



# Q DISTRICTS



## Wellbeing Foundation District Chairs Bulletin

From your  
ALWF Director  
Alan Brooks

### RESOURCES TO SUPPORT YOUR ROLE

Featured topic:  
**Building Resilient Families**

Featured project:  
**Tune In Not Out**

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[www.alwf.org.au](http://www.alwf.org.au)

# WELCOME & THANK YOU

## Welcome to the first edition of the ALWF Q Districts Wellbeing Director's Monthly Update!

Firstly, thank you for taking on this important role in promoting the wellbeing work of the Australian Lions Wellbeing Foundation (ALWF). Your involvement helps us spread our message further into communities and Lions Clubs/Leo Clubs across the country.

As the Q Districts ALWF Director, I am here to support you in this role. As part of this, I will be sending regular bulletins to assist you.

In this issue, I provide an overview of the resources available to you, as well as a feature article from our Foundation's Ambassador that I thought you might find interesting.

If I haven't had a chance to chat with you in person yet, here's a bit about me:

I recently attended the MD201 Convention and had the opportunity to promote the Foundation through our booth and a short presentation. In my discussions, it was clear that Lions are passionate not only about their own wellbeing, but also that of their families, friends, and communities.



As a District Wellbeing Chair, your role includes:

- Promoting ALWF projects and campaigns across your District
- Engaging Lions Clubs/Leo Clubs with available wellbeing resources
- Sharing monthly updates and campaign ideas with Clubs
- Providing feedback and community insights back to ALWF

### Supporting you in your role

If you have time over the coming weeks, it would be great to touch base via phone or email to discuss how I can further support you in this role.

If you have any ideas for improving this regular bulletin, or suggestions for how I can better support you, please don't hesitate to let me know.



*Alan*

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# RESOURCES TO SUPPORT YOU

Below is a summary of all the resources I can provide you with in your role and promoting the Foundation. Please review them and let me know which items you would like.



## Foundation Handbook

Our Foundation Handbook provides a comprehensive overview of the Foundation – from our mission to a summary of each of our project areas.

It's a key resource for Wellbeing Chairs to review and promote within your District.

[View it in full here](#) - It is also on our website

## Lions Australia Wellbeing Foundation Video

Lions Australia created a video promoting the Foundation, featuring Leo Molly. It's a great summary of why the topic of wellbeing is so important.

[Watch it in here](#) - It is also on our website.



## Pull Up Banner

Ideal for club meetings and events. I can assist in getting one printed at your local Officeworks store or delivered to you.



## What is wellbeing? brochure

This fantastic brochure introduces the topic of wellbeing and includes useful information for everyone on how to boost their wellbeing. It even features a self-care planner, as well as a summary of our project areas.

These are available for Clubs to purchase, but I can arrange sample ones for you, just let me know.



## Wellbeing Stickers

A great conversation starter and resource for community events, these have been a popular addition to our collection. They are available for clubs to purchase, but I can send you a sample pack upon request.



### Project Posters / Flyers

Ideal for promoting our key project areas – Tune In Not Out and Freedom to Feel Fantastic. These can be printed in sizes ranging from A5 to A1.

### Awards Flyer / Poster

The Foundation now offers three awards, including our new Leo Award. This flyer promotes each of them.



### Wellbeing Foundation Presentation

This presentation is ideal for speaking at a club. It covers all the key areas of the Foundation, with a suggested script included.

If I can assist in modifying this to suit your needs, please let me know.

### Health & Wellbeing Events Calendar

This calendar features all the key health and wellbeing awareness and education days/weeks happening throughout the year.

It's ideal for helping clubs plan wellbeing promotions, as well as for Directors to share relevant content.



### ALWF Projects Business Card

These cards contain information about our key projects, as well as a QR code that can be scanned to provide people with links to all our project areas. I can arrange to have a batch of these sent to you. They are the perfect, easy handout item.

# JOIN & PROMOTE OUR ENEWS

Every 4-6 weeks, we send out an electronic eNews to all Lions Clubs. We also encourage individuals to subscribe, as it's a great way to stay up to date with our activities. If you could subscribe yourself via our website, and encourage others to do the same.



# TOPIC OF THE MONTH

## CREATING RESILIENT FAMILIES

**National Families Week was held in May, and we used this as an opportunity to promote resilience-building tips from our Foundation Ambassador, Andrew Fuller. I have included the article here for your reading. If you would like to share this within your District, a PDF version is available on the website.**

When a family promotes behaviours which build resilience, the whole family and each individual member benefits and become more resilient.

### **Building a family that can bounce back**

Resilience is the knack of being able to bungee jump through life. When the inevitable pitfalls and setbacks of life occur, it's as if you're connected to an elastic rope that helps you bounce back from hard times.

Developing resilience helps us manage many situations, and minimise the negative effects of various factors such as mental health, alcohol and other drugs, self-esteem, friendships and domestic violence. When a family promotes behaviours which build resilience, the whole family benefits: everyone from the youngest to the oldest family members become more resilient.

