

MEDIA RELEASE



Subject: **Murray Bridge Wellbeing Hub Pilot**

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This is a joint project between the Rural City of Murray Bridge and Wellbeing SA

OVERWHELMING community support for a Wellbeing Hub in Murray Bridge, is inspiring plans for a pilot program to be introduced early next year.

Newly elected members of the Rural City of Murray Bridge were asked to consider a concept plan, based on feedback from community consultation undertaken by The Rural City of Murray Bridge in partnership with Wellbeing SA.

A survey in August aimed to identify local wellbeing initiatives and ideas on how to increase community wellbeing, while floating the idea of a Wellbeing Hub.

An impressive 99.3% of 297 respondents supported the establishment of a Wellbeing Hub, with a preferred focus on creating opportunities for social connection and supporting improved mental health and wellbeing (29%).

These initiatives were closely followed by a desire to create physical activity opportunities (22%) and provide healthy eating programs (20%).

Residents were divided on the ideal location of a Hub, with 50% preferring a single central location and the other half a combination of locations across the Council area.

Chief Executive Officer Michael Sedgman said the importance of supporting community wellbeing had come into focus during the COVID-19 pandemic.

"We are always striving to support our communities in ways that work and are meaningful to the people who live here," he said.

"I'm very pleased the community was willing to engage with us on this issue and provide the feedback we need to make informed decisions."

The Wellbeing Hub has now received funding for 12 months from Wellbeing SA. Activities and programs will kick off early in the New Year, including activities for families and children, sport and fitness classes and a range of other health and wellbeing focussed activities. Most activities will be based at the Murray Bridge Community Centre and Edwards Square Community Centre.

The Murray Bridge Wellbeing Hub Concept Plan was endorsed by Council on Monday 12 December, 2022.

More information and full results for Murray Bridge Wellbeing Hub consultation can be viewed at <https://letstalk.murraybridge.sa.gov.au/wellbeinghub>

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