

“ Sparking potential
in young people



Quarterly Report

Term 2, 2022

Message from the Founder

Welcome to the TRACTION Term 2 2022 report.

It has been most pleasing to see the TRACTION team return to full capacity in delivering enduring and impactful program outcomes for our young people following the disruption of COVID-19 and the floods earlier in the year.

Unfortunately however, it has become apparent throughout 2022 that an ever-increasing number of young people need our help.

Many young people are facing challenges beyond their ability to cope. It is estimated that one in ten young people, approximately 40,000 across the country every year, do not complete secondary schooling.

Most of these young people do not engage in further training or secure financial independence through

employment. The impact of this reality on young people is devastating, including poor physical and mental health from a lack of education, isolation and disengagement.

The cost of this lost opportunity is also significant for our community, projected at a staggering \$12 billion every year.

We also know that one in four of our young people are experiencing mental health challenges, and

“I enjoyed what I was learning and doing at TRACTION. It teaches young people how to listen and learn and be patient, and it's a fun and exciting environment. I just like the overall vibe of this place!”

Participant from Wynnum SHS

tragically, suicide is a leading cause of death in young people.

Further compounding this already dire situation, one in four young people are obese, and for the first time, we face the alarming prospect that children born in 2023 will live a shorter life than their parents.

Our experience having supported more than 1,800 young people since 2015 is that a modest investment in



early intervention and prevention support for young people through programs like TRACTION, positively lifts their trajectory with the potential for lifelong impact.

Our mission is to spark young people's potential. We believe every young person deserves the chance to build their own future.

By giving them the tools of resilience, in an environment that nurtures their social and emotional wellbeing, TRACTION helps young people engage in learning, build connections, develop skills for healthy relationships, consider future employment pathways, and better manage life's challenges.

We continue to be encouraged by our community of supporters who value TRACTION's unique hands-on learning and mentoring approach, recognise there are limited support options available for young people and generously donate to enable our work.

For those new to TRACTION, we invite you to get involved and help raise awareness and support, so more young people can realise powerful results for themselves, their families and their community.

Our heartfelt thanks to those on the journey with us and for your interest in our progress.

Yours sincerely,

A handwritten signature in blue ink that reads 'Sandy Murdoch'.

Sandy Murdoch
Founder & CEO



We've noticed a huge difference; he's more communicative, less negative and his self-esteem has improved. He finds it hard to focus at school. TRACTION has helped him understand his behaviour. He has better relationships with his teachers now and his grades have improved. TRACTION was perfect timing for him!

Parent of Glenala SHS participant

2.

Progress to date



Term 2 in Review - the Key Numbers

116	Young people engaged from:
12	Redlands
11	Brisbane South
6	Brisbane North
6	Logan
6	Scenic Rim
6	Ipswich
6	Moreton Bay
6	Gold Coast
57	Holiday and mobile workshops
98%	Program completion rate
100%	Program attendance rate
77	Bicycles donated to young people
3,585	Hours of mentoring provided
21	Referral agencies supported – including schools, community service organisations, government and other agencies

3	Types of programs delivered including Bicycle Build, Boom Box, and 1-day/school holiday formats
8	Number of regions where programs were delivered
17	Program delivery locations

Cumulative to date (since July 2015)

1,891	Young people engaged from:
630	Redlands
348	Brisbane South
41	Brisbane North
134	Logan
176	Scenic Rim
41	Ipswich
39	Gold Coast
18	Moreton Bay
464	Holiday and mobile workshops
1,590	Bicycles donated to young people
80,306	Hours of mentoring provided

Girls' participation in TRACTION programs

Thanks to the support of the **Women & Change** Queensland Giving Circle and the 2021 **Chain Reaction** Women's 3-day cycling event riders, we are creating some new initiatives to increase girls' participation in TRACTION programs.

In Term 2, we were delighted to welcome 28 girls into our TRACTION term programs and one-day workshops, representing nearly one quarter of all young people we supported during the term.



A moment with our Mentors



A real stand out for me this term was the amazing progress in one particular young person. He's 13 years old in Grade 8 with high level ADHD and erratic behaviour, with substance abuse and alcoholism impacting his family and home life.

He joined TRACTION in week two and during our first check-in using our Star Chart, he scored himself very low on self-confidence/ positivity, friends/peers and family/ home life.

