



Empowering  
young people  
to build their  
own future

# Quarterly Report

Term 1, 2021

## Message from the founder

I hope this report finds you safe and well. While Term 1 at TRACTION was cut short due to the brief COVID-19 lockdown, you will be pleased to know that the young people who participated this term were proud to successfully complete and take home their projects.

As with previous terms, we were privileged to witness young people discover their strengths and grow in confidence throughout their time with us. We sincerely hope that you enjoy reading our latest Quarterly Report and see how **your support is making a positive difference** in the lives of young people.

During the quarter we have continued to focus on **developing our team** to ensure that TRACTION has the capacity to continue empowering young people for the

long term. Using our Practice Framework as a guide, we have continued to invest in professional development so that we can support diverse young people as skilfully as possible, leading to the most positive outcomes for all.

Mental health problems are unfortunately all too common in young people – it is reported that 1 in 4 have a mental health condition and tragically, more young people die by suicide than by any other cause. While TRACTION does not



My son just received his best report ever at school for Term 1 and we are so proud of him. He is a lot happier, confident and enjoying school more. He has grown a lot this Term. Thank you for everything.

*Parents of a Term 1 participant*

provide treatment for mental health issues, **our unique role in prevention and early intervention** means that we do support young people who may show signs of mental health problems, and who may not yet have accessed appropriate professional support. TRACTION is committed to the wellbeing of our young people and the whole TRACTION mentoring team has now been trained to administer Youth Mental Health First Aid by our own accredited trainer.



“ TRACTION makes me excited to come to school. I count down the days till I get in the workshop.

*Feedback from a Term 1 participant*

This means our Mentors are equipped with a best-practice **Mental Health First Aid Action Plan** guiding them to effectively assess, assist, support and encourage young people to access the help that they need.

On a final note, preparations are underway for our 3<sup>rd</sup> annual **CEO Bike Build**, a powerful, hands-on experience where you can directly contribute to the development of a young person by working alongside them through a half-day bike build process.

To find out more, register or nominate a CEO participant, please scan the QR code below, or visit <https://traction.community/events/ceo-bike-build/>

We would love to see you there!



To our existing supporters, I thank you. For those who are hearing our story for the first time, we welcome you, and invite you to get in touch to discuss how we can work together to deliver positive outcomes for young people.

Heartfelt thanks,

Sandy Murdoch



# 2.

## Progress to date

### Term in Review - the Key Numbers

<b>94</b>	Participants (young people) engaged, including:
<b>18</b>	From Brisbane (North)
<b>28</b>	From Brisbane (South)
<b>19</b>	From the Redlands region
<b>6</b>	From Logan region
<b>11</b>	From the Scenic Rim region
<b>6</b>	From the Ipswich region
<b>5</b>	From the Gold Coast region
<b>88%</b>	Program completion rate
<b>93%</b>	Program <b>attendance</b> rate
<b>100%</b>	Participant <b>satisfaction</b> rate
<b>88</b>	Bicycles donated to young people
<b>3,284</b>	Hours of mentoring provided
<b>16</b>	Referral agencies supported – including schools, community service organisations, government and other agencies



<b>3</b>	Types of programs delivered including Bicycle Build, Boom Box, and 1-day/school holiday formats
<b>7</b>	Number of regions where programs were delivered
<b>13</b>	Program delivery locations

### Cumulative to date (since July 2015)

<b>1,438</b>	Participants (young people) engaged, including:
<b>547</b>	From the Redlands
<b>276</b>	From Brisbane South
<b>18</b>	From Brisbane North
<b>109</b>	From the Logan
<b>132</b>	From the Scenic Rim
<b>24</b>	From the Ipswich
<b>21</b>	From the Gold Coast
<b>311</b>	Through Outreach, Mobile or Holiday programs
<b>1,258</b>	Bicycles donated to vulnerable young people
<b>&gt;63,180</b>	Hours of mentoring provided

## Term 1 highlights



Delivering our first program for students from Ferny Grove State High School, including Australian Defence Force families, thanks to a grant from the Defence Community Organisation.



