



NARACOORTE LUCINDALE WELLBEING PROGRAM

OUR PARTICIPATORY EVALUATION REPORT

JULY 2022

This is a joint project between the Naracoorte Lucindale Council and Wellbeing SA



Wellbeing SA



Naracoorte Lucindale Council
Better by Nature



NARACOORTE LUCINDALE
WELLBEING PROGRAM

Contents

Executive Summary	4
A one-page visual summary	7
1. Background	8
1.1 About the Naracoorte Lucindale Wellbeing Program	9
1.1.1 Focus Areas	9
1.1.2 Target audiences	9
1.2 About this report	10
1.2.1 Stats & Stories	10
1.2.2 Chats about Change	10
2. Our Evaluation Approach	11
2.1 About our Participatory Evaluation approach	12
2.2 Evaluation 2.0	12
2.3 Guiding Evaluation Principles	12
2.4 Creative tools & techniques for evaluation	13
3. Reflection Against Key Evaluation Criteria	14
3.1 Effectiveness	16
3.1.1 Focus areas	17
3.1.2 Delivery Partners	18
3.1.3 Objectives	19
3.2 Equity	21
3.2.1 Total number of participants	22
3.2.2 Participants who have not participated in a similar wellbeing hub initiative before	24
3.2.3 Primary audiences	25
3.3 Efficiency	26
3.3.1 How much time was spent on organising and delivering initiatives?	27
3.3.2 How much money was spent on organising and delivering initiatives?	28
3.3.3 How resource intensive was organising and delivering the initiatives?	28
3.4 Acceptability	30
3.4.1 What's working well about the initiatives?	31
3.4.2 What could we improve on?	33
3.5 Appropriateness	35
3.5.1 Immediate impact on wellbeing	36
3.5.2 Medium-term impact on wellbeing	40
3.6 Output versus Results	43
3.7 Chats about Change	46

4.	<i>Team Reflection</i>	50
4.1	How has the team connected the program to local, regional, and state strategies?	51
4.2	What projects would you put on an 'absolutely must do again' list and why?	51
4.3	What projects would you put on a 'need improvement' list and why?	52
4.4	What projects would you 'never put on again', and why?!	52
4.5	Year highlights	52
4.6	Sustainability of the Wellbeing Program into the future	53
5.	<i>Appendices</i>	54
Appendix 5.1	Naracoorte Lucindale Wellbeing Plan 2021-2023	55
Appendix 5.2	<i>Stats & Stories: July 2021 – June 2022</i>	80
Appendix 5.3	<i>Chats about Change: January 2022 – June 2022</i>	115
Appendix 5.4	<i>Evaluation 2.0</i> framework	121
Appendix 5.5	Analytical theming of comments regarding immediate impact	139
Appendix 5.6	Community Reference Group meeting notes	149
Appendix 5.7	The Good Life Project Executive Summary	153

EXECUTIVE SUMMARY



The Naracoorte Lucindale Wellbeing Program (Wellbeing Program) aims to support physical, mental and community wellbeing through the implementation of a range of wellbeing initiatives.

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

The last 12 months saw significant progress for the Wellbeing Program, particularly it being embedded into both the local community and the work of Council. Key achievements included –

- Demonstrated **immediate and medium-term impacts on participant health and wellbeing** achieved as a result of many of the twenty-two initiatives delivered.
- The **appointment of a Project Officer**.
- The **development of a Wellbeing Plan** (Appendix 5.1), including community input, to align the direction of the program with the overall regional and state level approach to health and wellbeing.
- The **establishment of a Community Reference Group**, enabling grassroots level support for the program as well as opportunity for medium-term impact evaluation.
- **Trialling of new initiatives**, such as Level UP and the Running Group.

The average score given by participants regarding the impact of initiatives on their immediate wellbeing was **4.46 out of 5**, indicating that participants felt the initiative made a **high impact on their immediate health and wellbeing**.

Participants observed many positive impacts on their immediate wellbeing. Comments demonstrated positive impacts on **personal mental health; pride in their local community; opportunity to practice English; reconnecting with skills; reducing isolation with greater community connectedness; enhanced social cohesion; discovery of new places; hope for the future; gratitude for being included; new knowledge and skills to make informed health decisions; and the positive feeling that results from supporting local businesses**.

