



MURRAY BRIDGE WELLBEING HUB

Evaluation Report

March - June 2023

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



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.

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

Key findings

Initiatives and attendances

Between March 2023 and June 2023, the Murray Bridge Wellbeing Hub delivered 11 initiatives with 17 different delivery partners to achieve a total of 464 attendances by 216 participants.

Initiatives focused on promoting physical activity (50%), creating opportunities for social connection (40%) and improving mental health and resilience (10%).

See Appendix 1 for Stats and Stories summaries.

Immediate impact on wellbeing

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

Participants provided feedback on why they scored this way.

The key themes are presented below.

Building positive connections

Participants commented that they were able to build positive connections, both within their own family structure (i.e. between parent/grandparent and child) and between community members.

- *'It's the only thing we are able to do together now that I am back at work.'* – Parent from Let's Play with Music.
- *'I only just moved to the area, so it was great to be able to explore together.'* *'It was nice to get to know new people.'* – Walker from the Wellbeing Walk who had only just moved to the Murray Bridge region.
- *'I am going to become a volunteer so I can come down in my own time.'* – Participant of the Community Garden Catch Up who is now a registered garden volunteer with the MBCCI.
- *'This is my new friend.'* – Child from Kids Mosaics when referring to the participant they were sitting next to.

Creating a safe and welcoming environment

Participants felt comfortable and welcome during the initiatives run by the Wellbeing Hub, resulting in prolonged engagement and repeat attendance.

- *'A warm and non-judgemental group.'* *'The kids can wander around and I don't feel judged.'* – Comments from multiple parents who attended Let's Play with Music who were able to relax and not feel judgement commonly experienced by new parents.
- *'I was able to participate within my physical limits.'* – Participant who initially feared they would not be able to participate in Easy Moves for Active Ageing due to their mobility.

Accessibility

Due to geographical location and limited public transport, many of our community members are not able to access the same programs and initiatives as their metro-based counterparts. The Wellbeing Hub enabled them to have convenient access to initiatives.

- *'There is nothing else like this during the day nearby.'* – Participant of Easy Moves for Active Ageing who has struggled to find suitable activities in the area.
- *'It's nice to be able to bring clients to something local like this'* – Local service provider who was able to bring her local clients to the Community Garden Catch Up initiative.

See Appendix 2 for process and impact evaluation infographic.

Chats about Change

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

- Murraylands Multicultural Yuntu-Walun Festival
- Term 2 Community Wellbeing Calendar

Both initiatives had a focus on creating opportunities for social connection and improving mental wellbeing and resilience.

An additional objective of the Chats about Change initiatives was to increase the community's awareness of the Murray Bridge Wellbeing Hub and the initiatives available to the community.

It is estimated these initiatives will impact 800 to 950 people.

See Appendix 3 for Chats about Change summaries.

Team reflections

Highlights

Overall feedback from the community and participants regarding the Murray Bridge Wellbeing Hub has been positive, with many people interested to see how the Wellbeing Hub will continue to evolve over time.

Partnership with the Murray Bridge Community Centre and the Rural City of Murray Bridge

The partnership between Wellbeing SA, the RCMB and the MBCCI enabled the successful establishment of the Murray Bridge Wellbeing Hub. The involvement of the MBCCI enabled the Wellbeing Hub to quickly establish a presence within the community. The MBCCI has a very active and engaged social media following and an existing participant database which enabled the Wellbeing Hub to quickly promote new initiatives widely throughout the community.

The partnership with the RCMB ensure the Wellbeing Hub and the role it plays in promoting the health and wellbeing of the local community was shared widely within Council and with elected members. The RCMB also facilitated connections with local service providers through the networks and community reference groups Council convene.

RCMB provides support to the Wellbeing Hub through several ways including financial, grant management, in-kind support and provides the Edwards Square building at a significantly reduced rate. RCMB is an important conduit for connection for the Wellbeing Hub to enable efficient communications with all relevant areas of council to assist with the successful delivery of wellbeing initiatives.

