

# Murray Bridge Wellbeing Hub

## Our Participatory Evaluation Report

December 2023

*This is a joint project between the Rural City of Murray Bridge, the Murray Bridge Community Centre and Wellbeing SA*



Government of South Australia

Wellbeing SA



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## Executive Summary

**The Murray Bridge Wellbeing Hub aims to work in partnership to support wellbeing through enabling opportunities to connect, learn, share and grow.**

The Wellbeing Hub, supported by Wellbeing SA, gives Council a valuable opportunity to be a proactive and influential leader in supporting community wellbeing.

The Murray Bridge Wellbeing Hub 2023 Annual Report includes the evaluation of initiatives delivered from March 2023 to December 2023, and the findings of the Wellbeing Hub's six-monthly impact evaluation.

From March 2023 to December 2023, the Wellbeing Hub delivered 36 initiatives with 44 partners to reach over 1766 people. Forty three percent of initiatives had a focus on promoting physical activity, followed by creating opportunities for social connection (31%), improving mental wellbeing and resilience (20%) and encouraging wellbeing through healthy eating (6%).

Feedback from participants of the Wellbeing Hub was positive. The average score given by participants regarding the impact of initiatives on their immediate wellbeing was 4.8 out of 5, and 95.2% of respondents to a six-monthly evaluation survey agreed or strongly agreed that the Wellbeing Hub helped them to improve their overall wellbeing.

Over the past ten months Wellbeing Hub participants reported that:

- The Wellbeing Hub is a safe and welcoming space with friendly and supportive staff and facilitators.
- As a result of the Wellbeing Hub, the Murray Bridge community has access to a wider range of initiatives to support their physical, mental and social wellbeing.
- The Wellbeing Hub supports positive social interactions and enables participants to spend quality time with others.
- Wellbeing Hub initiatives have assisted them with being and staying active on a regular basis.

The last 12 months also saw significant progress for the Wellbeing Hub with key achievements including:

- Establishing the Wellbeing Hub as a reputable and accepted program within the Murray Bridge region and forming meaningful partnerships with a variety of stakeholders in a short timeframe.
- Implementing sustainable initiatives with a broad reach that influences a variety of stakeholders, for example the *Here If You Need Card*.
- Elevating the importance of preventive health action and developing a shared understanding of wellbeing across Council and within community organisations. This will support continued commitment and investment in preventive health action throughout the Rural City of Murray Bridge.
- Delivering inclusive initiatives with lasting benefits for participants, for example *Playing for All*.

Over the next 12 months, the Wellbeing Hub will continue to deliver a wide variety of initiatives across the four focus areas, aimed at our target audiences. Priority will be placed on the implementation of sustainable initiatives and on the continued delivery of engaging initiatives.

The Wellbeing Hub team thank the community and partners for their continued support.

# ONE-PAGE SUMMARY

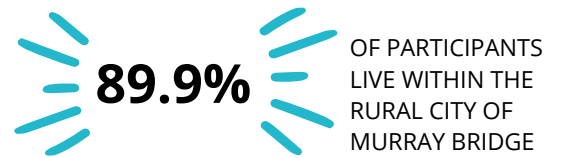
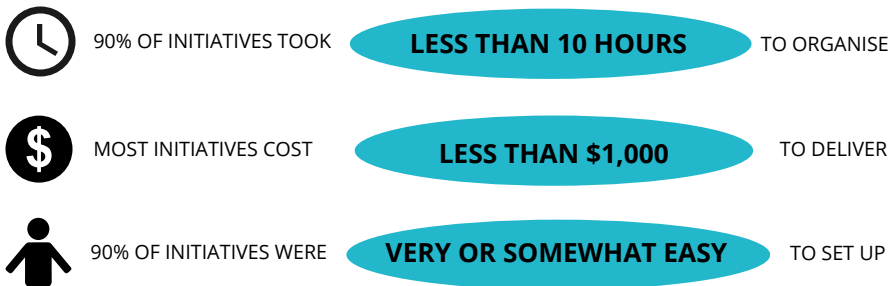
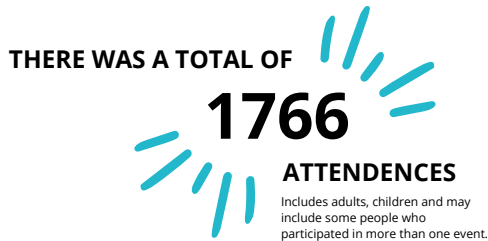
MARCH 2023 - DECEMBER 2023

## "Helped me get started and stay accountable!"

*Participant of From No Way to 5K!*



% OF INITIATIVES THAT ADDRESS EACH FOCUS AREAS



ON AVERAGE, PARTICIPANTS RANKED THEMSELVES WITH A SCORE OF

**4.8** OUT OF 5



FOR THE IMPACT ON THEIR WELLBEING IMMEDIATELY AFTER ATTENDING AN INITIATIVE

KEY IMPACTS ON WELLBEING



## "Great atmosphere and awesome teacher"

*Participant of Family Meal Prep Program*



From No Way To 5K!

## **Background**

### **About the Murray Bridge Wellbeing Hub**

Established in March 2023, the Murray Bridge Wellbeing Hub aims to work in partnership to support wellbeing through enabling opportunities to connect, learn, share and grow. The Wellbeing Hub works in partnership with Wellbeing SA, the Rural City of Murray Bridge, the Murray Bridge Community Centre and local community and service providers to support positive health and wellbeing outcomes.

### **Focus areas**

The Murray Bridge Wellbeing Hub has four focus areas:

- Creating opportunities for social connection
- Promoting physical activity
- Encouraging wellbeing through healthy eating
- Improving mental wellbeing and resilience

### **Target audiences**

The Murray Bridge Wellbeing Hub has five target audiences:

- Children, young people and their families
- Older people
- People living with disability
- Culturally and linguistically diverse community
- Aboriginal and Torres Strait Islander community

### **Strategic alignment**

The focus areas of the Wellbeing Hub align with the State Public Health Plan (2019-2024) strategic priorities of:

- PROMOTE - Building stronger communities and healthier environments.
- PROTECT - Protect against public and environmental health risks and respond to climate change.
- PREVENT – Prevent chronic disease, communicable disease and injury.
- PROGRESS – Strengthen the systems that support public health and wellbeing.

The Wellbeing Hub aligns with the Murraylands & Riverland Local Government Association (MRLGA) Regional Public Health and Wellbeing Plan (2022-2026) principles of:

- Engagement
- Reaching out
- All Ages and Abilities
- Affordable
- Collaboration
- Advocacy

Finally, the Wellbeing Hubs focus areas also are closely aligned with the Rural City of Murray Bridge regional goals of:

- Goal 1 – building community wellbeing and resilience (aligned with the State Public Health Plan's strategic priority of Promote).
- Goal 2 – increasing healthy living choices (aligned with the State Public Health Plan's strategic priority of Prevent).

## Visual timeline



# Wellbeing Walk





## Evaluation Approach

### Participatory evaluation approach

The Wellbeing Hub adopts a participatory evaluation approach which involves all stakeholders in the evaluation process.

Four components make up the evaluation approach. These are:

- **Stats and Stories:** A summary of each initiative or program of activities covering process and short-term impact evaluation.
- **Chats about Change:** Evaluation summary of initiatives focused on policy changes, creating supportive environments and/or capacity building.
- **Six-monthly medium term impact evaluation:** To determine the medium term impact the Wellbeing Hub has had on participants self-reported wellbeing over a six-month period.
- **The Annual Report:** Summary and analysis of the annual portfolio of Stats and Stories and Chats about Change.

The following evaluation criteria has been used to undertake the participatory evaluation. The criteria are explored throughout this report to provide a summary of the overall impact of Wellbeing Hub initiatives.

Evaluation Criteria	Description
Effectiveness	The extent to which aims are met.
Appropriateness	The relevance of the intervention to needs.
Acceptability	Whether initiatives are carried out in a sensitive way.
Efficiency	Whether the outputs (time, money and resources) are well spent, given the benefits.
Equity	Equal provision for equal need – targeting key populations with the greatest need.

Throughout the Annual Report, unless otherwise stated, the indicators presented alongside the evaluation criteria are from the Stats and Stories reports (Referenced in [Appendix 1](#)).

The analysis of the Chats about Change and six-monthly impact evaluation have dedicated sections within the Annual Report (Referenced in [Appendix 2](#)).

***“Gives me a reason to get out the house since my husband passed away”***

Participant, *Easy Moves for Active Ageing Term 3*



Kids Mosaic

## Effectiveness

### Focus areas

From March 2023 to December 2023, a total of 36 initiatives were delivered by the Murray Bridge Wellbeing Hub.

Forty three percent of the initiatives **primarily aimed** to promote physical activity, 31% of the initiatives **primarily aimed** to create opportunities for social connection, 20% of the initiatives **primarily aimed** to improve mental wellbeing and resilience and 6% of the initiatives **primarily aimed** to encourage wellbeing through healthy eating.

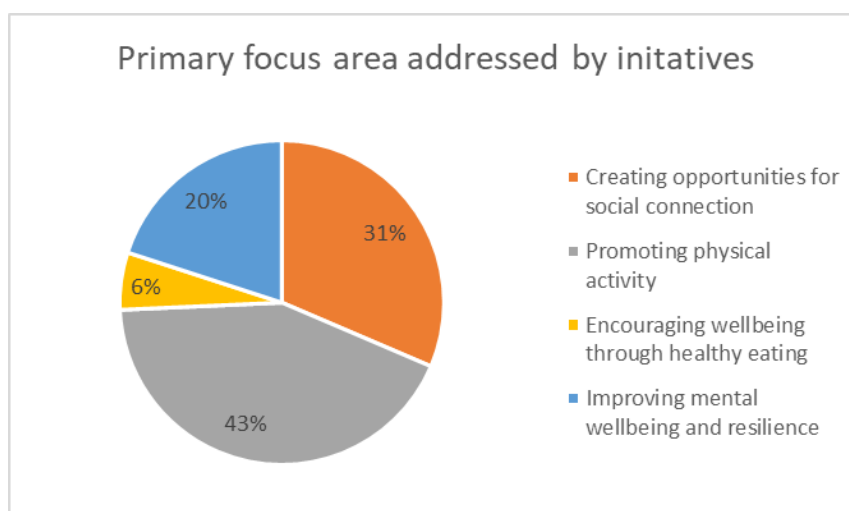


Table 1: Primary focus area addressed by initiatives by percentage.

Several initiatives aimed to address more than one focus area. Of the initiatives that addressed an additional (secondary, tertiary or quaternary) focus area, 21% aimed to promote physical activity, 54% aimed to create opportunities for social connection, 4% aimed to improve mental wellbeing and resilience and 21% aimed to encourage wellbeing through healthy eating. E.g., *Playing for All* had a primary focus on promoting physical exercise and focused on creating opportunities for social connection.

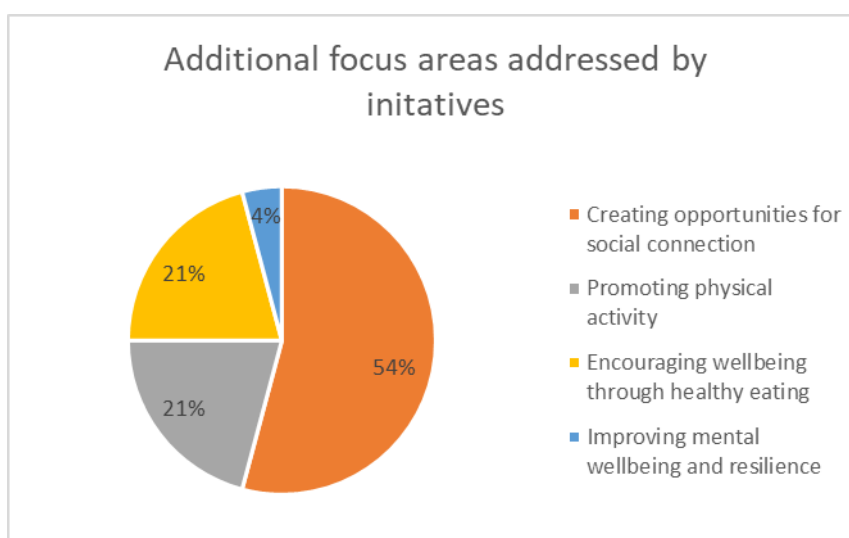


Table 2: Additional focus areas address by initiatives by percentage.

This data includes both Stats and Stories and Chats about Change.

### **Delivery partners**

Over 44 local people, businesses and community organisations were involved in delivering initiatives in the 2023 reporting period. Delivery partners included but were not limited to The Haven, Fraser Park Primary School, Learning Together Community Murray Mallee and Riverland Hub, k.s performance, Murray Bridge Suicide Prevention Network, and the Rural City of Murray Bridge Youth Council.

Initiatives had a varying numbers of delivery partners, ranging from one delivery partner for *Easy Moves for Active Ageing* through to 22 delivery partners for the *Term 4 Community Wellbeing Calendar*.

### **Effectiveness score**

On average, the Wellbeing Hub team scored 4.26 out of 5 for how effectively the aims and objectives of Wellbeing Hub initiatives were met.

### **Team reflections on the effectiveness of Wellbeing Hub initiatives**

A similar level of effectiveness was reached for each of the focus areas, suggesting initiatives have been designed in a manner that meet the wellbeing needs of the Murray Bridge community.

*From No Way to 5K!* exceeded the initial expectations of organisers and partners, as other Wellbeing Hub sites have attempted similar initiatives with medium to little success. The participants were actively engaged in the sessions, overall attendance numbers were relatively consistent, and several participants partook in the Murray Bridge Marathon 5km Fun Run. Additionally, many have continued their running journey post the completion of the initiative.

Some of the least effective projects were *the Kids Book Club*, *Kangatraining* and the *Community Garden Meet Up*. The lower scores can be attributed to low participation numbers due to a lack of community interest. This affected the participants capacity to establish social connections with fellow participants, the primary focus of the initiatives.

The most challenging focus area to deliver outcomes to was *encouraging wellbeing through healthy eating*. The initiatives with this focus area in 2023 included the *Family Meal Prep Program* and *Grow Your Own Food*. The reach of these initiatives was limited due to a variety of factors including space limitations, overall costs, and facilitator availability. In 2024, several sustainable, low cost initiatives are planned with a primary focus on encouraging wellbeing through healthy eating. It is anticipated these initiatives will have a broad reach and sustainable impact.

***“I didn’t think I could run 5km and now I am confident entering the upcoming (Murray Bridge Marathon 5km)”.***

Participant, *From No Way to 5K!*

# Arrow Tag



## Equity

### Total number of participants

Between March 2023 to December 2023, the Wellbeing Hub recorded 1766 attendances by approximately 954 participants. Of these, 54% had not participated in a Wellbeing Hub initiative before, indicating the Hub continues to reach new community members.

The above mentioned figures exclude participants from the *Murray Bridge Mental Health and Wellbeing Expo* (with an estimated attendance of 186), as registration was not required and given the scale and timeframe of the event it, was challenging to estimate the true number of new and total participants.

### Population groups reached

Children (0-12 years) were the primary audience reached by the most initiatives, shown in Table 3.

Population group	Number and (%) of initiatives
Children (0-12 years)	10 (34%)
Families (attending as one)	7 (23%)
General Population	5 (16%)
Older People	4 (14%)
People with a Disability	3 (10%)
Other	1 (3%)

Table 3: Number and percentage of initiatives delivered by primary population group.

The 'Other' population group referred to in table 3 is Wellbeing Hub community partners/stakeholders.

Several initiatives reached more than one population group. Table 4 details the number and percentage of initiatives that reached additional population groups.

Population group	Number and (%) of initiatives
Other	5 (36%)
Children (0-12 years)	3 (21%)
Families (attending as one)	3 (21%)
People who identify as Aboriginal and Torres Strait Islander	1 (7%)
People from Culturally and Linguistically Diverse/Migrant communities	1 (7%)
Young People (13-18 years)	1 (7%)

Table 4: Number and percentage of initiatives reaching additional population groups.

It is important to note that population group data is based on the intended priority population of each initiative, with demographic data collected exclusively for postcode and age.

The 'Other' population groups referred to in table 4 include grandparents/caregivers and community partners.

### Postcode data

Postcode data was obtained during the registration process and can assist the Wellbeing Hub in identifying if initiatives are reaching the local community.

Of all participants, approximately 89.9% were located within the Rural City of Murray Bridge.

### **Equity score**

On average, the Wellbeing Hub team scored 4.13 out of 5 for how well initiatives reached the target population group.

### **Team reflections on the equity of the Wellbeing Hub**

Participants of the Murray Bridge Wellbeing Hub regularly comment that the Wellbeing Hub is a safe, welcoming and inclusive space. The staff and facilitators have established a positive relationship with both the community and other organisations and services.

Of the 30 initiatives captured using the Stats and Stories evaluation method, 30% of initiatives scored 5 out of 5 for whether the initiative reached the target population. This included *Let's Play with Music*, which has been extremely popular with both children and parents, appealing to both mothers and fathers, as well as grandparents and caregivers. The initiative has a positive reputation within the community and has multiple ongoing long-term participants. Many of the initiatives that were run during the school holidays which targeted children and families were also successful, with several being fully booked within 24-72 hours.

In 2024 the Wellbeing Hub will focus on fostering positive collaborations with local community partners who work alongside the Aboriginal and Torres Strait Islander community, and people from Culturally and Linguistically Diverse/Migrant communities. This will be more achievable now that the Wellbeing Hub has an established and positive reputation within the community and has demonstrated an ability to work collaboratively with a range of community partners.

***“I am going on a big holiday soon, so this has helped me get back into walking to be fit for travelling”.***

Participant, *Wellbeing Walk*





## Efficiency

### Time spent organising and delivering initiatives

Hours	Number and (%) of initiatives
Less than 10	27 (90%)
10-16 hours	1 (3.3%)
16-37 hours	1 (3.3%)
37-50 hours	1 (3.3%)

Table 5: Time spent organising and delivering initiatives

From *No Way to 5K!* took less than 10 hours to organise and deliver. This initiative was outsourced to a local small business, k.s performance, who prepared and delivered the program.

The *Family Meal Prep Program* was one of the initiatives that took the most amount of time to organise and deliver as the Project Officer created the recipes, planned the classes and organised ingredients.

### Money spent organising and delivering initiatives

Money spent (\$)	Number of (%) initiatives
500 – 1000	27 (90%)
1000 – 2500	1 (3.3%)
2500 – 5000	2 (6.7%)
5000 +	0 (0%)

Table 6: Money spent organising and delivering initiatives

The *Wellbeing Walk* cost the least to organise and deliver. The 30-minute initiative was delivered/facilitated in partnership with the Wellbeing Hub, the Haven and Murray Bridge Community Centre.

The *Murray Bridge Wellbeing Hub Launch* was one of the initiatives which cost the most to deliver.

### Level of intensity in organising and delivering initiatives

Level of intensity	Number of (%) initiatives
Very easy to set up, not intensive	23 (76.7%)
Somewhat easy to set up	4 (13.3%)
Moderately intense	1 (3.3%)
Intensive, some set up	2 (6.7%)
Very intensive, a lot of set up	0 (0%)

Table 7: Level of intensity in organising and delivering initiatives

*Playing For All, Let's Play with Music* and *Easy Moves for Active Ageing* were some of the least intense initiatives to organise and deliver.

The *Murray Bridge Mental Health and Wellbeing Expo* was the most intense initiative to set up and deliver. Please note that the Stats and Stories for the *Murray Bridge Mental Health Expo* was prepared by the Wellbeing Hub, on behalf on the working group, and is reflective of the output of the whole Mental Health Expo Working Group, not only the Wellbeing Hub.

## Output versus Results

The scores provided via effectiveness, equity and appropriateness criteria questions on each Stats and Stories report are plotted against the scores given against outputs. This process assisted in quantifying whether the time, money and resources were well spent, given the benefits.

Most initiatives (25 initiatives), sat within the 'WIN WIN' high results/low outputs quadrant, highlighting the outstanding outcomes which were achieved with minimal resource investment.

Two initiatives, the *Murray Bridge Wellbeing Hub Launch* and the *Murray Bridge Mental Health and Wellbeing Expo* sat within the high results/high outputs quadrant, which indicates these initiatives are working well. However a review of the time, money and resources spent on them is required to determine the value of the outputs.

Three initiatives, *Kids Book Club*, *Kangatraining* and *Community Garden Meet Up* sat on the cusp of the low results/low outputs quadrants, alerting the team to apply caution in delivering these initiatives again.

None of the initiatives sat within or on the cusp of the low results/high outputs quadrants, which would alert the team to apply caution in delivering that initiative again.

## Team reflections on the efficiency of the Wellbeing Hub

Generally, Wellbeing Hub staff and facilitators were very happy with the distribution throughout the quadrants. Image 1 below provides a visual overview of where initiatives sat within the Output vs Results quadrant.

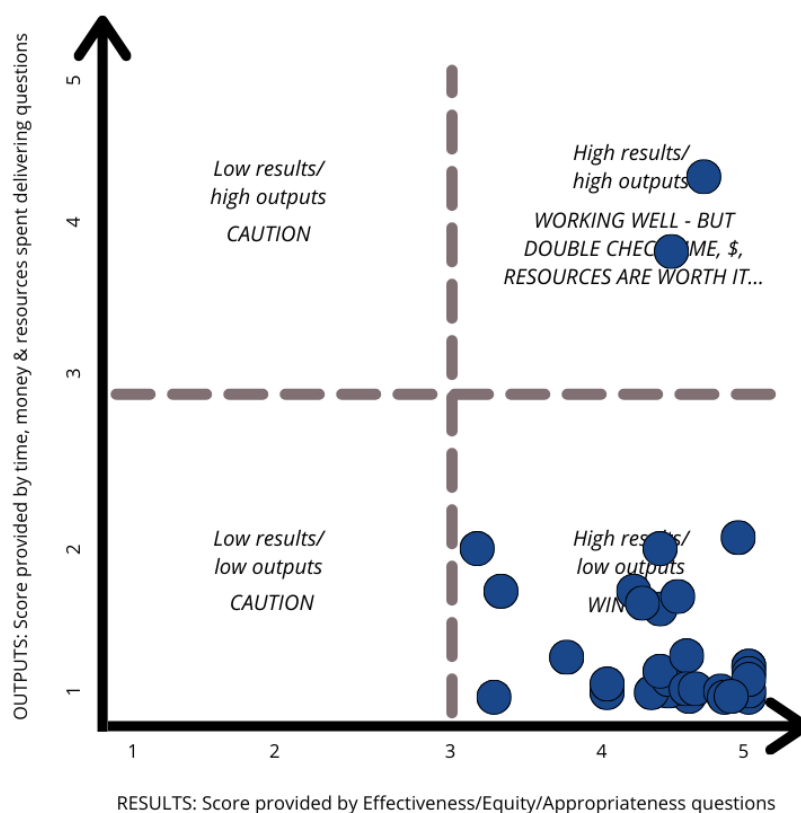


Image 1: Output Vs Results plot graph

Many of the ongoing initiatives including *Easy Moves for Active Ageing*, *Playing for All* and *Let's Play with Music* initially had a slightly lower efficiency rating as they needed to be implemented from scratch. However, when they were delivered in subsequent terms, the efficiency rating increased as the planning, facilitator training and program marketing had already largely been completed.

The three initiatives sitting on the cusp of the low results/low outputs quadrants were primarily due to the low participant numbers. This may be due to a variety of factors including the date and time of the initiative, delivery location, community partners or simply that the initiative isn't something the community connects with.

Larger initiatives including the *Here If You Need Cards* and *Playground Detectives* had lower efficiency scores as they were designed in a manner that would increase their longevity. Hence, if these projects were to be completed again, only a reprint or slight changes would be required, and the efficiency would be increased.

***“Given my daughter confidence and social exposure”.***

Participant, *Let's Play with Music*

***“He is engaging more and more each week. You can see him trying to interact and participate with the group”.***

Caregiver of Participant, *Playing For All*



Playing For All

## Acceptability

### Success factors

Upon reflection on what was working well about the Wellbeing Hub initiatives, the following key themes emerged.

- **Engaging facilitators:** Having facilitators that are passionate, have a positive reputation within the community and are welcoming to all has been a consistent, positive observation for all Wellbeing Hub initiatives. Participants feel comfortable, engaged and valued by the facilitators who are visibly excited and happy to lead the sessions.
- **Session flexibility:** The Wellbeing Hub has been able to adapt initiatives to suit both the interests and skill level of participants, as well as the resources (including space, equipment) available. This ensured participants remained engaged and were more open to returning each week.
- **Appropriate partnerships:** Partnering with specific events, programs and community partners provided potential participants with an additional incentive or driver to participate. Partnering with the Children's University Adelaide for the *Kids Book Club* allowed participants to claim the hours within their logbooks. Aligning *From No Way to 5K!* with the Murray Bridge Marathon provided short-term, achievable timelines that participants could commit to.
- **Program variety:** Being able to provide the community with opportunities and initiatives (e.g., *Arrow Tag*, *ClayMates*, *RU OK? Conversation Convoy*) they wouldn't usually be able to access due to a variety of barriers including affordability, accessibility and inclusivity.

### Opportunities for improvement

Upon reflection on areas for improvement for Wellbeing Hub initiatives, the following key themes emerged.

- **Suitable alternate venues and times:** For initiatives held outside, ensuring there is a suitable alternate location that can be utilised during poor weather conditions would be beneficial to avoid the session being postponed or cancelled. In addition, alternating delivery times to suit the environment should be considered e.g., sessions to be held in the early/mid-morning during the summer months when the temperature may be cooler and UV levels lower.
- **Additional staffing and facilitator support:** For initiatives with a large number of participants or people that may require additional support i.e., parents with young families or those with disability, ensuring there is another staff member present to support both the facilitator and participants would be beneficial in ensuring the session remains on track. This could be achieved in partnership with a new community provider, or a representative from the Rural City of Murray Bridge and/or the Murray Bridge Community Centre.
- **Low participation numbers:** Some initiatives did not meet the required ongoing participant numbers, impeding the success of the programs. This may be attributed to a variety of factors including date and time of program, delivery location, community partners or simply that the focus of the initiative not being something the community connects with.

There were additional successes and areas for improvement identified throughout the year which can be viewed within the Stats and Stories and Chats About Change reports.

### **Team reflections on the acceptability of the Wellbeing Hub**

The Murray Bridge Wellbeing Hub was very fortunate to partner with high quality facilitators and community partners which resulted in initiatives rarely receiving negative feedback.

The April and June school holiday initiatives did face some challenges with people either not booking into initiatives and then attending or booking and not attending without providing any notice. This resulted in some initiatives being overbooked and others having multiple free spaces. For subsequent initiatives, the Wellbeing Hub Project Officer strengthened the booking procedure by implementing reminder messages to ensure a better attendance and to avoid participants missing out.

***“Thank you for providing this opportunity for my kids, it’s something we would normally never do because it’s too hard or would cost too much to set up”.***

Grandparent of Participant, *Create, Connect & Laugh* (October School Holidays)

# RU OK? Conversation Convoy



# Appropriateness

## Immediate impact on wellbeing

On average, participants gave a score of 4.8 out of 5 for the immediate impact initiatives had on their wellbeing, indicating they felt initiatives had a high impact on their immediate wellbeing.

Participants provided feedback with key themes presented below.

- **Enjoyment and confidence:** An ongoing theme highlighted by participants centred around how the Wellbeing Hub has had a positive impact on their confidence and that they have thoroughly enjoyed participating in the programs.
  - 'Each week she comes out of her shell more and more' - *Lets Play with Music*
  - 'Loved the group, very motivating and so much fun' - *From No Way To 5K!*
  - 'Great atmosphere and awesome teacher' - *Family Meal Prep Program*
  - 'This is fun, can we do this at home mum?' - *Kids Mosaics*
  - 'A warm and inviting group' - *Easy Moves for Active Ageing*
  - 'I had so much fun' - *Claymates*
  - 'Great space for children to be themselves' - *Lets Play with Music*
  - 'Next time you should have the parents join in!' - *Arrow Tag*
- **Physical activity:** Participants of *Easy Moves for Active Ageing*, *Wellbeing Walk*, *Playing for All* and *From No Way to 5K!* commented that these initiatives assisted them with being and staying active on a regular basis.
  - 'Helped me get started and stay accountable' - *From No Way to 5K!*
  - 'Takes away the mental load which is a barrier for me when I wanted to try running previously' - *From No Way to 5K!*
  - 'Able to participate within my physical limits' - *Easy Moves for Active Ageing*
  - 'Kanga is exercise but having fun while you are doing it' - *Kangatraining*
  - 'Walking with others pushes me to go further' - *Wellbeing Walk*
  - 'Teachers have commented on his increase in core strength and coordination' - *Playing For All*
  - 'I can't go for long walks anymore, but this is a great way to stay moving' - *Easy Moves for Active Ageing*
  - 'I enjoy staying active' - *Easy Moves for Active Ageing*
- **Socialisation:** Across almost all initiatives, participants remarked that they enjoyed socialising and connecting with others within the community.
  - 'Gives me a reason to get out of the house since my husband passed away' - *Easy Moves for Active Ageing*
  - 'I can bring both kids who are very different ages and they are entertained' - *Lets Play with Music*
  - 'I enjoyed the time I get to spend with her now that I am back at work' - *Kangatraining*
  - 'We do have a similar session at the village, but I like that this one is in person' - *Easy Moves for Active Ageing*
  - 'I work from home so it's a great opportunity to enjoy the weather and get to know new people' - *Wellbeing Walk*
  - 'I am going to his house this weekend (new friend he made during the class)' - *Playing For All*
  - 'I missed everyone when I couldn't come last week' - *Playing for All*



### **Team reflections on the appropriateness of Wellbeing Hub initiatives**

It was extremely uncommon for any initiative to receive a score below 4 out of 5 for appropriateness which indicates participants do feel there is a positive impact upon their wellbeing.

Developing appropriate, straightforward, and engaging evaluation questions suitable for the target audience was challenging at times, particularly when trying to elicit a response from young children and/or people with a disability.

***“We had lots of fun seeing different playgrounds and playing”.***

Participant, *Playground Detectives*

***“I work from home so it’s a great opportunity to enjoy the weather and get to know new people”.***

Participant, *Wellbeing Walk*



Here If You Need Card

## Chats about Change

From March 2023 to December 2023, six Chats about Change reports were prepared for the following initiatives:

- Murraylands Multicultural Yuntu-Walun Festival
- Community Wellbeing Calendar Term 2
- Community Wellbeing Calendar Term 3
- RUOK? Conversation Convoy
- Here If You Need Card
- Community Wellbeing Calendar Term 4

Of the six initiatives reported via the Chats about Change template, the majority included a focus on *improving mental wellbeing and resilience and creating opportunities for social connection*.