Our first engagement with the YMCA Vocational School at Acacia Ridge supporting students through the Boom Box Build program.



He has done a massive 180 and completely come out of his shell. He likes hands-on, and wants to follow through to complete grade 12 now. In Term 1, he's only had one or two days absent compared to last year where he would only go one or two days a term. He is a happier kid, and is more motivated and confident now."

Parents of TRACTION participant



Delivering 4 x 1-day bicycle build programs during the Easter school holidays in partnerships with Act For Kids, Inala Youth Service, Save The Children and Project Booyah (Queensland Police Service) thanks to a community grant from the Future 2 Foundation.

## Parent/Guardian survey results

Feedback from Parents/Guardians about the impact of TRACTION for their child



### Competence

**83%** felt their child discovered or developed their strengths



### Confidence

**83%** reported their child felt more confident  
**92%** felt TRACTION offered appropriate support for their child if things didn't go so well



### Connection

**88%** confirmed their child felt a positive connection to their Mentors

## Participant Survey results

### Program satisfaction rating

100% of participants reported they would recommend TRACTION to a friend

### Engagement in education



**96%** More confident setting goals

**96%** More hopeful about their options for the future

### Resilience and mental health



**96%** Felt a sense of success

**96%** Relate better and are more connected to other young people

### Behaviour and skills



**100%** Developed practical and teamwork skills

**96%** More respectful and think more about how their choices affect others

## How your support makes a difference



### Success Story

## Lincoln's TRACTION Story



"I did the TRACTION Bike program. I think I was chosen because I wasn't very confident in myself.

Before TRACTION I was doing bad at school, I didn't have much confidence in myself and I had trouble making friends. I was getting Cs and Ds before TRACTION, but after TRACTION I started getting Bs.

The Bike Build program was fun. Luke and Elaina (my Mentors) gave me more confidence, and made me think that I could do better at school and achieve my goals.

Working in a group with the other young people gave me a chance to help other people out and become more respectful.



After TRACTION I've made three friends and I respect them a lot. It gave me more confidence in making new friends.

Now I want to try to finish school and get past year 10, my goal is to believe in myself." - Lincoln

## Thomas



Thomas successfully completed the Bike Build program and set himself a short term goal to find a job. Thomas shared that Drakes are hiring, and that his new bike will allow him to get to and from work! Thomas was an enthusiastic learner at TRACTION and has included his new skills on his resume.

During the program, Thomas received his best report card ever, and has now set a long-term goal to finish school.

Thomas is building his own bright future, and we were glad to be by his side as he started this journey.



## Team member in focus:

## Welcome, Gemma!



We are delighted to announce that Gemma Nolan has been appointed as TRACTION's new Fundraising Manager, bringing a wealth of valuable experience from her time at Cystic Fibrosis Queensland. Gemma has hit the ground running, working to ensure that fundraising at TRACTION is achieving maximum positive impact for the community.

"I connected with TRACTION's mission to engage young people and provide a real change to the trajectory of their lives. We have a social responsibility to ensure that young, vulnerable people in our community receive opportunities for development, so that they can reach their full potential." - Gemma Nolan

# 3.

## Community partnerships and engagement



### Scenic Rim Supporter Dinner

During Term 1 TRACTION held its annual Scenic Rim Supporter Dinner in Beaudesert.

Now in its 3rd year, a highlight of the evening were the messages delivered by keynote speakers and TRACTION graduates Elijah and Lincoln. Sharing their journey through the TRACTION program, both displayed a sense of confidence and courage standing up in front of over 80 members of their community.

As in the past, the event was a standout success with the community pledging over \$27,000 to support the continuing delivery of TRACTION programs for young people from the region.



I would like to say a big thanks to the Mentors for being so supportive, patient, caring kind and respectful towards all of us ... and letting us have one day a week where we can have an amazing time with what feels like our second family.

TRACTION participant



# 4.

## With thanks from TRACTION

### Community Benefit Fund

Thank you to the Gambling Community Benefit Fund (GCBF), from which TRACTION received its first ever grant to **purchase over 125 bicycles** for our participants to build and keep upon successful completion of the program. Supported by the Queensland Government, the GCBF awards funding to not-for-profit community groups to enhance capacity to provide services and opportunities for Queensland communities.