Community Wellbeing Calendar

A recurring theme identified by the community is that it can be difficult to know what low-cost activities that are open to everyone and are currently happening in the community. The [Community Wellbeing Calendar](#) was created to address this and was extremely well received and popular with both the community and local services. The implementation of the calendar required minimal resources and ten local community organisations contributed to the development. The Calendar was successful in reaching all five target audiences of the Wellbeing Hub by incorporating at least one free/low-cost initiative relevant to each target audience. The Wellbeing Hub will continue to produce the calendar on a term-by-term basis.

Murray Bridge Wellbeing Hub Launch

The official launch of the Wellbeing Hub was extremely successful. Held on 20 March 2023, the event brought together over 70 representatives from a range of local and state-based organisations who all share the common goal of promoting the health and wellbeing of the Murray Bridge community.

Furthermore, being able to align the launch of the Wellbeing Hub with the launch of The Haven and The Square allowed for additional promotion.

Ongoing attendances

The Wellbeing Hub observed repeat attendances across several initiatives. The same families regularly attend Let's Play with Music whilst the same older people regularly attend Easy Moves for Active Ageing, demonstrating the initiatives resonate with the target audience. Both initiatives have been delivered over two terms, have a significant portion of regular attendees, and will continue to be delivered in Term 3.

Opportunities

The following areas for improvement have been identified and will be actioned over the next six months.

Wellbeing Hub focus areas

In the first six months Wellbeing Hub initiatives focused on promoting physical activity and increasing opportunities for social connection. Consequently, the number of initiatives with a focus on encouraging wellbeing through healthy eating and improving mental wellbeing and resilience were limited. In the coming six months there will be a focus on delivering initiatives across all four focus areas.

Awareness of the Wellbeing Hub's role

Whilst the community is aware of the Wellbeing Hub, 'what the Wellbeing Hub does for the community' is not well known throughout the community. Over the next six months, the Wellbeing Hub will increase the marketing of Wellbeing Hub initiatives to the community. The Project Officer will collaborate with the RCMB Communications Team to expand the Wellbeing Hub webpage on the Council website, and to promote initiatives on the RCMB and MBCCI social media platforms.

Sustainable initiatives

Over the next six months, the Wellbeing Hub will focus on implementing several initiatives with a sustainable and long-lasting impact on community health and wellbeing. This includes establishing a Grow Cart based at the MBCCI to share excess produce with the general community and the development of a youth services 'Here If You Need' card which highlights the community services available to young people in the area.

Participation rates

Most Wellbeing Hub initiatives come at no cost to participants however some initiatives still had low participation rates, indicating these initiatives may not have resonated well with the community. Over the next six months the Wellbeing Hub Project Officer will continue to work with the community and Wellbeing Hub partners to ensure the initiatives delivered reach the intended target audience.

For more information on the Murray Bridge Wellbeing Hub

Email: wellbeinghub@mbcci.org.au

Phone: 0468 640 800

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

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?

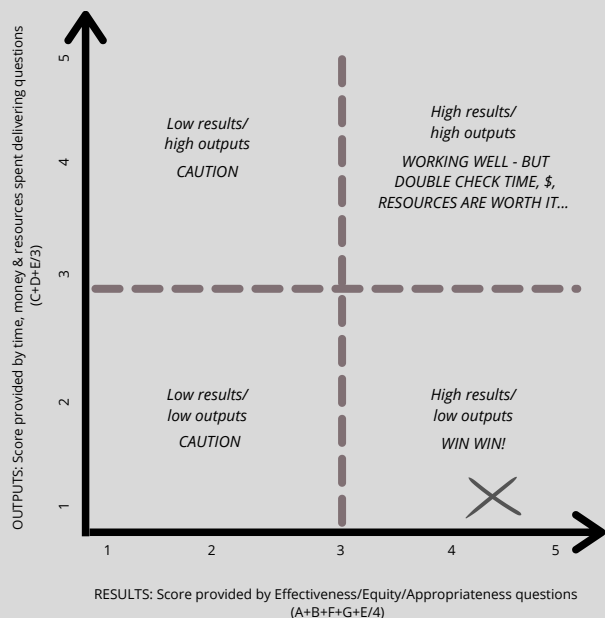


COMMENTS

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?