The *Community Wellbeing Calendars* aimed to increase community awareness of wellbeing programs available within the Rural City of Murray Bridge. Each term the calendar has continued to grow, with many organisations, including those who work with the Aboriginal and Torres Strait Islander community, enquiring if their programs can be included to promote their activities to the wider community. Additionally, local services and organisations are now using this calendar as the initial starting point for clients who are interested in getting involved within the community.

The *Here If You Need Card* was estimated to directly reach over 750 people with all available copies distributed to schools and local services within the first six weeks of the launch. This initiative was extremely well received by the community, with many services and organisations outside of the Rural City of Murray Bridge requesting copies of the cards.

Additional objectives of the Chats about Change initiatives were to:

- Increase community awareness of the Murray Bridge Wellbeing Hub and its initiatives.
- Promote free/low cost wellbeing activities within the Rural City of Murray Bridge.

It is estimated these initiatives reached approximately 3770 people.

***“The cards have been given to all (SAPOL) patrols yesterday and they were well received. We have also placed the link on our staff intranet for easy access to the links”.***

SAPOL Crime Prevention Team, *Here If You Need Card*

## Medium Term Impact Evaluation

The Wellbeing Hub undertakes a six-monthly evaluation to gather information on the medium-term impact of Wellbeing Hub initiatives. A summary of the survey and focus group findings is provided below.

### Participant feedback

On average, 97.6% of people were happy or very happy with the Wellbeing Hub.

95.2% of respondents agree or strongly agree that the Wellbeing Hub helped them to improve their overall wellbeing.

Participants who strongly agree or somewhat agree, the Wellbeing Hub has helped them/their family by:

- Creating opportunities for social connection (98%)
- Promoting physical activity (88%)
- Encouraging wellbeing through healthy eating (59%)
- Improving mental wellbeing and resilience (85%)

Common themes highlighted by participants as influencing these positive outcomes include:

- **Access to different programs:** Participants valued the opportunity the Wellbeing Hub has provided in offering them access to a variety of interesting, affordable and accessible initiatives that previously were not available.
  - *'Such a great variety of programs on offer'*
  - *'Can we have another weekly session'*
  - *'Provided something different for young children in the community'*
- **Quality time with others:** Many participants attributed their ongoing participation in initiatives with the opportunity to meet new people and to spend quality and meaningful time together.
  - *'Helped me meet new people'*
  - *'Look forward to having somewhere to take Ryan (her son) every week'*
  - *'Meeting others, enjoying the call and having a good laugh'*
  - *'Connecting with others and my children'*
  - *'Make new connections'*
- **Friendly and welcoming staff:** Initiative facilitators and Wellbeing Hub staff were able to create a positive and welcoming connection with participants to ensure they felt understood, respected and an accepted member of the Wellbeing Hub community.
  - *'My day has been brightened with the bright approach of staff'*
  - *'Friendly place' and 'Someone to talk to'*
  - *'User friendly area and the staff are welcoming and fun'*
  - *'She (the facilitator) truly enjoys her job'*
  - *'Employees are brilliant, energetic and kind'*
- **Encouraging movement:** Feedback from participants showed they felt the Wellbeing Hub had motivated them to get moving and to be more active.
  - *'Helps keep the body moving and healthy'*
  - *'Encouraging movement'*
  - *'Gets me up on the moving'*
  - *'Enjoyed seeing friends once a week to work on our physical wellbeing'*

## Community partners feedback

The key strengths of the Wellbeing Hub identified by community partners include:

- **Communication and marketing:** Community partners noted that there is a clear and consistent communication and marketing strategy implemented by the Wellbeing Hub, which is both appealing to participants and has helped build the Wellbeing Hub's brand.
- **Partnerships:** The Wellbeing Hub has highlighted to other community organisations the importance of ongoing productive partnerships for enacting positive change and expanding the range of opportunities available to the community.
- **Accessible and accepted:** Community partners highlighted that the Wellbeing Hub has established a positive reputation within the community in a short period of time. The initiatives are affordable, accessible to everyone and the Wellbeing Hub is referred to as an initial 'point of call' when community partners are connecting their service users into wellbeing initiatives.

Areas for improvement for the Wellbeing Hub identified by community partners include:

- **Communication and marketing:** Community partners identified that implementing larger scale promotion of the Wellbeing Hub, for example through radio and community billboards, may increase the awareness and reach of the Wellbeing Hub amongst the broader community.
- **Expanding delivery locations:** Expanding the delivery locations of future initiatives to areas outside the central business district of Murray Bridge and considering opportunities to deliver some initiatives digitally could increase the accessibility of Wellbeing Hub initiatives for the broader community.
- **Expanding existing partnerships:** Continuing to build on existing partnerships and collaborating with local organisations who work alongside the multicultural and Aboriginal and Torres Strait Islander communities was identified as an opportunity to ensure the Wellbeing Hubs approach is culturally sensitive and one that fosters trust.
- **Establishing partnerships with local businesses:** Partnering with local businesses and organisations in the region was identified as an opportunity that may assist with the longer-term investment in, and sustainability of the Wellbeing Hub.

There were additional successes and areas for improvement identified which can be viewed in the six-monthly medium-term evaluation report (Referenced in [Appendix 3](#)).

# ONE-PAGE SUMMARY

MARCH 2023 TO NOVEMBER 2023

## 'A non-judgemental, supportive and safe environment'

Participant feedback

92.8%

OF PARTICIPANTS WERE FROM WITHIN THE RURAL CITY OF MURRAY BRIDGE



42 PARTICIPANT RESPONSES

PARTICIPANTS WHO **STRONGLY AGREE** OR **SOMEWHAT AGREE**, THE WELLBEING PROGRAM HAS **HELPED THEIR FAMILY BY:**

98%

CREATING OPPORTUNITIES FOR SOCIAL CONNECTION

88%

PROMOTING PHYSICAL ACTIVITY

59%

ENCOURAGING WELLBEING THROUGH HEALTHY EATING

85%

IMPROVING MENTAL WELLBEING AND RESILIENCE

HOW OLD ARE PARTICIPANTS?

19-39

21 RESPONSES

40-60

13 RESPONSES

61+

8 RESPONSES

0-5

5 RESPONSES

6-12

3 RESPONSES

\*participants could select more than one age group

TOP 3 INITIATIVES THAT HAVE BEEN PARTICIPATED IN OR VALUED



LET'S PLAY WITH MUSIC



WELLBEING WALK

R U OK? CONVERSATION CONVOY



FACEBOOK IS THE BEST WAY TO REACH OUR COMMUNITY

HOW IMPORTANT ARE EACH OF THE FOCUS AREAS?

EXTREMELY IMPORTANT

PARTICIPANTS ARE MORE:

CONFIDENT  
SOCIAL  
CONNECTED  
SUPPORTED  
& HAPPY

ARE THERE ANY AREAS OF WELLBEING THAT ARE IMPORTANT TO YOU THAT WE HAVE MISSED?

MINDFULNESS EXERCISES

OUTDOOR PLAY

NEW RESIDENTS

FOOD LITERACY

## THANK YOU

WAS THE MOST COMMONLY SAID WORD WHEN PARTICIPANTS WERE ASKED IF THERE WAS ANY ADDITIONAL FEEDBACK THEY WOULD LIKE TO PROVIDE ABOUT THE WELLBEING HUB

THINKING ABOUT THE LAST 6 MONTHS, ON A SCALE OF 1-5, WOULD YOU AGREE THAT THE WELLBEING PROGRAM HAS HELPED TO IMPROVE YOUR OVERALL WELLBEING?

4.79 OUT OF 5



95.2%

OF PARTICIPANTS WERE HAPPY OR VERY HAPPY WITH THE WELLBEING PROGRAM

HAVING PROGRAMS ON DIFFERENT DAYS/TIMES

MORE SCHOOL HOLIDAY ACTIVITIES

INCLUDE OUTER TOWNSHIPS

BETTER VISIBILITY OF THINGS ON OFFER

WEEKEND/AFTER HOURS ACTIVITIES

PROGRAMS FOR YOUNG PEOPLE

WHAT COULD WE BE DOING DIFFERENTLY?



## 'Given my daughter confidence and social exposure'

Participant feedback

# Easy Moves For Active Ageing



# Team Reflection

## Highlights

- **The Wellbeing Hub is accepted and valued by community members and community organisations**

A key highlight of the past 12 months has been the Murray Bridge Wellbeing Hub becoming accepted and valued by the community and other local community organisations. Organisations and services reach out to the Wellbeing Hub with collaboration opportunities and to connect their clients to initiatives. Participants consistently provide positive feedback to the project officer and invite their friends and family to attend.

- **A collaborative approach**

The Murray Bridge Wellbeing Hub is a unique partnership between state government, local government and community based not-for-profit. Because of this, the Wellbeing Hub has been able to tap into a wide range of networks and connections from the three partners. This has broadened opportunities for collaboration for the Wellbeing Hub and provided several platforms and opportunities to share its successes and positive outcomes with a wide range of stakeholders and community groups.

- **Elevating the concept of wellbeing**

The establishment of the Wellbeing Hub in 2023 has elevated the concept and importance of wellbeing for the Rural City of Murray Bridge (Council), and several community organisations. This has contributed to an increased focus on, and commitment to preventive health action within the community. The Wellbeing Hub has also implemented achievable actions that both Council and local organisations can adopt to promote health and wellbeing within the community.

- **Expanding the Wellbeing Hubs evaluation model**

The reporting and evaluation templates provided by Wellbeing SA to the Wellbeing Hubs has been well received by stakeholders of the Murray Bridge Wellbeing Hub. Additional information on the Stats and Stories and Chats for Change templates has been requested by Planet Youth and Council's Development Team with the intention to implement elements of the Wellbeing Hub evaluation approach into existing evaluation practices.

- **Inclusive initiatives with lasting impact on participants**

*Playing For All* was implemented in collaboration with Special Olympics SA in response to the challenges faced by families with children with a disability who reside in rural areas. The overall impact on participants has been notable, with improvements in their physical development and increased social opportunities observed by teachers and acknowledged by parents. These sustained positive effects extend beyond the individual child, positively influencing the entire family.



## Opportunities

- **Sharing the Wellbeing Hub framework with other Councils and community organisations**

Most participants of the Wellbeing Hub reside within the Rural City of Murray Bridge local government area, however, there has been a growing number of people and organisations from neighbouring areas (including the Mid Murray, Coorong and Karoonda East Murray) connecting with the Wellbeing Hub. The Wellbeing Hub will continue to develop relationships with key contacts within these districts with the assistance of the Rural City of Murray Bridge Community Development Team, to share the successes, learnings and challenges from the Wellbeing Hub.

- **Focus on encouraging wellbeing through healthy eating**

In 2024, several sustainable, low-cost initiatives are planned with a primary focus on *encouraging wellbeing through healthy eating* which is a key focus area of the Wellbeing Hub. It is anticipated these initiatives will have a broad reach and sustainable impact including a *Grow Cart*, *Seed Library* and *recipe cards*.

- **Initiatives with longer lasting impact**

The success of the *No Way to 5K* initiative when compared with retention rates at other Hub sites, prompted reflection on the factors that may have contributed to high attrition rates for this initiative at the Murray Bridge Wellbeing Hub. Participants commented that having micro-goals that worked as the building blocks towards an overall objective made the process less daunting and more achievable. Consequently, they were able to slowly build positive habits which resulted in longer-term impacts beyond initial expectations. Consideration will be given to exploring similar goal-oriented approaches for other initiatives in 2024, opening the door to a broader exploration of strategies that could create longer-lasting positive change.

- **Planning for the future**

Participants, partners and stakeholder feedback has clearly shown that the primary focus areas of the Wellbeing Hub have had a positive impact on the local community, especially within the target groups identified. Planning for 2024 has been centred on initiatives that bring about long-term positive changes in community wellbeing in all areas of the Rural City of Murray Bridge. Partnering with local community groups and organisations is underway on sustainable initiatives including but not limited to the *Blue Tree* and the *Chatty Bench* projects. The Wellbeing Hub will continue to seek and learn from stakeholder feedback, with the aim to continue meeting community needs by incorporating an adaptable and flexible approach.

***“I have a weekly place to go to have one on one time and both my child and I have made friendships. The best program for kids in town”***

Participant, 6 Month Participant Evaluation

## **Sustainability**

With the implementation of the Regional Public Health and Wellbeing Plan (2002-2026) the Murraylands and Riverland Local Government Association (MRLGA), are working together in these regions to deliver services and infrastructure to support the health and wellbeing of these communities. The Wellbeing Hub aligns with the strategic priorities, goals and principles of this plan and plays an important role in the delivery of these services to the local community. Having ongoing conversations with nearby Local Government Areas to investigate joint opportunities that would benefit to the whole Murraylands district is essential.

The Wellbeing Hub will continue to be supported both in-kind and by way of an annual financial contribution by the Rural City of Murray Bridge and the Murray Bridge Community Centre throughout 2024. The sustainability of the Wellbeing Hub is recognised for its importance to the local communities and planning is well underway for supporting this initiative long-term through key sustainable long-term partnerships. These may include but are not limited to, partnerships with local businesses, community organisations and the local health network.

### **For more information on the Murray Bridge Wellbeing Hub**

**Contact:** Bridgette Syrus | Wellbeing Hub Project Officer

**Email:** [wellbeinghub@mbcci.org.au](mailto:wellbeinghub@mbcci.org.au)

**Phone:** 0468 640 800

**Website:** <https://www.murraybridge.sa.gov.au/services/your-community/services-for-the-community/murraybridgewellbeinghub>



Create, Connect & Laugh

## **Appendix 1: Stats and Stories**

# MURRAY BRIDGE WELLBEING HUB PROCESS & IMPACT EVALUATION

## Stats & Stories #1

- WELLBEING WALK (WELLBEING WEEK) - 24 MARCH 2023 -

A short and friendly group walk through Murray Bridge to encourage people to stay active and explore their local community.

### EFFECTIVENESS

Which focus area did this initiative aim to address?

- PROMOTING PHYSICAL ACTIVITY
- ENCOURAGING WELLBEING THROUGH HEALTHY EATING
- CREATING OPPORTUNITIES FOR SOCIAL CONNECTION
- IMPROVING MENTAL WELLBEING AND RESILIENCE

DELIVERY PARTNERS -

Murray Bridge Community Centre (MBCCI)

ANY ADDITIONAL AIMS?

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET

4

WHY WAS THIS SCORE GIVEN?

Although it was a very small group, all the participants enjoyed the walk and interacted with each other in a positive manner.

### EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

8 participants

% OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN A WELLBEING HUB ACTIVITY BEFORE

100%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CHILDREN (0-12 YEARS)
- OLDER PEOPLE
- GENERAL POPULATION
- ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES
- YOUNG PEOPLE (13-18 YEARS)
- FAMILIES (ATTENDING AS ONE)
- PEOPLE WITH A DISABILITY
- CULTURALLY & LINGUISTICALLY DIVERSE/MIGRANT COMMUNITIES
- OTHER (PLEASE NOTE)

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED PRIORITY POPULATION GROUPS

4

WHY WAS THIS SCORE GIVEN?

The MBCCI Facebook post promoting the walk was shared 10 times, over 70 likes/comments and engaged 498 accounts. However, there is still room for additional participants.

### EFFICIENCY

The outputs - time, money and resources spent on initiative

HOW MUCH TIME WAS SPENT ON ORGANISING THIS INITIATIVE?



HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?

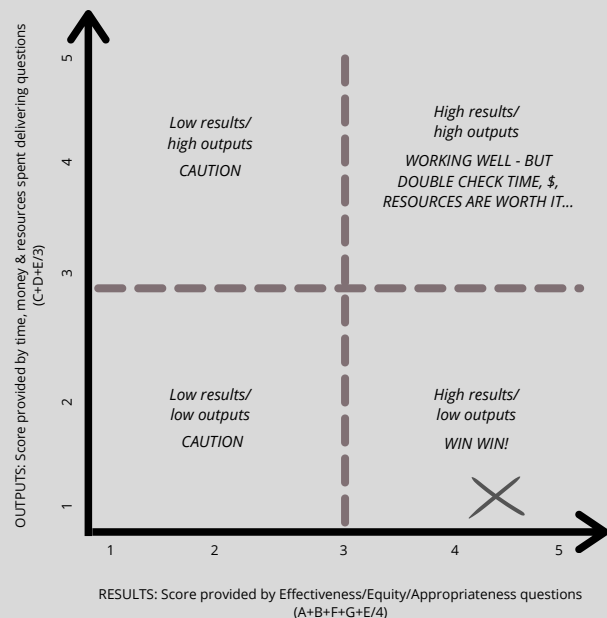


COMMENTS

Very little set up or additional resources required.

### OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



# ACCEPTABILITY

## Was the initiative carried out in a sensitive way?

### WHAT WORKED WELL ABOUT THIS INITIATIVE?

#### TEAM OBSERVATIONS

The distance and route of the walk was accessible for all levels of fitness. Several people brought along their dogs and as the walk was pram friendly, this removed the potential barriers of having to find child care for any parents wishing to attend. The route was close to public transport and the heart of town, making it easy for people to access. Additionally, as the start and finish point was at the same point it ensured people didn't have to find their own way back to their transportation.

### WHAT COULD BE IMPROVED NEXT TIME?

#### TEAM OBSERVATIONS

The event was promoted on the MBCCI Facebook page only three days ahead of being held. Allowing more time and broader promotion of the event may have resulted in increased numbers.

Holding the event on a different day or time may also have increased numbers. Lunchtime was suggested as a potential option as this may allow people who are typically working during the day to get involved.

# APPROPRIATENESS

## How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

### IMPACT OF INITIATIVE **DIRECTLY AFTER** EVENT (WITHIN 24 HOURS)

8 people invited to participate in evaluation

8 people participated in evaluation      100% % response rate

### QUESTION ASKED TO EVALUATE APPROPRIATENESS -

*Tell us how you feel! How much did you enjoy going for a walk with others?  
1 - Not at all, 2 - Not much, 3 - Not sure, 4 - A little bit, 5 - A lot. Why?*

AVERAGE SCORE

5.0

### PARTICIPANT COMMENTS ON HOW THE INITIATIVE CONTRIBUTED TO THEIR **IMMEDIATE** WELLBEING -

*'It was nice to get to know new people.'  
'A great day - not too hot or cold and a good distance.'  
'I meet someone who's child is in the same class as mine and it was great to be able to chat.'  
'We enjoyed being able to bring our dog.'  
'Let me know when the next one will be!'  
'I only just moved to the area so it was great to be able to explore together.'*

## GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

This was a really positive walk.

All the participants enjoyed chatting together, visiting the riverfront after the recent high river levels and being able to bring their furry friends. The distance was suitable for the fitness levels of the participants.

The Wellbeing Hub Project Officer will explore the feasibility of having a Wellbeing Walk on a more regular basis.



# MURRAY BRIDGE WELLBEING HUB PROCESS & IMPACT EVALUATION

## Stats & Stories #2

- MURRAY BRIDGE WELLBEING HUB LAUNCH - 20 MARCH 2023 -

The official launch of the Murray Bridge Wellbeing Hub to key community stakeholders. Held in collaboration with The Haven and The Square.

### EFFECTIVENESS

Which focus area did this initiative aim to address?

- PROMOTING PHYSICAL ACTIVITY
- ENCOURAGING WELLBEING THROUGH HEALTHY EATING
- CREATING OPPORTUNITIES FOR SOCIAL CONNECTION
- IMPROVING MENTAL WELLBEING AND RESILIENCE

DELIVERY PARTNERS -

Murray Bridge Community Centre (MBCCI), The Haven, Wellbeing SA and the Rural City of Murray Bridge (RCMB)

ANY ADDITIONAL AIMS?

To build positive relationships with potential partners and promote the Wellbeing Hub to the community and other services/organisations within the Rural City of Murray Bridge.

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET

5

WHY WAS THIS SCORE GIVEN?

Event was extremely well attended by stakeholders and the launch of the Murray Bridge Wellbeing Hub was highly promoted and well received by the community.

### EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

71 participants

% OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN A WELLBEING HUB ACTIVITY BEFORE

100%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CHILDREN (0-12 YEARS)
- OLDER PEOPLE
- GENERAL POPULATION
- ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES
- YOUNG PEOPLE (13-18 YEARS)
- FAMILIES (ATTENDING AS ONE)
- PEOPLE WITH A DISABILITY
- CULTURALLY & LINGUISTICALLY DIVERSE/MIGRANT COMMUNITIES

OTHER (PLEASE NOTE) Partner organisations

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED PRIORITY POPULATION GROUPS

4

WHY WAS THIS SCORE GIVEN?

Nearly all of the groups/organisations invited were able to attend the event in some capacity. However, due to conflicting events and commitments, some organisations were unable to attend.

### EFFICIENCY

The outputs - time, money and resources spent on initiative

HOW MUCH TIME WAS SPENT ON ORGANISING THIS INITIATIVE?



HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?

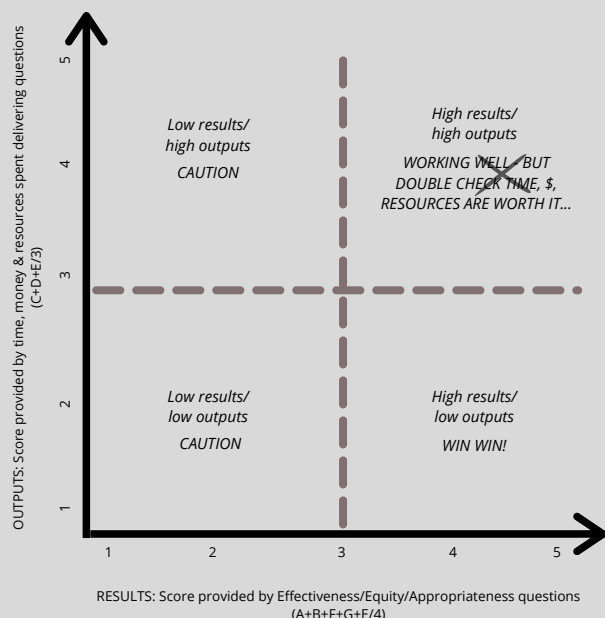


COMMENTS

Coordination of multiple service providers prior to the event was the most labour intensive element.

### OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



# ACCEPTABILITY

Was the initiative carried out in a sensitive way?

WHAT WORKED WELL ABOUT THIS INITIATIVE?

## TEAM OBSERVATIONS

Being able to launch in collaboration with The Square and The Haven allowed the Wellbeing Hub to reach a wider range of services and organisations.

WHAT COULD BE IMPROVED NEXT TIME?

## TEAM OBSERVATIONS

Utilising the outdoor garden space nearby may allow a larger number of attendees to the event.

# APPROPRIATENESS

How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

IMPACT OF INITIATIVE **DIRECTLY AFTER** EVENT (WITHIN 24 HOURS)

20 organisations invited to participate in evaluation

10 organisations participated in evaluation      50 % response rate

QUESTIONS ASKED TO EVALUATE APPROPRIATENESS -

- Attending the Murray Bridge Wellbeing Hub launch provided me/our organisation with the opportunity to
- 1). Learn more about focus areas of the Wellbeing Hub and the initiatives the Hub will deliver
- 2). Meet and network with other organisations and service providers in the Murray Bridge area

AVERAGE SCORE

4.9

1 - Not at all, 2 - Not much, 3 - Not sure, 4 - A little bit, 5 - A lot. Why?

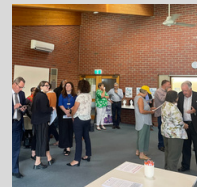
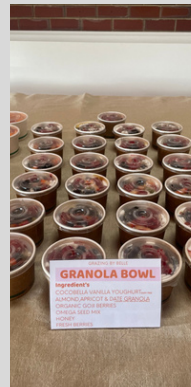
PARTICIPANT COMMENTS ON HOW THE INITIATIVE CONTRIBUTED TO THEIR **IMMEDIATE** WELLBEING -

N/A

# GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

The overall feedback from the event was extremely positive. The event brought together a wide range of local and state based organisations who all share a common goal for the Murray Bridge community. Ninety percent of survey respondents opted in to the mailing list to keep up to date with what's happening at the Wellbeing Hub.

Attendees commented on the beautiful, fresh healthy food provided Annabelle O'Neil from Grazing by Belle and the Laughing Yoga was provided by Sharon Stewart from The Happydemic. The two local newspapers both published positive articles following the launch event.





# MURRAY BRIDGE WELLBEING HUB PROCESS & IMPACT EVALUATION

## Stats & Stories #3

- LET'S PLAY WITH MUSIC - TERM 1, 16 MARCH TO 14 APRIL 2023 -

*A music based program for caregivers and their little ones to build confidence and social connections between child, caregivers and other families.*

### EFFECTIVENESS

Which focus area did this initiative aim to address?

- PROMOTING PHYSICAL ACTIVITY
- ENCOURAGING WELLBEING THROUGH HEALTHY EATING
- CREATING OPPORTUNITIES FOR SOCIAL CONNECTION
- IMPROVING MENTAL WELLBEING AND RESILIENCE

DELIVERY PARTNERS -

Murray Bridge Community Centre (MBCCI) and The Haven

ANY ADDITIONAL AIMS?

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET

5

WHY WAS THIS SCORE GIVEN?

The group was extremely successful and both children and adults had positive experiences.

### EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

124 attendances (by 60 children and 64 adults) from 32 families.

% OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN A WELLBEING HUB ACTIVITY BEFORE

100%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CHILDREN (0-12 YEARS)
- OLDER PEOPLE
- GENERAL POPULATION
- ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES
- YOUNG PEOPLE (13-18 YEARS)
- FAMILIES (ATTENDING AS ONE)
- PEOPLE WITH A DISABILITY
- CULTURALLY & LINGUISTICALLY DIVERSE/MIGRANT COMMUNITIES

OTHER (PLEASE NOTE) Parents, Grandparents & Caregivers

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED PRIORITY POPULATION GROUPS

4

WHY WAS THIS SCORE GIVEN?

The initial post on the MBCCI Facebook page was well received. The post was shared 14 times, received close to 70 likes/comments and engaged 550 accounts. Most sessions were close to capacity, however, there was still room for additional participants.

### EFFICIENCY

The outputs - time, money and resources spent on initiative

HOW MUCH TIME WAS SPENT ON ORGANISING THIS INITIATIVE?



HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?

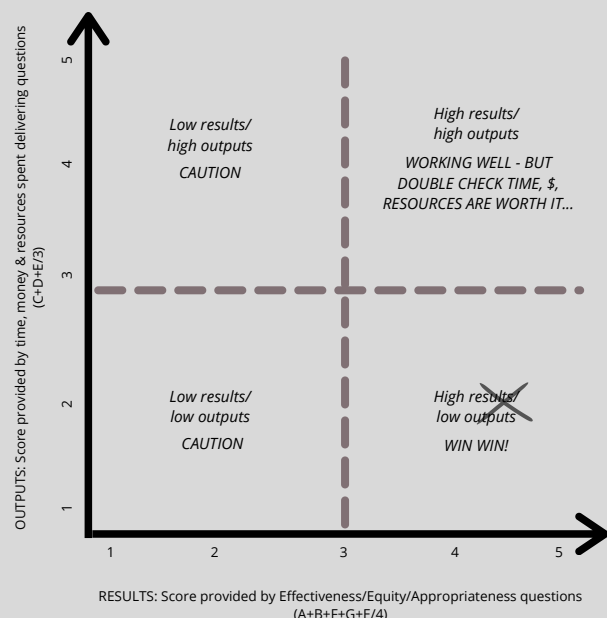


COMMENTS

As this was the first time running this initiative the initial outlay included the purchase of various musical items. These costs will not be incurred when the initiative is delivered again in the future.

### OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



# ACCEPTABILITY

## Was the initiative carried out in a sensitive way?

### WHAT WORKED WELL ABOUT THIS INITIATIVE?

#### TEAM OBSERVATIONS

Having the class being in a large closed room was beneficial. Children were free to explore the space and interact with each other.

The group had a diverse range of adult participants, including several fathers/male caregivers and grandparents.

### WHAT COULD BE IMPROVED NEXT TIME?

#### TEAM OBSERVATIONS

Including some different songs next term and look into borrowing new instruments from other services to keep the older children more engaged.

# APPROPRIATENESS

## How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

### IMPACT OF INITIATIVE **DIRECTLY AFTER** EVENT (WITHIN 24 HOURS)

18 people invited to participate in evaluation

16 people participated in evaluation

89 % response rate

### QUESTIONS ASKED TO EVALUATE APPROPRIATENESS -

*How connected (spent quality time together, enjoyed being together) do you feel to your child after today?  
1 - Not at all, 2 - Not much, 3 - Not sure, 4 - A little bit, 5 - A lot. Why?*

AVERAGE SCORE

4.9

### PARTICIPANT COMMENTS ON HOW THE INITIATIVE CONTRIBUTED TO THEIR **IMMEDIATE** WELLBEING -

*'A warm and non-judgemental group'  
'The kids can wander around and I don't feel judged'  
'It's the only thing we are able to do together now that I am back at work.'  
'He always sleeps well after coming!'  
'Had a great time, we will see you next week!'*

## GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

The initiative was very successful and will return during Term 2 as one class had 40 participants! A local service provider also requested to attend the class as several participants had voiced to them how much they enjoyed the sessions.

Participants learnt the words and actions to most of the songs allowing children to be more engaged with the sessions. Many of the families listened to the songs together outside the sessions.

Many parents stayed back after the class to enjoy a fruit snack with their child and to interact with other parents and caregivers.



# MURRAY BRIDGE WELLBEING HUB PROCESS & IMPACT EVALUATION

## Stats & Stories #4

- KIDS MOSAICS (APRIL SCHOOL HOLIDAYS) - 28 APRIL 2023 -

A mosaics art class for children aged 8-12 years with a focus on expressing something that makes them feel happy through the use of mosaics.

### EFFECTIVENESS

Which focus area did this initiative aim to address?

