G and s47G and are in the process of negotiating living arrangements for each of them for an immediate start in the program with the aim of taking them to play overseas after providing access to proper nutrition (cashless welfare card and extreme poverty), quality coaching and regular organised tournaments for them to participate.

Those regions identified by the Advisory Board for expansion of the program will take into consideration the social issues, existing and gaps in services, Aboriginal population as an example. There are some children and young people within the existing programs who were overweight, however since participating in regular organised basketball programs have already seen a change in their weight. Knowing the backgrounds (families and communities of origin) of the children undiagnosed and misdiagnosed FASD is very evident. s47F

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

Therefore, given the lifelong complications of FASD, small kidneys, cognitive impairment, life expectancy of age 34 and co-morbidity to name a few it is critical that our children are given every opportunity to access forms of physical activity to prolong their already short lives.

Benefits: The proposal notes that the intention is for Aboriginal basketball players who play at college level in the USA to return to their communities to inspire other young Aboriginal people, their families and communities. Can you provide any information about what mechanisms will be put in place to facilitate this? This is relevant to how the proposed program will benefit not only the students who are directly involved, but also the health of their families and communities.

The majority of the children and young people in the program come from struggling homes. A tertiary qualification is unheard of in many of these families. Western Australian Universities aren't offering elite sport as a possible pathway to accessing a tertiary qualification. AFL is currently the only pathway that our young men and now women are being able to access. However, this does not include an opportunity for further education. The social and economic benefit to the whole community is huge.

Those Western Australian Aboriginal people who have had the opportunity to attain a US college education, through playing basketball such as s47F [REDACTED] and others are working and giving back to their communities.

Making it to the elite levels in sport enables our young people to not only learn about good nutrition, health and fitness but they have access to best services, dieticians, coaches, trainers etc. Many of the student athletes successfully completing college education are offered professional contracts. Basketball is an international sport so could travel anywhere in the world and be paid to play a sport they love. s47F [REDACTED]

[REDACTED]

[REDACTED] These opportunities will impact the whole family and community from where each student athlete originates and wider. It will give hope to the many young people starting the program as well as lift many out of extreme poverty if they reach the ultimate goal of NBA or WNBA, like Patrick MILLS.

Pioneers commitment to the success of the individual athlete too is to ensure we support and mentor the student athlete throughout their whole journey. Pioneers would work with

their communities to ensure there were employment opportunities for them upon their return.

Additional comment from Donna Nelson (email, 24/1/19):

Sorry I forgot to include in the North American support and commitment that s47F volunteers his time every Monday through to Thursday night with a basketball program at s47F for at risk African American boys. Our teams will get to play at s47G against his teams whilst there too for promotional reasons and a cultural exchange taking part in team building and social activities.

The s47F is supportive of the events and has donated facilities to s47F for catering for the event. Police in both counties are supporting the program and such will be attending and being involved with all young people.

Benjie E. Wimberly is an American teacher and Democratic Party politician who represents the 35th Legislative District in the New Jersey General Assembly, he too is supporting the program. He is also the head coach of the football team at Hackensack High School and is serving as the recreation director of Paterson.

Interest in the program is growing constantly and as such both the s47G and Maori's (from the remote northern regions of the north island) are considering creating similar academies with holistic education models for their First Nations children and young people. They will be visiting s47F towards the end of 2019, to look at the model, with the inclusion of being immersed in Nyoongar culture and a visit to a remote region, possibly the east Kimberley just for the exposure to the cultural diversity.

Pioneers have also been invited to participate in a tournament in Whangarei in October this year. A key component of all tournaments will be the cultural immersion and exchange for all visiting First Nations children and young people.

If you could please consider these additions in my response, thank you.

Additional comment from Donna Nelson (email, 24.1.19):

The concept of the program is to look at the young person as a whole and his their social emotional and physical well-being are considered from more culturally appropriate and sensitive education curriculum and programs to participation in after hours and weekend (extra curricular) physical activity and exercise routines as well as interactions with other like minded peers and positive role models building their self esteem and confidence with basketball being the vehicle and mechanism to achieve this.