- | | |
|--|--|
| <input type="checkbox"/> CHILDREN (0-12 YEARS) | <input type="checkbox"/> YOUNG PEOPLE (13-18 YEARS) |
| <input type="checkbox"/> OLDER PEOPLE | <input type="checkbox"/> FAMILIES (ATTENDING AS ONE) |
| <input type="checkbox"/> GENERAL POPULATION | <input type="checkbox"/> PEOPLE WITH A DISABILITY |
| <input type="checkbox"/> ABORIGINAL/TORRES STRAIT ISLANDER COMMUNITIES | <input type="checkbox"/> 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?



4

HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



4

HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?



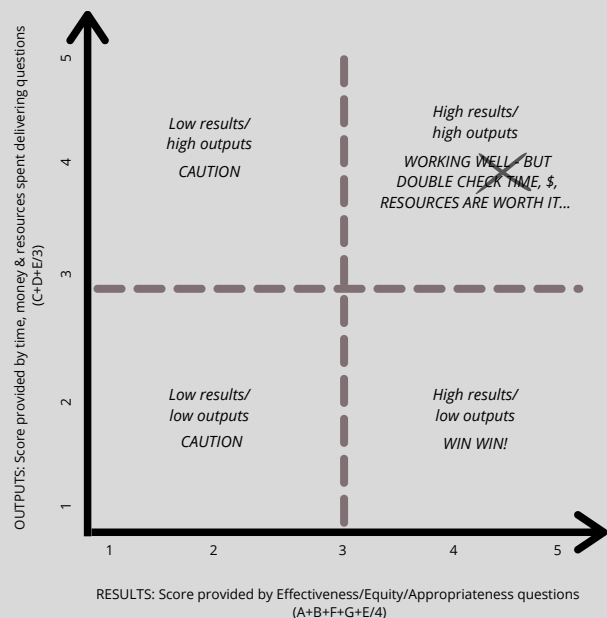
4

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?

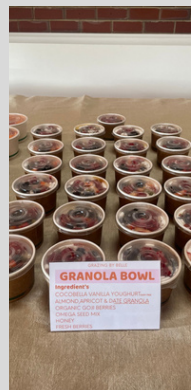
PARTICIPANT COMMENTS ON HOW THE INITIATIVE CONTRIBUTED TO THEIR **IMMEDIATE** WELLBEING -

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?



2

HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



2

HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?



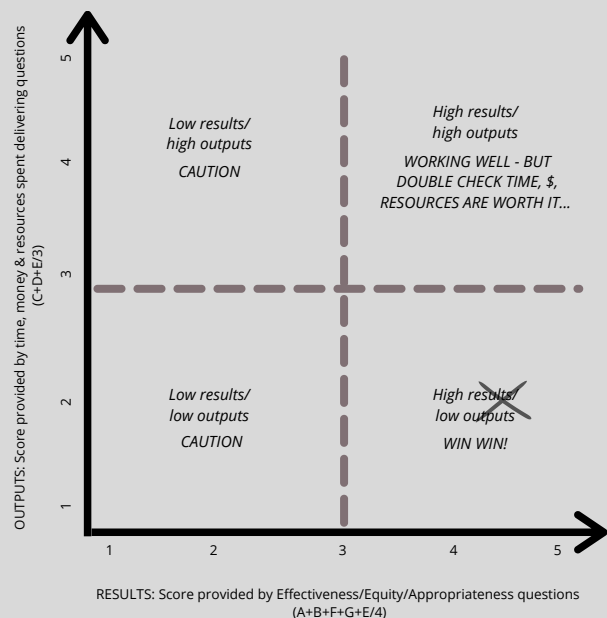
2

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?

