

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)