### Redland Foundation

Thank you to the Redland Foundation, a philanthropic organisation that gives back to the local community in Redland City. Foundation Board members visited the Alexandra Hills workshop and donated \$30,000 so TRACTION can continue delivering programs for young people from the region.



### New workshop in Yarrabilba

Thank you to Lendlease for supporting a Yarrabilba Small Grant, providing two local young people access to TRACTION.

Lendlease have also provided space for TRACTION to establish a new workshop in the heart of Yarrabilba, alongside the Jobs Exchange and the Centre for Women & Co.



I am able to work with other people, and have more patience with others. I'm more confident and was able to do my English speech in front of the class this term. I'd like to be a bike mechanic and feel I can do it now.

TRACTION participant

### Thanks also to:

- Autohouse Storage for its support of JOYRIDE and its commitment to provide \$5,000 p.a. for the next 3 years to provide scholarships for young people to access TRACTION
- Pitcher Partners for extending its support partnership for another 3 years
- The Brisbane Lord Mayor's Charitable Trust for providing a \$4,998 grant for the acquisition of tooling and equipment
- The QUT Staff Welfare Fund for a \$3,500 grant to purchase tooling
- Bendigo Bank Canungra, N & J Jones, J Robinson, ACS Engineers, Kalfresh P/L, L Jackson, A Gorman, M&K Haack, Bromelton Free Range Poultry, Tinamba Turf Co, Rotary Satellite Club of Jimboomba, Dover & Sons, Lions Club of Beaudesert, J&E Logan, C Wells for their generous donations.

# 5.

## Looking ahead

Wiley have partnered with youth charity Traction, donating their services to create a great new Brisbane headquarters.



[traction.community](https://traction.community)



TRACTION's new workshop at Yeerongpilly in Brisbane's Southside is ready for business, with the first groups from Yeronga State High School and Nursery Road Special School already enjoying the space.

Like our Redlands workshop, this space will be a hub from which we can support young people from Brisbane Southside communities.

While TRACTION offers mobile workshops to reach as many young people as possible, we know our purpose built workshops give the young people extra benefits – that exciting experience of “going to work for the day”, and some breathing space to discover their strengths away from the pressure of school and classrooms.

Heartfelt thanks to Fred and Mena Drake for providing access to the space within their Yeerongpilly Corporate Park, and Wiley - the project delivery company, and its network of sub-contractors and suppliers, for their commitment to make a difference by donating their time to undertake the facility upgrade on a pro-bono basis.

Looking ahead to Term 2, we plan to support over 60 participants in our 9-week school term programs and a further 30 young people in school holiday and mobile outreach programs.



I used to give up easily and really quickly, now I feel like I can do things.

TRACTION participant



Ever since starting TRACTION I've found myself able to control my anger a lot better.

TRACTION participant

# 6.

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## About TRACTION

### Our focus

Many young people in Australia are doing it tough. We know that 1 in 10 young Australians are completely disengaged from education, training and employment, and 1 in 4 have a mental health condition. Tragically, more young people die by suicide than by any other cause.

For some young people, the odds are stacked against them. They are vulnerable due to risk factors such as poverty, substance abuse in the family, or being part of a marginalised group, putting them at higher risk of negative outcomes.

Young people need our help, and they need tools and skills that will help them withstand the challenges they are facing – they need to be able to survive and thrive.

### Our approach

TRACTION applies a social and experiential learning process where mentors support young people.

By providing a safe space for young people, we help them build resilience, leadership and teamwork skills for greater wellbeing and success.

Through a strengths-based approach, we facilitate goal setting, so that young people envisage possibilities for their future, and take the first steps towards getting there.

At TRACTION, our mission is to empower young people in need.

Find out more at [www.traction.community](http://www.traction.community) or follow @tractionbuilds on Instagram, Facebook and LinkedIn.



I have always struggled with being self-conscious in activities, but since being at TRACTION I've learnt about myself and feel like I can talk to more people now.

TRACTION participant



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