Through a Community Reference Group, reflections on medium-term impact included that the Wellbeing Program is **raising the profile of connectedness and social isolation**. More specifically, the findings of pre and post initiative screening of older people participating in The Good Life Project found that the initiative had had a **significant “profound” impact on the physical health of most participants**, both in the short and longer term. Examples included improved walking speed over three metres and 40 metres, improved upper limb strength for both the dominant and non-dominant hands and improved lower limb strength.

Of the initiatives delivered 46% of the initiatives aimed to **increase opportunities to be active**, 27% aimed to **strengthen community engagement and social connectedness**, 19% aimed to support **positive mental health and wellbeing** and 8% aimed to **improve wellbeing through food**.

Additional aims of some initiatives included raising awareness of **local health services and Council facilities**; increasing **awareness and knowledge of physical health** and opportunity for people to **reflect on their own health journey**; and increasing **access to services for young people**.

Over **thirty-eight local people and partner organisations** were involved in delivering initiatives during the last 12-months.

Of the seventeen initiatives reported via the *Stats & Stories* reports, there were **over one-thousand-six-hundred attendances** by **almost eight-hundred people**. Other initiatives that were reported via a *Chats about Change* template were less about ‘attendance’ or direct participation, but potentially reached **thousands of local people** via webpages, the distribution of pocket maps, social media, and presence at local events.

Most initiatives reached **at least 60% participants who were new to the Wellbeing Program**, confirming that the program is continually reaching new people.

Six initiatives specifically **targeted children, young people, and their families** as their primary audience; five initiatives primarily targeted **older people**; five initiatives targeted **other groups, such as the general population**; and one initiative primarily targeted **culturally and linguistically diverse (CALD) communities**.

When reflecting on secondary and tertiary target audiences, children, young people and their families and older people remained the most targeted audiences. However, it can be assumed that **CALD communities were more often a secondary or tertiary target audience** because the most effective way to reach this group is via initiatives that primarily target children, young people, and families and older people.

Across the seventeen initiatives reported, the team observed that **most initiatives took less than ten hours, or between ten and sixteen hours to organise**.

Most initiatives cost between \$1,000 to \$2,500 to deliver. The least expensive were the Playground Detectives (less than \$200) and Pom Pom Power, which didn’t cost anything because the community donated all of the required resources. The Playground Detectives initiative had particularly **excellent reach and impact for minimal financial investment**. The most expensive initiatives were the Mural Project and Health Age Project, both costing more than \$5,000 to deliver.

Most initiatives were either **very easy or somewhat easy to set up**. Themes such as initiatives **being simple and easy to deliver**; **catering** as a drawcard; initiatives where participants could join in in **their own time at their own pace**; and having **good partners and facilitators** emerged from the staff reflection as positive attributes of initiatives that helped reach target audiences.

Themes such as **timing of initiatives, environmental impact, weather considerations, group sizes and age appropriateness** emerged as key themes from staff reflection regarding areas for improvement in relation to specific initiatives.


Regarding the ongoing sustainability of the Wellbeing Program, the team see the continued **embedding of ‘wellbeing’ into future strategic and community development plans** to be critical, as well as **focusing on initiatives that had significant impact and can be easily modified or replicated** for different situations. They also know that **continuing the Community Reference Group** will enable ongoing grassroots level support for the program and the importance of community wellbeing.

This report includes all the above findings in greater detail. The individual *Stats & Stories* and *Chats about Change* for each initiative can be found in the Appendices.

ONE-PAGE SUMMARY

JULY 2021 TO JUNE 2022

17 STATS & STORIES REPORTS
5 CHATS ABOUT CHANGE REPORTS



38 DELIVERY PARTNERS

FOCUS AREAS

- 46%** OF INITIATIVES AIMED TO INCREASE OPPORTUNITIES TO BE ACTIVE
- 27%** OF INITIATIVES AIMED TO STRENGTHEN COMMUNITY ENGAGEMENT AND SOCIAL CONNECTEDNESS
- 19%** OF INITIATIVES AIMED TO SUPPORT POSITIVE MENTAL HEALTH & WELLBEING
- 8%** OF INITIATIVES AIMED TO IMPROVE WELLBEING THROUGH FOOD

1,685 ATTENDANCES BY OVER **780** PEOPLE

Includes adults, children and may include some people who participated in more than one event.

