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# Indigenous Youth Cycling Group - 2 Deadly Treadlys

Initiative Type

Education and Training

Status

Deliver

Added

08 February 2018

Last updated

17 August 2020

URL

<https://clinicalexcellence.qld.gov.au/improvement-exchange/deadly-treadlys>

## Summary

This initiative encompasses the development and support of a Youth Indigenous Cycle Group based in Cairns and is designed to foster social inclusion in the sport of cycling that is very valued, has a high profile and is very popular in the Cairns area but has low representation of indigenous peoples. The project won the Promoting Wellbeing Award for Outstanding Achievement at the 2017 Queensland Health Awards for Excellence. **Partnerships:** The program's implementation follows a

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Collective Integration Framework and has been the product of cooperation between Cairns Alcohol Tobacco and Other Drugs (ATODS) (Queensland Health), Non-Government Organisations (Clontarf Foundation - Trinity Bay High School, associate director Aidan Coate and the Far North Queensland Hospital Foundation who sponsored entry for the team in the Cairns Cardiac Challenge 2017, Rotary International, Cairns Cycling Club, and a local professional cycle coach, Queensland Police, a volunteer local lawyer and cycling enthusiast, a prominent local bike shop owner and bicycle mechanic and various generous individual members of the community who expressed interest and value in the program by donating helmets, gloves, cycle wear, puncture repair kits and generously sponsored their participation in the charity fundraising Cairns Cardiac Challenge 2017.

## Key dates

Feb 2018

Dec 2017

## Implementation sites

Cairns and Hinterland Hospital and Health Service

## Key Contacts

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## **Aim**

To provide early intervention and connection to community, to improve the self-confidence, health, resilience and leadership qualities of young indigenous people who can then carry these skills into their communities.

## **Benefits**

- Facilitates skills development with young indigenous people
- Provides them with positive, practical experiences in cycling
- Engages them in meaningful longer-term activities
- Helps increase their health, confidence, independence and connection to community

## **Background**

2 Deadly Treadlys is an innovative youth program aimed at preventing substance misuse and addiction by connecting young people to positive activity and is funded by the Making Tracks Investment Strategy via Closing The Gap.

## **Solutions Implemented**

Education (both formal and informal) regarding harm minimisation with respect to substance use. Harm minimisation was focused on preventing illness and injury in adolescence which is a major contributing factor to adolescent morbidity and mortality.

## **Evaluation and Results**

A group of nine indigenous teenagers have been cycling and fundraising to improve their own health and to make a difference to the health outcomes of others. The young men are founding members of the 2 Deadly Treadlys Indigenous Youth cycling group.

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## Further Reading

[FNQ Hospital Foundation News](#)

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