- PROMOTING PHYSICAL ACTIVITY
- ENCOURAGING WELLBEING THROUGH HEALTHY EATING
- CREATING OPPORTUNITIES FOR SOCIAL CONNECTION
- IMPROVING MENTAL WELLBEING AND RESILIENCE

DELIVERY PARTNERS -

Murray Bridge Community Centre (MBCCI)

ANY ADDITIONAL AIMS?

Creating a piece of art which made the participant feel happy.

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET

4

WHY WAS THIS SCORE GIVEN?

Both the participating children and supervising parents enjoyed the session and remained engaged throughout.

### EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

12 participants

% OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN A WELLBEING HUB ACTIVITY BEFORE

100%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CHILDREN (0-12 YEARS)
- OLDER PEOPLE
- GENERAL POPULATION
- ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES
- YOUNG PEOPLE (13-18 YEARS)
- FAMILIES (ATTENDING AS ONE)
- PEOPLE WITH A DISABILITY
- CULTURALLY & LINGUISTICALLY DIVERSE/MIGRANT COMMUNITIES
- OTHER (PLEASE NOTE)

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED PRIORITY POPULATION GROUPS

4

WHY WAS THIS SCORE GIVEN?

The session was fully booked within 48 hours.

### EFFICIENCY

The outputs - time, money and resources spent on initiative

HOW MUCH TIME WAS SPENT ON ORGANISING THIS INITIATIVE?



HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?

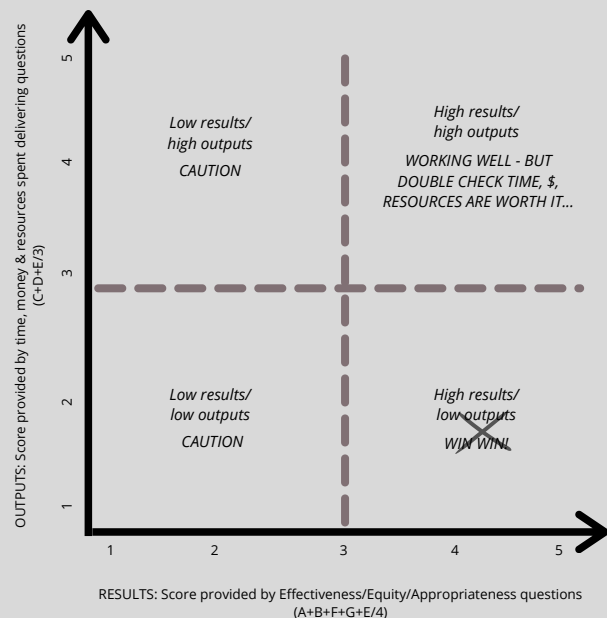


COMMENTS

The Murray Bridge Community Centre already have an active mosaic group which made the coordination and delivery of this session easier.

### OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



# ACCEPTABILITY

Was the initiative carried out in a sensitive way?

## WHAT WORKED WELL ABOUT THIS INITIATIVE?

### TEAM OBSERVATIONS

Participants were able to create their own designs and choose from a wide range of tile colours, enabling them to create a piece they were proud of.

The participants were of a similar age which allowed them to open up and feel comfortable interacting and connecting with each other.

## WHAT COULD BE IMPROVED NEXT TIME?

### TEAM OBSERVATIONS

Having a larger canvas to work on would allow the more advanced participants to create more complicated and detailed designs, therefore keeping them more engaged.

Participants were unable to take their mosaics home on the day of the class as they needed to be grouted, dried and treated by the facilitator. Although this did not present any challenges, there would be value in exploring other art forms they could take home on the day.

# APPROPRIATENESS

How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

## IMPACT OF INITIATIVE DIRECTLY AFTER EVENT (WITHIN 24 HOURS)

12 people invited to participate in evaluation

11 people participated in evaluation

92 % response rate

## QUESTIONS ASKED TO EVALUATE APPROPRIATENESS -

*How much did you enjoy being with others whilst getting creative?*

*1- None, 2 - Not Much, 3 - Unsure, 4 - A Little, 5 - A Lot*

AVERAGE SCORE

4.5

## PARTICIPANT COMMENTS ON HOW THE INITIATIVE CONTRIBUTED TO THEIR IMMEDIATE WELLBEING -

Observational comments from participants included;

*'I think the one you are doing is really pretty'*

*'This is fun, can we do this at home mum?'*

*'I like getting to use all the colours'*

*'This is my new friend'* when referring to the participant they were sitting next to.

# GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

The session was well delivered and ran extremely smoothly which allowed the participants to complete multiple mosaic pieces.

Parents asked to be informed if there was another session running in the next school holiday.



# MURRAY BRIDGE WELLBEING HUB PROCESS & IMPACT EVALUATION

## Stats & Stories #5

- EASY MOVES FOR ACTIVE AGEING - TERM 1, 29 MARCH TO 3 MAY 2023 -

*A gentle exercise class following Active Ageing Australia Easy Moves program that is suitable for older people who are keen to keep their minds active and body moving.*

### EFFECTIVENESS

Which focus area did this initiative aim to address?

- PROMOTING PHYSICAL ACTIVITY
- ENCOURAGING WELLBEING THROUGH HEALTHY EATING
- CREATING OPPORTUNITIES FOR SOCIAL CONNECTION
- IMPROVING MENTAL WELLBEING AND RESILIENCE

DELIVERY PARTNERS -

Murray Bridge Community Centre (MBCCI)

ANY ADDITIONAL AIMS?

Provide an opportunity for participant to meet other people who may have similar interests.

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET

4

WHY WAS THIS SCORE GIVEN?

The feedback on the classes was positive and most of the participants attended multiple sessions throughout the trial period.

### EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

34 attendances from 14 participants

% OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN A WELLBEING HUB ACTIVITY BEFORE

100%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CHILDREN (0-12 YEARS)
- OLDER PEOPLE
- GENERAL POPULATION
- ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES
- YOUNG PEOPLE (13-18 YEARS)
- FAMILIES (ATTENDING AS ONE)
- PEOPLE WITH A DISABILITY
- CULTURALLY & LINGUISTICALLY DIVERSE/MIGRANT COMMUNITIES
- OTHER (PLEASE NOTE)

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED PRIORITY POPULATION GROUPS

4

WHY WAS THIS SCORE GIVEN?

The initiative had good reach but there is still room for additional participants.

### EFFICIENCY

The outputs - time, money and resources spent on initiative

HOW MUCH TIME WAS SPENT ON ORGANISING THIS INITIATIVE?



HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?

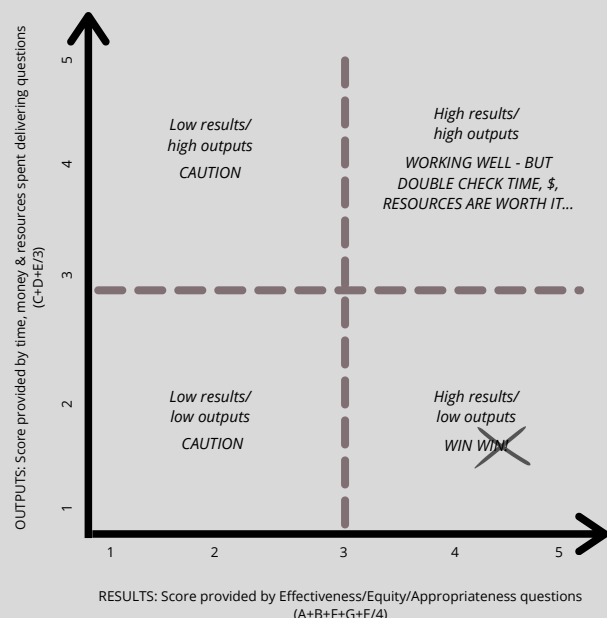


COMMENTS

This was the first time delivering this initiative therefore the facilitator needed to complete the prerequisite training modules, which come at a cost.

### OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



# ACCEPTABILITY

Was the initiative carried out in a sensitive way?

WHAT WORKED WELL ABOUT THIS INITIATIVE?

## TEAM OBSERVATIONS

Delivering classes with a combination of 'sitting' and 'standing' Easy Moves modules allowed participants to feel comfortable partaking within their own ability. All of the movements had a modified version to allow everyone to participate throughout the session regardless of any restrictions

Parking and walking frame accessibility of the building was also beneficial.

WHAT COULD BE IMPROVED NEXT TIME?

## TEAM OBSERVATIONS

Having the facilitator complete additional Easy Moves training modules to ensure participants do not become disinterested by repeating the same modules numerous times.

Participants requested the sessions be held 15 minutes later in the future to allow them enough time to come from any lunch plans they may have.

# APPROPRIATENESS

How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

IMPACT OF INITIATIVE **DIRECTLY AFTER** EVENT (WITHIN 24 HOURS)

10 people invited to participate in evaluation

9 people participated in evaluation

90% % response rate

QUESTIONS ASKED TO EVALUATE APPROPRIATENESS -

Did today's session make you feel more confident in your ability to stay active?  
1 - Not at all, 2 - Not much, 3 - Not sure, 4 - A little bit, 5 - A lot. Why?

AVERAGE SCORE

5.0

PARTICIPANT COMMENTS ON HOW THE INITIATIVE CONTRIBUTED TO THEIR **IMMEDIATE** WELLBEING -

*'I was able to participate within my physical limits.'*  
*'A warm and inviting group'*  
*'Can it go for longer'*  
*'It's good to just do what you feel comfortable doing'*  
*'There is nothing else like this during the day nearby'*

## GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

Most participants of the initiative were repeat attendees, coming back each week and bringing along someone new. However, with an average participation rate of 5 per class, there is still room for this group to grow. More targeted marketing to organisations/groups that are largely attended by older people may result in higher attendance.

There was a large amount of interest in the sessions after it had wrapped up. The Wellbeing Hub plans to complete another 6 week block in the coming months.



# MURRAY BRIDGE WELLBEING HUB PROCESS & IMPACT EVALUATION

## Stats & Stories #6

- COMMUNITY GARDEN MEET UP - 22 MARCH TO 7 JUNE 2023 -

An opportunity for fellow green thumbs to work together on the communal garden beds at the Murray Bridge Community Centre and to learn more about expanding their gardens.

### EFFECTIVENESS

Which focus area did this initiative aim to address?

- PROMOTING PHYSICAL ACTIVITY
- ENCOURAGING WELLBEING THROUGH HEALTHY EATING
- CREATING OPPORTUNITIES FOR SOCIAL CONNECTION
- IMPROVING MENTAL WELLBEING AND RESILIENCE

DELIVERY PARTNERS -

Murray Bridge Community Centre (MBCCI)

ANY ADDITIONAL AIMS?

Provide a stepping stone opportunity for participants interested in becoming a garden volunteer with MBCCI.

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET

3

WHY WAS THIS SCORE GIVEN?

Overall participation numbers were poor however those who did attend reported positive outcomes.

### EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

21 attendances from 11 participants

% OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN A WELLBEING HUB ACTIVITY BEFORE

100%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CHILDREN (0-12 YEARS)
- OLDER PEOPLE
- GENERAL POPULATION
- ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES
- YOUNG PEOPLE (13-18 YEARS)
- FAMILIES (ATTENDING AS ONE)
- PEOPLE WITH A DISABILITY
- CULTURALLY & LINGUISTICALLY DIVERSE/MIGRANT COMMUNITIES
- OTHER (PLEASE NOTE)

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED PRIORITY POPULATION GROUPS

3

WHY WAS THIS SCORE GIVEN?

Participants were engaged with the program however overall attendance was low.

### EFFICIENCY

The outputs - time, money and resources spent on initiative

HOW MUCH TIME WAS SPENT ON ORGANISING THIS INITIATIVE?



HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?

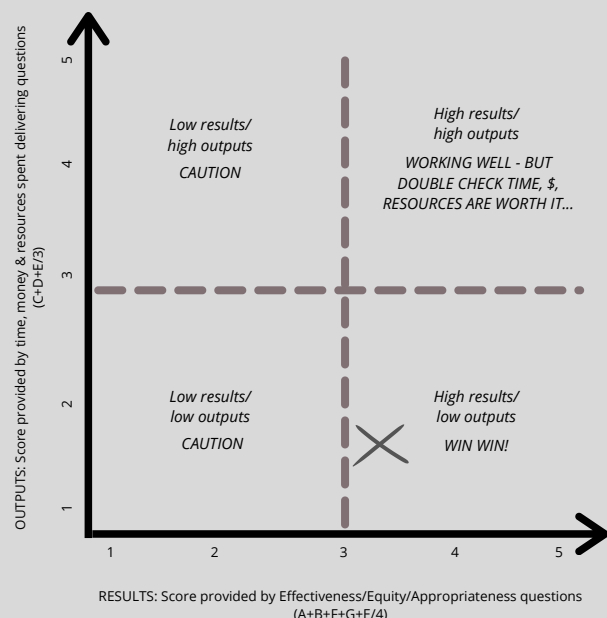


COMMENTS

Being able to utilise the already established community garden at MBCCI saved time and resources.

### OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



# ACCEPTABILITY

## Was the initiative carried out in a sensitive way?

### WHAT WORKED WELL ABOUT THIS INITIATIVE?

#### TEAM OBSERVATIONS

Those who attended were engaged and motivated, resulting in 3 participants becoming official MBCCI garden volunteers. Participants were also able to work on their own projects or work together. As the MBCCI garden is already active participants were able to jump straight into various activities.

### WHAT COULD BE IMPROVED NEXT TIME?

#### TEAM OBSERVATIONS

Those participants who became volunteers slowly stopped attending the sessions as they were able to work in the garden at a day/time which better suited them.

Adapting the program to a workshop style group may increase participation. Linking with already existing groups or services may also increase participation numbers. Poor weather on the day of the program also had a large impact on attendance.

# APPROPRIATENESS

## How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

### IMPACT OF INITIATIVE DIRECTLY AFTER EVENT (WITHIN 24 HOURS)

3 people invited to participate in evaluation

3 people participated in evaluation      100 % response rate

### QUESTIONS ASKED TO EVALUATE APPROPRIATENESS -

*Did you enjoy meeting new people and connecting with others today?  
1 - Not at all, 2 - Not much, 3 - Not sure, 4 - A little bit, 5 - A lot. Why?*

AVERAGE SCORE

4.3

### PARTICIPANT COMMENTS ON HOW THE INITIATIVE CONTRIBUTED TO THEIR IMMEDIATE WELLBEING -

*'I like to keep busy. I am going to become a volunteer so I can come down in my own time'  
'As a service provider, it's nice to be able to bring clients to something local like this'*

## GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

Feedback from participants was positive but overall attendance was low. However, the work completed during the session made the garden more vibrant and enjoyable for the community.

The Murray Bridge Wellbeing Hub Project Officer will investigate opportunities to utilise the MBCCI community garden in other programs or initiatives.





# MURRAY BRIDGE WELLBEING HUB PROCESS & IMPACT EVALUATION

## Stats & Stories #7

- PLAYING FOR ALL - TERM 2, 8 MAY TO 3 JULY 2023 -

*A games-based program for children with an intellectual disability and/or autism which helps them to get active, make friends and have fun while learning important life skills.*

### EFFECTIVENESS

Which focus area did this initiative aim to address?

- PROMOTING PHYSICAL ACTIVITY
- ENCOURAGING WELLBEING THROUGH HEALTHY EATING
- CREATING OPPORTUNITIES FOR SOCIAL CONNECTION
- IMPROVING MENTAL WELLBEING AND RESILIENCE

DELIVERY PARTNERS -

Special Olympics South Australia & Murray Bridge North School

ANY ADDITIONAL AIMS?

Provide an opportunity for the parents/carers of the children to connect and share information and experiences with each other.

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET 4

WHY WAS THIS SCORE GIVEN?

Participants engaged in all of the activities provided and the parents formed positive connections with each other.

### EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

29 attendances from 6 participants

% OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN A WELLBEING HUB ACTIVITY BEFORE 100%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CHILDREN (0-12 YEARS)
- OLDER PEOPLE
- GENERAL POPULATION
- ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES
- YOUNG PEOPLE (13-18 YEARS)
- FAMILIES (ATTENDING AS ONE)
- PEOPLE WITH A DISABILITY
- CULTURALLY & LINGUISTICALLY DIVERSE/MIGRANT COMMUNITIES

OTHER (PLEASE NOTE) Parents/carers of the children

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED PRIORITY POPULATION GROUPS 4

WHY WAS THIS SCORE GIVEN?

Participants were extremely engaged with the program however there is still room for additional participants in the future.

### EFFICIENCY

The outputs - time, money and resources spent on initiative

HOW MUCH TIME WAS SPENT ON ORGANISING THIS INITIATIVE?



HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?

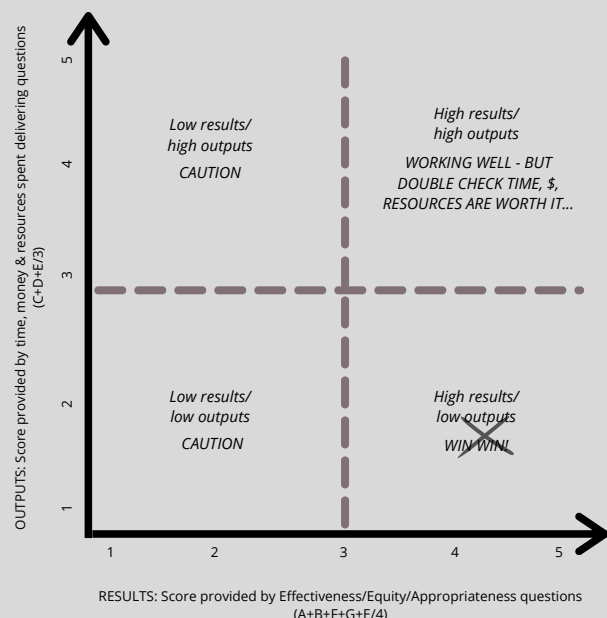


COMMENTS

Special Olympics SA did most of the work including organising the booking platform, liaising with host site, promoting activity and delivering the program.

### OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



# ACCEPTABILITY

## Was the initiative carried out in a sensitive way?

### WHAT WORKED WELL ABOUT THIS INITIATIVE?

#### TEAM OBSERVATIONS

The Special Olympics facilitator was able to adapt each of the games and activities to suit the skill level of the participants.

Each weekly session was a combination of routine and new activities to ensure structure but also maintain participant interest.

### WHAT COULD BE IMPROVED NEXT TIME?

#### TEAM OBSERVATIONS

Moving the program to a different local school in Term 3 may allow equal access to the program by local families who may have limited transport options.

Additional marketing within the school newsletters may also assist in increasing participant numbers. Flyer to be updated to be clearer as to what the program involves.

# APPROPRIATENESS

## How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

### IMPACT OF INITIATIVE **DIRECTLY AFTER** EVENT (WITHIN 24 HOURS)

10 people invited to participate in evaluation

10 people participated in evaluation

100 % response rate

### QUESTIONS ASKED TO EVALUATE APPROPRIATENESS -

*How much fun did you have getting to play with new friends?  
1- None, 2 - Not Much, 3 - Unsure, 4 - A Little, 5 - A Lot*

AVERAGE SCORE

4.9

### PARTICIPANT COMMENTS ON HOW THE INITIATIVE CONTRIBUTED TO THEIR **IMMEDIATE** WELLBEING -

Feedback from both participants and caregivers included

*'This was fun'*

*'I missed everyone when I couldn't come last week'*

*'I will see you and my new friend next term'*

*'Look at how good I am at bouncing the ball now!'*

*'On a Monday night my child sleep so well because they have burned off so much energy!'*

## GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

Facilitator noted great improvements in the both the physical and social skills of the participants.

Participants were observed

- providing both moral and skill support to each other
- persevering when they didn't pick up a skill right away
- going from initially being scared to participate to being the front of the line for an activity

Participant, parents and carers expressed their excitement for the programs return in Term 3.



# MURRAY BRIDGE WELLBEING HUB PROCESS & IMPACT EVALUATION

## Stats & Stories #8

- EASY MOVES FOR ACTIVE AGEING - TERM 2, 31 MAY TO 5 JULY 2023 -

*A gentle exercise class following Active Ageing Australia Easy Moves program that is suitable for older people who are keen to keep their minds active and body moving.*

### EFFECTIVENESS

Which focus area did this initiative aim to address?

- PROMOTING PHYSICAL ACTIVITY
- ENCOURAGING WELLBEING THROUGH HEALTHY EATING
- CREATING OPPORTUNITIES FOR SOCIAL CONNECTION
- IMPROVING MENTAL WELLBEING AND RESILIENCE

DELIVERY PARTNERS -

Murray Bridge Community Centre (MBCCI)

ANY ADDITIONAL AIMS?

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET 4

WHY WAS THIS SCORE GIVEN?

Feedback from participants was positive and they continue to enjoy attending the class.

### EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

41 attendances from 16 participants

% OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN A WELLBEING HUB ACTIVITY BEFORE

44%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CHILDREN (0-12 YEARS)
- OLDER PEOPLE
- GENERAL POPULATION
- ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES
- YOUNG PEOPLE (13-18 YEARS)
- FAMILIES (ATTENDING AS ONE)
- PEOPLE WITH A DISABILITY
- CULTURALLY & LINGUISTICALLY DIVERSE/MIGRANT COMMUNITIES
- OTHER (PLEASE NOTE)

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED PRIORITY POPULATION GROUPS

4

WHY WAS THIS SCORE GIVEN?

This term there was a nice mixture of both new and returning participants but there is still room for additional participants.

### EFFICIENCY

The outputs - time, money and resources spent on initiative

HOW MUCH TIME WAS SPENT ON ORGANISING THIS INITIATIVE?



HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?

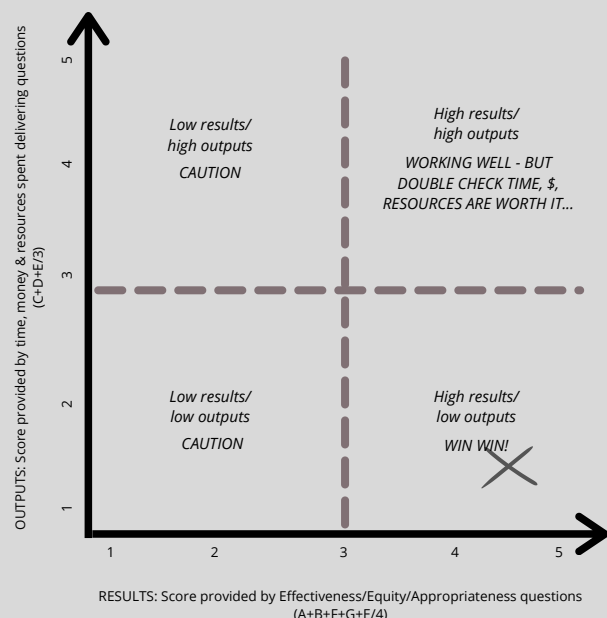


COMMENTS

As most of the initial work required to set up the program (i.e. facilitator training, flyers) was completed last term, minimal resources were required for the Term 2 program.

### OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



# ACCEPTABILITY

## Was the initiative carried out in a sensitive way?

### WHAT WORKED WELL ABOUT THIS INITIATIVE?

#### TEAM OBSERVATIONS

Continuing on with a similar program to the previous term allowed participants to focus on improving their execution of each individual movement. Participants commented on their ability to do the moments better than the previous term.

### WHAT COULD BE IMPROVED NEXT TIME?

#### TEAM OBSERVATIONS

Trying an alternative time for Term 3 may attract a new group of people who may not have been able to attend in the past.

Continued marketing towards local health and aged care services may also increase participation numbers.

Facilitator to complete additional training next term to gradually introduce new movements to participants next term.

# APPROPRIATENESS

## How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

### IMPACT OF INITIATIVE DIRECTLY AFTER EVENT (WITHIN 24 HOURS)

16 people invited to participate in evaluation

16 people participated in evaluation

100 % response rate

### QUESTIONS ASKED TO EVALUATE APPROPRIATENESS -

Did today's session make you feel more confident in your ability to stay active?  
1 - Not at all, 2 - Not much, 3 - Not sure, 4 - A little bit, 5 - A lot. Why?

AVERAGE SCORE

5.0

### PARTICIPANT COMMENTS ON HOW THE INITIATIVE CONTRIBUTED TO THEIR IMMEDIATE WELLBEING -

*'I feel stretched and worked across my whole body'*

*'This will help me increase my fitness for when I go away on holidays'*

*'It's a good opportunity for her to be involved in the community and around other people'* - carer of participant

*'The instructor was very warm and inviting and I felt very comfortable'*

*'I can't go for a long walk anymore but this is a great way to stay moving'*

*'I didn't realise there was that many muscles in my body, I could feel them all during the movements'*

## GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

The program continues to be successful, with many of the same participants returning each week. Continuing to deliver the classes with a combination of the 'sitting' and 'standing' Easy Moves modules allowed participants to either push themselves or modify the activity to within their own capacity.

Several carers also brought along their participants as the program allowed them to partake in a low impact exercise class together. Many of the participants would stay back after the class to catch up with the facilitator and one another.



# MURRAY BRIDGE WELLBEING HUB PROCESS & IMPACT EVALUATION

## Stats & Stories #9

- LET'S PLAY WITH MUSIC - TERM 2, 25 MAY TO 6 JULY 2023 -

*A music based program for caregivers and their little ones to build confidence and social connections between child, caregivers and other families.*

### EFFECTIVENESS

Which focus area did this initiative aim to address?

- PROMOTING PHYSICAL ACTIVITY
- ENCOURAGING WELLBEING THROUGH HEALTHY EATING
- CREATING OPPORTUNITIES FOR SOCIAL CONNECTION
- IMPROVING MENTAL WELLBEING AND RESILIENCE

DELIVERY PARTNERS -

Murray Bridge Community Centre (MBCCI) and The Haven

ANY ADDITIONAL AIMS?

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET 5

WHY WAS THIS SCORE GIVEN?

Families continue to enjoy the program and continue to return each week.

### EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

102 attendances (by 52 children and 50 adults) from 21 families

% OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN A WELLBEING HUB ACTIVITY BEFORE 57%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CHILDREN (0-12 YEARS)
- OLDER PEOPLE
- GENERAL POPULATION
- ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES
- YOUNG PEOPLE (13-18 YEARS)
- FAMILIES (ATTENDING AS ONE)
- PEOPLE WITH A DISABILITY
- CULTURALLY & LINGUISTICALLY DIVERSE/MIGRANT COMMUNITIES

OTHER (PLEASE NOTE) Parents, Grandparents & Caregivers

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED PRIORITY POPULATION GROUPS 5

WHY WAS THIS SCORE GIVEN?

The group continues to be extremely popular, enjoyed by local families and sessions are well attended.

### EFFICIENCY

The outputs - time, money and resources spent on initiative

HOW MUCH TIME WAS SPENT ON ORGANISING THIS INITIATIVE?



HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?

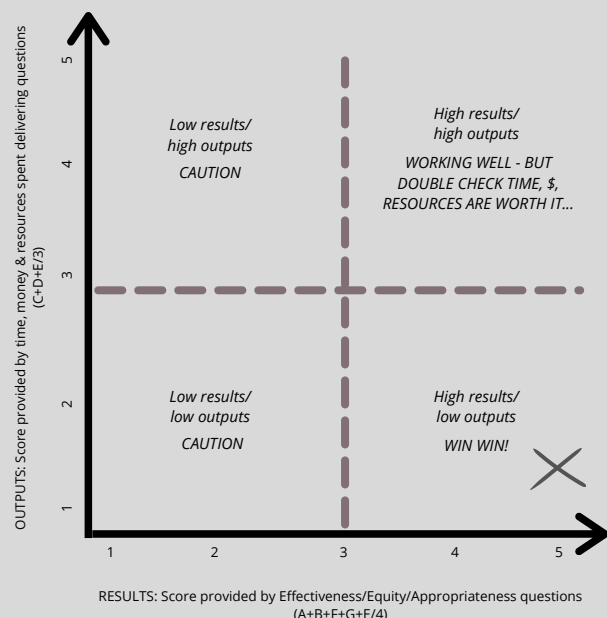


COMMENTS

Program was straightforward to deliver and cost friendly as much of the required work was completed during Term 1.

### OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



# ACCEPTABILITY

## Was the initiative carried out in a sensitive way?

### WHAT WORKED WELL ABOUT THIS INITIATIVE?

#### TEAM OBSERVATIONS

Facilitator added a few new songs into the program to keep things fresh but most of the songs remained unchanged. This enabled children to remember the words and actions and further develop their learning.

Fruit snacks after the session allowed the children to continue to explore and allow the parents to share information about other things happening in the community for children to enjoy.

### WHAT COULD BE IMPROVED NEXT TIME?

#### TEAM OBSERVATIONS

When the months become warmer, explore the option to have part or all the sessions outdoors.

# APPROPRIATENESS

## How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

### IMPACT OF INITIATIVE **DIRECTLY AFTER** EVENT (WITHIN 24 HOURS)

13 people invited to participate in evaluation

13 people participated in evaluation

100 % response rate

### QUESTIONS ASKED TO EVALUATE APPROPRIATENESS -

*How connected (spent quality time together, enjoyed being together) do you feel to your child after today?  
1 - Not at all, 2 - Not much, 3 - Not sure, 4 - A little bit, 5 - A lot. Why?*

AVERAGE SCORE

5.0

### PARTICIPANT COMMENTS ON HOW THE INITIATIVE CONTRIBUTED TO THEIR **IMMEDIATE** WELLBEING -

*'A great way to gets us out of the house in this weather'*

*'There isn't anywhere else you can bring such a wide age range of children, its a few months at one group and then they outgrow it and you have to find a new group. Any age can do this'*

*'I can bring both kids who are very different ages and they are entertained'*

*'Each week she comes out of her shell more and more'*

*'The teacher has so much energy, my child is her number 1 fan'*

*'It was great being able to bring my older son who had a pupil free day at kindy - he's already trying to figure out a way for him to come back next time!'*

## GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

The children became more involved with each session they attended, either interacting with other children or coming up to the front and engaging with the facilitator. Many of the returning parents have formed new friendships and have been interacting outside the program.

Poor weather and sickness had an impact on attendance numbers however this is unavoidable. Parents expressed interest in the program to run during the school holidays to allow older siblings who may be at kindy during the term to participate with their younger brothers/sisters.

Initiative set to return in Term 3.



# Stats & Stories #10

- KANGATRaining - TERM 2, 11 MAY TO 6 JULY 2023 -

*A postpartum safe, full-body, low-impact exercise class for parents that improves muscular and cardiovascular endurance.*

## EFFECTIVENESS

Which focus area did this initiative aim to address?