OTHER AIMS & OBJECTIVES

-  RAISING AWARENESS OF LOCAL HEALTH SERVICES & COUNCIL FACILITIES
-  INCREASING AWARENESS AND KNOWLEDGE OF PHYSICAL HEALTH & OPPORTUNITY FOR PEOPLE TO REFLECT ON THEIR OWN HEALTH JOURNEYS
-  INCREASING ACCESS TO ACTIVITIES FOR CHILDREN, FAMILIES & YOUNG PEOPLE

-  8 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

 **MOST INITIATIVES REACHED AT LEAST 60% NEW PEOPLE.**

42.4% OF PARTICIPANTS RESPONDED TO THE INVITATION TO UNDERTAKE EVALUATION.

ON AVERAGE, PARTICIPANTS RANKED THEMSELVES WITH A SCORE OF

4.46 OUT OF 5



FOR THE IMPACT ON THEIR WELLBEING IMMEDIATELY AFTER ATTENDING AN INITIATIVE

GREAT

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

- POSITIVE IMPACT ON MENTAL HEALTH
- FEEL MORE CONNECTED TO OTHERS
- PROUD OF LOCAL SERVICES & FACILITIES
- FEELINGS OF INCLUSIVITY
- LOOKING FORWARD TO THE FUTURE
- IMPROVED MANAGEMENT OF HEALTH ISSUES
- LEARNING NEW SKILLS
- DISCOVERED NEW PLACES TO BE ACTIVE CLOSE TO HOME

EXAMPLE IMPACTS ON WELLBEING



"This is awesome! Please keep it going!"

Participant of Yoga 7n the Hall, Term 2

1. BACKGROUND



1.1 About the Naracoorte Lucindale Wellbeing Program

In May 2020, the South Australian Government commenced implementation of the Statewide Wellbeing Strategy to build community resilience and support physical, social, mental and community wellbeing in response to COVID-19.

A key deliverable within this Strategy in 2020/21 was the rapid establishment of two co-designed and co-invested 'Wellbeing Hub' pilot sites in partnership with the City of Playford and Naracoorte Lucindale Council.

In February 2021, a Participatory Evaluation Approach was developed for the City of Playford's Wellbeing Hub. The same approach was adopted by Naracoorte Lucindale Council's Wellbeing Program in March 2021, with some minor variations to implementation methodology.

This report includes the evaluation of initiatives delivered from July 2021 to June 2022.

1.1.1 Focus Areas

The Naracoorte Lucindale Wellbeing Program has four priority areas, as follows –

- Increasing opportunities to be active
- Improving wellbeing through food
- Strengthening community engagement and social connectedness
- Supporting positive mental health and wellbeing

For the period of July to December 2021, the initiatives were evaluated against two priorities, as follows -

- Increasing opportunities for unstructured physical activity
- Improving social connection, community participation and inclusion

1.1.2 Target audiences

From July 2021 to June 2022, the Naracoorte Lucindale Wellbeing Program had three primary audiences that initiatives intended to reach, as follows -

- Children, young people, and families
- Culturally and linguistically diverse and migrant populations
- Older people (60+)

1.2 About this report

This report provides process, immediate and medium-term impact evaluation of the initiatives that have been delivered between July 2021 – June 2022.

The following initiatives have been completed and are included in this report.

