

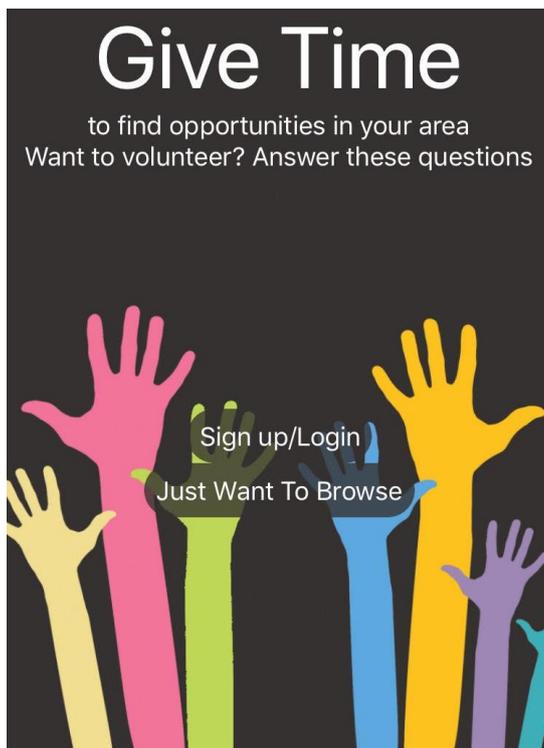
## Best Community Impact Concept: GIVE TIME



This application is made by a teacher, Rebecca Lund, on the behalf of three wonderful junior Year 10 students [14 year old young ladies pictured above] from Wakatipu High School: Lily Adams, Neve Short and Charlotte Muir. We believe our idea hits the nail of the head! It's a wonderful solution that was created by the youth from one of the central communities in QLDC, Wakatipu High School.

Three Wakatipu High Students have been working on a user friendly and accessible concept for a community app/website which answers all of the criteria regarding an idea that will have a huge positive community impact in our district.

These three committed students have created a solution and developed a concept for an app/website called: 'Give Time':



The idea for this app/website was born when they were encouraged to enter an annual completion for girls in Technology. Due to the virus, the competition and prizes have been postponed until 2021 but the girls still continued their work as they loved learning about technology and solving problems, perseverance at it's best!

There are lots of apps/websites/links that ask for volunteers for different events/activities/duties. However, they identified a lack of a concise, one stop shop, easily navigated app/website for people to volunteer their time/skills/energy. They have designed and produced a prototype of such an app. People log on, enter their preferences and get options of what volunteer opportunities are available. They are linked with the provider and then the magic can happen within our community!

Criteria for volunteering is filtered and various search options are available. A functioning prototype has been created by the group, we are happy to share this with you if we get selected. This is a screen shot from the front page of our app the girls have created.

The final version is still a work in progress but the concept is fantastic and gives every member of the community of QLDC an opportunity to connect with one another and positively impact the district as a whole. WHS students are positive there are other avenues we can develop further for potential revenue streams. Potentially the website could use advertising to create revenue, new jobs may arise from the volunteering relationships created, individuals will gain experience in an area they would normally not be exposed to . . . . .

We are positive that revenue can be produced, however, their focus has been creating an app that allows people to 'Give Time' to organisations that need it the most and have a positive social impact on our community.

Through extensive research from various sources, we believe 'Give Time' will positively impact our community through targeting their well-being. We have looked at the Health foundation recommendations and these clearly identify these areas that have the greatest affect:



Through our research, particularly the work of Dr Denise Quinlan from the NZ institute of resilience and well being [NZIWR], we have applied how 'Give Time' has targeted these known areas to positively impact our community in the following ways:

**Connect:** relationships are vital for well-being. From the day we are born until the day we die we need a hand to hold. We all need to feel understood, seen and cared for. 'Give Time' allow people to easily connect with organisations/businesses/events/activities to volunteer time/energy/skills/resources to others in QLDC and connect with one another.

**Give:** as well as building connection, helping others seems to be the simplest route to developing meaning in life and supporting our own well-being. Whether your meaning comes from religious or philosophical beliefs, your family, work, or recreation... what matters is to find meaning along the way. 'Give Time' allows people in our community to improve their morale while supporting others.

**Take Notice:** appreciate what's good in your life – savour and be grateful. These are simple but robust strategies for enhancing emotional well-being. And, when you do this, it often makes you nicer to be around so as well as supporting emotional well-being you may get a bonus boost for social well-being. Take notice also refers to being present and noticing our lives as they are unfolding. Also known as mindfulness. We hope to incorporate this with our app to give users tips/links/reflections on how to be more mindful.

**Keep learning:** we are works in progress not finished products. When we continue to learn we continue to grow, we are more open to new experiences and joys. Life continues to surprise us. And that's good for emotional well-being and probably makes us more interesting companions too. 'Give Time' allows people to volunteer for a range of opportunities from one off events to ongoing and regular weekly opportunities. Regrowth can be done by volunteering for opportunities that allows individuals to connect with others while learning something that appeals to them personally.

**Be active:** yes, move your body and be physically active. And enjoy it. New Zealand former boxer and motivational speaker Billy Graham says "it's better to go for a walk than not go for a run". So don't let what you can't do get in the way of what you can. Being active also means taking charge of your well-being – do what you can to move your mood when it's low. 'Give Time' will allow individuals the opportunity to volunteer for a range of options, from setting up QT marathon to beach cleans, getting us moving and supporting our regrowth.

We are happy to show you the functional prototype is you wish, we believe it would have a huge positive impact on our community and help people in general.

Contact: Rebecca Lund. 02108166170. [I can organise the students and contact parents if needed.