As the weeks went on, he connected with his school's youth support worker who attended the TRACTION workshops. He started showing up to her office voluntarily, a couple of times a week during school hours, just to say hi and chat.

He had been low on attendance but also didn't want to go home. Through TRACTION, he'd found a safe space with his peers and TRACTION Mentors, and forged a positive new relationship with his school youth worker.

By our last check-in, only five weeks later, he scored himself 10/10 on self-confidence/ positivity and family/ home life. He was engaging with us adults with ease, and he started talking to his mum instead of getting angry.

He understood she was human - and was understanding in himself that he's doing alright - and for anyone, especially a young teenager with trauma and ADHD, that's amazing progress and I'm really proud of him!"

Ben, TRACTION Mentor

Term 2 Highlights



Term 2 with TRACTION was jam packed with 10 full term programs and 11 one-day workshops, in partnership with 21 schools and community organisations, as well as hosting a wonderful group of corporate volunteers through our partnership with **Ausenco**.

Heartfelt thanks to all the young people for showing up, being respectful and open to learning, giving everything a red hot go even when it felt new or overwhelming and being their true authentic selves every single time.

Holland Park State High School

Through our partnership with **Ausenco**, we welcomed young people from Holland Park SHS to our Yeerongpilly workshop this term. Ausenco corporate volunteers joined the workshop each week working alongside the TRACTION team and getting to know and support our young people through their projects.

Emmaus Collage

Our longstanding mentor and Redlands Regional Coordinator Jim is the force behind the TRACTION Boom Box program. In Term 2, he worked with a group of young people from Emmaus College,



supporting them to build their own portable speaker system from ex-army ammunition boxes and upcycled e-waste.

Like all our programs, Boom Box builds resilience and confidence, as well as skills for future employment. It's always a hit with the young people who get to take home their very own Boom Box at the end of the term.



“TRACTION is a safe place to talk about your problems and you won't be judged.”

Participant from Emmaus College

Wynnum State High School



We were excited to launch our newest pilot program in Term 2. **“Fuel Up”** is a healthy food and nutrition focused initiative designed with, and for, TRACTION's young people.

Over the course of the term, our Wynnum SHS young people worked with Alanah, a nutritionist and dietitian undertaking her PhD with **The University of Queensland**, to prepare their own meals and gain hands-on skills and knowledge about healthy habits and behaviours.

This initiative is possible thanks to support from **Health and Wellbeing Queensland**, helping us to change the odds and enable young people to have a healthier future!



“He really enjoyed TRACTION because he could work with his hands. He's more confident now, knowing he can complete a project.”

Parent of Wynnum SHS participant

Bray Park State High School

With support from the **John T. Reid Charitable Trusts**, we were able to deliver our Bike Build program for a group of young people from Bray Park SHS.

The delivery was our first in a pilot to evaluate the need, and potential community support, for TRACTION programs in Moreton Bay. We hope to support many more young people in the region as we look to expand our reach across the Southeast.



“ TRACTION is an awesome program that works with hands-on projects and other activities and the mentors help you gain leadership and better teamwork skills. The mentors are great and help with things if you are struggling.

Participant from
Bellbird Park SSC

Bellbird Park State Secondary College



We welcomed Bellbird Park SSC as another new school, thanks to support from **Women & Change** and the 2021 **Chain Reaction** Women's 3-day cycling event riders.

The support from both of these incredible groups of women is enabling us to investigate the potential for TRACTION to extend our presence and support more young people in the Ipswich region.

“ I really enjoy being at TRACTION because we can talk to each other like family. All the mentors have been a really great help to me and have always been good at communicating with me and all the other students.

Participant from
Bellbird Park SSC



I've seen a lot of growth in the young people since they started TRACTION, particularly in their confidence to ask questions and get more involved.

Steve, School Representative from Glenala SHS

Beenleigh Special School

It was a privilege to support six young people from Beenleigh SS at the TRACTION workshop space at Woodstock, which is a wonderful learning environment to deliver our programs. It even included the chance to forge friendships with the resident goats on the property!





Alexandra Hills State High School

The TRACTION workshop at Alexandra Hills TAFE hosted a group of young people every week of term from Alexandra Hills SHS. They enjoyed time with our mentors Anna and Jim pulling apart, sanding and painting, and rebuilding their bikes.

“The only program that has helped with building his confidence has been TRACTION. He really got along with everyone and felt a connection with them.”

