



The Sunshine Project

CREATING CONDITIONS TO GROW THE GOOD LIFE



About the Project

The Sunshine Project is a 2-year self-funded action research project between Anglicare WA and Ruah Community Services, working with a small group of families in Rockingham/Kwinana to learn from their experiences of hardship and test out new ways to help them grow their good life, even in hard times. We are now 18 months into the project.

Community Ideation Workshop

At the start of 2021 we brought together several local community groups, services, community members and the local LGA to imagine what the good life could look like in Kwinana. Ideas generated that day have been refined into prototypes which are being tested out with new partners.



Community Garden Plus++

Access to food is a huge priority right now, and there was an aspiration for a community good life in which there was a sense of plenty and sharing around food (rather than scarcity and fighting over scraps)- KEYS offered their Medina site to test out some ideas which include:

- Growing food- installing wicking beds so parents can help their kids learn about growing food.
- Cooking together- Batch cooking meals in bulk to freeze, food preserving, options for parents to co-facilitate sessions and decide what they want to learn.
- Partnership with a local Glavocich Produce farm to create a value veg box for families on low incomes.
- Connecting up food sources- mapping the local community gardens and fruiting trees on public land.





Camping/Date Night

Through the Sunshine Project, families told us that their number one motivator is to give their kids a good life. But when all their income goes on essentials, they never get the chance to take their kids away for a weekend holiday to make memories together.

Similarly many couples are working on their relationship, but can't justify the expense of a date night to recharge their batteries. Families running on empty emotionally aren't well placed to function well, which effects all areas of their lives. We also understand that brokerage is often limited, and prioritised for critical expenses such as food, rent or bills.

The team are testing two experiences for families who have been through tough times, to understand the impact:

1. The Camping experience includes a 2 night voucher for a powered campsite, loan of a fully stocked camping kit (complete with marshmallows) and if needed, a fuel voucher towards transport.

2. Date Night experience includes a voucher for an evening's babysitting through babysitting agency Sittr, and a movie voucher for two.



Gamified Quests

We've also been testing out approaches which combine time and money in different ways to add momentum and encouragement to families' efforts to move forwards.

A small sprint experiment in gamifying stretch goals with rewards (Quests) resulted in highly accelerated progress for a number of families, particularly those who tended to struggle with executive function through ADHD etc.

These participants are currently testing a second round of Quests with more challenging tasks. Learning from these experiments is providing valuable insights into different options for families with neurodivergent needs.

Centre for Stories

Several of the Sunshine participants have been attending a series of workshops with The Centre for Stories to learn skills in effective storytelling to be able to share selected stories from their lives. This is part of their recovery journey and thinking about how they might use their lived experiences to advocate for change or to help others going through similar experiences.

WACOSS Conference



The team has been sharing early learning and practice from the project with other services in the sector.

In May the team delivered a workshop at the WACOSS Conference - "Radical-ising Help, plays from the Sunshine Project Playbook" which was well received.

Additional workshops with Senior leadership teams at Anglicare WA, Ruah and other service partners are enabling learning, tools and resources to be shared.

Anglicare NSW and VIC have been following the project with great interest.



Last month, our team presented to Ruah's Board about the project's progress, along with our Steering Group lived experience rep, Charlie Octavia, who shared briefly from her own experiences, alongside the stories of participating families.

Our Family Plan



We have been testing an idea with families around developing a plan with the whole family about how they want to progress, which they hold, and can take it to other services who can help them with aspects of their plan. This is part of an effort for families to feel in control of their own plan and to reduce the duplication of having many plans with many service providers. The plans are already proving useful, with some families putting them up on their lounge room wall, or taking them along to multi-agency meetings.

Connect with Us

If you'd like to contribute to the project, if you'd like a copy of any of the Insights Report or if you'd like more information, please contact:

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