- PROMOTING PHYSICAL ACTIVITY
- ENCOURAGING WELLBEING THROUGH HEALTHY EATING
- CREATING OPPORTUNITIES FOR SOCIAL CONNECTION
- IMPROVING MENTAL WELLBEING AND RESILIENCE

DELIVERY PARTNERS -

Reclink South Australia and Kangatraining Murraylands and Surrounds

ANY ADDITIONAL AIMS?

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET 4

WHY WAS THIS SCORE GIVEN?

The feedback received indicated an increase in motivation to be physically active with their new babies.

## EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

22 attendance from 6 participants

% OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN A WELLBEING HUB ACTIVITY BEFORE

67%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CHILDREN (0-12 YEARS)
- OLDER PEOPLE
- GENERAL POPULATION
- ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES
- OTHER (PLEASE NOTE)
- YOUNG PEOPLE (13-18 YEARS)
- FAMILIES (ATTENDING AS ONE)
- PEOPLE WITH A DISABILITY
- CULTURALLY & LINGUISTICALLY DIVERSE/MIGRANT COMMUNITIES

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED PRIORITY POPULATION GROUPS

3

WHY WAS THIS SCORE GIVEN?

Class numbers fluctuate each week and was impacted greatly by sickness and routine medical appointment for the young babies.

## EFFICIENCY

The outputs - time, money and resources spent on initiative

HOW MUCH TIME WAS SPENT ON ORGANISING THIS INITIATIVE?



HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?

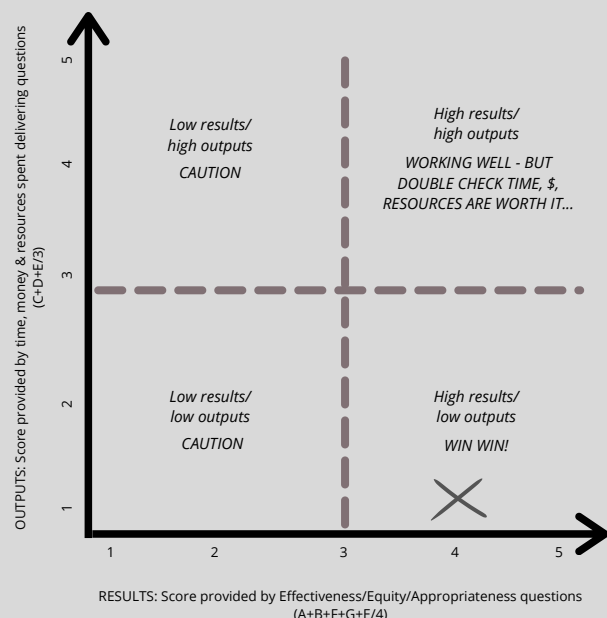


COMMENTS

The Wellbeing Hub was only required for promotion, venue set up and evaluation, everything else was covered by the delivery partners.

## OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



# ACCEPTABILITY

## Was the initiative carried out in a sensitive way?

### WHAT WORKED WELL ABOUT THIS INITIATIVE?

#### TEAM OBSERVATIONS

The environment was extremely positive and inviting. All of the participants felt comfortable to participate within their own comfort level. Participants would regularly stay back after the session to continue their conversations with each other.

### WHAT COULD BE IMPROVED NEXT TIME?

#### TEAM OBSERVATIONS

Earlier promotion of program may result in greater attendance. As there are medical requirements around how early a mother can participate in the session post childbirth, some of the interested families were not eligible to participate.

Changing the sessions to a different day may also increase participation rates.

# APPROPRIATENESS

## How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

### IMPACT OF INITIATIVE **DIRECTLY AFTER** EVENT (WITHIN 24 HOURS)

7 people invited to participate in evaluation

7 people participated in evaluation      100 % response rate

### QUESTIONS ASKED TO EVALUATE APPROPRIATENESS -

*How connected (spent quality time together, enjoyed being together) do you feel to your child after today?  
1 - Not at all, 2 - Not much, 3 - Not sure, 4 - A little bit, 5 - A lot. Why?*

AVERAGE SCORE

5.0

### PARTICIPANT COMMENTS ON HOW THE INITIATIVE CONTRIBUTED TO THEIR **IMMEDIATE** WELLBEING -

*'It is great as it gets me out of the house'  
'Kanga is exercise but having fun while you do it'  
'I like kanga because I don't have to organise a baby sitter'  
'It's something different that we can both do together'*

## GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

Whilst the overall participation numbers were lower than anticipated, the program ran smoothly and participants experiences positive outcomes.

Sessions will run on a different day in Term 3 as having the session after 'Let's Play with Music' left parents feeling like they had to select one over the other as the extended timeframe wasn't suitable for the child.



Proudly supported by Reclink Australia and Kangatraining Murray Bridge

reclink australia

### KANGATRaining WITH RACHEL



Strap on your carriers and get moving with Rachel! Kangatraining is a postpartum safe, full-body, low-impact exercise that improves muscular and cardiovascular endurance. All parents welcome.

**Cost:** FREE | **10 SPOTS ONLY**

**When:** Every Thursday in Term 2 commencing 11 May at 11am – 12pm

**Where:** The Square, 2 South Tce Murray Bridge

**Bookings:** Contact Rachel at [rachel@kangatraining.com.au](mailto:rachel@kangatraining.com.au) or call the Wellbeing Hub on 0468 640 800

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

Wellbeing SA    MURRAY BRIDGE RURAL CITY    Murray Bridge Community Centre Inc.    RECLINK AUSTRALIA



# Stats & Stories #11

- ARROW TAG (JULY SCHOOL HOLIDAYS) - 11 JULY 2023 -

*A unique outdoor exercise opportunity that encourages children to be active in a non-traditional sport setting.*

## EFFECTIVENESS

Which focus area did this initiative aim to address?

- PROMOTING PHYSICAL ACTIVITY
- ENCOURAGING WELLBEING THROUGH HEALTHY EATING
- CREATING OPPORTUNITIES FOR SOCIAL CONNECTION
- IMPROVING MENTAL WELLBEING AND RESILIENCE

DELIVERY PARTNERS -

Reclink South Australia, Archery Attack Adelaide and Fraser Park Primary School

ANY ADDITIONAL AIMS?

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET 5

WHY WAS THIS SCORE GIVEN?

The participants were actively participating in the initiative for the whole duration of the session.

## EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

16 participants

% OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN A WELLBEING HUB ACTIVITY BEFORE

100%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CHILDREN (0-12 YEARS)
- OLDER PEOPLE
- GENERAL POPULATION
- ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES
- YOUNG PEOPLE (13-18 YEARS)
- FAMILIES (ATTENDING AS ONE)
- PEOPLE WITH A DISABILITY
- CULTURALLY & LINGUISTICALLY DIVERSE/MIGRANT COMMUNITIES
- OTHER (PLEASE NOTE)

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED PRIORITY POPULATION GROUPS

5

WHY WAS THIS SCORE GIVEN?

The session was sold out within 72 hours of advertisement and was extremely well attended on the day.

## EFFICIENCY

The outputs - time, money and resources spent on initiative

HOW MUCH TIME WAS SPENT ON ORGANISING THIS INITIATIVE?



HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?

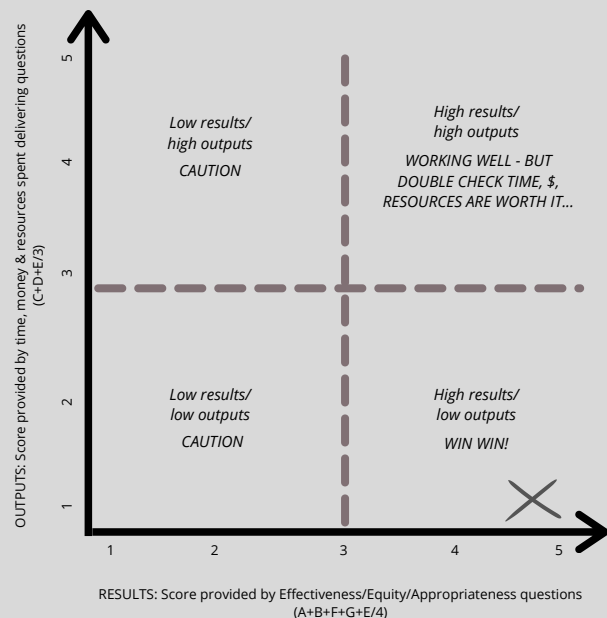


COMMENTS

The Wellbeing Hub was only required for promotion, evaluation and on the day support, everything else was covered by the delivery partners.

## OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



# ACCEPTABILITY

Was the initiative carried out in a sensitive way?

WHAT WORKED WELL ABOUT THIS INITIATIVE?

## TEAM OBSERVATIONS

The facilitator was extremely engaging and able to provide sufficient support to each participant. Each child fully committed to getting involved in each of the activities. Due to good weather, the activity was held outdoors over the original plan of indoors. This allowed the parents to watch their children participate and more space for the children to play in.

WHAT COULD BE IMPROVED NEXT TIME?

## TEAM OBSERVATIONS

Due to sickness, some of the remaining slots were filled by siblings who had come along to watch. These participants were slightly younger than their peers and did struggle to pick up the required skills within the allocated time. Whilst they still continued to participate and try their best, it was evident they were not having as much fun as those around them and this was reflected in their feedback.

# APPROPRIATENESS

How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

IMPACT OF INITIATIVE **DIRECTLY AFTER** EVENT (WITHIN 24 HOURS)

16 people invited to participate in evaluation

16 people participated in evaluation

100 % response rate

QUESTIONS ASKED TO EVALUATE APPROPRIATENESS -

*Tell us how you feel! How much did you enjoy being active with your teammates?*

*1 - Not at all, 2 - Not much, 3 - Not sure, 4 - A little bit, 5 - A lot.*

AVERAGE SCORE

4.4

PARTICIPANT COMMENTS ON HOW THE INITIATIVE CONTRIBUTED TO THEIR **IMMEDIATE** WELLBEING -

*'Is this going to be happening next school holidays? Can we come back?'*

*'We worked as a team to win!'*

*'I was worried they wouldn't enjoy themselves but they look like they are having the best time' - parent of two of the participants*

*'Next time you should have the parents join in' - caregiver of participant*

## GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

Arrow Tag is a combination of Archery, Paintball and Dodgeball, using soft tip arrows and colourful bows to aim at inflatable targets and the opposing team. The facilitator took the children through a range of activities including solo and team based games which increased their skill level and boosted their confidence. The competitive game play kept the children active for an extended period of time but also fostered new friendships between teammates.

The initiative went extremely smoothly and the overall feedback was positive from both the participants and parents/caregivers, with substantial interest in having another session in the upcoming school holidays.



# MURRAY BRIDGE WELLBEING HUB PROCESS & IMPACT EVALUATION

## Stats & Stories #12

- GROW YOUR OWN FOOD (JULY SCHOOL HOLIDAYS) - 17 JULY 2023 -

*A workshop for beginner gardeners to learn the basics of growing their own herb garden.*

### EFFECTIVENESS

Which focus area did this initiative aim to address?

- PROMOTING PHYSICAL ACTIVITY
- ENCOURAGING WELLBEING THROUGH HEALTHY EATING
- CREATING OPPORTUNITIES FOR SOCIAL CONNECTION
- IMPROVING MENTAL WELLBEING AND RESILIENCE

DELIVERY PARTNERS -

Murray Bridge Community Centre (MBCCI) and Bunnings Murray Bridge

ANY ADDITIONAL AIMS?

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET 3

WHY WAS THIS SCORE GIVEN?

Most of the participants felt confident to be able to look after and grown their plant at home however some were more interested in decorating their pot.

### EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

13 participants

% OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN A WELLBEING HUB ACTIVITY BEFORE

77%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CHILDREN (0-12 YEARS)
- OLDER PEOPLE
- GENERAL POPULATION
- ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES
- YOUNG PEOPLE (13-18 YEARS)
- FAMILIES (ATTENDING AS ONE)
- PEOPLE WITH A DISABILITY
- CULTURALLY & LINGUISTICALLY DIVERSE/MIGRANT COMMUNITIES
- OTHER (PLEASE NOTE)

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED PRIORITY POPULATION GROUPS

4

WHY WAS THIS SCORE GIVEN?

The initiative reached more of the participants than expected as it catered to a wide age range (6-14 years) which allowed families with multiple children of differing ages to attend.

### EFFICIENCY

The outputs - time, money and resources spent on initiative

HOW MUCH TIME WAS SPENT ON ORGANISING THIS INITIATIVE?



HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?

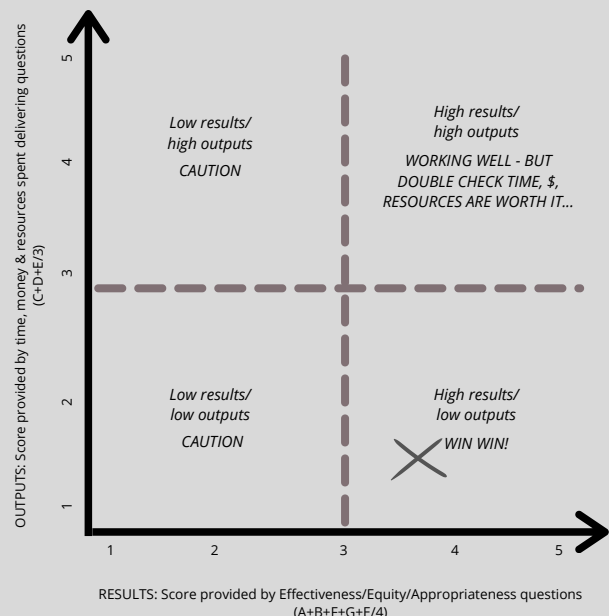


COMMENTS

Bunnings provided the planting supplies and an expert staff member to facilitate the session. The Wellbeing Hub was only required to complete the evaluation and flyer.

### OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



# ACCEPTABILITY

## Was the initiative carried out in a sensitive way?

### WHAT WORKED WELL ABOUT THIS INITIATIVE?

#### TEAM OBSERVATIONS

Bunnings facilitator was engaging and was able to answer all of the questions the participants had. Participants enjoyed the opportunity to decorate their pots and take home their own plant.

### WHAT COULD BE IMPROVED NEXT TIME?

#### TEAM OBSERVATIONS

Several of the children were interested in tasting the herbs and vegetables they were planting, however were not able to fully experience the flavours due to the size and immaturity of the plants available. Future sessions could include a 'tasting' section of the initiative (i.e. mint, coriander, basil, spring onion) or providing recipe cards for the herb/plant they were taking home.

# APPROPRIATENESS

## How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

### IMPACT OF INITIATIVE **DIRECTLY AFTER** EVENT (WITHIN 24 HOURS)

13 people invited to participate in evaluation

10 people participated in evaluation

77 % response rate

### QUESTIONS ASKED TO EVALUATE APPROPRIATENESS -

*After attending today's gardening workshop, on a scale of 1-5, how confident do you feel in being able to grow your own herb garden at home?*

*1 - Not at all, 2 - Not much, 3 - Not sure, 4 - A little bit, 5 - A lot.*

AVERAGE SCORE

4.4

### PARTICIPANT COMMENTS ON HOW THE INITIATIVE CONTRIBUTED TO THEIR **IMMEDIATE** WELLBEING -

*'Now we all have a different plant each to grow'* - participant commenting on the different plants they and their siblings are taking home

*'So that's what spring onion tastes like'*

*'This was fun'*

*'I know all about how to look after my chives'*

*'It's nice for them to have something to take home that's all theirs'* - caregiver of participant

## GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

The session ran smoothly and covered the very basics of potting and caring for plants. The session could easily be adapted and delivered to another target audience (i.e. older people or the culturally & linguistically diverse/migrant community) and go into more in depth conversation around the benefits of growing your own food (lower cost, lower food waste, taste, etc.).



# Stats & Stories #13

- CREATE, CONNECT & LAUGH (JULY SCHOOL HOLIDAYS) - 20 JULY 2023 -

An opportunity for children to connect with a significant adult in their life through creating a piece of art together.

## EFFECTIVENESS

Which focus area did this initiative aim to address?

- PROMOTING PHYSICAL ACTIVITY
- ENCOURAGING WELLBEING THROUGH HEALTHY EATING
- CREATING OPPORTUNITIES FOR SOCIAL CONNECTION
- IMPROVING MENTAL WELLBEING AND RESILIENCE

DELIVERY PARTNERS -

Arty Types Art Classes and Murray Bridge Community Centre (MBCCI)

ANY ADDITIONAL AIMS?

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET

4

WHY WAS THIS SCORE GIVEN?

Participants were engaged in the activity and both the children and adults participating had positive experiences.

## EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

16 participants (10 children and 6 adults)

% OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN A WELLBEING HUB ACTIVITY BEFORE

63%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CHILDREN (0-12 YEARS)
- OLDER PEOPLE
- GENERAL POPULATION
- ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES
- YOUNG PEOPLE (13-18 YEARS)
- FAMILIES (ATTENDING AS ONE)
- PEOPLE WITH A DISABILITY
- CULTURALLY & LINGUISTICALLY DIVERSE/MIGRANT COMMUNITIES
- OTHER (PLEASE NOTE)

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED PRIORITY POPULATION GROUPS

4

WHY WAS THIS SCORE GIVEN?

The session was well attended but there was capacity for additional participants.

## EFFICIENCY

The outputs - time, money and resources spent on initiative

HOW MUCH TIME WAS SPENT ON ORGANISING THIS INITIATIVE?



HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?

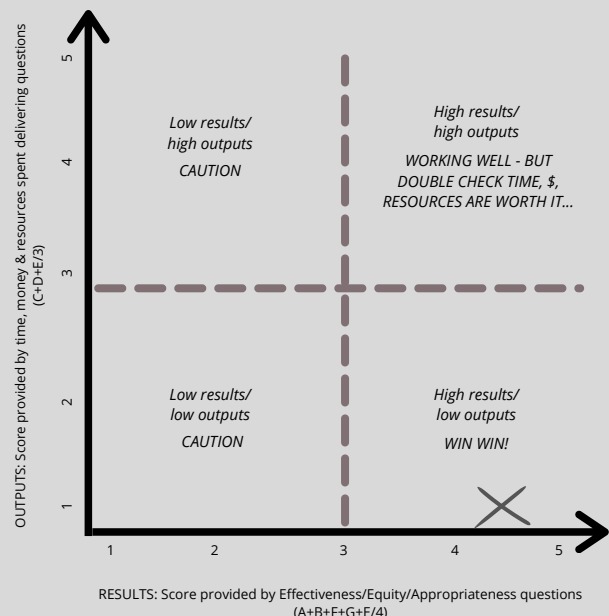


COMMENTS

This initiative was both cost and time effective. The facilitator coordinated and delivered majority of the required work and the Wellbeing Hub only required the flyer, promotion and evaluation.

## OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



# ACCEPTABILITY

Was the initiative carried out in a sensitive way?

WHAT WORKED WELL ABOUT THIS INITIATIVE?

## TEAM OBSERVATIONS

The art activity chosen by the facilitator was enjoyed by the participants and was able to be modified to align with the age and skill level of the participants.

WHAT COULD BE IMPROVED NEXT TIME?

## TEAM OBSERVATIONS

Having more examples on display would be beneficial, some of the younger children struggled to think of ideas, which resulted in them having less time at the end of the session to complete their artwork.

# APPROPRIATENESS

How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

IMPACT OF INITIATIVE **DIRECTLY AFTER** EVENT (WITHIN 24 HOURS)

16 people invited to participate in evaluation

13 people participated in evaluation

81 % response rate

QUESTIONS ASKED TO EVALUATE APPROPRIATENESS -

Tell us how you feel! How much did you enjoy spending time with each other whilst creating your art piece?  
1 - Not at all, 2 - Not much, 3 - Not sure, 4 - A little bit, 5 - A lot. Why?

AVERAGE SCORE

4.8

PARTICIPANT COMMENTS ON HOW THE INITIATIVE CONTRIBUTED TO THEIR **IMMEDIATE** WELLBEING -

'Nana draws and I colour it in' - child describing how her and her grandmother work together on their artwork

'Looks like we are buying extra art supplies on the way home' - comment from a participating parent as they were leaving the initiative

'I am going to hang this on our Christmas tree'

'It was nice to do something just the two of us' - participating parent

## GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

Participants worked together to create paper cut sculptures. These were movable cardboard mythical creatures created using a variety of collage, drawing and cutting techniques.

This initiative successfully engaged with a diverse range of families, including single parents with multiple children, fathers and children and grandparents and grandchildren.

The room was filled with consistent chattering and laughter between both individual family units and the whole group, highlighting the initiatives success in creating opportunities for social connection.



# Stats & Stories #14

- FAMILY MEAL PREP PROGRAM - 9 AUGUST TO 13 SEPTEMBER 2023 -

*A 5 week cooking program for parents/carers who are looking to develop their cooking skills and provide healthy, low cost meals to their family.*

## EFFECTIVENESS

Which focus area did this initiative aim to address?

- PROMOTING PHYSICAL ACTIVITY
- ENCOURAGING WELLBEING THROUGH HEALTHY EATING
- CREATING OPPORTUNITIES FOR SOCIAL CONNECTION
- IMPROVING MENTAL WELLBEING AND RESILIENCE

DELIVERY PARTNERS -

Learning Together Community Murray Mallee and Riverland Hub, Murray Bridge Community Centre (Community Garden) and the Haven

ANY ADDITIONAL AIMS?

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET 5

WHY WAS THIS SCORE GIVEN?

Participants looked forward to attending each week and were excited to learn what new things they would be cooking to take home for their family to try.

## EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

16 attendances from 4 participants.

% OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN A WELLBEING HUB ACTIVITY BEFORE

75%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CHILDREN (0-12 YEARS)
- OLDER PEOPLE
- GENERAL POPULATION
- ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES
- YOUNG PEOPLE (13-18 YEARS)
- FAMILIES (ATTENDING AS ONE)
- PEOPLE WITH A DISABILITY
- CULTURALLY & LINGUISTICALLY DIVERSE/MIGRANT COMMUNITIES
- OTHER (PLEASE NOTE)

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED PRIORITY POPULATION GROUPS

5

WHY WAS THIS SCORE GIVEN?

Partnering with Learning Together ensured that the program was able to engage with suitable families that would benefit the most from the sessions.

## EFFICIENCY

The outputs - time, money and resources spent on initiative

HOW MUCH TIME WAS SPENT ON ORGANISING THIS INITIATIVE?



HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?

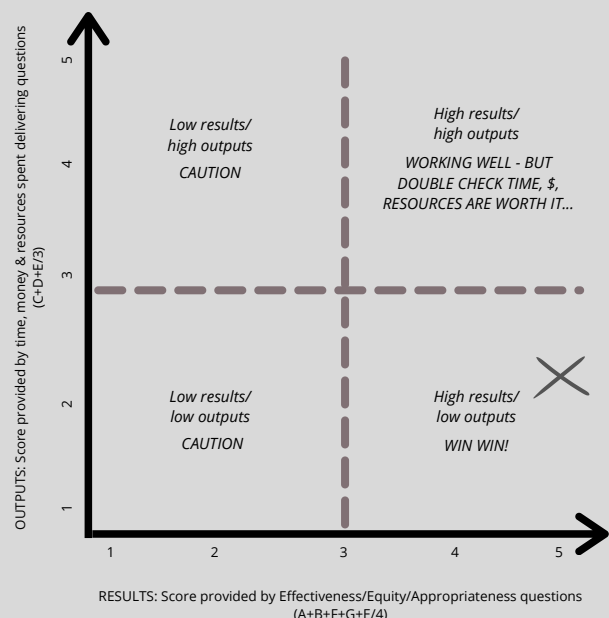


COMMENTS

Recipes were utilised from the 'Healthy Food Fast' cookbook and from sources found on the Wellbeing SA website. Costs were minimised where possible by buying in bulk and utilising donations from the MBCCI community garden.

## OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



# ACCEPTABILITY

## Was the initiative carried out in a sensitive way?

### WHAT WORKED WELL ABOUT THIS INITIATIVE?

#### TEAM OBSERVATIONS

Partnering with Learning Together enabled a suitable balance between the children being involved with the cooking and the parents being able to work independently.

Having a small group allowed the facilitator to provide one-on-one support to each participant.

### WHAT COULD BE IMPROVED NEXT TIME?

#### TEAM OBSERVATIONS

Participants skill levels varied dramatically which often resulted in things taking longer than anticipated and occasionally the session running overtime. Future session would benefit from being slightly longer and having a week of learning and developing basic cooking skills.

# APPROPRIATENESS

## How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

### IMPACT OF INITIATIVE **DIRECTLY AFTER** EVENT (WITHIN 24 HOURS)

4 people invited to participate in evaluation

4 people participated in evaluation      100 % response rate

### QUESTIONS ASKED TO EVALUATE APPROPRIATENESS -

*How confident do you feel to give healthy cooking a try at home?  
1 - Not at all, 2 - Not much, 3 - Not sure, 4 - A little bit, 5 - A lot. Why?*

AVERAGE SCORE

5

### PARTICIPANT COMMENTS ON HOW THE INITIATIVE CONTRIBUTED TO THEIR **IMMEDIATE** WELLBEING -

*'Great atmosphere, awesome teacher, kids loved the food, easy quick recipes'  
'Bridgette (the facilitator) was so fun and it was nice to cook with other mums'  
'This recipe makes way more than I thought - I can put them in the freezer for another time'  
'It's nice to have some new, good recipes written down so I don't have to think about it dinner time so much'  
'My kids have been asking for the sausage rolls ever since'  
'It's great to have a chance to try new foods with no pressure'  
'I enjoyed learning how to make food go further for cheap - like adding lentils and frozen veggies'*

## GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

The group worked well together and were able to provide each other support when the facilitator was occupied. There was a dramatic increase in skill level and confidence (e.g. in the first session it took the group 20 minutes to each cut an onion and by the final session it was down to 5 minutes).

The cooking facilities the families had at home also varied dramatically between each person (not having a microwave/oven, limited fridge or freezer space etc). As a result the facilitator adjusted some of the recipes allocated for future weeks to ensure it would be suitable for all families and their individual circumstances.

Participants were also given all the recipes cooked so they can use them when cooking at home for their families.





# Stats & Stories #15

- KANGATRaining TERM 3 - 25 JULY TO 25 SEPTEMBER 2023 -

*A postpartum safe, full-body, low-impact exercise class that improves muscular and cardiovascular endurance.*

## EFFECTIVENESS

Which focus area did this initiative aim to address?

- PROMOTING PHYSICAL ACTIVITY
- ENCOURAGING WELLBEING THROUGH HEALTHY EATING
- CREATING OPPORTUNITIES FOR SOCIAL CONNECTION
- IMPROVING MENTAL WELLBEING AND RESILIENCE

DELIVERY PARTNERS -

Reclink South Australia and Kangatraining Murraylands and Surrounds

ANY ADDITIONAL AIMS?

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET 4

WHY WAS THIS SCORE GIVEN?

Feedback from participants was positive and they continue to enjoy attending the class.

## EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

21 attendances from 6 participants

% OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN A WELLBEING HUB ACTIVITY BEFORE

100%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CHILDREN (0-12 YEARS)
- OLDER PEOPLE
- GENERAL POPULATION
- ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES
- OTHER (PLEASE NOTE)
- YOUNG PEOPLE (13-18 YEARS)
- FAMILIES (ATTENDING AS ONE)
- PEOPLE WITH A DISABILITY
- CULTURALLY & LINGUISTICALLY DIVERSE/MIGRANT COMMUNITIES

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED PRIORITY POPULATION GROUPS

3

WHY WAS THIS SCORE GIVEN?

Class numbers were lower this term than expected. Unsure if this was because of the colder weather, lack of awareness of the sessions or ongoing sickness.

## EFFICIENCY

The outputs - time, money and resources spent on initiative

HOW MUCH TIME WAS SPENT ON ORGANISING THIS INITIATIVE?



HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?

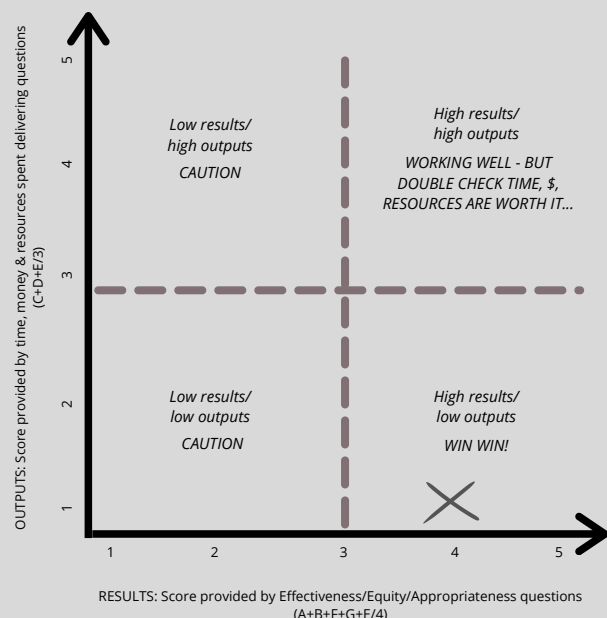


COMMENTS

As most of the initial work required to set up the program (i.e. booking facility, flyers) was completed last term, minimal resources were required for the Term 3 program.

## OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



# ACCEPTABILITY

Was the initiative carried out in a sensitive way?

WHAT WORKED WELL ABOUT THIS INITIATIVE?

## TEAM OBSERVATIONS

Participants continue to enjoy the sessions and enjoy the time spent with their little ones. The sessions are suitable for a wide range of fitness levels and is a welcoming environment for all.

WHAT COULD BE IMPROVED NEXT TIME?

## TEAM OBSERVATIONS

Ongoing targeted promotion may assist with increasing numbers (i.e. local GP clinics, CAFHS, Murray Bridge Hospital and other locations that new or soon to be parents regularly frequent).

# APPROPRIATENESS

How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

IMPACT OF INITIATIVE **DIRECTLY AFTER** EVENT (WITHIN 24 HOURS)

3 people invited to participate in evaluation

3 people participated in evaluation

100 % response rate

QUESTIONS ASKED TO EVALUATE APPROPRIATENESS -

After taking part in Kangatraining how excited/motivated are you to keep being active at home with your little one?  
1 - Not at all, 2 - Not much, 3 - Not sure, 4 - A little bit, 5 - A lot. Why?