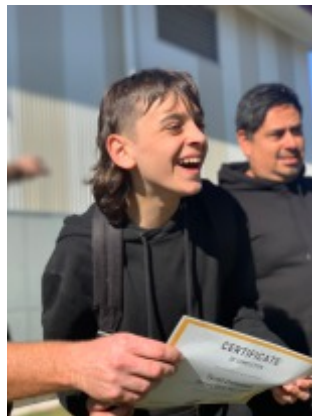
Parent of Beaudesert SHS participant

“She adored the female mentor. I think it's really important for her to trust and engage with an adult on their own level. Elaina is magic. She wouldn't stop talking about her when she came home!”

Parent of Emmaus College participant

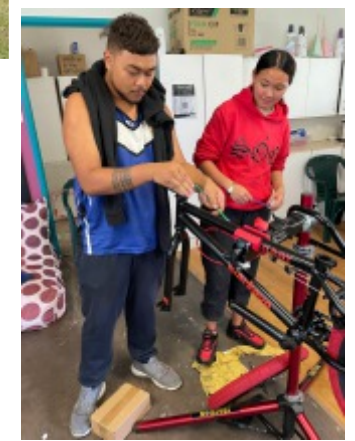
Ferny Grove, Glenala & Pimpama

TRACTION mentors and bike building extraordinaires Ricko and Ben got on the tools with young people from Ferny Grove SHS, Glenala SHS and Pimpama SSC this term, supporting young people from a range of communities, including Defence community families.



“TRACTION takes a lot of stress out of school and lets you escape and be open.”

Participant from Ferny Grove SHS



One-Day Workshops

In addition to our full-term school programs, we also delivered 11 one-day workshops for young people from:

- The new Brisbane South State Secondary College in Dutton Park thanks to support from **Easts Leagues Club**.
- The Hymba Yumba Independent School and Inala Youth Service thanks to the **Westpac Foundation**
- Defence community families from all over Southeast QLD, in partnership with Younger Heroes community organisation, Albany Creek SHS; Everton Park SHS; Springfield Central SHS, Raceview SHS, and (delightfully) an all-girls group from Mitchelton SHS. Special thanks to the Australian Defence Force **Family Support Funding Program**.

Our Impact – results for young people

Engagement in learning



Schools reported that **72%** of students had improved their level of effort at school

85% of young people reported feeling more positive about going to or being at school

Young people agreed that TRACTION helped build their skills to cope better with school demands:

74% Planning for assessment

89% Prioritising tasks

95% Asking for help

96% Putting in a good effort

87% Staying focussed

85% of young people reported that TRACTION has helped them learn to get along better with teachers at school

Resilience and mental health



90% of young people reported feeling more confident communicating with adults

92% of Fuel Up participants agreed that they learnt more about the importance of good food choices for their health

59% of parents/guardians confirmed that TRACTION helped their child learn ways to cope with feeling angry or upset

Schools reported that **86%** of students were enjoying improved interactions with peers



Behaviour and skills



83% of young people reported that they have learnt ways to cope with stress, feeling angry or upset

81% of young people report TRACTION has helped them get along better with family or other important people in their life

92% of young people felt they had developed practical skills that could help prepare them for a job or work

94% of young people agreed that TRACTION has helped them to think more about how their choices and behaviour can affect others



How your support makes a difference



Abdul, Glenala SHS



Abdul completed TRACTION's Bike Build program with his peers at Glenala State High School in Term 2 – and what an honour it was to get to know him.

From the start, Abdul showed immense kindness, teamwork, respect, and an unwavering love of learning. By the end of the program, Abdul identified in himself an ability to be a positive role model to others and a desire to support others to achieve success.

He's looking forward to further developing the connections he made during TRACTION and making a positive impact in his community with his newfound skills.

When asked what he will remember most about his time at TRACTION, Abdul shared:

"How everyone came together, shared stories about who we are, and showed love"

We couldn't have said it better ourselves.

Thank you, Abdul!

Makayla, Bray Park SHS And part of the Defence Community



Along with her school peers, Makayla was a delight to have as part of the TRACTION Bike Build program.

"I was excited (to do TRACTION) because it was a long learning experience. I didn't want to do this sort of thing very often and thought I would be picked on for not doing things right, but I was wrong. TRACTION works because it allows people to interact with others that you wouldn't have known until you did TRACTION."