### **Top Tips**

#### **Promote belonging**

A sense of belonging is a strong protective factor against self-harm, depression, and drug issues.

Children are most resilient when they have three types of belonging:

1. A sense of being part of a family
2. Having different friendships to belong to
3. Having an adult outside their family who connects with them.

#### **Have some downtime**

We live in a hectic, stimulating world. We rush from activity to activity, from lesson to lesson and from one organised event to another.

We get so used to all this activity that when there is a lull we hear 'I'm bored'. Find time each week to just be at home without anything structured happening. Quiet times allow children to develop creativity, resourcefulness and innovation.

#### **Rediscover some family rituals**

Family rituals strongly promote resilience. It doesn't matter whether it's Friday night pizza or the Sunday morning clean up, rituals and routines are protective factors and the best rituals often cost nothing. These are the activities that your children will look back on and say, "*After dinner we had to wash up*" or "*On Sunday Dad always made sure we did...*"

## Teach the skills of Self-esteem

Families that work well praise one another a lot. Compliments are made, and positive efforts are commented on. Optimism is in the air! Even in these families, teenagers might still shrug and say, “*yeah Mum*” or “*whatever Dad*” when a compliment is made, but it doesn’t mean they haven’t heard it!

Teaching the skills of self-praise is useful. One way of doing this is to ask questions about an achievement or accomplishment like “*How did you do that?*”, “*How come you did so well at that test?*” “*What did you do?*”

## Love kids for their differences

Each child is different and everyone has a different brain. You can discover your and your children’s learning strengths at [www.mylearningstrengths.com](http://www.mylearningstrengths.com)

When families function well people are allowed to be different and be loved for those differences. We all know that children take on different roles. A father of three said, “It’s as if they have a planning meeting once a year and say ‘you be the good kid, I’ll be the sick kid and the other one can be the trouble-maker’! *And then just when you think you’ve got it figured out they change roles again*”.

Having children who are strongly individual, and who have a sense of who they are, is a sign of good parenting.

## Provide consistency

Consistency is the ideal. Having parents who agree on rules and standards and who convey the same sorts of messages, who value compassion over coercion have the best outcome in terms of children’s wellbeing.

It is also important that parents are not open to manipulation and work together as a team.

Life however is not always so simple, and we know from our own experiences that parents cannot always be consistent. Sometimes parents have different values, or have trouble finding a consistent way to handle particular areas. If this happens, one solution is for one parent to take charge of a particular area and vice versa. It is best if parents can agree, but this type of shared leadership is better than constant conflict or undermining each other. This also applies to single-parent or separated families.

## Be clear about who is in charge

It is widely acknowledged in current research that families do not work well as democracies. In fact, they seem to work best as benevolent dictatorships with parents who set appropriate rules and boundaries with warmth and understanding.

Some parents fear by taking charge they will lose the friendship of their children, but often the reverse is true. Balanced and authoritative parenting allows children to feel safe, have clear boundaries and flourish.

Parents should feel confident to be in charge and make decisions, and to talk about these decisions with their children.

### **Embrace spontaneity and curiosity**

Spontaneity and curiosity are the building blocks of good mental health. You cannot tell someone how to have better mental health and you can't give it to them by getting them to read a book... but you can show them how it looks. So, the key message here is if you want to raise your children to live happy and healthy lives, the best tool in your belt is to get out there and have a good time yourself.

### **Know how to argue**

Families that work well know how to argue. It seems strange to say this because it looks like families that work well don't have conflicts: but they do!

The family unit is where we learn to resolve disputes fairly. The way that parents teach children to resolve differences of opinion with their siblings provides the basis for sharing, negotiating and problem solving in the world beyond the family. While expressing differences of opinion should be allowed, children also need to learn that they can't always win arguments and that sometimes they are wrong.

### **Parents are reliably unpredictable**

With young children it is important to provide consistency and predictability as this allows them to feel sure of you. After a while though, a bit of unpredictability can go a long way, to many children, most parents are as predictable as a clock. Yes, it is important to provide that structure, but a little spontaneity can go a long way! It's useful to act in ways that your children might not expect, which keeps them interested in learning from you.

The most important advice for parents is to realise that these tips are all desirable, but not always possible. Look at ways to promote good functioning, and try not to use your energy blaming yourself for the times when things don't quite work out as planned.

### **Top 10 Tips – Quick List**

- Promote Belonging
- Have some downtime
- Rediscover some family rituals
- Teach the skills of self-esteem
- Love kids for their differences
- Provide consistency
- Be clear who is in charge
- Embrace spontaneity and curiosity
- Know how to argue
- Be reliably unpredictable

## **MEN'S HEALTH WEEK**

In June we will be promoting Men's Health Week, so keep an eye out for our social media posts which we would love for you to engage and share in.

# FEATURED PROJECT

This month I am introducing [Tune In Not Out](#) (TINO) the Foundation's health and wellbeing website full of information to help young people navigate life's challenges from mental health, school stress, relationships, body image, identity and more.