AVERAGE SCORE

5

PARTICIPANT COMMENTS ON HOW THE INITIATIVE CONTRIBUTED TO THEIR **IMMEDIATE** WELLBEING -

*'There are no other child friendly activities that are nearby. I don't feel like I can exercise in my own home and fully engage because I am so worried what my kids are doing'*  
*'A great first step back into exercise after having my little one'*

## GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

Sessions were run on a different day to Term 2 in the hope that this would assist with participant numbers. However, this did not seem to make a noticeable difference in participant numbers.

Sessions continue to be well received by those who do attend and the facilitator ensures sessions are flexible to suit the demands of the new parents and their young babies.



# Stats & Stories #16

- PLAYING FOR ALL TERM 3 - 31 JULY TO 25 SEPTEMBER 2023 -

*A games-based program for children with intellectual disability and/or autism which helps them to get active, make friends and have fun while learning important life skills.*

## EFFECTIVENESS

Which focus area did this initiative aim to address?

- PROMOTING PHYSICAL ACTIVITY
- ENCOURAGING WELLBEING THROUGH HEALTHY EATING
- CREATING OPPORTUNITIES FOR SOCIAL CONNECTION
- IMPROVING MENTAL WELLBEING AND RESILIENCE

DELIVERY PARTNERS -

Special Olympics South Australia, ReLink SA & Fraser Park Primary School

ANY ADDITIONAL AIMS?

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET 5

WHY WAS THIS SCORE GIVEN?

Participants are actively engaged in each session and their skill level continues to dramatically improve each week.

## EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

65 attendances from 8 participants.

% OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN A WELLBEING HUB ACTIVITY BEFORE

56%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CHILDREN (0-12 YEARS)
- OLDER PEOPLE
- GENERAL POPULATION
- ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES
- YOUNG PEOPLE (13-18 YEARS)
- FAMILIES (ATTENDING AS ONE)
- PEOPLE WITH A DISABILITY
- CULTURALLY & LINGUISTICALLY DIVERSE/MIGRANT COMMUNITIES
- OTHER (PLEASE NOTE)

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED PRIORITY POPULATION GROUPS

4

WHY WAS THIS SCORE GIVEN?

There were several families who registered but never attended. However, those children that did attend were present for almost every single session. There is still capacity for additional participants in the future.

## EFFICIENCY

The outputs - time, money and resources spent on initiative

HOW MUCH TIME WAS SPENT ON ORGANISING THIS INITIATIVE?



HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?

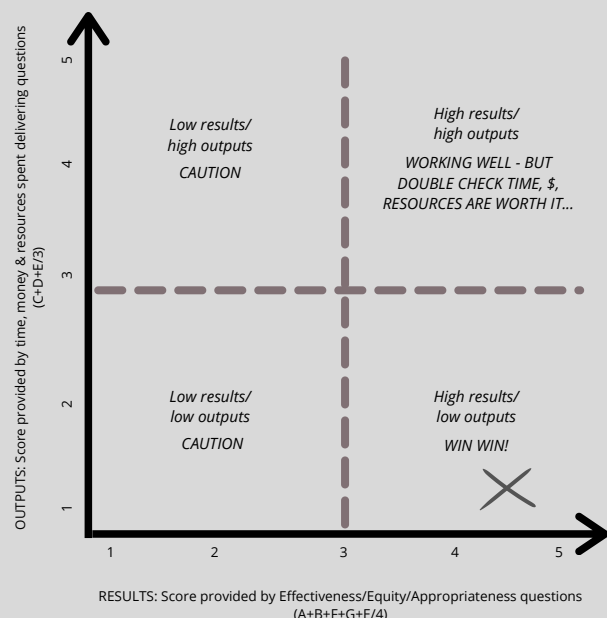


COMMENTS

Majority of the required work was completed either during the set up phase in Term 2 or by Special Olympics. Additional support was acquired via ReLink SA.

## OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



# ACCEPTABILITY

## Was the initiative carried out in a sensitive way?

### WHAT WORKED WELL ABOUT THIS INITIATIVE?

#### TEAM OBSERVATIONS

Allocating 5-10 minutes of free time at the end of each session allowed participant to explore their own interests (shooting hoops and hitting the tennis ball) or to just run around having fun!

The facilitator also encouraged parents/caregivers to get involved in some of the games which provided a great deal of excitement for all involved.

### WHAT COULD BE IMPROVED NEXT TIME?

#### TEAM OBSERVATIONS

This initiative was relocated to Fraser Park Primary School this term. Their gymnasium was a lot smaller than last terms location, which keeps the games more contained but doesn't allow as much space for the children who benefit from independent play. During warmer months we may look to utilise the schools oval and outdoor courts.

# APPROPRIATENESS

## How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

### IMPACT OF INITIATIVE **DIRECTLY AFTER** EVENT (WITHIN 24 HOURS)

6 people invited to participate in evaluation

6 people participated in evaluation

100 % response rate

### QUESTIONS ASKED TO EVALUATE APPROPRIATENESS -

*How much fun did you have getting to play with new friends?  
1 - Not at all, 2 - Not much, 3 - Not sure, 4 - A little bit, 5 - A lot. Why?*

AVERAGE SCORE

5

### PARTICIPANT COMMENTS ON HOW THE INITIATIVE CONTRIBUTED TO THEIR **IMMEDIATE** WELLBEING -

*'I got 10 goals!' - a child who at the beginning of the term could not even touch the hoop and by the end he and his father shoot goals together after the session.*

*'I am going to his house this weekend' - new and meaningful friendships formed between participants.*

*'They would normally be ready to go but they stayed involved for nearly the whole session' - carer of participants who progressed from being timid and not wanting to communicate to actively interacting, even eating a piece of fruit during the break.*

*He is engaging more and more each week, at the start he wanted to wait by the door to leave but now we can see him trying to interact and participate with the group - from carer about a child who used to cry when coming in and by the 3rd week was running to the door. He also started actively seeking to be involved with activities and his peers.*

## GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

All parents/caregivers made comment that this initiative has had a positive impact on their child/ren. Their coordination, muscle tone and social skills have all benefited.

The facilitator noted an increase in participant's personal resilience. Instead of giving up if things didn't go to plan or were harder than expected, they kept persisting or asked for assistance from each other. Participants have also begun to use tactics and strategies during game play.

Participants continue to form positive connections with each other, even integrating different forms of learning such as sign language at the start of the session to ensure all participants felt included.



# Stats & Stories #17

- EASY MOVES FOR ACTIVE AGEING TERM 3 - 18 AUGUST TO 27 SEPTEMBER 2023 -

*A gentle exercise class following Active Ageing Australia Easy Moves program that is suitable for older people who are keen to keep their minds active and body moving.*

## EFFECTIVENESS

Which focus area did this initiative aim to address?

- PROMOTING PHYSICAL ACTIVITY
- ENCOURAGING WELLBEING THROUGH HEALTHY EATING
- CREATING OPPORTUNITIES FOR SOCIAL CONNECTION
- IMPROVING MENTAL WELLBEING AND RESILIENCE

DELIVERY PARTNERS -

Murray Bridge Community Centre (MBCCI)

ANY ADDITIONAL AIMS?

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET 4

WHY WAS THIS SCORE GIVEN?

The program continues to be well received by the community and participants.

## EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

35 attendances from 13 participants

% OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN A WELLBEING HUB ACTIVITY BEFORE

16%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CHILDREN (0-12 YEARS)
- OLDER PEOPLE
- GENERAL POPULATION
- ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES
- YOUNG PEOPLE (13-18 YEARS)
- FAMILIES (ATTENDING AS ONE)
- PEOPLE WITH A DISABILITY
- CULTURALLY & LINGUISTICALLY DIVERSE/MIGRANT COMMUNITIES
- OTHER (PLEASE NOTE)

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED PRIORITY POPULATION GROUPS

4

WHY WAS THIS SCORE GIVEN?

This term was primarily made up of existing participants who attended every week. Opportunity remains to continue to engage new participants.

## EFFICIENCY

The outputs - time, money and resources spent on initiative

HOW MUCH TIME WAS SPENT ON ORGANISING THIS INITIATIVE?



HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?

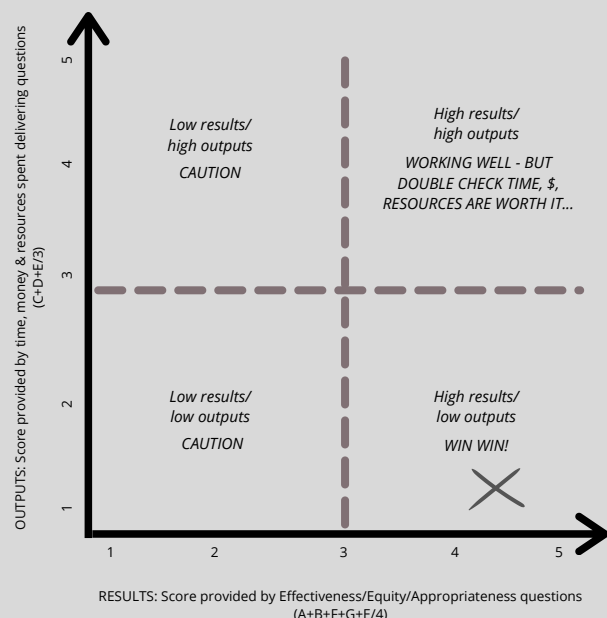


COMMENTS

Minimal resources and costs required to continue program for Term 3.

## OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



# ACCEPTABILITY

## Was the initiative carried out in a sensitive way?

### WHAT WORKED WELL ABOUT THIS INITIATIVE?

#### TEAM OBSERVATIONS

Continues to be a popular program for those over 50 years. There was a high level of social engagement within the group, with many of the participants staying back for a chat after the session.

Some of the new participants were being referred into the initiative via a local GP or health care provider.

### WHAT COULD BE IMPROVED NEXT TIME?

#### TEAM OBSERVATIONS

The facilitator will complete additional training modules to continue to develop the skills and movement of participants.

# APPROPRIATENESS

## How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

### IMPACT OF INITIATIVE **DIRECTLY AFTER** EVENT (WITHIN 24 HOURS)

8 people invited to participate in evaluation

8 people participated in evaluation

100 % response rate

### QUESTIONS ASKED TO EVALUATE APPROPRIATENESS -

*Did today's session make you feel more confident in your ability to stay active?  
1 - Not at all, 2 - Not much, 3 - Not sure, 4 - A little bit, 5 - A lot. Why?*

AVERAGE SCORE

4.8

### PARTICIPANT COMMENTS ON HOW THE INITIATIVE CONTRIBUTED TO THEIR **IMMEDIATE** WELLBEING -

*'I enjoy staying active'*

*'Gives me a reason to get out of the house since my husband passed away'*

*'I look forward to seeing you next term'*

## GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

Due to scheduling conflicts for the facilitator, this term the class was brought forward to a morning session. It was unsure what impact the change of time would have on participation numbers. However, participation remained consistent and new faces were able to join and previous participants were able to re-join due to new time slot.



# MURRAY BRIDGE WELLBEING HUB PROCESS & IMPACT EVALUATION

## Stats & Stories #18

- LETS PLAY WITH MUSIC TERM 3 - 13 JULY TO 29 SEPTEMBER 2023 -

*A music based program for caregivers and their little ones to build confidence and social connections between child, caregivers and other families.*

### EFFECTIVENESS

Which focus area did this initiative aim to address?

- PROMOTING PHYSICAL ACTIVITY
- ENCOURAGING WELLBEING THROUGH HEALTHY EATING
- CREATING OPPORTUNITIES FOR SOCIAL CONNECTION
- IMPROVING MENTAL WELLBEING AND RESILIENCE

DELIVERY PARTNERS -

Murray Bridge Community Centre (MBCCI) and The Haven

ANY ADDITIONAL AIMS?

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET

5

WHY WAS THIS SCORE GIVEN?

Parents and children were consistently engaged and enjoyed the program as they keep coming back.

### EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

153 attendances (by 82 children and 71 adults) from 23 families

% OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN A WELLBEING HUB ACTIVITY BEFORE

44%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CHILDREN (0-12 YEARS)
- OLDER PEOPLE
- GENERAL POPULATION
- ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES
- YOUNG PEOPLE (13-18 YEARS)
- FAMILIES (ATTENDING AS ONE)
- PEOPLE WITH A DISABILITY
- CULTURALLY & LINGUISTICALLY DIVERSE/MIGRANT COMMUNITIES

OTHER (PLEASE NOTE) Caregivers and grandparents

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED PRIORITY POPULATION GROUPS

5

WHY WAS THIS SCORE GIVEN?

Target population was effectively engaged each week with attendance continuing to remain strong.

### EFFICIENCY

The outputs - time, money and resources spent on initiative

HOW MUCH TIME WAS SPENT ON ORGANISING THIS INITIATIVE?



HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?

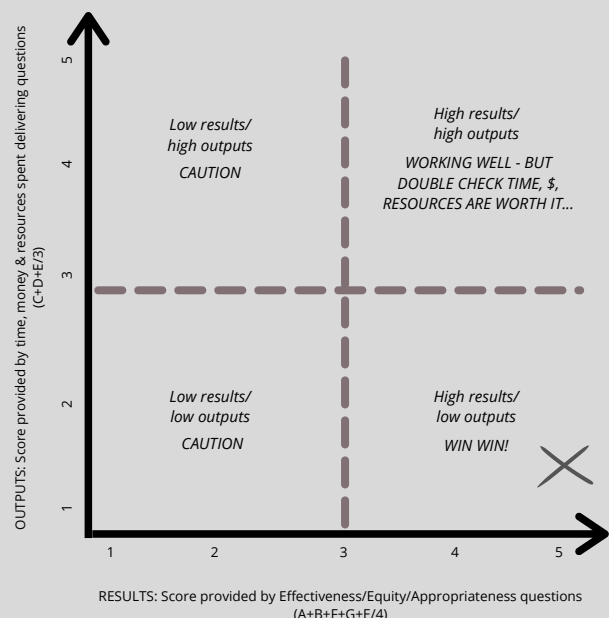


COMMENTS

Program continues to be straight forward to deliver and cost friendly as much of the required work was completed during Term 1 and 2.

### OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



# ACCEPTABILITY

## Was the initiative carried out in a sensitive way?

### WHAT WORKED WELL ABOUT THIS INITIATIVE?

#### TEAM OBSERVATIONS

A single school holiday session was trialled this term after multiple requests from parents who have older children who were interested in attending but were at kindy/childcare during the school term. This session was a huge hit and will continue in following terms.

### WHAT COULD BE IMPROVED NEXT TIME?

#### TEAM OBSERVATIONS

Ongoing promotion of this initiative will continue to be beneficial to engage with new families.

# APPROPRIATENESS

## How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

### IMPACT OF INITIATIVE DIRECTLY AFTER EVENT (WITHIN 24 HOURS)

21 people invited to participate in evaluation

21 people participated in evaluation      100 % response rate

### QUESTIONS ASKED TO EVALUATE APPROPRIATENESS -

*How connected (spent quality time together, enjoyed being together) do you feel to your child after today?  
1 - Not at all, 2 - Not much, 3 - Not sure, 4 - A little bit, 5 - A lot. Why?*

AVERAGE SCORE

5.0

### PARTICIPANT COMMENTS ON HOW THE INITIATIVE CONTRIBUTED TO THEIR IMMEDIATE WELLBEING -

- 'He is becoming more engaged and involved as the weeks go on'*
- 'My partner isn't a big fan of most of the kids activities we take our son to but this is the only one he doesn't complain about' so well done!*
- 'Loved being able to bring his sibling so that he knows about all the fun stuff we get up while he is at kindy'*
- 'He loves music and I had no idea this was on - he really enjoyed himself'*
- 'Great space for children to be themselves'*
- 'Great way to get out the house and to bond with the kids'*

# GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

Families continue to enjoy the sessions, even bringing along their friends who have not attended before.

Children are also becoming more involved in the session

- Getting up the front and 'co facilitating' the sessions
- Remembering the hand gestures that accompany each of the songs
- Learning to share toys with other kids and to wait their turn for the fruit snack





# Stats & Stories #19

- CLAYMATES - 4 OCTOBER 2023 -

A pottery art class for children aged 9-13 years to create their own unique coffee mug.

## EFFECTIVENESS

Which focus area did this initiative aim to address?

- PROMOTING PHYSICAL ACTIVITY
- ENCOURAGING WELLBEING THROUGH HEALTHY EATING
- CREATING OPPORTUNITIES FOR SOCIAL CONNECTION
- IMPROVING MENTAL WELLBEING AND RESILIENCE

DELIVERY PARTNERS -

Murray Bridge Regional Gallery and Pottery Girl

ANY ADDITIONAL AIMS?

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET

4

WHY WAS THIS SCORE GIVEN?

There was lots of positive conversations and connections between participants, the facilitator and supervising parents/carers.

## EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

9 participants

% OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN A WELLBEING HUB ACTIVITY BEFORE

56%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CHILDREN (0-12 YEARS)
- YOUNG PEOPLE (13-18 YEARS)
- OLDER PEOPLE
- FAMILIES (ATTENDING AS ONE)
- GENERAL POPULATION
- PEOPLE WITH A DISABILITY
- ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES
- CULTURALLY & LINGUISTICALLY DIVERSE/MIGRANT COMMUNITIES
- OTHER (PLEASE NOTE)

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED PRIORITY POPULATION GROUPS

5

WHY WAS THIS SCORE GIVEN?

The session was well attended with all the spaces filled.

## EFFICIENCY

The outputs - time, money and resources spent on initiative

HOW MUCH TIME WAS SPENT ON ORGANISING THIS INITIATIVE?



HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?

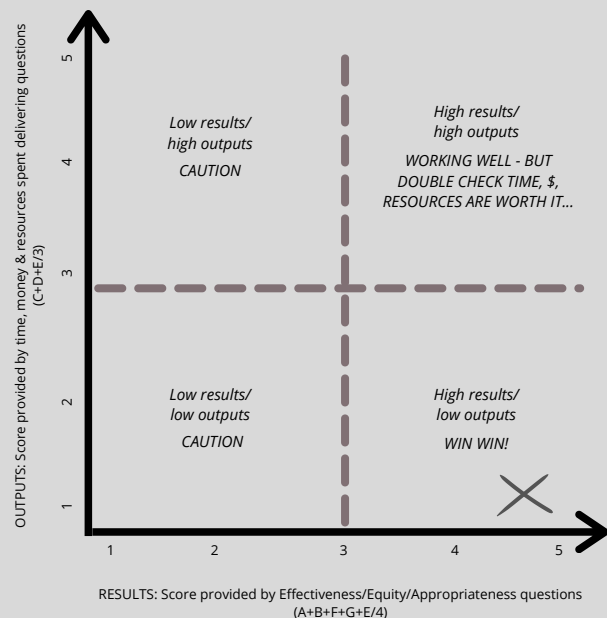


COMMENTS

The facilitator was professional, reasonably priced and well organised. Holding the session at the Murray Bridge Regional Gallery made set up and pack up easy.

## OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



# ACCEPTABILITY

Was the initiative carried out in a sensitive way?

WHAT WORKED WELL ABOUT THIS INITIATIVE?

### TEAM OBSERVATIONS

The participants were extremely excited to partake as this was an artistic opportunity that is not typically available or accessible to the general community.

The facilitator successfully engaged with the participants and was able to clearly explain the process to a variety of age groups and skill levels. Participant felt comfortable to ask questions and seek assistance from either the facilitator, peers and parent/caregiver.

WHAT COULD BE IMPROVED NEXT TIME?

### TEAM OBSERVATIONS

Because of the nature of pottery, the children were not able to take their mugs home on the day of the session. The Project Officer will discuss with the facilitator if there is a mini 'side project' that the participants could also do alongside the main project, which they could then take home with them on the day.

# APPROPRIATENESS

How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

IMPACT OF INITIATIVE **DIRECTLY AFTER** EVENT (WITHIN 24 HOURS)

9 people invited to participate in evaluation

9 people participated in evaluation

100 % response rate

QUESTIONS ASKED TO EVALUATE APPROPRIATENESS -

*Did you enjoy being creative whilst being with others?*

*1 - Not at all, 2 - Not much, 3 - Not sure, 4 - A little bit, 5 - A lot. Why?*

AVERAGE SCORE

5

PARTICIPANT COMMENTS ON HOW THE INITIATIVE CONTRIBUTED TO THEIR **IMMEDIATE** WELLBEING -

*'I had so much fun'*

*'Please be careful with my creation!'*

*'I am going to have hot chocolate with nanna out of mine'*

*'I can't wait to pick it up when its done'*

## GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

The skill level of the children was higher than anticipated so the session was completed ahead of schedule. The parents/carers were also able to get involved with the activity and assist their child where necessary.

Collaborating with Murray Bridge Regional Gallery was beneficial. They were able to further promote the session via their mailing list and then noticeboard. When the session was finished, several families took the opportunity to explore the gallery whom had previously never visited the space.



# Stats & Stories #20

- CREATE CONNECT & LAUGH (OCTOBER SCHOOL HOLIDAYS) - 9 OCTOBER 2023 -

An opportunity for children to connect with a significant adult in their life through creating a piece of art together.

## EFFECTIVENESS

Which focus area did this initiative aim to address?

- PROMOTING PHYSICAL ACTIVITY
- ENCOURAGING WELLBEING THROUGH HEALTHY EATING
- CREATING OPPORTUNITIES FOR SOCIAL CONNECTION
- IMPROVING MENTAL WELLBEING AND RESILIENCE

DELIVERY PARTNERS -

Murray Bridge Community Centre (MBCCI) & Adelaide Hills Craft

ANY ADDITIONAL AIMS?

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET

5

WHY WAS THIS SCORE GIVEN?

The whole session was full of positive and engaging conversation between family units and between other participants.

## EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

24 participants (16 children and 8 adults)

% OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN A WELLBEING HUB ACTIVITY BEFORE

50%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CHILDREN (0-12 YEARS)
- OLDER PEOPLE
- GENERAL POPULATION
- ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES
- YOUNG PEOPLE (13-18 YEARS)
- FAMILIES (ATTENDING AS ONE)
- PEOPLE WITH A DISABILITY
- CULTURALLY & LINGUISTICALLY DIVERSE/MIGRANT COMMUNITIES
- OTHER (PLEASE NOTE)

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED PRIORITY POPULATION GROUPS

5

WHY WAS THIS SCORE GIVEN?

The session was fully booked and the facilitator kindly allowed for additional spaces to be made available due to demand.

## EFFICIENCY

The outputs - time, money and resources spent on initiative

HOW MUCH TIME WAS SPENT ON ORGANISING THIS INITIATIVE?



HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?

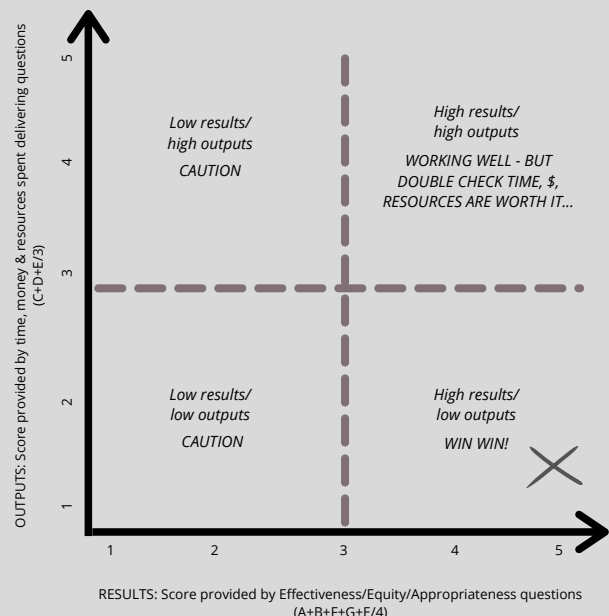


COMMENTS

The facilitator went above and beyond which resulted in the session running very smoothly. The Project Officer was only needed for on the day support, promotion and confirming design with participants.

## OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



# ACCEPTABILITY

Was the initiative carried out in a sensitive way?

WHAT WORKED WELL ABOUT THIS INITIATIVE?

## TEAM OBSERVATIONS

The session was well facilitated and age appropriate for the attendees. The detailed nature of the designs for the name plates kept the children engaged in the activity without them becoming overwhelmed and either giving up or rushing to finish.

WHAT COULD BE IMPROVED NEXT TIME?

## TEAM OBSERVATIONS

This was the first workshop the facilitator has ever delivered so it was unclear how long to allow for the session. Many of the participants were so engaged with the session that they were still working on their artwork 30 minutes after the set end time. Whilst this was not a negative thing, allowing a 2 hour timeframe may be more appropriate for future sessions.

# APPROPRIATENESS

How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

IMPACT OF INITIATIVE **DIRECTLY AFTER** EVENT (WITHIN 24 HOURS)

16 people invited to participate in evaluation

16 people participated in evaluation

100 % response rate

QUESTIONS ASKED TO EVALUATE APPROPRIATENESS -

How much did you enjoy spending time with each other whilst creating your masterpiece?  
1 - Not at all, 2 - Not much, 3 - Not sure, 4 - A little bit, 5 - A lot. Why?

AVERAGE SCORE

5

PARTICIPANT COMMENTS ON HOW THE INITIATIVE CONTRIBUTED TO THEIR **IMMEDIATE** WELLBEING -

*'This is the best thing I have ever done'*

*'Thank you for providing this opportunity my kids, its something we would normally never do because its too hard or would cost too much to get set up'* - participating grandparent

*'I liked colouring with my nanna'*

*'The monster truck was my favourite to decorate, check out the wheels!'*

*'I have not seen them sit still for this long all holidays'* - participating caregiver

## GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

The session was facilitated by a local woman who is interested in starting her own small business but wanted to see if there would be a demand locally. The session was a huge hit with both the children and adults. Both groups remained engaged with the activity for the whole sessions. Multiple participants enquired if the name plates packs were available for sale or if there was an opportunity for an adult session.



# Stats & Stories #21

- ARROW TAG (OCTOBER SCHOOL HOLIDAYS) - 6 & 11 OCTOBER 2023 -

*A unique outdoor exercise opportunity that encourages children to be active in a non-traditional sport setting.*

## EFFECTIVENESS

Which focus area did this initiative aim to address?

- PROMOTING PHYSICAL ACTIVITY
- ENCOURAGING WELLBEING THROUGH HEALTHY EATING
- CREATING OPPORTUNITIES FOR SOCIAL CONNECTION
- IMPROVING MENTAL WELLBEING AND RESILIENCE

DELIVERY PARTNERS -

Reclink South Australia, Fraser Park Primary School and Attack Archery

ANY ADDITIONAL AIMS?

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET 4

WHY WAS THIS SCORE GIVEN?

The participants were engaged and excited to participate in the session.

## EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

23 participants

% OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN A WELLBEING HUB ACTIVITY BEFORE

57%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CHILDREN (0-12 YEARS)
- OLDER PEOPLE
- GENERAL POPULATION
- ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES
- OTHER (PLEASE NOTE)
- YOUNG PEOPLE (13-18 YEARS)
- FAMILIES (ATTENDING AS ONE)
- PEOPLE WITH A DISABILITY
- CULTURALLY & LINGUISTICALLY DIVERSE/MIGRANT COMMUNITIES

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED PRIORITY POPULATION GROUPS

4

WHY WAS THIS SCORE GIVEN?

Having a smaller participant age range (as requested by facilitating organisation) and having two sessions this term did result in the sessions having lower numbers than last time.

## EFFICIENCY

The outputs - time, money and resources spent on initiative

HOW MUCH TIME WAS SPENT ON ORGANISING THIS INITIATIVE?



HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?

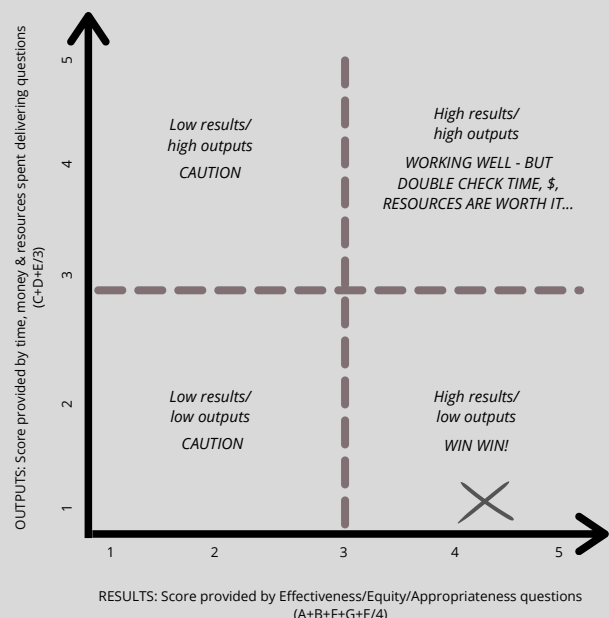


COMMENTS

Majority of the initiative was either covered by the delivery partners or from the initial set up from the previous session.

## OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



# ACCEPTABILITY

Was the initiative carried out in a sensitive way?

WHAT WORKED WELL ABOUT THIS INITIATIVE?

## TEAM OBSERVATIONS

Narrowing the age range resulted in each of the participants having a relatively similar skill level, resulting in more balanced teams during the game play section of the session.

WHAT COULD BE IMPROVED NEXT TIME?

## TEAM OBSERVATIONS

The weather was unpredictable for both sessions, the first session was fortunate to not get rained out and the second session was windy and warm. The indoor space available onsite is slightly too small for this activity. Consider holding any future sessions at a location that has a suitable outdoor and indoor space for the activity.

# APPROPRIATENESS

How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

IMPACT OF INITIATIVE **DIRECTLY AFTER** EVENT (WITHIN 24 HOURS)

11 people invited to participate in evaluation

10 people participated in evaluation

91 % response rate

QUESTIONS ASKED TO EVALUATE APPROPRIATENESS -

Tell us how you feel! How much did you enjoy being active with your teammates?  
1 - Not at all, 2 - Not much, 3 - Not sure, 4 - A little bit, 5 - A lot. Why?

AVERAGE SCORE

4.7

PARTICIPANT COMMENTS ON HOW THE INITIATIVE CONTRIBUTED TO THEIR **IMMEDIATE** WELLBEING -

*'The kids have been asking since last school holidays if this would be happening again as they missed out last time'*  
*'This was so much fun'* - Participant who was originally hesitant to get involved but by the end of the session was right in the thick of the action.  
*'They participated last term and when I saw the post go up, I knew I had to book them in'*

## GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

During the first session it was evident the kids could have benefited from slightly more 'practise' time before getting into the games. The Project Officer communicated this and as a result, the second session ran more smoothly and the kids became more confident quicker.

