

Promoting health to my mob



Organisation:

Fair Game

Website: www.fairgame.org.au

Focus: First Nations

FAIRGAME
recycling sports equipment inspiring healthy communities.

Paige's love affair with sport began when she was a kid living in Derby. For as long as she can remember, she has always played one sport or another. At school, she learnt how sport can positively impact a person's health and wellbeing and decided to explore her love and curiosity of sports after graduation. Paige is now studying Sports Science at UWA where she is expanding her knowledge of the human body and how sport and physical activity promote health and performance.

APPROACH

Paige discovered Fair Game at UWA through her involvement with the McCusker Centre for Citizenship. The Centre was delighted to have her complete a placement towards the end of 2022 in Fair Game's Recycle & Donate program. While completing her placement, Paige worked with Nyikina Mangala Community School, a school she is familiar with as it has close ties to her Derby hometown. "The school has kids that come to Derby and join in on our basketball programs and swimming, which is good because they are only a small community," Paige explains.

OUTCOME

Once she finishes her masters degree in 2024, Paige plans to return to her community in Derby to teach sports and health. She already knows the kind of work she wants, and plans to work with teenagers mainly. She is acutely aware of health challenges that impact the Aboriginal community in Derby and wants the education, knowledge and confidence to go back to her community and teach there. Paige believes that working with teenagers is a great place to start "because the kids are still learning and developing, so if I teach them they will take it on board."

"I've made lifelong friendships and because we often have sporting carnivals for basketball in different communities and towns, I play on different teams as well. It gets me networking and knowing other people, being involved in the community – the Kimberly community – not just in my own town".

– Paige (volunteer)

LEARNINGS

- It is important to know your 'why'. When engaging volunteers, volunteer involving organisations should not simply check boxes but ensure the match is authentic and mission aligned.
- Organisational culture and cultural safety is important. Work towards embedding cultural safety at every layer of the organisation.
- Elevate voices of priority group volunteers to understand different perspectives.