## Features

- Content on over 50 health and wellbeing related topics aimed at 14-25 year olds.
- A simple and easy website to navigate from a mobile, tablet or desktop computer.
- Content from across Australia delivered in one central location (we've done the searching for you!)
- Information in a range of mediums; videos, factsheets, stories & even music!
- Options for young people to leave their own stories or music playlist.
- Dedicated area for indigenous created content
- A teachers and youth educators section with worksheets full of activities across a range of topic areas.

## HELPING YOUNG PEOPLE NAVIGATE LIFE'S CHALLENGES

MENTAL HEALTH

ALCOHOL & OTHER DRUGS

BULLYING

MANAGING RELATIONSHIPS

SEX & SEXUAL HEALTH

YOUR IDENTITY

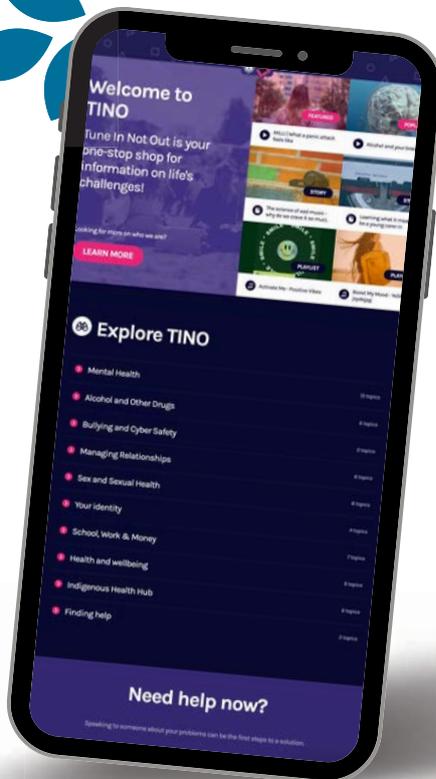
SCHOOL, WORK & MONEY

HEALTH & WELLBEING

INDIGENOUS HEALTH HUB

FINDING HELP

**FEATURING**  
VIDEOS, FACTSHEETS  
STORIES, MUSIC &  
LINKS TO SERVICES



Visit the website  
and have an explore  
- that is the best  
way to understand  
the resource.

[TUNEINNOTOUT.COM](https://tuneinnotout.com)

TINO is a fantastic resource you can recommend to schools, young people, youth organisations etc

# ALWF AWARDS

As the Lions year draws to a close, it's the perfect time for clubs to recognise a Lion, Leo or community member who has gone above and beyond in promoting wellbeing in their club or community through one of our awards.

## James McLardie Award

Recognises outstanding service to the community. Ideal for a Lion who has consistently supported others through their time, compassion, and dedication.

## Dr Harry Jenkins Fellowship

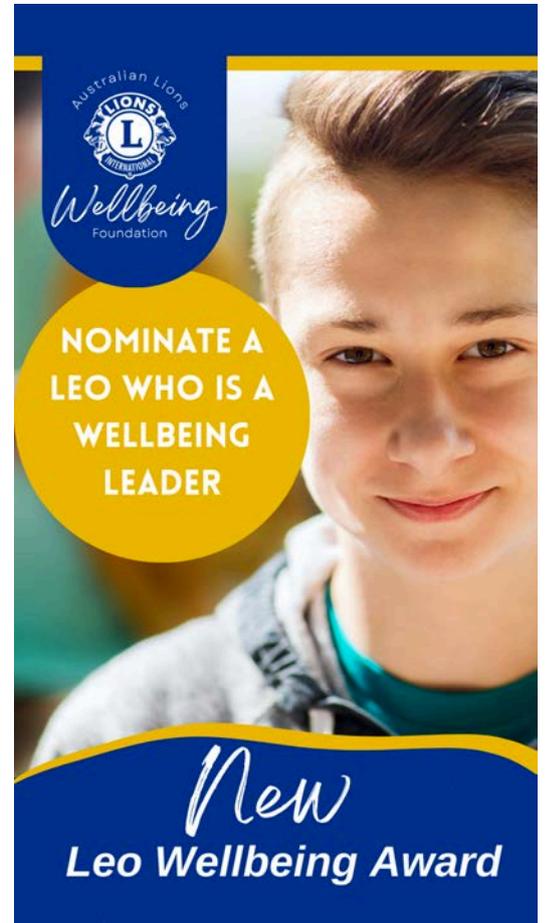
Honours long-term service to Lions or promotion of wellbeing. A meaningful way to thank someone for years of impact.

Both these awards include a framed wall plaque.

## Leo Wellbeing Award - NEW

This new recognition celebrates the leadership, compassion, and wellbeing impact of young Leos across three key areas:

- Community impact
- Leadership and initiative
- Involvement in wellbeing areas



# QUICK SUMMARY

I hope you enjoyed this newsletter, and if you have any suggestions or ideas for how I can improve this bulletin or support you further, please let me know.

Quick summary of some steps you could take before the next issues:

- Ensure you are subscribed to our eNews via our website, or send me an email and I can action this for you.
- Follow our social media accounts and share some of our recent posts.
- Let me know which resources you would like to assist you in your role.



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