This initiative continues to be popular with local families.



# MURRAY BRIDGE WELLBEING HUB PROCESS & IMPACT EVALUATION

## Stats & Stories #22

- FROM NO WAY TO 5K! - 6 SEPTEMBER TO 25 OCTOBER 2023 -

An 8 week running program to help participants to go from 'no way' to running 5km!

### EFFECTIVENESS

Which focus area did this initiative aim to address?

- PROMOTING PHYSICAL ACTIVITY
- ENCOURAGING WELLBEING THROUGH HEALTHY EATING
- CREATING OPPORTUNITIES FOR SOCIAL CONNECTION
- IMPROVING MENTAL WELLBEING AND RESILIENCE

DELIVERY PARTNERS -

ks.performance coach and the Murray Bridge Marathon

ANY ADDITIONAL AIMS?

Encourage participants to register and complete the 5km race at the Murray Bridge Marathon

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET

5

WHY WAS THIS SCORE GIVEN?

The participants were well engaged in the program and feedback indicated an increase in motivation to be physically active. This increase was also reflected with 10 of the participants completing the 5km race at the Murray Bridge Marathon.

### EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

89 attendances from 20 participants

% OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN A WELLBEING HUB ACTIVITY BEFORE

95%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CHILDREN (0-12 YEARS)
- OLDER PEOPLE
- GENERAL POPULATION
- ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES
- YOUNG PEOPLE (13-18 YEARS)
- FAMILIES (ATTENDING AS ONE)
- PEOPLE WITH A DISABILITY
- CULTURALLY & LINGUISTICALLY DIVERSE/MIGRANT COMMUNITIES
- OTHER (PLEASE NOTE)

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED PRIORITY POPULATION GROUPS

5

WHY WAS THIS SCORE GIVEN?

The group was fully booked within 2 weeks of initial advertisement and had a substantial waiting list. The initiative reached people of different ages and abilities, with participants ages ranging from 18 to 59 years.

### EFFICIENCY

The outputs - time, money and resources spent on initiative

HOW MUCH TIME WAS SPENT ON ORGANISING THIS INITIATIVE?



HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?

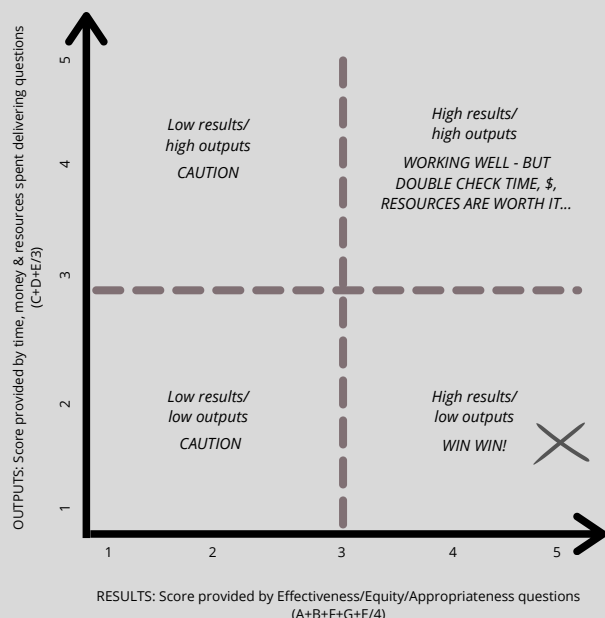


COMMENTS

The majority of the work was outsourced to ks.performance coach. The Project Officer was only required for promotion and evaluation.

### OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



# ACCEPTABILITY

## Was the initiative carried out in a sensitive way?

### WHAT WORKED WELL ABOUT THIS INITIATIVE?

#### TEAM OBSERVATIONS

Kenisha was a brilliant facilitator with a lot of passion and a positive reputation within the community. She was able to tailor the program to suit the needs of each participant including from those who were running novices to those who were seasoned runners.

### WHAT COULD BE IMPROVED NEXT TIME?

#### TEAM OBSERVATIONS

Whilst numbers remained strong for the whole program, there was a slight drop off in numbers after the first two sessions due to sickness, injury and the cold mornings.

The initiative also occurred during the local netball finals series, which resulted in some participants not being able to complete their independent home sessions as they were wanting to avoid injury or overuse before game days.

# APPROPRIATENESS

## How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

### IMPACT OF INITIATIVE DIRECTLY AFTER EVENT (WITHIN 24 HOURS)

16 people invited to participate in evaluation

16 people participated in evaluation

100 % response rate

### QUESTIONS ASKED TO EVALUATE APPROPRIATENESS -

How much do you think these sessions helped with your running skills and confidence?  
1 - Not at all, 2 - Not much, 3 - Not sure, 4 - A little bit, 5 - A lot. Why?

AVERAGE SCORE

4.9

### PARTICIPANT COMMENTS ON HOW THE INITIATIVE CONTRIBUTED TO THEIR IMMEDIATE WELLBEING -

*'This is the furthest I have run in my life', 'It's been a good way to get back into **increasing my fitness since I was injured**', 'This has been a great program and the **trainer is so supportive and easy to talk to**', 'After my injury these sessions provided **structure and routine**. It's been great getting back into running', 'Loved that it was a group, it made me **accountable and more motivated**', 'Having **not run before**, this really **helped me get started and stay accountable**. **Really enjoyed the experience**. Thank you!', 'I am not a natural runner but this **made me feel like 5km is within my reach**. Nice to not have to think what to do, **takes away the mental load which is a barrier for me when I wanted to try running previously**.' This has helped me gain back my running **motivation** and has **improved my overall running**', 'Loved the group, very motivating and so much fun', 'I have been able **to cut down my time per km significantly** even with 2 weeks off sick. I have **loved it** and have even **started to enjoy running**. Thanks!', 'So privileged Neesh has taken the time to do this for us. **I didn't think I could run 5km and now I'm confident entering the upcoming run**' and '**Fitness has improved so much**. Thanks, **hope to do it again**.'*

## GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

This initiative was well received, attended and executed by the facilitator. The booklets that were provided to participants included a wealth of information and the ongoing support from the trainer was well received by participants.

Initially, most of the participants were not interested in completing the 5km race Murray Bridge Marathon. However, in the end 72% of the active program participants registered and finished the course. For many, this was the first community race they have ever competed in and for those who had previously participated, all witnessed an overall improvement in their final time and performance.





# Stats & Stories #23

- PLAYGROUND DETECTIVES (OCTOBER SCHOOL HOLIDAYS) - OCTOBER 2023 -

*A school holiday activity which encourages families to explore local playgrounds in the region.*

## EFFECTIVENESS

Which focus area did this initiative aim to address?

- PROMOTING PHYSICAL ACTIVITY
- ENCOURAGING WELLBEING THROUGH HEALTHY EATING
- CREATING OPPORTUNITIES FOR SOCIAL CONNECTION
- IMPROVING MENTAL WELLBEING AND RESILIENCE

DELIVERY PARTNERS -

Murray Bridge Community Centre, Murray Bridge Visitors Information Centre and Murray Bridge Library

ANY ADDITIONAL AIMS?

To seek feedback on local playground infrastructure and to provide this feedback to the Rural City of Murray Bridge Open Spaces and Planning Team.

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET 5

WHY WAS THIS SCORE GIVEN?

The overall community was engaged and aware of the initiative, with a positive vibe around the community in relation to this initiative.

## EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

198 brochures collected and 46 entries received

% OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN A WELLBEING HUB ACTIVITY BEFORE 67%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CHILDREN (0-12 YEARS)
- OLDER PEOPLE
- GENERAL POPULATION
- ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES
- YOUNG PEOPLE (13-18 YEARS)
- FAMILIES (ATTENDING AS ONE)
- PEOPLE WITH A DISABILITY
- CULTURALLY & LINGUISTICALLY DIVERSE/MIGRANT COMMUNITIES
- OTHER (PLEASE NOTE)

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED PRIORITY POPULATION GROUPS 5

WHY WAS THIS SCORE GIVEN?

The initiative was effective in reaching children and families from the local community. Those who completed the entry forms were between the ages of 1 to 15 years .

## EFFICIENCY

The outputs - time, money and resources spent on initiative

HOW MUCH TIME WAS SPENT ON ORGANISING THIS INITIATIVE?



HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?

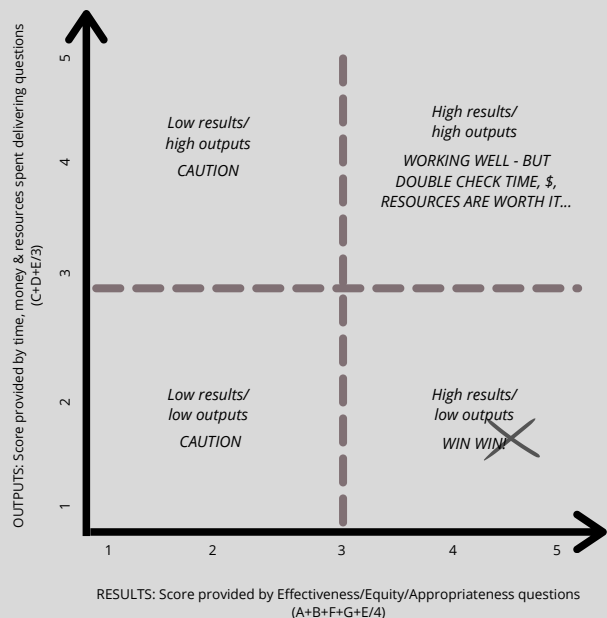


COMMENTS

The brochure initially took a couple of hours to create, including visiting the playgrounds to create the questions. However, once this was done there was minimal work to be completed apart from the promotion of the activity.

## OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



# ACCEPTABILITY

## Was the initiative carried out in a sensitive way?

### WHAT WORKED WELL ABOUT THIS INITIATIVE?

#### TEAM OBSERVATIONS

The initiative was very successful and well received by the community. Offering an incentive encouraged participants to return their entry forms. The social media posts regarding the initiative on the Rural City of Murray Bridge Facebook and Instagram social media pages had a total of 11.8k accounts reached, 76 reactions, 27 comments and 24 shares.

### WHAT COULD BE IMPROVED NEXT TIME?

#### TEAM OBSERVATIONS

Dropping the activity off to the local kindergartens and schools for distribution and having a collection box at those sites may result in increased participation.

Due to the recent High River Event, several of the local playgrounds were not accessible to the community. If the initiative was to be completed again it would be great to include these sites as many of them have been recently upgraded.

# APPROPRIATENESS

## How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

### IMPACT OF INITIATIVE DIRECTLY AFTER EVENT (WITHIN 24 HOURS)

46 people invited to participate in evaluation

37 people participated in evaluation

80 % response rate

### QUESTIONS ASKED TO EVALUATE APPROPRIATENESS -

*Has this activity encouraged you to visit your local parks more often?  
1 - No, 2 - Not much more, 3 - Not sure, 4 - A little bit more, 5 - A lot more.*

AVERAGE SCORE

4.1

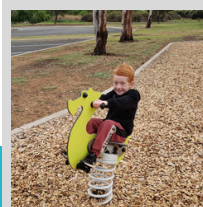
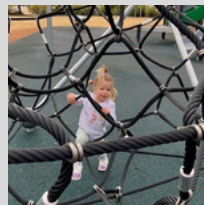
### PARTICIPANT COMMENTS ON HOW THE INITIATIVE CONTRIBUTED TO THEIR IMMEDIATE WELLBEING -

*'Such a fun activity. Thank you. We had not been to Monarto before',  
'We liked the parks with shade and bike tracks',  
'My son can't wait for the park on Magpie/Owl Road to get renovated'  
'This was a fun activity and a great way to enjoy our Sunday'  
'We had lots of fun seeing the different playgrounds and playing'  
'We enjoyed the time in the parks :)'  
'Liked the shade at McNamara and that war memorial is fully fenced'  
'Take your bike for extra fun'  
'Wonderful to have such a variety of parks'*

## GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

The questions were suitable for the target audience, with 94% of the questions being answered correctly.

The participants visited the full range of listed playgrounds, with McNamara Park, Christian Reserve and Oak Avenue Reserve being the most attended locations. The participants ranked War Memorial Park the highest, with an average score of 4.48 and Parkview Reserve the lowest, with an average score of 2.86. 75% of participants stated that this activity resulted in them visiting a park that they had never been to before.



# Stats & Stories #24

- WELLBEING WALK - 27 JULY TO 7 DECEMBER 2023 -

A short and friendly 30 minute group walk through Murray Bridge to encourage people to stay active and explore their local community.

## EFFECTIVENESS

Which focus area did this initiative aim to address?

- PROMOTING PHYSICAL ACTIVITY
- ENCOURAGING WELLBEING THROUGH HEALTHY EATING
- CREATING OPPORTUNITIES FOR SOCIAL CONNECTION
- IMPROVING MENTAL WELLBEING AND RESILIENCE

DELIVERY PARTNERS -

Murray Bridge Community Centre (MBCCI) and The Haven

ANY ADDITIONAL AIMS?

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET

4

WHY WAS THIS SCORE GIVEN?

Participants were well engaged in the program and attended on a regular basis.

## EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

138 attendances

% OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN A WELLBEING HUB ACTIVITY BEFORE

21%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CHILDREN (0-12 YEARS)
- OLDER PEOPLE
- GENERAL POPULATION
- ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES
- YOUNG PEOPLE (13-18 YEARS)
- FAMILIES (ATTENDING AS ONE)
- PEOPLE WITH A DISABILITY
- CULTURALLY & LINGUISTICALLY DIVERSE/MIGRANT COMMUNITIES
- OTHER (PLEASE NOTE)

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED PRIORITY POPULATION GROUPS

4

WHY WAS THIS SCORE GIVEN?

Whilst the number of participants fluctuated each week depending on a range of factors including weather and other commitments, the program has a strong core group of attendees who enjoy participating in the program and socialising with others.

## EFFICIENCY

The outputs - time, money and resources spent on initiative

HOW MUCH TIME WAS SPENT ON ORGANISING THIS INITIATIVE?



HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?

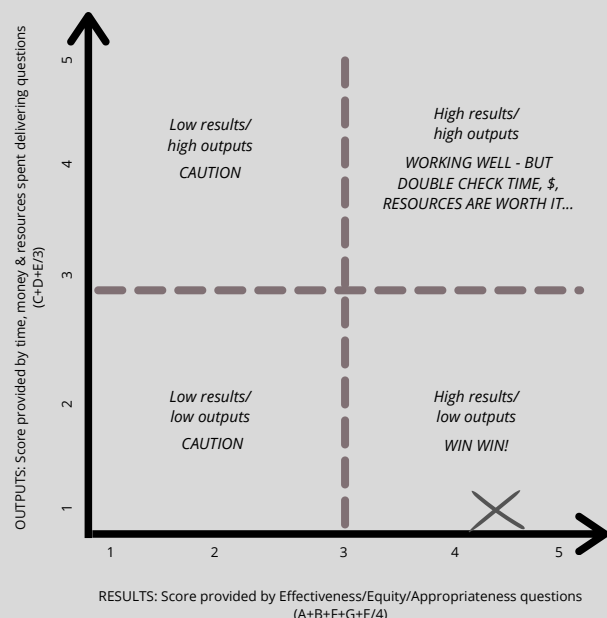


COMMENTS

Limited resources needed as the small amount of work required was completed during the previous 'Community Wellbeing Walk' session held during launch week.

## OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



# ACCEPTABILITY

Was the initiative carried out in a sensitive way?

WHAT WORKED WELL ABOUT THIS INITIATIVE?

## TEAM OBSERVATIONS

The distance and route of the 30 minute walk varied each week to suit the fitness level, size of the walking group and to provide an opportunity to explore a different area of the community. Furthermore, having the walk during lunchtime allowed those who are working to join in during their break.

WHAT COULD BE IMPROVED NEXT TIME?

## TEAM OBSERVATIONS

The timing of the walks worked well during the winter months as 12:30pm is typically warmer than first thing in the morning. However, during summer this time may no longer be appropriate due to UV levels and temperature. Project Officer to investigate if a different day and/or time may be more suitable during the warmer months.

# APPROPRIATENESS

How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

IMPACT OF INITIATIVE **DIRECTLY AFTER** EVENT (WITHIN 24 HOURS)

14 people invited to participate in evaluation

14 people participated in evaluation

100 % response rate

QUESTIONS ASKED TO EVALUATE APPROPRIATENESS -

*Tell us how you feel! How much did you enjoy going for a walk with others?  
1 - Not at all, 2 - Not much, 3 - Not sure, 4 - A little bit, 5 - A lot. Why?*

AVERAGE SCORE

4.9

PARTICIPANT COMMENTS ON HOW THE INITIATIVE CONTRIBUTED TO THEIR **IMMEDIATE** WELLBEING -

*'My dog loves coming with me and sniffing all the smells'*

*'Walking with other pushes me to go further'*

*You don't realise how beautiful it can be just walking down the street, I drive past these houses everyday for work and I have never appreciated how lovely some of the gardens are'*

*'I am going on a big holiday soon so this has helped me get back into walking to be fit for travelling'*

*'I will have to make my work mates come next week'*

*'I work from home so it's a great opportunity to enjoy the weather and get to know new people'*

## GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

This regular walking group was the result of the successful *A Walk Can Work Wonders* initiative run by MBCCI and Wellbeing SA. The regular walkers have formed positive friendships and connections with each other, with many now attending other programs run by the Wellbeing Hub.

Umbrellas, sunscreen and water is always on offer to participants as required and a suitable weather and temperature policy has been implemented.



# MURRAY BRIDGE WELLBEING HUB PROCESS & IMPACT EVALUATION

## Stats & Stories #25

- MURRAY BRIDGE MENTAL HEALTH & WELLBEING EXPO - 20 OCTOBER 2023 -

A yearly community expo hosted at the Murray Bridge Performing Arts and Function Centre which aims to showcase the local Mental Health and Wellbeing services available to the community within the Murraylands region.

### EFFECTIVENESS

Which focus area did this initiative aim to address?

- PROMOTING PHYSICAL ACTIVITY
- ENCOURAGING WELLBEING THROUGH HEALTHY EATING
- CREATING OPPORTUNITIES FOR SOCIAL CONNECTION
- IMPROVING MENTAL WELLBEING AND RESILIENCE

DELIVERY PARTNERS -

Genuine Support Services Australia, Murray Bridge Community Centre, the Rural City of Murray Bridge and headspace Murray Bridge.

ANY ADDITIONAL AIMS?

To raise awareness of mental wellbeing and to reduce stigma around mental ill health. Provide resources and support for individuals and families dealing with mental health challenges.

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET 4

WHY WAS THIS SCORE GIVEN?

The event was well attended by community members and local mental health and wellbeing organisations.

### EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

Approx. 186 attendances

% OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN A WELLBEING HUB ACTIVITY BEFORE

N/A

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CHILDREN (0-12 YEARS)
- OLDER PEOPLE
- GENERAL POPULATION
- ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES
- YOUNG PEOPLE (13-18 YEARS)
- FAMILIES (ATTENDING AS ONE)
- PEOPLE WITH A DISABILITY
- CULTURALLY & LINGUISTICALLY DIVERSE/MIGRANT COMMUNITIES
- OTHER (PLEASE NOTE)

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED PRIORITY POPULATION GROUPS 4

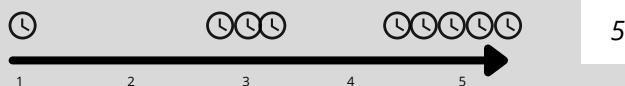
WHY WAS THIS SCORE GIVEN?

Whilst the event was well attended, ensuring there is a targeted social media and marketing strategy for the event in future years will boost community awareness of the event and attendance.

### EFFICIENCY

The outputs - time, money and resources spent on initiative

HOW MUCH TIME WAS SPENT ON ORGANISING THIS INITIATIVE?



HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?

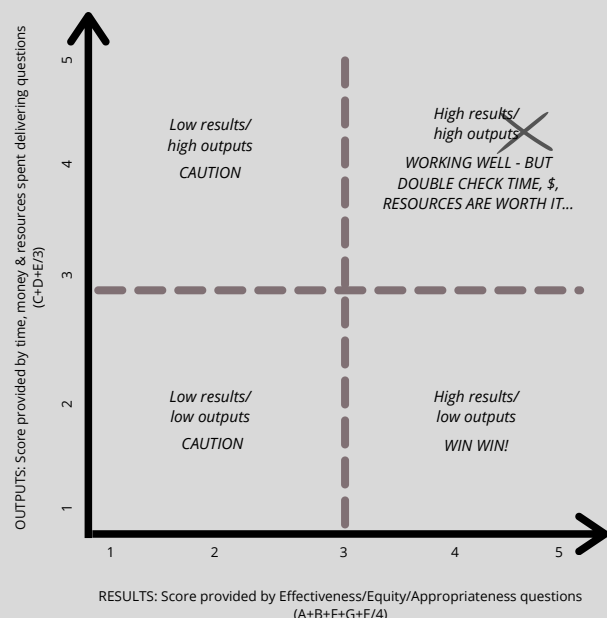


COMMENTS

The majority of work was completed by the steering committee for this event including marketing, coordinating stallholders and vendors, risk management and on the day event management.

### OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



# ACCEPTABILITY

Was the initiative carried out in a sensitive way?

WHAT WORKED WELL ABOUT THIS INITIATIVE?

### TEAM OBSERVATIONS

The headline guest speaker, Kevin Kropinyeri was extremely well received by the audience. As a local, First Nations person who has lived a dynamic life he was able to connect and positively engage with the crowd. There was also positive feedback on the designated lunch break and show schedule as opposed to the event being free flowing all day.

WHAT COULD BE IMPROVED NEXT TIME?

### TEAM OBSERVATIONS

Moving all of the stallholders into the main auditorium space over having them in the side room will allow for a more free flowing and inclusive environment. Additionally, having a stronger online communication strategy and on the day signage would assist with increasing participant numbers.

# APPROPRIATENESS

How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

IMPACT OF INITIATIVE **DIRECTLY AFTER** EVENT (WITHIN 24 HOURS)

186 people invited to participate in evaluation

32 people participated in evaluation

23 % response rate

QUESTIONS ASKED TO EVALUATE APPROPRIATENESS -

After today, how aware are you of the local mental health and wellbeing services in the Murray Bridge area?  
1 - Not at all, 2 - Not much, 3 - Not sure, 4 - A little bit, 5 - A lot. Why?

AVERAGE SCORE

4.6

PARTICIPANT COMMENTS ON HOW THE INITIATIVE CONTRIBUTED TO THEIR **IMMEDIATE** WELLBEING -

N/A

## GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

The Murray Bridge Mental Health and Wellbeing Expo has been running for over 12 years and is well received by the community. Attendees enjoyed the opportunity to have engaging and authentic conversations with like-minded individuals.

Having the show seats down for the event in the main auditorium was slightly confronting for attendees as they first walked in the space. The committee may want to investigate the need to have the seats down or having another entry point into the space.

Inviting new members to join from both local organisations and general community members will decrease the overall workload for each individual member of the steering committee.



# Stats & Stories #26

- KANGATRaining TERM 4 - 23 OCTOBER TO 4 DECEMBER 2023 -

*A safe, full-body, low impact postpartum exercise class that improves muscular and cardiovascular endurance.*

## EFFECTIVENESS

Which focus area did this initiative aim to address?

- PROMOTING PHYSICAL ACTIVITY
- ENCOURAGING WELLBEING THROUGH HEALTHY EATING
- CREATING OPPORTUNITIES FOR SOCIAL CONNECTION
- IMPROVING MENTAL WELLBEING AND RESILIENCE

DELIVERY PARTNERS -

Reclink South Australia and Kangatraining Murraylands and Surrounds

ANY ADDITIONAL AIMS?

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET 3

WHY WAS THIS SCORE GIVEN?

Overall engagement in the initiative from participants varied.

## EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

8 attendances from 3 participants

% OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN A WELLBEING HUB ACTIVITY BEFORE

67%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CHILDREN (0-12 YEARS)
- OLDER PEOPLE
- GENERAL POPULATION
- ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES
- YOUNG PEOPLE (13-18 YEARS)
- FAMILIES (ATTENDING AS ONE)
- PEOPLE WITH A DISABILITY
- CULTURALLY & LINGUISTICALLY DIVERSE/MIGRANT COMMUNITIES
- OTHER (PLEASE NOTE)

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED PRIORITY POPULATION GROUPS

3

WHY WAS THIS SCORE GIVEN?

There were 6 parents registered for Term 4, however most weeks we only had 1 or 2 participants attend.

## EFFICIENCY

The outputs - time, money and resources spent on initiative

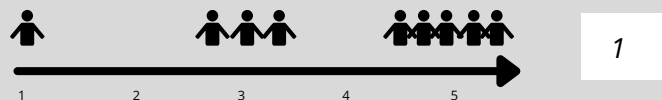
HOW MUCH TIME WAS SPENT ON ORGANISING THIS INITIATIVE?



HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?

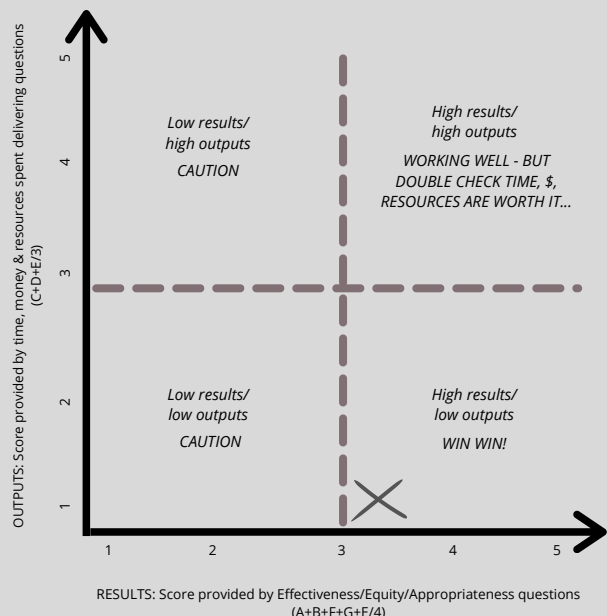


COMMENTS

Minimal resources were required for the Term 4 program however additional marketing and social media communication was implemented to try and increase participant numbers,.

## OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



# ACCEPTABILITY

## Was the initiative carried out in a sensitive way?

### WHAT WORKED WELL ABOUT THIS INITIATIVE?

#### TEAM OBSERVATIONS

Every week the facilitator was able to deliver an engaging and enjoyable session to participants regardless of class size.

### WHAT COULD BE IMPROVED NEXT TIME?

#### TEAM OBSERVATIONS

Even with extensive social media and marketing, participant numbers were consistently low each week.

# APPROPRIATENESS

## How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

### IMPACT OF INITIATIVE **DIRECTLY AFTER** EVENT (WITHIN 24 HOURS)

2 people invited to participate in evaluation

2 people participated in evaluation

100 % response rate

### QUESTIONS ASKED TO EVALUATE APPROPRIATENESS -

*After taking part in Kangatraining how excited/motivated are you to keep being active at home with your little one?  
1 - Not at all, 2 - Not much, 3 - Not sure, 4 - A little bit, 5 - A lot. Why?*

AVERAGE SCORE

4.0

### PARTICIPANT COMMENTS ON HOW THE INITIATIVE CONTRIBUTED TO THEIR **IMMEDIATE** WELLBEING -

*'I have enjoyed the time I get to spend with her now that I am back at work'*

## GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

Unfortunately participant numbers were consistently low throughout the entire term. Whilst sickness, appointments and other general commitments did have an impact on numbers, the Project Officer and facilitator are unclear on the best way to increase participant numbers at this point in time. After the initial success of the initiative in terms 2 and 3, Reclink South Australia and Kangatraining Murraylands and Surrounds have partnered and taken the program to the Mount Barker district where they have a greater number of participants.

The Murray Bridge Wellbeing Hub Project Officer undertake further investigations on the long term viability of the program in the 2024 Wellbeing Hub schedule.

Proudly supported by Reclink Australia and Kangatraining Murraylands & Surrounds 

### KANGATRaining WITH RACHEL



Strap on your carriers and get moving with Rachel!  
A postpartum safe, full-body, low-impact exercise class that improves muscular and cardiovascular endurance.

All parents welcome.

**When:** Every Monday in Term 4 commencing 16 October  
**Time:** 9am-10am  
**Where:** The Square, 2 South Tce Murray Bridge  
**Cost:** FREE  
**Bookings:** Contact Rachel at [rachel@kangatraining.com.au](mailto:rachel@kangatraining.com.au) or call the Wellbeing Hub on 0468 640 800

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





# Stats & Stories #27

- PLAYING FOR ALL TERM 4 - 23 OCTOBER TO 4 DECEMBER 2023 -

*A games-based program for children with intellectual disability and/or autism which helps them to get active, make friends and have fun while learning important life skills.*

## EFFECTIVENESS

Which focus area did this initiative aim to address?

- PROMOTING PHYSICAL ACTIVITY
- ENCOURAGING WELLBEING THROUGH HEALTHY EATING
- CREATING OPPORTUNITIES FOR SOCIAL CONNECTION
- IMPROVING MENTAL WELLBEING AND RESILIENCE

DELIVERY PARTNERS -

Special Olympics South Australia, Reclink SA & Fraser Park Primary School

ANY ADDITIONAL AIMS?

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET 5

WHY WAS THIS SCORE GIVEN?

Participants looked forward to attending each week and were excited to get involved.

## EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

70 attendances from 13 participants

% OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN A WELLBEING HUB ACTIVITY BEFORE

62%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CHILDREN (0-12 YEARS)
- OLDER PEOPLE
- GENERAL POPULATION
- ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES
- YOUNG PEOPLE (13-18 YEARS)
- FAMILIES (ATTENDING AS ONE)
- PEOPLE WITH A DISABILITY
- CULTURALLY & LINGUISTICALLY DIVERSE/MIGRANT COMMUNITIES
- OTHER (PLEASE NOTE)

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED PRIORITY POPULATION GROUPS

4

WHY WAS THIS SCORE GIVEN?

Weekly participant numbers continue to be strong with a combination of returning and new participants.