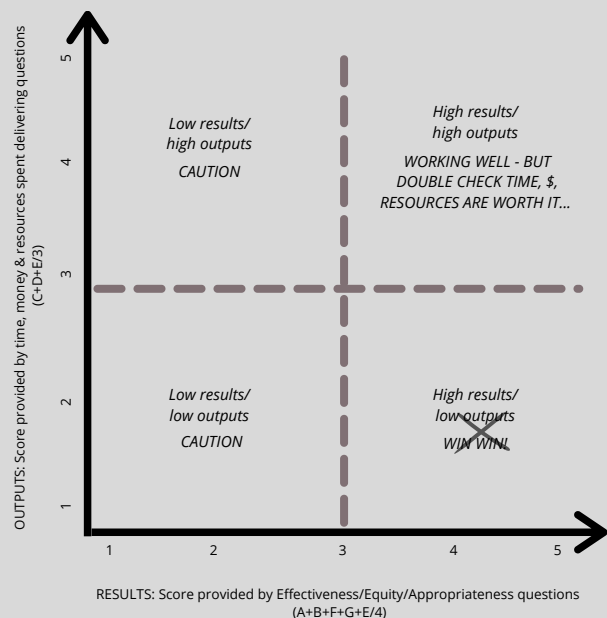


COMMENTS

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?



2

HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



2

HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?



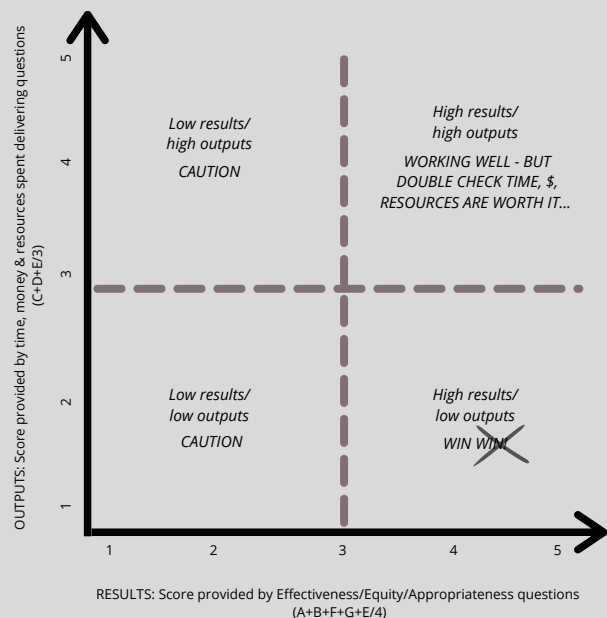
1

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?

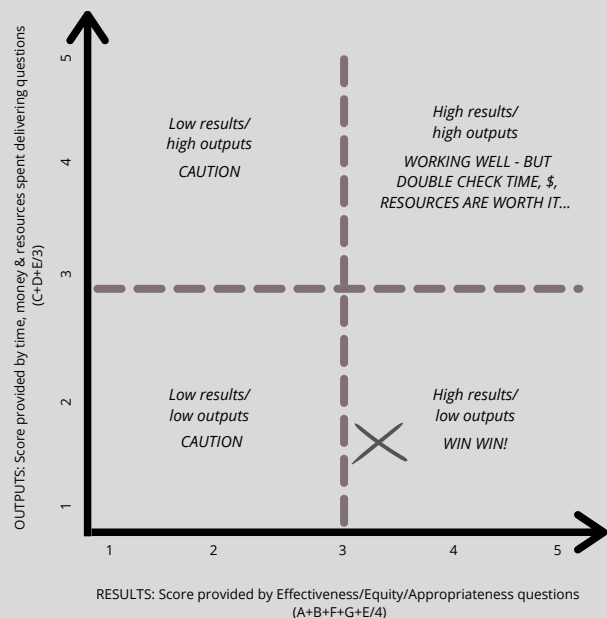


COMMENTS

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.