Makayla, TRACTION participant

TRACTION helps young people form connections and positively engage with others. Makayla's father shared this perspective:

"Makayla has grown in confidence and TRACTION has helped her enormously as she transitions from primary to high school in a new community."

The program has helped her settle into the new school and develop a new friendship group, something that can be difficult to do at her age and given that we are a Defence Force family."

Defence transition for families is huge and it can have such an impact on families."

TRACTION worked for Makayla because it was something different and outside of the typical school curriculum where learning how to work in a group is not the norm. It's an exciting program and engages kids differently. TRACTION is an all-round great program."

Wes, Makayla's Dad

Strengthening our team

Team member in focus:

Meet **Edgar**, our new Regional Coordinator for Brisbane and Moreton Bay



Edgar joins TRACTION with nearly 20 years' experience working in, and for, the community across Brisbane, Logan and Ipswich.

He brings a wealth of knowledge and expertise around youth and family supported programs, as well as delivering community events.

Outside of his work, Edgar loves food, sport (soccer, rugby league), music production (wait until you hear him beat box!), family time, coffee catch ups, and he has a strong focus on creating connected communities.

Edgar is excited to be on board the TRACTION team and support the many young people participating in our workshops, and those we are yet to connect with in the future.



I love to see young people succeed and be supported in life through innovative community approaches. Helping them see their self-worth and grow in confidence, allowing them to reach their highest potential on their life journey!

3.

Partnership focus



Supporter Breakfast, April 22



On April 22, we were proud to host a Supporter Appreciation Breakfast at Victoria Park.

With such an incredible community of partners and donors across Southeast QLD, this was our opportunity to show our heartfelt thanks to more than 50 of our valuable supporters.

Our partners are our driving force, and we couldn't continue to deliver TRACTION programs for young people without their commitment.

Scenic Rim Open Day, April 28

We held our Scenic Rim Open Day in Beaudesert on April 28 for our partners and supporters in and around the Scenic Rim.

Thank you to those that attended to see a TRACTION workshop in action and get to know some of the broader TRACTION team and to hear from Lincoln, one of our amazing young people.



Chain Reaction Challenge Foundation

We wish to acknowledge the amazing support we have received through our partnership with **Chain Reaction** since TRACTION became a major charity partner in 2021.

The generosity, encouragement and support of the Chain Reaction community inspires and enables us to reach more young people.

With the support of Chain Reaction, over the last 18 months we've been able to:

- Fit out our new Yeerongpilly workshop and establish a permanent presence on Brisbane's southside,
- Expand our community outreach and mobile workshops with four additional vehicles to help our team reach more young people,
- Rollout our online program evaluation system with dedicated laptops and iPads now available at our workshops to help measure our results and capture the impact TRACTION has on young people.

And with special thanks to the Chain Reaction Women Riders, we are now increasing girls' participation and looking to establish a permanent presence in the Ipswich region to support young people in the area who are disengaged and have challenges well beyond the Queensland average.



Following our re-appointment as a beneficiary charity partner by the **Chain Reaction Challenge Foundation** for the 2022 QLD charity cycling event held in March, we're delighted to have received a \$565,000 donation to invest in TRACTION infrastructure, facilities, equipment and capacity building to ensure we reach more young people.

Our sincere thanks to the Chain Reaction riders and their generous donors and sponsors for supporting the event.

Kennards Hire Corporate Bike Build & National Conference, June 3 and 17

Matt Hardy, Kennards Hire General Manager QLD joined us in our Yeerongpilly workshop on June 3 with 20 QLD Branch Managers for a TRACTION Corporate Bike Build experience.



And what a day was had! Lots of learning, laughs and comradery, and a firsthand look for Kennards as to what our young people experience in TRACTION programs.

Two weeks later, we were welcomed by 300+ Branch Managers at their National Conference on the Gold Coast and were able to share more about our work and some of the success stories of our young people.

The Kennards Hire Foundation has been a supporter of TRACTION since 2021, and through a 3-year partnership TRACTION will be able to spark potential in 54 young people through participation in TRACTION programs.

Ausenco Corporate Bike Build, July 8



Thanks to our partner Ausenco, funding was provided for Holland Park SHS young people to participate in our 9-week Bike Build program in Term 2. Three Ausenco team members joined the group each week as volunteer mentors, working alongside TRACTION mentors and getting to know the young people.

We know they found it extremely rewarding seeing firsthand the impact of Ausenco's partnership with TRACTION in our workshops.