1.2.1 Stats & Stories

1. Step it Up Challenge
2. Mural Project
3. Good Life Project (Round 3)
4. Yoga in the Hall (Round 2)
5. Posca Art Workshop
6. Lucindale Movie Day
7. Health Age Project
8. Pom Pom Power
9. Yoga in the Hall (Round 3)
10. The Good Life Project (Round 4)
11. Kids Yoga and Mindfulness
12. Playground Detectives
13. Level UP
14. Naracoorte Running Group
15. The Good Life Project (Round 5)
16. Yoga in the Hall (Round 4)
17. Good Life Project Reunion

1.2.2 Chats about Change

18. Wellbeing Plan
19. Wellbeing Reference Group #1
20. Wellbeing Reference Group #2
21. Southeast Field Days
22. Naracoorte Trails Pocket Maps

The above initiatives are reported on via individual *Stats & Stories* at Appendix 5.2, and *Chats about Change* at Appendix 5.3.

“It is good for me to practice my English”

Participant, Pom Pom Power

2. OUR EVALUATION APPROACH



Running Group



2.1 About our Participatory Evaluation approach

Participatory evaluation is an approach that involves the stakeholders of a program or policy in the evaluation process. This kind of evaluation is crucial to wellbeing initiatives because we need to understand how our interventions are interpreted and responded to.

Our Participatory Evaluation included the following people as active contributors –

- Participants of initiatives delivered by the Naracoorte Lucindale Wellbeing Program.
- Members of a Community Reference Group.
- Team members (staff and delivery partners) involved in the delivery of each initiative.

Our evaluation included process evaluation through team member observation as well as involving participants in reflecting on the short and medium-term impact of initiatives on wellbeing.

2.2 Evaluation 2.0

In October 2021, as Naracoorte Lucindale Council and the City of Playford prepared to proceed with a further 2-years funding from Wellbeing SA to deliver wellbeing initiatives, it was timely to review the approach to evaluation.

Evaluation 2.0 was an evaluation framework developed in conjunction with both Naracoorte Lucindale Council and the City of Playford, to include a redesign of the original participatory evaluation approach. The *Evaluation 2.0* framework can be found at Appendix 5.4.

This redesign included an update to the approaches that both Councils intended to use to evaluate wellbeing initiatives delivered, including -

- Revisions to the **Stats & Stories** layout.
- Introduction of the **Chats about Change** report template to provide an alternative method in which to report work that focuses more on policy changes, creating supportive environments and capacity building.
- Introduction of **medium-term impact participatory evaluation** to include inviting participants to reflect on the overall program through either participating in a community reference group type scenario, or at minimum 6-monthly in person conversations.

2.3 Guiding Evaluation Principles

At a virtual workshop held in September 2021, facilitated by Becky Hirst and attended by representatives from Wellbeing SA, the Playford Wellbeing Hub and Naracoorte Lucindale Wellbeing Program, participants were asked to identify the most important elements they hoped the evaluation re-design would address. Their key hopes were written up as a set of 3 Guiding Evaluation Principles as follows -

1. The **evaluation will continue to have community engagement at its core.**
2. The evaluation process undertaken will be **embedded in the work of the team.**
3. The evaluation process should not be a burden, to either the staff implementing it or the community being a part of it. It should be **smooth and efficient**, designed to maximise the data gathered without overwhelming participants, and not clunky to implement in ‘real life’ community scenarios.