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?



1

HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



3

HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?



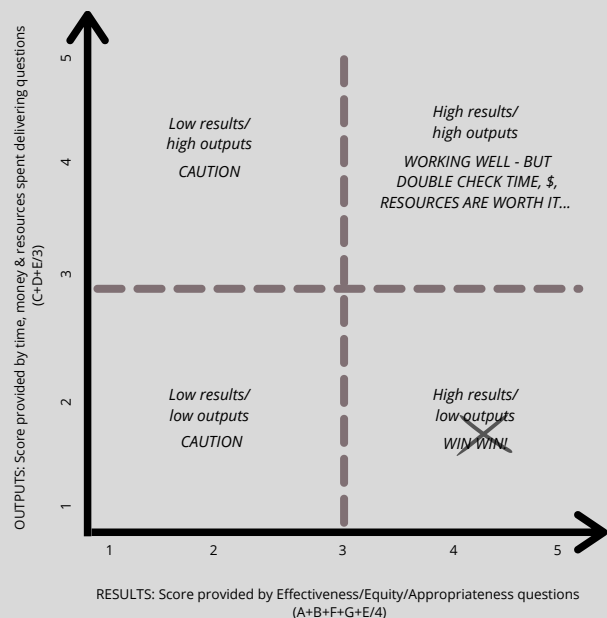
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COMMENTS

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?

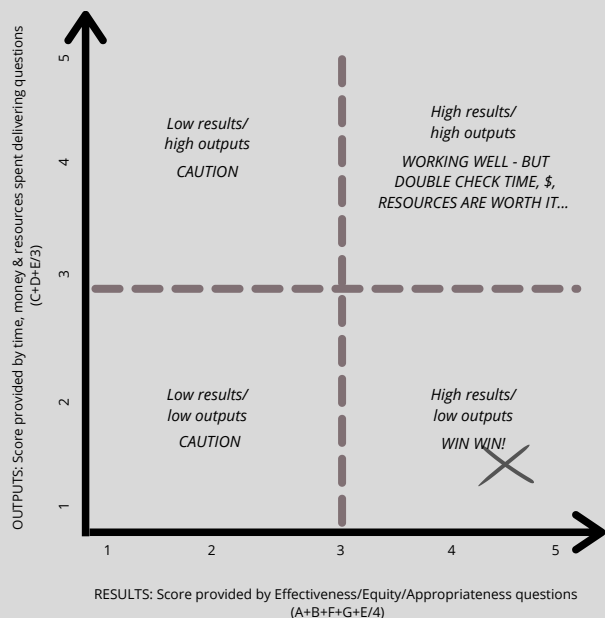


COMMENTS

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?

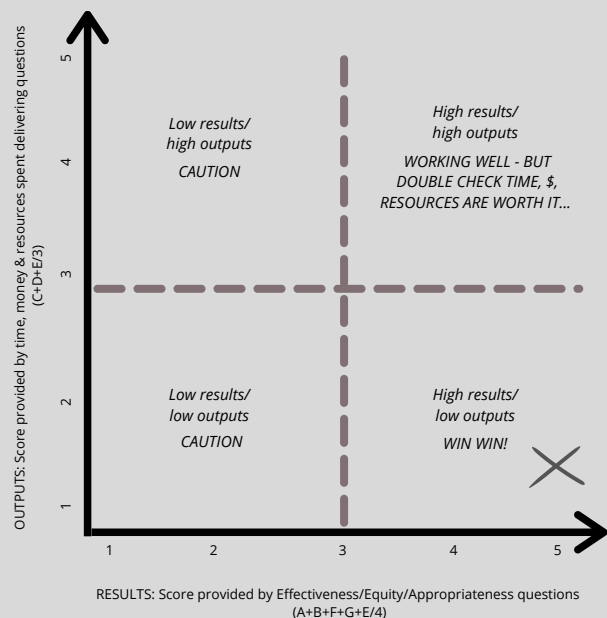


COMMENTS

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
- 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?