## EFFICIENCY

The outputs - time, money and resources spent on initiative

HOW MUCH TIME WAS SPENT ON ORGANISING THIS INITIATIVE?



HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?

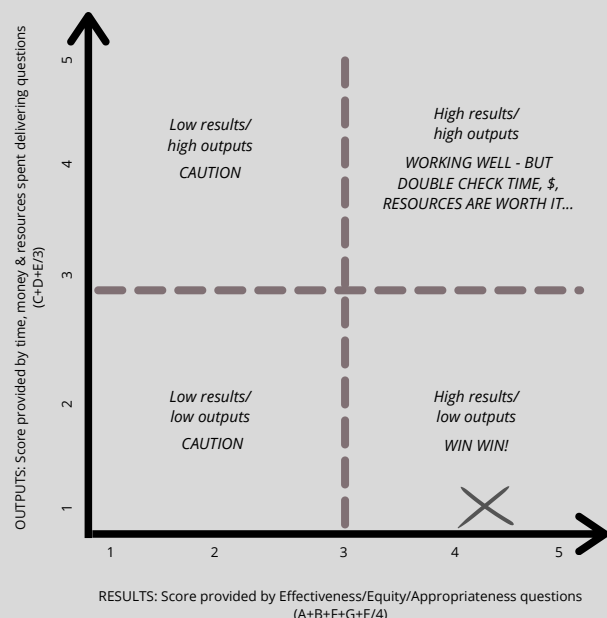


COMMENTS

Minimal resources and costs required to continue the program for Term 4. Additionally, Special Olympics South Australia have taken on a larger portion of the coordination.

## OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



# ACCEPTABILITY

Was the initiative carried out in a sensitive way?

WHAT WORKED WELL ABOUT THIS INITIATIVE?

### TEAM OBSERVATIONS

The participants continue to grow and develop their physical and social skills. The facilitator was able to adapt each session to the interests and skill level of the participants to ensure they remained engaged throughout.

WHAT COULD BE IMPROVED NEXT TIME?

### TEAM OBSERVATIONS

The start of the term was a slight challenge for some of the participants. There was a change in facilitator due to staffing changes within Special Olympics SA which took some of the children a bit of time to adjust to. However, the new facilitator was able to successfully build foundational relationship with the children within a short period of time.

# APPROPRIATENESS

How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

IMPACT OF INITIATIVE **DIRECTLY AFTER** EVENT (WITHIN 24 HOURS)

8 people invited to participate in evaluation

8 people participated in evaluation

100 % response rate

QUESTIONS ASKED TO EVALUATE APPROPRIATENESS -

*How much fun did you have getting to play with new friends?  
1 - Not at all, 2 - Not much, 3 - Not sure, 4 - A little bit, 5 - A lot. Why?*

AVERAGE SCORE

4.9

PARTICIPANT COMMENTS ON HOW THE INITIATIVE CONTRIBUTED TO THEIR **IMMEDIATE** WELLBEING -

*'His teachers have commented on his increase in core strength and coordination' - participant parent  
'I like playing games with everyone'  
'We hope that this happens next year, its been incredible' - participant caregiver  
'Can we try basketball next year!'*

## GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

Several of the new participants this term enrolled in the program after it was recommended to them by a fellow caregiver of a current participant. Parents and caregivers continue to get more involved with the program each week, participating in games and engaging with their child newfound interests.

The Murray Bridge Playing for All program was also recognised during the Rural City of Murray Bridge International Day for People with a Disability where they received a Certificate of Commendation under the Accessibility Recognition Awards.



# Stats & Stories #28

- EASY MOVES FOR ACTIVE AGEING TERM 4 - 18 OCTOBER TO 6 DECEMBER 2023 -

*A gentle exercise class following Active Ageing Australia Easy Moves program that is suitable for older people who are keen to keep their minds active and body moving.*

## EFFECTIVENESS

Which focus area did this initiative aim to address?

- PROMOTING PHYSICAL ACTIVITY
- ENCOURAGING WELLBEING THROUGH HEALTHY EATING
- CREATING OPPORTUNITIES FOR SOCIAL CONNECTION
- IMPROVING MENTAL WELLBEING AND RESILIENCE

DELIVERY PARTNERS -

Murray Bridge Community Centre (MBCCI)

ANY ADDITIONAL AIMS?

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET 4

WHY WAS THIS SCORE GIVEN?

The participants continue to enjoy attending and participating in the program.

## EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

40 attendances from 10 participants

% OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN A WELLBEING HUB ACTIVITY BEFORE 50%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CHILDREN (0-12 YEARS)
- OLDER PEOPLE
- GENERAL POPULATION
- ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES
- YOUNG PEOPLE (13-18 YEARS)
- FAMILIES (ATTENDING AS ONE)
- PEOPLE WITH A DISABILITY
- CULTURALLY & LINGUISTICALLY DIVERSE/MIGRANT COMMUNITIES
- OTHER (PLEASE NOTE)

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED PRIORITY POPULATION GROUPS 4

WHY WAS THIS SCORE GIVEN?

There were some new faces who joined the program this term however attendance numbers continues to be primarily made up of ongoing participants from previous terms.

## EFFICIENCY

The outputs - time, money and resources spent on initiative

HOW MUCH TIME WAS SPENT ON ORGANISING THIS INITIATIVE?



HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?

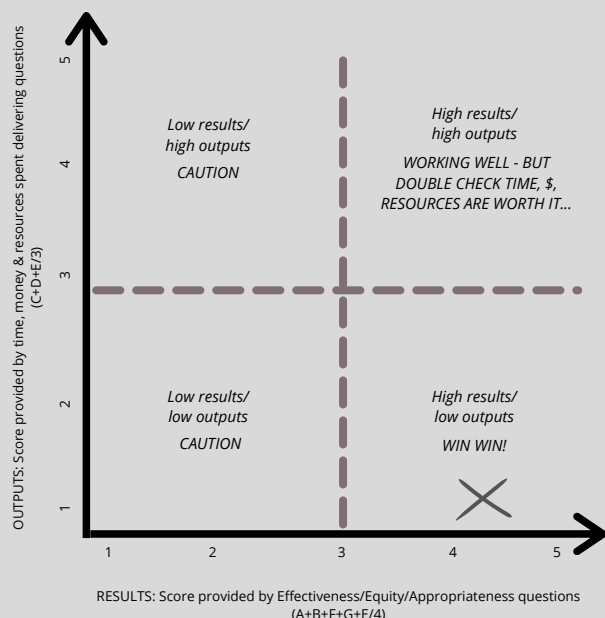


COMMENTS

Program continues to be straight forward to deliver and cost friendly as much of the required work was completed during the previous terms.

## OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



# ACCEPTABILITY

Was the initiative carried out in a sensitive way?

WHAT WORKED WELL ABOUT THIS INITIATIVE?

## TEAM OBSERVATIONS

Some of the participants have formed positive friendships with each other. Before the sessions they will chat about their weekends or go out for coffee when the class is complete.

WHAT COULD BE IMPROVED NEXT TIME?

## TEAM OBSERVATIONS

Over the summer break the facilitator has enrolled in additional training modules to provide new movements to the class next year.

# APPROPRIATENESS

How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

IMPACT OF INITIATIVE **DIRECTLY AFTER** EVENT (WITHIN 24 HOURS)

5 people invited to participate in evaluation

5 people participated in evaluation

100 % response rate

QUESTIONS ASKED TO EVALUATE APPROPRIATENESS -

*Did today's session make you feel more confident in your ability to stay active?  
1 - Not at all, 2 - Not much, 3 - Not sure, 4 - A little bit, 5 - A lot. Why?*

AVERAGE SCORE

5.0

PARTICIPANT COMMENTS ON HOW THE INITIATIVE CONTRIBUTED TO THEIR **IMMEDIATE** WELLBEING -

*'We do similar sessions at the village, but I like that this one is in person and not just a video'  
'Thank you for running these sessions, I have thoroughly enjoyed them. I look forward to seeing you next year'*

## GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

This initiative has been well received and attended by the target population.

On one occasion the program was cancelled last minute due to limited numbers. The facilitator and participants took the opportunity to have a coffee and chat together. This was well received by the participants as it was an additional social opportunity.

The Wellbeing Hub Project Officer is in the process of identifying an additional facilitator to assist with running these sessions in 2024.



# Stats & Stories #29

- LETS PLAY WITH MUSIC TERM 4 - 27 OCTOBER TO 7 DECEMBER 2023 -

*A music based program for caregivers and their little ones to build confidence and social connections between child, caregivers and other families.*

## EFFECTIVENESS

Which focus area did this initiative aim to address?

- PROMOTING PHYSICAL ACTIVITY
- ENCOURAGING WELLBEING THROUGH HEALTHY EATING
- CREATING OPPORTUNITIES FOR SOCIAL CONNECTION
- IMPROVING MENTAL WELLBEING AND RESILIENCE

DELIVERY PARTNERS -

Murray Bridge Community Centre (MBCCI) and The Haven

ANY ADDITIONAL AIMS?

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET

5

WHY WAS THIS SCORE GIVEN?

This initiative continues to be well loved by the whole community, including both participants, families and other service providers.

## EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

178 attendances (by 98 children and 80 adults) from 17 families

% OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN A WELLBEING HUB ACTIVITY BEFORE

30%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CHILDREN (0-12 YEARS)
- OLDER PEOPLE
- GENERAL POPULATION
- ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES
- YOUNG PEOPLE (13-18 YEARS)
- FAMILIES (ATTENDING AS ONE)
- PEOPLE WITH A DISABILITY
- CULTURALLY & LINGUISTICALLY DIVERSE/MIGRANT COMMUNITIES

OTHER (PLEASE NOTE) Caregivers and grandparents

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED PRIORITY POPULATION GROUPS

5

WHY WAS THIS SCORE GIVEN?

Sessions are attended at near capacity each week, with additional stations needing to be set up for last minute attendees.

## EFFICIENCY

The outputs - time, money and resources spent on initiative

HOW MUCH TIME WAS SPENT ON ORGANISING THIS INITIATIVE?



HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?

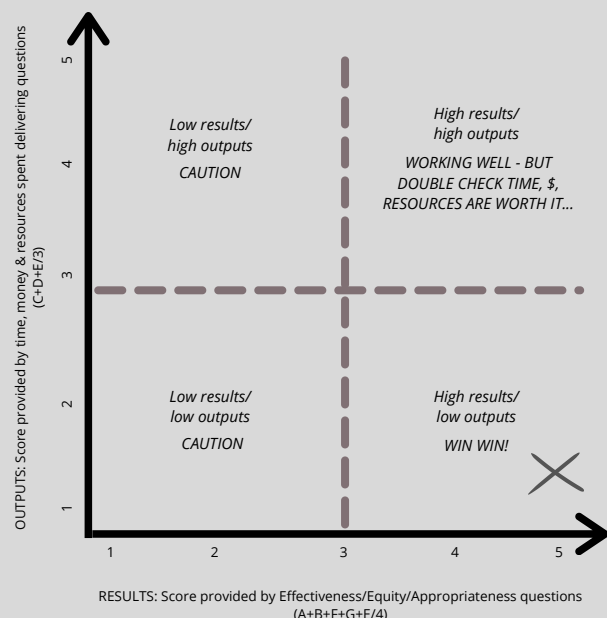


COMMENTS

Minimal resources and costs required to continue the program for Term 4.

## OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



# ACCEPTABILITY

## Was the initiative carried out in a sensitive way?

### WHAT WORKED WELL ABOUT THIS INITIATIVE?

#### TEAM OBSERVATIONS

Participants continue to enjoy the program and most attend almost every week. Many of the new participants this term were recommended the program by other parents or by a local service providers.

### WHAT COULD BE IMPROVED NEXT TIME?

#### TEAM OBSERVATIONS

The single school holiday session was well received again, however these sessions are quite hectic. Having an additional staff member present for future sessions may be beneficial.

# APPROPRIATENESS

## How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

### IMPACT OF INITIATIVE DIRECTLY AFTER EVENT (WITHIN 24 HOURS)

9 people invited to participate in evaluation

9 people participated in evaluation

100 % response rate

### QUESTIONS ASKED TO EVALUATE APPROPRIATENESS -

*How connected (spent quality time together, enjoyed being together) do you feel to your child after today?  
1 - Not at all, 2 - Not much, 3 - Not sure, 4 - A little bit, 5 - A lot. Why?*

AVERAGE SCORE

5.0

### PARTICIPANT COMMENTS ON HOW THE INITIATIVE CONTRIBUTED TO THEIR IMMEDIATE WELLBEING -

*'He was singing so loud by the end of the session'*

*'Something any age can enjoy'*

*'Enjoy spending this time with my grandchildren before they head off to school'*

*'I am new to the area and it was a great session. The facilitator had so much energy.'*

## GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

The fruit snack time after the session has become a great opportunity for parents to connect and engage with each other. Many parents use this time as an opportunity to share information with each other and coordinate potential playdates between their children.

Incorporating some new songs or having a rotation of songs may assist in keeping parents/caregivers and children engagement.

The program is scheduled to continue in 2024.



# MURRAY BRIDGE WELLBEING HUB PROCESS & IMPACT EVALUATION

## Stats & Stories #30

- KIDS BOOK CLUB - 31 OCTOBER TO 12 DECEMBER 2023 -

For children who would like to go on a reading adventure with some fellow book worms! No set books, just read a book on topic and come hang out!

### EFFECTIVENESS

Which focus area did this initiative aim to address?

- PROMOTING PHYSICAL ACTIVITY
- ENCOURAGING WELLBEING THROUGH HEALTHY EATING
- CREATING OPPORTUNITIES FOR SOCIAL CONNECTION
- IMPROVING MENTAL WELLBEING AND RESILIENCE

DELIVERY PARTNERS -

Murray Bridge Library and Children's University Adelaide.

ANY ADDITIONAL AIMS?

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET

3

WHY WAS THIS SCORE GIVEN?

The participation numbers were poor however those who did attend enjoyed the program.

### EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

4 attendances from 1 participant

% OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN A WELLBEING HUB ACTIVITY BEFORE

100%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CHILDREN (0-12 YEARS)
- OLDER PEOPLE
- GENERAL POPULATION
- ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES
- YOUNG PEOPLE (13-18 YEARS)
- FAMILIES (ATTENDING AS ONE)
- PEOPLE WITH A DISABILITY
- CULTURALLY & LINGUISTICALLY DIVERSE/MIGRANT COMMUNITIES
- OTHER (PLEASE NOTE)

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED PRIORITY POPULATION GROUPS

3

WHY WAS THIS SCORE GIVEN?

The participants were engaged with the program however overall attendance was low.

### EFFICIENCY

The outputs - time, money and resources spent on initiative

HOW MUCH TIME WAS SPENT ON ORGANISING THIS INITIATIVE?



HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?

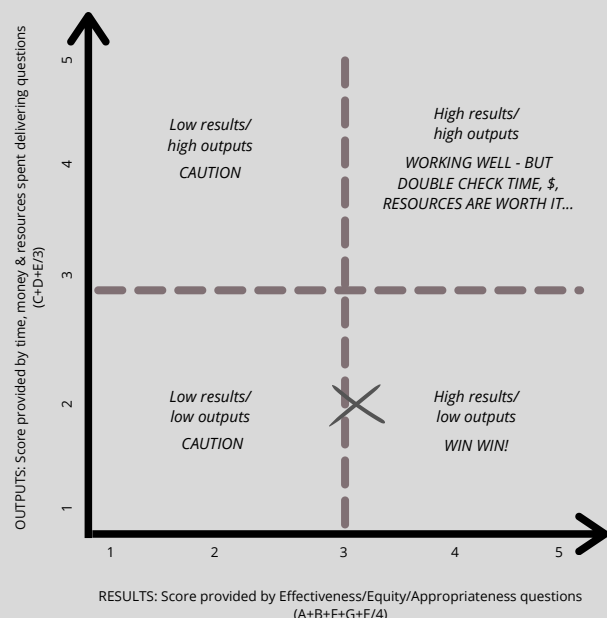


COMMENTS

Locating a facilitator and finding a suitable time and day for the program to be hosted at the library was extremely time consuming.

### OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



# ACCEPTABILITY

Was the initiative carried out in a sensitive way?

WHAT WORKED WELL ABOUT THIS INITIATIVE?

## TEAM OBSERVATIONS

Having a 'theme' of book vs a specific book to read each week provided flexibility to the participants and allowed them to choose a book that interested them. Additionally, by partnering with the Children's University Adelaide participants were able to claim the programs hours within their log books.

WHAT COULD BE IMPROVED NEXT TIME?

## TEAM OBSERVATIONS

Even with extensive social media and marketing to schools and the local home schooling network, only 1 child participated in the program.

# APPROPRIATENESS

How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

IMPACT OF INITIATIVE **DIRECTLY AFTER** EVENT (WITHIN 24 HOURS)

1 people invited to participate in evaluation

1 people participated in evaluation      100 % response rate

QUESTIONS ASKED TO EVALUATE APPROPRIATENESS -

*How much did you enjoy reading books with others?*

1 - Not at all, 2 - Not much, 3 - Not sure, 4 - A little bit, 5 - A lot. Why?

AVERAGE SCORE

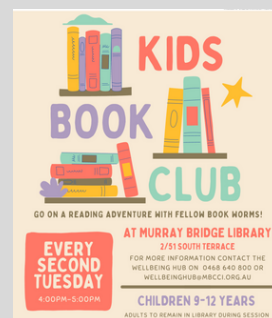
4

PARTICIPANT COMMENTS ON HOW THE INITIATIVE CONTRIBUTED TO THEIR **IMMEDIATE** WELLBEING -

*'I like coming and talking to Michelle and Bridgette, but I wish there was more kids'*

# GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

Whilst there was positive feedback and support for the initiative online, this did not translate into participant numbers. The participant enjoyed the opportunity to engage with the Murray Bridge Library staff and gain an understanding as to how the library works (i.e. how to borrow books from other libraries within the state or how to understand the Dewey Decimal Classification). However, the child was unable to interact with other children their own age as they were the only participant.





## Appendix 2: Chats about Change

# Chats about Change #1

- MURRAYLANDS MULTICULTURAL YUNTU-WALUN FESTIVAL - 19 MARCH 2023 -

*The Murray Bridge Wellbeing Hub in collaboration with the Murray Bridge Community Centre and The Haven held a stall at the Murraylands Multicultural Yuntu-Walun Festival. The purpose was to promote the launch of the Wellbeing Hub, upcoming initiatives and to provide an opportunity to hear feedback from the general public.*

## Which focus area did this initiative aim to address?

- PROMOTING PHYSICAL ACTIVITY
- ENCOURAGING WELLBEING THROUGH HEALTHY EATING
- CREATING OPPORTUNITIES FOR SOCIAL CONNECTION
- IMPROVING MENTAL WELLBEING AND RESILIENCE

## Which key target audiences is this initiative targeting?

- |   |   |
|---|---|
| <input type="checkbox"/> CHILDREN (0-12 YEARS)                                    | <input type="checkbox"/> YOUNG PEOPLE (13-18 YEARS)   |
| <input type="checkbox"/> OLDER PEOPLE   | <input checked="" type="checkbox"/> FAMILIES (AS ONE)   |
| <input checked="" type="checkbox"/> GENERAL POPULATION                            | <input type="checkbox"/> PEOPLE WITH A DISABILITY   |
| <input checked="" type="checkbox"/> ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES | <input checked="" type="checkbox"/> CULTURALLY AND LINGUISTICALLY DIVERSE/MIGRANT COMMUNITIES |
| <input type="checkbox"/> OTHER (PLEASE NOTE)                                      |   |

## Background: What issue is this work attempting to address?

*This was an opportunity to engage with the local Culturally and Linguistically Diverse and Aboriginal and Torres Strait Islander communities and to promote the Murray Bridge Wellbeing Hub as an accessible and inclusive place for all members of the Murray Bridge community. The Murraylands Multicultural Yuntu-Walun Festival is a wonderful event which brings together a diverse ranges of community members and services.*

## Objectives: What specific activities will occur as part of this piece of work that will directly impact local people's wellbeing?

*The Festival provided an opportunity to promote the new Murray Bridge Wellbeing Hub to the community, increase awareness about the forthcoming Wellbeing Week and increase awareness about new wellbeing initiatives available to the community. The Wellbeing Hub hosted a stall with flyers and resources. The Wellbeing Hub, Murray Bridge Community Centre and the Haven also was featured in an online interview with Kidlat Balita TV Online.*

## People & Partners: Who was involved in this initiative? Include local partners, volunteers or participants. Provide as much detail as possible.

*Murraylands Multicultural Yuntu-Walun Festival, Murray Bridge Community Centre, The Haven and 2x Haven Volunteers.*

## Challenges: What have been the key challenges to making this initiative a success?

*Due to the high river level, the event was moved from its traditional locations to a smaller space which had a slight impact on numbers. In the future, having something to give away at the stall may encourage more people to come over and interact.*

## Impact: What evidence have staff or community members witnessed that demonstrates the impact that this work has had/or is likely to have?

*The stall had positive engagement from both the community and other service providers who attended the festival. Many people were interested in the upcoming Wellbeing Week activities and the Term 2 Community Wellbeing Calendar.*

## Reach: How many community members are likely to be impacted by this change?

*Estimated 100-150 people.*

# Chats about Change #2

- COMMUNITY WELLBEING CALENDAR - TERM 2 2023 -

*A term-based community calendar highlighting the regular wellbeing activities occurring within the Rural City of Murray Bridge.*

## Which focus area did this initiative aim to address?

- PROMOTING PHYSICAL ACTIVITY
- ENCOURAGING WELLBEING THROUGH HEALTHY EATING
- CREATING OPPORTUNITIES FOR SOCIAL CONNECTION
- IMPROVING MENTAL WELLBEING AND RESILIENCE

## Which key target audiences is this initiative targeting?

- CHILDREN (0-12 YEARS)
- OLDER PEOPLE
- GENERAL POPULATION
- ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES
- OTHER (PLEASE NOTE)
- YOUNG PEOPLE (13-18 YEARS)
- FAMILIES (AS ONE)
- PEOPLE WITH A DISABILITY
- CULTURALLY AND LINGUISTICALLY DIVERSE/MIGRANT COMMUNITIES

## Background: What issue is this work attempting to address?

*During the Wellbeing Hub community consultation process, multiple organisations and community members commented that it can be very difficult to know what wellbeing related activities are happening in the community. Consultation respondents also commented that it is confusing and hard to know what programs are open to the general public.*

## Objectives: What specific activities will occur as part of this piece of work that will directly impact local people's wellbeing?

*The Community Wellbeing Calendar collated the regular activities occurring in the Murray Bridge area that are low or no cost, do not require a referral and are open to the general community. The calendar was displayed on the Murray Bridge Community Centre and the Rural City of Murray Bridge websites and shared via their social media platforms. The calendar was also distributed via the Wellbeing Hub mailing list and hard copies provided to local services.*

## People & Partners: Who was involved in this initiative? Include local partners, volunteers or participants. Provide as much detail as possible.

*Collaboration of programs from the following local organisations: Rural City of Murray Bridge, Wellbeing SA, Learning Together Murray Bridge, Tailem Bend Community Centre, Murraylands Gymnastics Academy, headspace Murray Bridge, Tinyeri Children's Centre, Genuine Support Services Australia, Murray Bridge Library, The Haven, Murraylands Migrant Resource Centre and The Station.*

## Challenges: What have been the key challenges to making this initiative a success?

*Ensuring the information was correct and finding the correct contact person for each of the programs was initially difficult and time consuming. However, this process will be easier for future calendars.*

## Impact: What evidence have staff or community members witnessed that demonstrates the impact that this work has had/or is likely to have?

*The Community Wellbeing Calendar had extremely positive reception from the community and local services. The initial post on the Murray Bridge Community Centre Facebook page was shared 24 times and engaged over 550 accounts. Its estimated reach was approx. 4,800 Facebook accounts.*

## Reach: How many community members are likely to be impacted by this change?

*Estimated 700-800 people.*

# Chats about Change #3

- COMMUNITY WELLBEING CALENDAR - TERM 3 2023 -

*A term-based community calendar highlighting the regular wellbeing activities occurring within the Rural City of Murray Bridge.*

## Which focus area did this initiative aim to address?

- PROMOTING PHYSICAL ACTIVITY
- ENCOURAGING WELLBEING THROUGH HEALTHY EATING
- CREATING OPPORTUNITIES FOR SOCIAL CONNECTION
- IMPROVING MENTAL WELLBEING AND RESILIENCE

## Which key target audiences is this initiative targeting?

- |  |  |
|--|--|
| <input type="checkbox"/> CHILDREN (0-12 YEARS)                         | <input type="checkbox"/> YOUNG PEOPLE (13-18 YEARS)                                |
| <input type="checkbox"/> OLDER PEOPLE                                  | <input type="checkbox"/> FAMILIES (AS ONE)   |
| <input checked="" type="checkbox"/> GENERAL POPULATION                 | <input type="checkbox"/> PEOPLE WITH A DISABILITY                                  |
| <input type="checkbox"/> ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES | <input type="checkbox"/> CULTURALLY AND LINGUISTICALLY DIVERSE/MIGRANT COMMUNITIES |
| <input type="checkbox"/> OTHER (PLEASE NOTE)                           |  |

## Background: What issue is this work attempting to address?

*To increase community awareness of wellbeing programs within the Rural City of Murray Bridge.*

## Objectives: What specific activities will occur as part of this piece of work that will directly impact local people's wellbeing?

*The Community Wellbeing Calendar collated the regular activities occurring in the Murray Bridge area that are low or no cost, do not require a referral and are open to the general community. The calendar was displayed on the Murray Bridge Community Centre and the Rural City of Murray Bridge websites and shared via their social media platforms. The calendar was also distributed via the Wellbeing Hub mailing list and hard copies provided to local services.*

## People & Partners: Who was involved in this initiative? Include local partners, volunteers or participants. Provide as much detail as possible.

*Collaboration of programs from the following local organisations: The Haven, Fraser Park Primary School, Reclink South Australia, The Square Community Centre, Kangatraining Murraylands & Surrounds, Special Olympics, Learning Together Community, Tailem Bend Community Centre, Murraylands Gymnastics Academy, Tinyeri Children's Centre, The Station, Murray Bridge Library, headspace Murray Bridge, Bridge Bowl, Murraylands Migrant Resource Centre, Genuine Support Services Australia, ac.care, Moondi and parkrun.*

## Challenges: What have been the key challenges to making this initiative a success?

*Much of the initial work and relationship building was complete in Term 2 however ensuring the information was still up to date was time consuming.*

## Impact: What evidence have staff or community members witnessed that demonstrates the impact that this work has had/or is likely to have?

*Printed copies of Community Wellbeing Calendar has been displayed across a range of organisations including locals GPs, school newsletters and small businesses. The initial post on the Murray Bridge Community Centre Facebook page was shared 14 times and engaged over 640 accounts. Its estimated reach was approx. 3,050 Facebook accounts. There has also been an increase in the number of service providers requesting for their programs to be included, demonstrating that people feel that it is effective.*

## Reach: How many community members are likely to be impacted by this change?

*Estimated 750-900 people.*

# Chats about Change #4

- RUOK? CONVERSATION CONVOY - 26 OCTOBER 2023 -

A community BBQ hosted by the RUOK? Day team in collaboration with the Murray Bridge Suicide Prevention Network and the Murray Bridge Wellbeing Hub.

## Which focus area did this initiative aim to address?

- PROMOTING PHYSICAL ACTIVITY
- ENCOURAGING WELLBEING THROUGH HEALTHY EATING
- CREATING OPPORTUNITIES FOR SOCIAL CONNECTION
- IMPROVING MENTAL WELLBEING AND RESILIENCE

## Which key target audiences is this initiative targeting?

- CHILDREN (0-12 YEARS)
- OLDER PEOPLE
- GENERAL POPULATION
- ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES
- OTHER (PLEASE NOTE)
- YOUNG PEOPLE (13-18 YEARS)
- FAMILIES (AS ONE)
- PEOPLE WITH A DISABILITY
- CULTURALLY AND LINGUISTICALLY DIVERSE/MIGRANT COMMUNITIES

## Background: What issue is this work attempting to address?

The RUOK? Conversation Convoy travels across regional Australia to help community learn more about having meaningful conversations with their friends, families and colleagues surrounding mental health and suicide prevention.

## Objectives: What specific activities will occur as part of this piece of work that will directly impact local people's wellbeing?

To increase awareness of the RUOK? Day messaging and provide the Murray Bridge community with the tools to be able to start meaningful conversations with those around them. Additionally, to highlight where local support can be found (i.e. headspace, the Chatty Cafe and Skylight Mental Health).

## People & Partners: Who was involved in this initiative? Include local partners, volunteers or participants. Provide as much detail as possible.

RUOK? Day, Murray Bridge Suicide Prevention Network, The Haven, Murray Bridge Community Centre and ac.care.

## Challenges: What have been the key challenges to making this initiative a success?

Ensuring the event was well promoted to the community and the atmosphere was inviting to entice people to attend.

## Impact: What evidence have staff or community members witnessed that demonstrates the impact that this work has had/or is likely to have?

The event was a huge success and the overall feedback was excellent. There was a great mix of both services and local community members in attendance. The convoy set up was amazing, creating a positive, casual and welcoming environment for the general public. Being in the heart of the CBD made the event accessible to those who were working.

## Reach: How many community members are likely to be impacted by this change?

Estimated 100-120 people



# Chats about Change #5

- HERE IF YOU NEED CARD - 22 SEPTEMBER 2023 -

*A handy pocket-size card with the contact details for youth support services available in the Rural City of Murray Bridge and surrounding region.*

## Which focus area did this initiative aim to address?

- PROMOTING PHYSICAL ACTIVITY
- ENCOURAGING WELLBEING THROUGH HEALTHY EATING
- CREATING OPPORTUNITIES FOR SOCIAL CONNECTION
- IMPROVING MENTAL WELLBEING AND RESILIENCE

## Which key target audiences is this initiative targeting?

- CHILDREN (0-12 YEARS)
- OLDER PEOPLE
- GENERAL POPULATION
- ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES
- OTHER (PLEASE NOTE)
- YOUNG PEOPLE (13-18 YEARS)
- FAMILIES (AS ONE)
- PEOPLE WITH A DISABILITY
- CULTURALLY AND LINGUISTICALLY DIVERSE/MIGRANT COMMUNITIES

*People who work with young people and their families*

## Background: What issue is this work attempting to address?

*The 'Here If You Need' card was created to highlight and promote relevant mental health and wellbeing services accessible to young people in the Murray Bridge area. The cards targeted both young people, their families, the general community and the services who work alongside young people and their families.*

## Objectives: What specific activities will occur as part of this piece of work that will directly impact local people's wellbeing?

