



# The Sunshine Project

CREATING CONDITIONS TO GROW THE GOOD LIFE



## About the Project

The Sunshine Project is an action research design project, exploring what supports can enable families to grow their version of a good life, even in the midst of hard times.

The discovery phase of the project is now complete and the team are busy discovering how Sunshine learnings principles can be delivered in other settings, services and communities.

## Sunshine Celebration

As the discovery phase of the Sunshine Project wrapped up in December 2023, the project team spent a sunny afternoon with the families and friends of the project. This was an important opportunity to thank them for their generosity and willingness to try something new. We also celebrated all the amazing things they achieved in the first phase.

The kids enjoyed an afternoon on the huge slip and slide and the local pizza shop delivered a delicious lunch.

The families and friends of Sunshine will continue to support the project into the next phase as lived experience and co-design consultants.



## Sunshine Happennings



### Cookies, Curries and a Colourful Harvest

In October the team got together with the families and friends of Sunshine to batch cook curries and 100 lunch box cookies! The KEYS team generously opened their kitchen for the morning so everyone could jump in and work together to take home enough curry to fill up their freezers.



Julian from the Medina Residents Association was also on hand to help the team and families harvest the first round of vegetables from the wicking beds planted in June. It was so exciting to see the deep green kale and beautiful purple cabbage had sprouted. The harvest was shared and taken home with a few extra bits added to the curry cook up.

### Veggie Box Milestone

Our friends at Glavovich Farms have reported in the last year, more than 200 families in hardship have ordered and enjoyed a Sunshine value veggie box. This tells us that fresh healthy food is a priority for everyone. We are so proud of this initiative and the impact it is having in the Kwinana community. Veggie boxes are available to purchase via <https://www.glavovichproduce.com.au/products/value-veggie-box>



### Cooking with Kids

The Spring school holidays were the perfect time to run a kids cooking workshop in partnership with FoodBank. It was wonderful to spend a happy morning chopping and stirring and chatting all things healthy and fresh.



## What's next?



In November 2023, the Boards and Executive of Anglicare WA and Ruah met to scope opportunities to scale the learning from this project. There are a number of options to scale across different levels of the system. We're currently developing a roadmap which will encompass opportunities to create change across all levels of the system from 2024 onwards.

So far the discussion has been focused on four scaling options

**Scaling Touchpoints**  
Develop replicable tools to distribute to our own organisations or more broadly in the social sector.

**Scale as a standalone Service**  
Seek resourcing to replicate the Sunshine Project model as a standalone service offering.

**Scale Practices**  
Transform existing teams to enable more radical work within existing contracts.

**Scale the Conditions**  
Normalise the "special" conditions at various levels of system that enable radical work to thrive.

## UK Study Trip



Sunshine Project Lead, Beth, recently had the opportunity to travel to the UK for four weeks to learn from organisations undertaking programs and services similar to the Sunshine Project. She met with teams across the country and found their practice wisdom hugely beneficial. She even had the opportunity to have a cup of tea with social innovator and author, Hillary Cottam. Much of the Sunshine Project has been informed by Hillary's work and Beth was delighted to include the visit during her travels.

## Connect with Us

**Regular project updates will be shared via the Sunshine Project Website, you can sign up for updates and get in touch with the Sunshine team via [www.sunshineproject.com.au](http://www.sunshineproject.com.au)**