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?

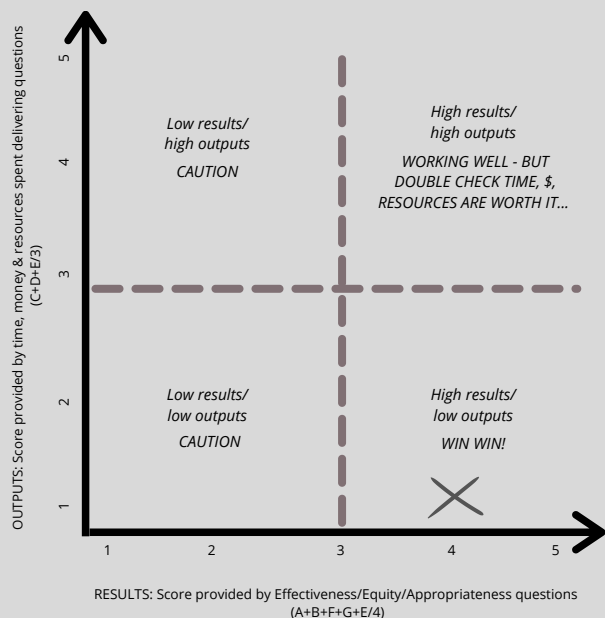


COMMENTS

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 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 Murray Bridge Community Centre Inc. HEALTHCARE

Appendix 2: Process and impact evaluation infographic

ONE-PAGE SUMMARY

MARCH 2023 - JUNE 2023

10 STATS & STORIES REPORTS
2 CHATS ABOUT CHANGE REPORTS

17 DELIVERY PARTNERS

% OF INITIATIVES THAT ADDRESS EACH FOCUS AREA

50%

OF INITIATIVES AIMED TO PROMOTE PHYSICAL ACTIVITY

40%

OF INITIATIVES AIMED TO CREATE OPPORTUNITIES FOR SOCIAL CONNECTION

10%

OF INITIATIVES AIMED TO IMPROVE MENTAL HEALTH AND RESILIENCE

464 ATTENDANCES BY OVER **216** PEOPLE
Includes adults, children and may include some people who participated in more than one event.

TOP 3 INITIATIVES FOR PARTICIPATION



WELLBEING HUB LAUNCH



EASY MOVES FOR ACTIVE AGEING



LET'S PLAY WITH MUSIC

9 INITIATIVES TOOK **LESS THAN 10 HOURS** TO ORGANISE

MOST INITIATIVES COST **\$1,000-\$2,500** TO DELIVER

MOST INITIATIVES WERE **VERY OR SOMEWHAT EASY** TO SET UP

90% OF INITIATIVES REQUIRED LOW OUTPUTS AND HAD HIGH RESULTS

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

CONNECTED & FUN

WERE THE MOST COMMONLY SAID WORDS WHEN PARTICIPANTS WERE ASKED ABOUT THE IMMEDIATE IMPACT OF THE INITIATIVE ON THEIR WELLBEING.

95.2%

OF NEW INITIATIVE PARTICIPANTS LIVE WITHIN THE RURAL CITY OF MURRAY BRIDGE.

- BUILDING POSITIVE CONNECTIONS
- CREATING SAFE & WELCOMING ENVIRONMENT
- ACCESSIBILITY FOR ALL
- EXPLORING LOCAL NEIGHBOURHOOD
- EXPLORING NEW OPPORTUNITIES
- CONNECTING WITH LOCAL SERVICES
- FEELING INCLUDED
- LEARNING NEW SKILLS

EXAMPLE IMPACTS ON WELLBEING



"Let me know when the next one will be!"

Participant of Wellbeing Walk (Wellbeing Week)

Appendix 3: 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.