*The aim was to create a resource that would address the identified gap surrounding a lack of awareness of the mental health services available to young people within the Murray Bridge area. Once the cards were designed and printed, the cards were then distributed and promoted throughout the community.*

## People & Partners: Who was involved in this initiative? Include local partners, volunteers or participants. Provide as much detail as possible.

*The development of the cards was a joint project between the Murray Bridge Wellbeing Hub, The Station and Planet Youth Murray Bridge. Feedback on the card content and design was provided by local young people involved in the Rural City of Murray Bridge Youth Council and Youth Action Committee. The card was designed by BlankSpace Studio and printed by Print City.*

## Challenges: What have been the key challenges to making this initiative a success?

*Ensuring the information in the card was accurate, relevant, suitable and appealing to young people and that the information was designed in a manner in which the card didn't become out of date the moment it was printed.*

## Impact: What evidence have staff or community members witnessed that demonstrates the impact that this work has had/or is likely to have?

*The card has been extremely well received by the community, with all 750 copies being distributed within the first 6 weeks. Card recipients include: headspace, Mission Australia, Department for Education, Novita, Skylight, Migrant Resource Centre, Standby County SA, local schools and local small businesses. All local SAPOL patrol officers have a copy in their notebook and a link to the online version has been placed on their intranet. Multiple organisations have asked for additional copies resulting in a reprint of 1000 additional copies.*

## Reach: How many community members are likely to be impacted by this change?

*750-1000 people*

# Chats about Change #6

- COMMUNITY WELLBEING CALENDAR - TERM 4 2023 -

*A term-based community calendar highlighting the regular wellbeing activities occurring within the Rural City of Murray Bridge.*

## Which focus area did this initiative aim to address?

- PROMOTING PHYSICAL ACTIVITY
- ENCOURAGING WELLBEING THROUGH HEALTHY EATING
- CREATING OPPORTUNITIES FOR SOCIAL CONNECTION
- IMPROVING MENTAL WELLBEING AND RESILIENCE

## Which key target audiences is this initiative targeting?

- |  |  |
|--|--|
| <input type="checkbox"/> CHILDREN (0-12 YEARS)                         | <input type="checkbox"/> YOUNG PEOPLE (13-18 YEARS)                                |
| <input type="checkbox"/> OLDER PEOPLE                                  | <input type="checkbox"/> FAMILIES (AS ONE)   |
| <input checked="" type="checkbox"/> GENERAL POPULATION                 | <input type="checkbox"/> PEOPLE WITH A DISABILITY                                  |
| <input type="checkbox"/> ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES | <input type="checkbox"/> CULTURALLY AND LINGUISTICALLY DIVERSE/MIGRANT COMMUNITIES |
| <input type="checkbox"/> OTHER (PLEASE NOTE)                           |  |

## Background: What issue is this work attempting to address?

*To increase community awareness of wellbeing programs within the Rural City of Murray Bridge.*

## Objectives: What specific activities will occur as part of this piece of work that will directly impact local people's wellbeing?

*The Community Wellbeing Calendar collated the regular activities occurring in the Murray Bridge area that are low or no cost, do not require a referral and are open to the general community. The calendar was displayed on the Murray Bridge Community Centre and the Rural City of Murray Bridge websites and shared via their social media platforms. The calendar was also distributed via the Wellbeing Hub mailing list and hard copies provided to local services.*

## People & Partners: Who was involved in this initiative? Include local partners, volunteers or participants. Provide as much detail as possible.

*Collaboration of programs from the following local organisations: The Haven, Fraser Park Primary School, Reclink South Australia, The Square Community Centre, Kangatraining Murraylands & Surrounds, Special Olympics, Learning Together Community, Tailem Bend Community Centre, Murraylands Gymnastics Academy, Tinyeri Children's Centre, The Station, Murray Bridge Library, headspace Murray Bridge, Bridge Bowl, Murraylands Migrant Resource Centre, Genuine Support Services Australia, ac.care, Music All Abilities, Tyndale Christian School, Moondi and parkrun.*

## Challenges: What have been the key challenges to making this initiative a success?

*Making sure the calendar is still engaging for the target population and that it remains up to date.*

## Impact: What evidence have staff or community members witnessed that demonstrates the impact that this work has had/or is likely to have?

*Printed copies of the Community Wellbeing Calendar have been displayed throughout the community at local cafes, service providers and playgroups. Services are now enquiring when the new calendar will be released to ensure they are up to date with what is going on. Additionally, other service providers are using the calendar to promote/encourage their clients to attend various programs in the community.*

## Reach: How many community members are likely to be impacted by this change?

*Estimated 700-800 people.*

## **Appendix 3: Medium Term Impact Evaluation**



# MURRAY BRIDGE WELLBEING HUB

## 6 Monthly Evaluation Findings

December 2023



*This is a joint project between the Rural City of Murray Bridge, the Murray Bridge Community Centre and Wellbeing SA*



Wellbeing SA



## Background

Established in March 2023, the Murray Bridge Wellbeing Hub aims to work in partnership to support wellbeing through enabling opportunities to connect, learn, share and grow.

In partnership with Wellbeing SA, the Rural City of Murray Bridge (RCMB), the Murray Bridge Community Centre (MBCCI), local communities and service providers the Wellbeing Hub supports positive health and wellbeing outcomes.

## Focus areas

The Murray Bridge Wellbeing Hub focuses on four areas:

- Creating opportunities for social connection
- Promoting physical activity
- Encouraging wellbeing through healthy eating
- Improving mental wellbeing and resilience

## Target audiences

The Murray Bridge Wellbeing Hub has five target audiences:

- Children, young people and their families
- Older people
- People living with disability
- Culturally and linguistically diverse community
- Aboriginal and Torres Strait Islander community

## Overview and Methodology

In November 2023, the Murray Bridge Wellbeing Hub undertook a 6 monthly evaluation to gather information on the medium-term impact of Wellbeing Hub initiatives. This was completed using two methods to gain feedback from participants and community partners.

## Participant Feedback

<b>Method</b>	Survey
<b>Purpose</b>	To evaluate the impact of the Murray Bridge Wellbeing Hub on initiative participants
<b>Responses (completed surveys)</b>	42 responses Some partially completed survey responses are included
<b>Data collection period</b>	14 November to 24 November 2023
<b>Data collection method</b>	Online survey hosted on SurveyMonkey - Hard copy (then entered into SurveyMonkey) - Anonymous link via email
<b>Promotion</b>	Email to the Murray Bridge Wellbeing Hub participant mailing list Social media posts on the Murray Bridge Community Centre Facebook page Social media posts on the Rural City of Murray Bridge Facebook and Instagram page Flyers with QR codes to online survey displayed at the Murray Bridge Community Centre and The Square Community Centre. See appendix 2
<b>Incentive</b>	Prize draw for 3 x \$50 Murray Bridge Farm Fresh vouchers
<b>Target Audience</b>	Participants of the Murray Bridge Wellbeing Hub
<b>Questions</b>	16 questions (8 multiple choice and 8 free comments) See appendix 3

## Community Partners Feedback

<b>Method</b>	Focus group
<b>Purpose</b>	To evaluate the impact of the Murray Bridge Wellbeing Hub
<b>Responses (attendance)</b>	27 attendances from 20 community organisations/groups. See appendix 4.
<b>Data collection period</b>	Tuesday 21 November 2023 (in-person focus group) Tuesday 28 November to Wednesday 6 December 2023 online SurveyMonkey
<b>Data collection method</b>	In-person 1 hour focus group hosted at The Square Community Centre Online survey hosted on SurveyMonkey
<b>Promotion</b>	Targeted email invitations
<b>Incentive</b>	Networking opportunity and a small healthy lunch
<b>Target audience</b>	Previous, current and potential community partners of the Murray Bridge Wellbeing Hub
<b>Questions</b>	6 questions (free comments) No survey responses were received indicating focus group was an effective method. See appendix 5

## Participant Survey Findings

A total of 42 survey responses were collected between 14 November and 24 November 2023. 92.8% of respondents resided within the Rural City of Murray Bridge. Respondents ages ranged from 0-5 years through to 61 years and above. The majority (50%) of respondents were aged 19-39 years, 30.9% aged 40-60 years, 19% aged 61 years and above, 11.9% aged 0-5 years and 7.1% aged 6-12 years.

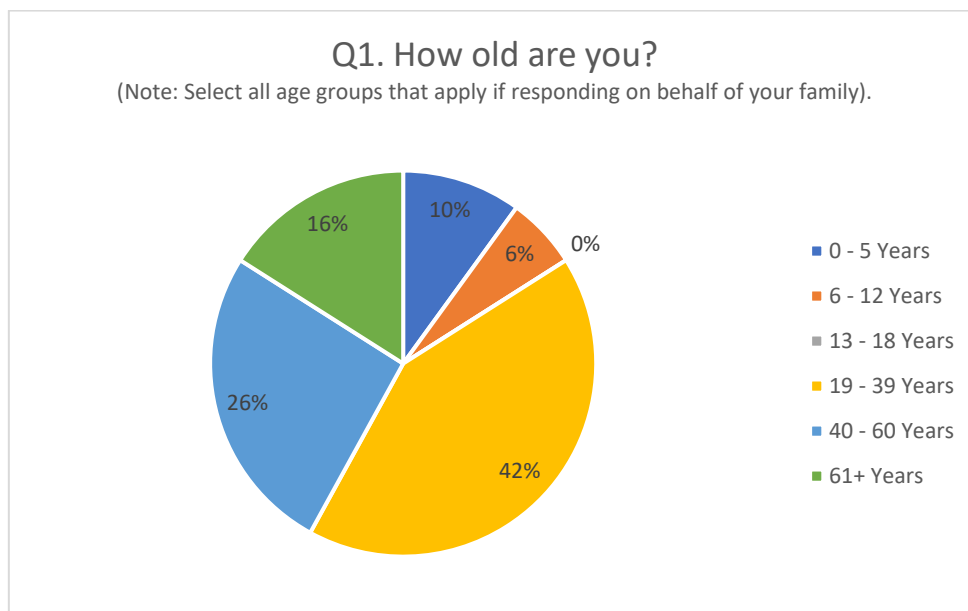


Table 1: Percentage of survey respondents ages.

Survey respondents may have completed the survey on behalf of family members who participated in Wellbeing Hub initiatives. Therefore, the statistics provided may not accurately represent the ages of initiative participants. It is also important to note that there were no survey responses from the 13-18 year age group.

On average, 97.6% of respondents were happy or very happy with the Wellbeing Hub and the majority (95.2%) of respondents agree or strongly agree that the Wellbeing Hub helped them to improve their overall wellbeing.

Let's Play with Music (33.3%), the Wellbeing Walk (23.8%) and the R U OK? Conversation Convoy (16.7%) were the initiatives respondents participated in or valued the most.

Respondents who strongly agree or somewhat agree the Wellbeing Hub has helped them/their family by:

- Creating opportunities for social connection (97.6%)
- Promoting physical activity (87.9%)
- Encouraging wellbeing through healthy eating (59%)
- Improving mental wellbeing and resilience (85%)

Common themes that have influenced these positive outcomes include access to different programs, social interaction, quality time with others, friendly and welcoming staff/facilitators and encouraging movement.

Survey respondents expressed strong appreciation for many of the initiatives, yet also highlighted specific areas for improvement, including:

- Stronger promotion of activities through various mediums
- Having regular programs on different days and/or times
- Providing some variation within the regular programs (i.e. different songs, movements, routes)
- More school holidays activities
- Initiatives that are tailored for young people

Mental wellbeing exercises that people could do in their own time and opportunities to be outdoors/in nature were identified as important areas of wellbeing the Wellbeing Hub may currently be missing.

Potential important areas of the wellbeing that participants felt the Wellbeing Hub was currently missing included

- Mental wellbeing exercises that participants could do in their own time
- Increased opportunities to be outdoors/ in nature

Respondents either completely agreed or agreed that the following areas were important to them:

- Creating opportunities for social connection (90.1%)
- Promoting physical activity (90.1%)
- Encouraging wellbeing through healthy eating (82.5%)
- Improving mental wellbeing and resilience (92.5%)

Respondents preferred method of promoting program and activities was on Facebook via the MBCCI and RCMB pages and on the 'Murray Bridge Community Chat' page, flyers at local cafes, the library and at businesses in the main street.

See Appendix 1 for Participant Feedback Infographic

## **Community Partners Focus Group Findings**

On Tuesday 21 November 2023, an in-person focus group was held at The Square Community Centre. The session was expertly facilitated by Wellbeing SA with a total of 27 attendances from 20 community organisations/groups. Focus group participants identified several strengths, areas for improvement and opportunities for future considerations. These are captured below.

### **Key Strengths**

#### **Communication and marketing**

The Murray Bridge Wellbeing Hub has a clear and consistent communication and marketing strategy. The Community Wellbeing Calendar is '*clear, colourful and focused on a variety of services and activities*'. Several participants commented that the high-quality presentation of the Wellbeing Hub's flyers has encouraged them to step up their own communication strategy, as they recognise the positive impact this can have on community engagement.

#### **Partnerships and initiatives**

The Wellbeing Hub has '*addressed identified gaps quickly and smoothly within the community*'. There is a dynamic range of initiatives available to suit a wide range of people. The Wellbeing Hub has highlighted to community organisations the importance of partnerships, including how sharing resources and knowledge can enact positive change and expand the range of opportunities available to the community.

#### **Connection point for local service providers and the community**

The Community Wellbeing Calendar and the extensive networking undertaken by the Wellbeing Hub Project Officer during 2023 has established the Wellbeing Hub as a 'connection point'. The Wellbeing Hub has become a 'point of call' for local service providers and the community. Specifically, the Wellbeing Hub Community Wellbeing Calendar has enabled local service providers to develop an in depth understanding of what is available within the community and how to connect their service users to wellbeing initiatives.

#### **Elevated the importance of a focus on wellbeing**

The establishment of the Wellbeing Hub has elevated the concept of wellbeing, and the importance of considering prevention across various areas of council and within the community. The Wellbeing Hub adopted and communicated a consistent definition of wellbeing thus contributing to building a shared understanding of wellbeing and prevention, alongside highlighting how council and community organisations can play a role in promoting community health and wellbeing.

#### **A safe and welcoming environment**

Community partners including the Suicide Prevention Network, headspace and Special Olympics SA commented that the Wellbeing Hub has developed a reputation for being a safe and welcoming place that promotes community connection and a sense of belonging. Organisations and their clients believe that the programs delivered by the Wellbeing Hub are affordable and accessible to everyone.

#### **Dedicated resourcing and Project Officer**

Financial resourcing to enable the appointment of a dedicated Wellbeing Hub Project Officer, and to support the delivery of initiatives has been integral to the success of the Wellbeing Hub. The appointment of a dedicated Wellbeing Hub Project Officer has supported the establishment of

partnerships, ensures a focus on wellbeing and prevention is maintained and enables the coordination of Wellbeing Hub implementation and evaluation.

The Program Officer received positive feedback from partners, highlighting the importance of recruiting a candidate with a deep understanding of community, a responsive approach to suggestions, and effective collaboration skills. Partners specifically identified that the Program Officers availability, flexibility in attending events at various sites, and proficiency in knowledge-sharing have significantly contributed to the success of community initiatives.

## **Opportunities For Improvement**

### **Expanded communications and marketing**

The Wellbeing Hub, whilst only established in March 2023 already 'feels established' within the community. Focus group participants indicated that in 2024 the Wellbeing Hub should consider '*large scale promotion*', i.e., radio, newsletters, local electronic noticeboards, and social media campaigns to increase reach and awareness of the Wellbeing Hub amongst the broader community.

### **Delivery location**

Several Wellbeing Hub initiatives are delivered from The Square Community Centre or within the central business district of Murray Bridge. Whilst this location is accessible to some people, many people within the community have limited access to public and private transport. Focus group participants recommended exploring ways to broaden the delivery locations and/or consider digital delivery for some initiatives.

### **Future partnerships**

Focus group participants identified the importance of ongoing partnerships with organisations that work alongside the multicultural and Aboriginal and Torres Strait Islander communities including the Murraylands Migrant Resource Centre, Moorundi and Ngarrindjeri Ruwe Empowered Communities. These partnerships will enable the Wellbeing Hub to effectively engage and connect with the Wellbeing Hub target audiences by ensuring our approach is culturally sensitive and one that fosters trust.

Furthermore, partnering with the RCMB internal economic development unit, local business and established community groups (i.e. sporting and service clubs) was identified as potentially assisting with the long-term sustainability of the Wellbeing Hub.

## **Recommendations**

Informed by the 6 monthly evaluation process, several recommendations are made for consideration by the Wellbeing Hub Project Officer and the Wellbeing Hub Operational Group to inform planning for 2024.

### **Build on established partnerships and ensure a focus on activities for teenagers**

After the success of the 'Here If You Need' card, the Wellbeing Hub has formed a positive and collaborative working relationship with The Station, Planet Youth Murray Bridge, the Rural City of Murray Bridge Youth Council and Youth Action Committee. The Wellbeing Hub will continue the positive working relationship with these respective groups, alongside additional local youth services to provide opportunities for young people within our community. This may include promoting the Wellbeing Hub through TikTok or other social media platforms and identifying ways of engaging and gathering feedback from the 13-18 year old demographic.

### **Increase the number of initiatives delivered throughout the school holidays**

Participants thoroughly enjoyed the school holiday initiatives (Playground Detectives and one-off Let's Play with Music) and would like to see more throughout the year. Providing the community with free/low cost activities during the school break will be a focus in 2024. The Murray Bridge Wellbeing Hub will network with other Wellbeing Hubs to investigate if any of their past initiatives could be adapted to the Murray Bridge community, and will liaise with the RCMB communications, events and tourism team regarding potential partnerships.

### **Expand delivery locations**

The Wellbeing Hub has an established presence and positive reputation in the centre of Murray Bridge. In 2024 there will be an increased focus on engaging outer townships of the Rural City of Murray Bridge and the Fraser Park district. These areas have limited transportation options and walkability, at times, is limited. Therefore, expanding the delivery location of Hub initiatives will increase reach, improve accessibility and provides an opportunity to activate underutilised spaces and facilities.

### **Broaden the communications and marketing of the Wellbeing Hub**

The Wellbeing Hub will identify opportunities to clearly define and expand the current communications and marketing strategy. In collaboration with the RCMB Communications Team and other relevant groups, social media campaigns will be implemented to coincide with relevant wellbeing campaigns (i.e., National Walk to School Day, Nutrition Week, Mental Health Awareness Month). Engaging with local services, small business, and schools to gain a more in-depth understanding of how to connect with and reach their audiences will also be a focus.

### **Identify and implement initiatives with a focus on encouraging wellbeing through healthy eating**

Feedback from participants and community partners for most of the Wellbeing Hub focus areas was positive however *encouraging wellbeing through healthy eating* was highlighted as an area the Wellbeing Hub could focus on in 2024. The Grow Cart, Seed Library and Recipe Cards initiatives commenced in 2023 and will be delivered and promoted in 2024. The Wellbeing Hub Project Officer will explore the feasibility of additional food related initiatives being incorporated into Wellbeing Hub initiatives throughout 2024. This will include but is not limited to supermarket tours incorporating reading food labels, healthy and affordable meal preparation classes, implementing 'Eat A Rainbow' activities and promoting National Nutrition Week.



## **Explore opportunities to implement new initiatives identified by Wellbeing Hub participants and partners**

The evaluation identified several new initiatives for consideration. These include:

- Wellbeing Welcome Packs for new residents within the Rural City of Murray Bridge
- After school activities for teens
- A Chatty Bench
- Intergenerational programs
- A Women's Shed
- Life skills sessions for young adults or the culturally and linguistically diverse community
- Expanding the focus on healthy and affordable food
- Shared training for service providers to increase understanding of stigma and discrimination and the impact of this on wellbeing
- Social enterprise opportunities e.g., the station café selling coffee and/or scones when train arrives
- Building on existing partnerships with schools and embedding content in the curriculum
- Engaging volunteers and wellbeing mentors to play a leadership role and engage the wider community
- Partnering with major businesses and employers in the region to deliver programs and initiatives

The Wellbeing Hub Project Officer will determine the feasibility of including these initiatives in the 2024 Wellbeing Hub Implementation Plan.

## **Appendix 1: Participant Survey Findings – One page overview**

# ONE-PAGE SUMMARY

MARCH 2023 TO NOVEMBER 2023

## 'A non-judgemental, supportive and safe environment'

Participant feedback

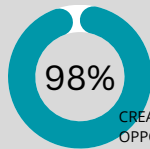
92.8%

OF PARTICIPANTS WERE FROM WITHIN THE RURAL CITY OF MURRAY BRIDGE

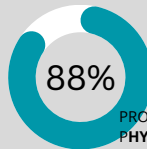


42 PARTICIPANT RESPONSES

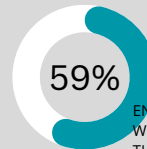
PARTICIPANTS WHO **STRONGLY AGREE** OR **SOMEWHAT AGREE**, THE WELLBEING PROGRAM HAS **HELPED THEIR FAMILY BY:**



CREATING OPPORTUNITIES FOR SOCIAL CONNECTION



PROMOTING PHYSICAL ACTIVITY



ENCOURAGING WELLBEING THROUGH HEALTHY EATING



IMPROVING MENTAL WELLBEING AND RESILIENCE

HOW OLD ARE PARTICIPANTS?

19-39

21 RESPONSES

40-60

13 RESPONSES

61+

8 RESPONSES

0-5

5 RESPONSES

6-12

3 RESPONSES

\*participants could select more than one age group

TOP 3 INITIATIVES THAT HAVE BEEN PARTICIPATED IN OR VALUED



LET'S PLAY WITH MUSIC



WELLBEING WALK

R U OK? CONVERSATION CONVOY



FACEBOOK IS THE BEST WAY TO REACH OUR COMMUNITY

HOW IMPORTANT ARE EACH OF THE FOCUS AREAS?

EXTREMELY IMPORTANT

PARTICIPANTS ARE MORE:

CONFIDENT  
SOCIAL  
CONNECTED  
SUPPORTED  
& HAPPY

ARE THERE ANY AREAS OF WELLBEING THAT ARE IMPORTANT TO YOU THAT WE HAVE MISSED?

MINDFULNESS EXERCISES

OUTDOOR PLAY

NEW RESIDENTS

FOOD LITERACY

## THANK YOU

WAS THE MOST COMMONLY SAID WORD WHEN PARTICIPANTS WERE ASKED IF THERE WAS ANY ADDITIONAL FEEDBACK THEY WOULD LIKE TO PROVIDE ABOUT THE WELLBEING HUB

THINKING ABOUT THE LAST 6 MONTHS, ON A SCALE OF 1-5, WOULD YOU AGREE THAT THE WELLBEING PROGRAM HAS HELPED TO IMPROVE YOUR OVERALL WELLBEING?

4.79

OUT OF 5



95.2%

OF PARTICIPANTS WERE HAPPY OR VERY HAPPY WITH THE WELLBEING PROGRAM

HAVING PROGRAMS ON DIFFERENT DAYS/TIMES

MORE SCHOOL HOLIDAY ACTIVITIES

INCLUDE OUTER TOWNSHIPS

BETTER VISIBILITY OF THINGS ON OFFER

WEEKEND/AFTER HOURS ACTIVITIES

PROGRAMS FOR YOUNG PEOPLE

WHAT COULD WE BE DOING DIFFERENTLY?



## 'Given my daughter confidence and social exposure'

Participant feedback

## **Appendix 2: 6 Monthly Participant Survey Flyer**

# Have Your Say!



## Murray Bridge Wellbeing Hub Participant Survey

Your feedback will help us to understand how the Wellbeing Hub is impacting you, what you value and how we can tailor the Wellbeing Hub to best suit the Rural City of Murray Bridge!



Complete the 5 minute survey  
for your chance to win **1 of 3**  
**\$50 Murray Bridge Farm Fresh**  
**vouchers!**



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

## Appendix 3: 6 Monthly Participant Survey Questions

### How did we go?

#### Win a 1 of 3 \$50 Farm Fresh Market Voucher

We would love to hear about your experience with the Murray Bridge Wellbeing Hub over the past 6 months and how it made you feel.

Take 5 minutes to tell us and you can go in the draw to win!

**The survey is open until 24 November 2023.**

#### Your feedback will:

Help us to understand how the Wellbeing Hub is impacting you, what the community values, and tailor the Wellbeing Hub to best suit our community.

If you are completing this on behalf of your family, please choose all age groups, activities and programs that apply.

#### Section 1: Tell us about you

1. Email Address (required)

2. How old are you?

(Note: Select all age groups that apply if responding on behalf of your family).

- 0 – 5
- 6 – 12
- 13 – 18
- 19 – 39
- 40 - 60
- 60+ years

3. Where do you live?

Postcode

4. Which of the Wellbeing Hub initiatives have you participated in or valued?

(Select all that apply)

- |   |   |
|---|---|
| <input type="checkbox"/> Wellbeing Walk                     | <input type="checkbox"/> Kangatraining                |
| <input type="checkbox"/> Murray Bridge Wellbeing Hub Launch | <input type="checkbox"/> Family Meal Prep Program     |
| <input type="checkbox"/> Let's Play with Music              | <input type="checkbox"/> From No Way to 5K!           |
| <input type="checkbox"/> Easy Moves for Active Ageing       | <input type="checkbox"/> Playground Detectives        |
| <input type="checkbox"/> School Holiday Activity            | <input type="checkbox"/> Here If You Need card        |
| <input type="checkbox"/> Community Garden Meet Up           | <input type="checkbox"/> Community Wellbeing Calendar |
| <input type="checkbox"/> Playing For All                    | <input type="checkbox"/> Kids Book Club               |
| <input type="checkbox"/> R U OK? Conversation Convoy        | <input type="checkbox"/> Create Connect & Laugh       |
| <input type="checkbox"/> Kids Mosaics                       | <input type="checkbox"/> ClayMates                    |
| <input type="checkbox"/> Arrow Tag                          | <input type="checkbox"/> Grow Your Own Food           |

Other (Please list):

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## Section 2: Tell us about how the Wellbeing Hub has impacted you

5. Thinking about the last 6 months on a scale of 1-5, would you agree that the Wellbeing Hub has helped to improve your overall wellbeing?

(Wellbeing means feeling happy, healthy, and connected in your community)



1

Completely disagree



2

Somewhat disagree



3

Neither agree or disagree



4

Somewhat agree



5

Completely agree

6. How has it helped you and why?

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---



---

7. Is there anything we could do differently to help improve your wellbeing?

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---



---



---

8. Would you agree that we have helped you/your family by:



1

Completely disagree



2

Somewhat disagree



3

Neither agree or disagree



4

Somewhat agree



5

Completely agree

Creating opportunities for social connection






Promoting physical activity











Encouraging wellbeing through healthy eating






Improving mental wellbeing and resilience

9. Please share with us how important each of these areas are for you:

					
	1	2	3	4	5
	Not at all important	Slightly important	Moderately Important	Very Important	Extremely important
Creating opportunities for social connection	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Promoting physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Encouraging wellbeing through healthy eating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Improving mental wellbeing and resilience	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

10. Are there any areas of wellbeing that are important to you that we have missed?

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### Section 3: Help us to improve the Wellbeing Hub

11. On a scale of 1 -5, how happy are you with the Murray Bridge Wellbeing Hub?

				
1	2	3	4	5
Very unhappy	A little unhappy	Not sure	A little bit happy	Very happy
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

12. What would you like to see more of in the Wellbeing Hub?

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13. What is the best way to promote programs or activities to you?

- |   |  |
|---|--|
| <input type="checkbox"/> Council Facebook Page          | <input type="checkbox"/> Facebook – Murray Bridge Community Chat |
| <input type="checkbox"/> Council Website                | <input type="checkbox"/> Flyers in cafes, library & main street  |
| <input type="checkbox"/> Community Centre Facebook Page | <input type="checkbox"/>   |
| <input type="checkbox"/> Community Centre Website       | <input type="checkbox"/>   |
| <input type="checkbox"/> Other (please list)            |  |


14. Do you have any other feedback you'd like to provide?


**Section 4:**

15. Would you like to go in the draw to win the prizes?

- Yes  No

If you selected YES to above, please provide your details below

<b>Name</b>	
<b>Email</b>	
<b>Phone Number</b>	

**Terms:**

Survey responses maybe used and shared publicly however you will be kept anonymous.

Complete all questions to go in the draw to win one of three \$50 Farm Fresh Market vouchers. Winners will be announced via phone or email by 28 November 2023. Survey responses must be received by 27 November 2023 to go in the draw. Only one entry into the competition per person.

#### Appendix 4: Community Partners Focus Group Attendance List

<b>Organisation</b>	<b>Number of Representatives in Attendance</b>
Wellbeing SA	2
Murray Bridge Community Centre	1
Murray Bridge Wellbeing Hub	1
The Rural City of Murray Bridge	3
The Haven/Women's Information Service	1
The Rural City of Murray Bridge Youth Council	3
iREACH Rural Health	1
Murray Bridge Library	1
Unity R-12 College	1
SAPOL	1
Blue Light	1
Learning Together Community Murray Mallee and Riverland Hub	2
headspace Murray Bridge	1
Soroptimist International	1
ac.care Community Connections	1
Special Olympics South Australia	1
Planet Youth Murray Bridge	1
Genuine Support Services Australia	1
Suicide Prevention Network	1
Skylight	2

## Appendix 5: 6 Monthly Community Partners Focus Group Questions

# Murray Bridge Wellbeing Hub

## 6 Monthly Impact Evaluation Focus Group for Wellbeing Hub Partners

### ***Strengths***

- What is working well in relation to the Wellbeing Hub?
  - Communications and marketing
  - Programs and initiatives
  - Partnerships
- How has the Wellbeing Hub contributed to the Murray Bridge Community?

### ***Opportunities***

- Is there anything the Wellbeing Hub could do differently?
  - If yes, what would this be?
- Are there initiatives you would like to see delivered by the Wellbeing Hub in the future?
  - If yes, what initiatives?

### ***Consultation***

- What future partnership opportunities do you see for the Wellbeing Hub?
- How could the Wellbeing Hub support future partnership opportunities?