2.4 Creative tools & techniques for evaluation

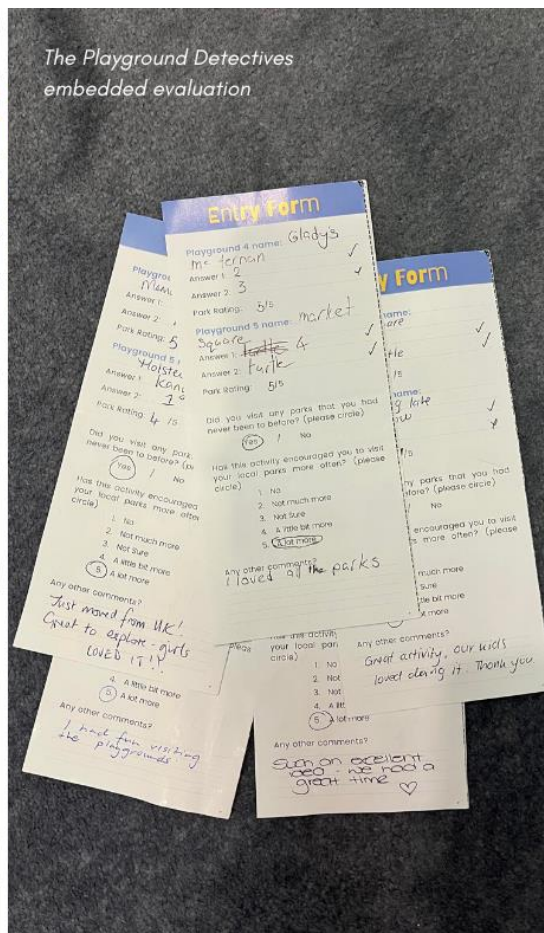
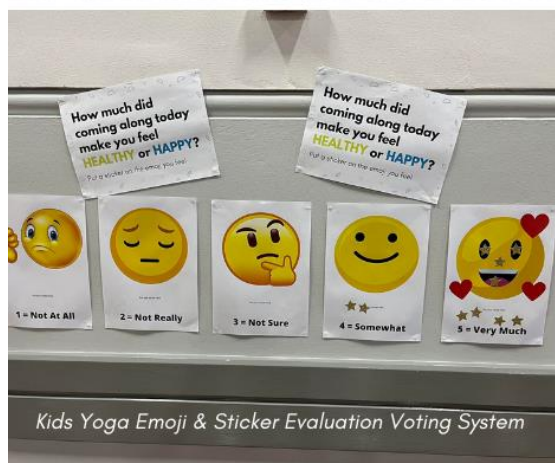
Undertaking evaluation with community engagement at its core required using creative tools and techniques to collect evidence from participants about the impacts of each initiative on their health and wellbeing.

Surveys were the main form of evaluation, both **paper-based and online**, using Survey Monkey and were provided at the end of each initiative.

For the Playground Detectives initiative, **evaluation was embedded into the initiative**. The image below shows that questions such as *'Did you visit any parks that you had never been to before?'* and *'Has this activity encouraged you to visit your local parks more often?'* were included on the Entry Form. Participation in the evaluation was encouraged by the opportunity to win a prize.

Level UP utilised a **QR code** to encourage the young people to use their smartphone to complete an online survey at the end of the event.

The Kids Yoga initiative used an **emoji and sticker voting system** to encourage the children to score how the initiative contributed to their immediate wellbeing. When asked *'How much did coming along today make you feel healthy or happy?'* the 1-5 rankings were worded as not at all; not really; not sure; somewhat; and very much. Colour emojis helped to translate this ranking system into a child friendly evaluation tool.



3. REFLECTION AGAINST KEY CRITERIA



Good Life Project (Lucindale)



Mural-Project

Our evaluation approach aimed to demonstrate which initiatives succeeded in meeting the overall aim of supporting the priorities of the Wellbeing Program.

To focus on process and impact evaluation, a set of criteria was developed.

The following criteria were used to undertake our participatory evaluation and are used in this report to assist in judgements regarding the worth of each wellbeing intervention.

Evaluation Criteria	Description
Effectiveness	The extent to which our aims are met.
Appropriateness	The relevance of the intervention to needs.
Acceptability	Whether it's 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 greatest need.

“My husband used to drive the Ute, let the dog out and let the dog run. Now we go out of town a little way, stop the Ute, let the dog out, and then we walk a couple of kilometres together. So, it’s been good”

The Good Life Project Reunion, May 2022

Criteria 1: Effectiveness



Good Life Project Reunion



Mural Project

3.1.1 Focus areas

As shown in Figure 1, out of the initiatives delivered from July 2021 to June 2022, 71% of the initiatives **primarily aimed** to increase opportunities to be active; and 29% **primarily aimed** to strengthen community engagement and social connectedness.