“ The activities the young people get to do, it's such a great vehicle to get them away from the classroom and finding things out about themselves. For me, one of the most valuable parts of this experience is just the thought that by being here and listening I'm making a difference.

Jim, Volunteer from Ausenco

We then welcomed 13 Ausenco employees to a Corporate Bike Build half day on July 8 to experience a TRACTION workshop through the eyes of a young person. Another great day sharing time with our partners and many thanks to Ausenco.

4.

With thanks from TRACTION

Partnerships with purpose provide TRACTION certainty about the number of young people we can support. Our sincere thanks to everyone for your continued support and contribution to our efforts.

- It's a privilege that **Hand Heart Pocket**, the charity of Freemasons Queensland, has awarded a \$100,000 grant in their third year supporting TRACTION.
- We're grateful to the **Bryan Foundation** and the **Morgans Foundation** for extending their partnerships with us for another three-years.
- The **Vincent Fairfax Family Foundation** recently awarded us a \$50,000 grant to support the development and pilot of a new leadership program for young people, to be embedded in the core TRACTION programs.
- The **Australian Defence Force** have renewed their support of TRACTION through a third successive Family Support Funding Program grant with \$48,000 to support young people from Defence Force families.

- We're proud to have **Cycling Brisbane**, the award-winning Active School Travel program of Brisbane City Council, sponsoring TRACTION for the sixth year in a row.



- The **Courier Mail Children's Fund** has provided a third grant, this time for \$25,000, to fund the purchase of bicycles for our young people to keep as part of their TRACTION experience.



“ They all have a place, and they feel a sense of belonging. They are treated like young adults instead of children. The mentors inspire them and have such enthusiasm which engages the young people.

Parent of Wynnum SHS participant

- **The Redland Foundation** and **The Neilsen Group** have continued their support through donations of \$20,000 and \$10,000 respectively.
- Welcome to the **Siganto Foundation** for awarding their first grant to TRACTION of \$12,000 to support the delivery of a TRACTION program for six young people in Brisbane.
- Our second grant from the **Easts Leagues Club** of \$12,000 will support the delivery of a TRACTION program for six young people in Brisbane's inner eastern suburbs.
- Many thanks to our long-term supporters at the **Kevin & Thelma Driscoll Foundation** and **Fitzpatrick Family Trust** for their \$10,000 donations and continued support.
- We're delighted to have received our fourth grant from the **Cory Charitable Foundation**, \$10,000 to support the delivery of school holiday programs.
- **Pitcher Partners** have extended their corporate support with another \$5,000 donation.
- We also received our third grant from the **Brisbane Lord Mayor's Charitable Trust** for \$3,700 to purchase equipment for our Boom Box program.
- A shoutout to 12-year-old **Charlie O'Kane** who selected TRACTION for his donation of \$500 through The Metamorphic Foundation.

5.

Looking ahead



We will be hosting our fourth **CEO Bike Build** fundraising event on September 9 and welcome business and community leaders to get 'on the tools' with our young people.



CEO BIKE BUILD

SEPTEMBER 9
PORT OF BRISBANE
30 CEOs
YOUNG PEOPLE TAKE THE LEAD

DONATE NOW

ceo-bikebuild.traction.community <http://>



6.

About TRACTION

Our mission is to spark potential in young people.

We believe that everyone deserves the chance to build their own future. We deliver evidence-informed, hands-on learning and mentoring programs, to help young people engage in education and build the resilience and skills they need to thrive.



To find out more about TRACTION, or to support our work, please visit www.traction.community contact us at connect@traction.community or follow [@tractionbuilds](https://www.instagram.com/attractionbuilds) on Instagram, Facebook and LinkedIn.

Thanks to the support of **Health and Wellbeing Queensland**, we'll be delivering our second pilot of our **Fuel Up** program in Term 4, through our unique, hands-on learning approach to healthy food and nutrition.



We are working on plans to upgrade our workshop space at Alexandra Hills TAFE to further enhance our presence in the Redlands.

Our pilot programs in the Ipswich and Moreton Bay regions are continuing for the remainder of 2022.



TRACTION

Postal: PO Box 389, Paddington QLD 4064

Phone: 07 3102 9565

Email: connect@traction.community

 facebook.com/tractionbuilds

 instagram.com/tractionbuilds

 linkedin.com/company/traction-community

www.traction.community