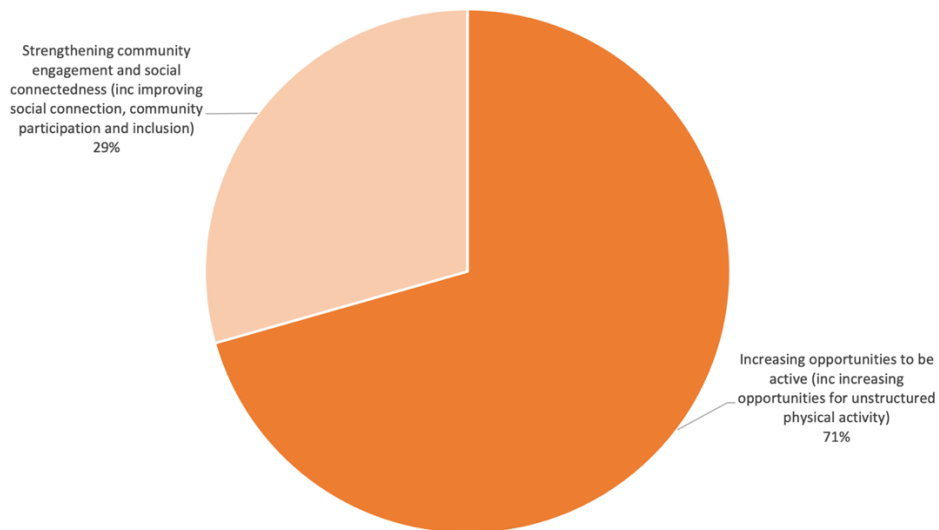


Figure 1 – Chart showing the percentage of initiatives that primarily addressed each focus area

When looking at initiatives beyond the primary focus areas, out of all the initiatives delivered, 46% of the initiatives aimed to increase opportunities to be active; 27% aimed to strengthen community engagement and social connectedness; 19% aimed to support positive mental health and wellbeing; and 8% aimed to improve wellbeing through food.

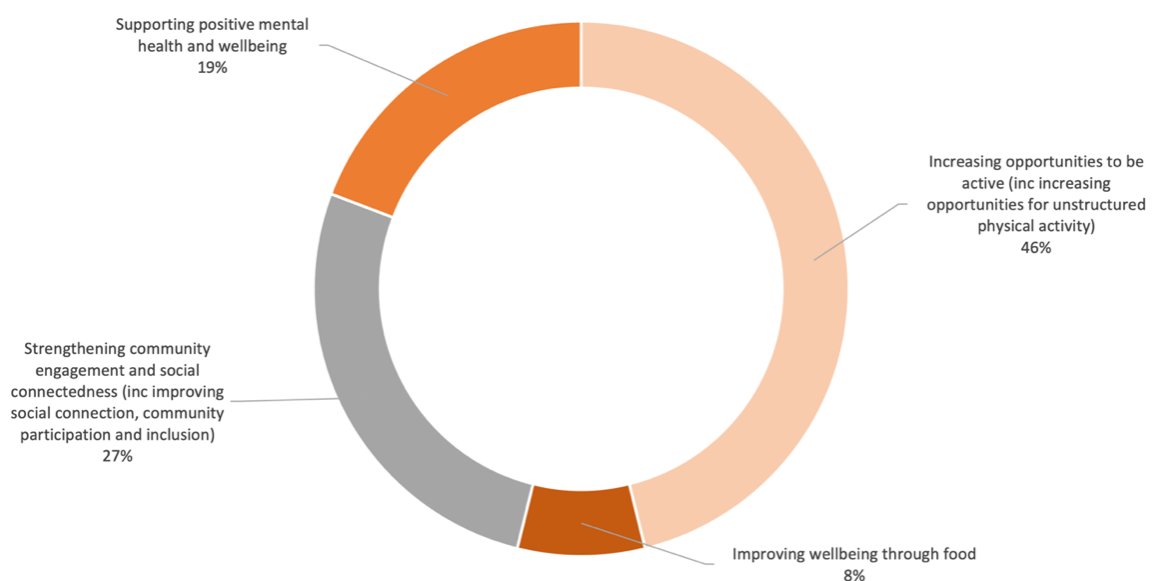


Figure 2 – % of occurrences an initiative targeted a focus area (whether primary, secondary, or tertiary)

3.1.2 Delivery Partners

Over 38 local people, businesses and partner organisations have been involved in delivering initiatives to date. Delivery partners included (but weren't limited to) –

-
- | | |
|---|---|
| 1. 10,000 Steps website | 20. Naracoorte Lucindale Council |
| 2. Arts and Cultural Facilitator (Naracoorte Lucindale Council) | 21. Naracoorte Pharmacy |
| 3. Australian Migrant Resource Centre | 22. Naracoorte Regional Art Gallery |
| 4. Bianca Richardson | 23. Naracoorte Soroptimist |
| 5. Bindu Yoga Centre | 24. Naracoorte South Primary School |
| 6. Community Reference Group | 25. Naracoorte Suicide Prevention Network |
| 7. Fi's Run Coaching | 26. Nutrition with Mary |
| 8. Good Country Physiotherapy | 27. Occupational Therapy for Children |
| 9. Jake Holmes | 28. Revitalise Yoga and Wellbeing |
| 10. Jeremy Levins | 29. Smiles All Round |
| 11. Kincaig Medical Clinic | 30. South East Exercise Physiology |
| 12. Level UP | 31. South East Field Days |
| 13. Lucindale Community Health Club | 32. StandBy Country SA |
| 14. Lucindale Football and Netball Club | 33. Survivors of Torture and Trauma Assistance and Rehabilitation Service |
| 15. Lucindale Lions Club | 34. The Healing Yogini |
| 16. Naracoorte Caves | 35. Uni SA |
| 17. Naracoorte Health and Fitness Centre | 36. Yoga Nutrition Wellness |
| 18. Naracoorte High School | 37. Your Podiatrist |
| 19. Naracoorte Library & Town Hall | 38. Z-Cards |
-

Each initiative has had a range of delivery partners, ranging from initiatives such as the Lucindale Movie Night having a sole delivery partner of the Lucindale Lions Club, through to the Good Life Project which included over 6 delivery partners.

“It was a great opportunity to hang out with friends and just have fun gaming in a stress-free environment!”

Participant, Level UP

3.1.3 Objectives

Initiatives where objectives or additional aims were noted via the *Stats & Stories* reports are recorded in the table below.

The range of aims and objectives in addition to the key focus areas included creating a sense of belonging; raising awareness of local health services and Council facilities; increasing awareness and knowledge of physical health and opportunity for people to reflect on their own health journey; and increasing access to activities for children, families and young people.

Initiative	Objectives/additional aims
Mural Project	<ul style="list-style-type: none"> • Community engagement and creating a sense of belonging.
Good Life Project (Round 4)	<ul style="list-style-type: none"> • Increase knowledge and awareness of physical and mental health • Social connectedness • Community engagement • Awareness of local health services.
Yoga in the Hall (Round 2)	<ul style="list-style-type: none"> • Community engagement and mental wellbeing.
Health Age Project	<ul style="list-style-type: none"> • Increased awareness and knowledge of physical health.
Yoga in the Hall (Round 3)	<ul style="list-style-type: none"> • Social connectedness • Bring people together • Opportunity to practice good mental wellbeing.
Playground Detectives	<ul style="list-style-type: none"> • Increase awareness of local parks and playgrounds • Create opportunities for unstructured physical activity. • Provide activities for children and families to participate in throughout the school holidays.
Level UP	<ul style="list-style-type: none"> • Engage youth who have not previously been engaged in Wellbeing initiatives. • Create opportunities for youth to connect through common interests. • Foster a sense of belonging to their peers and the community • Increase accessible activities for youth.
Running Group	<ul style="list-style-type: none"> • Increasing participants knowledge and skills to be physically active. • Providing opportunity for participants to be engage in moderate to vigorous physical activity (running). • Increase accessible activities that encourage physical activity.
The Good Life Project (Round 5)	<ul style="list-style-type: none"> • Increasing participants knowledge of health considerations as they age (physical activity, nutrition, strength training, medications, general health, podiatry).

Criteria 2: Equity



Level UP



Level UP

3.2.1 Total number of participants

Of the 17 initiatives reported via the *Stats & Stories* reports, there were over 1,685 attendances by over 780 different people. The head count of participants included both adults and children. The data may include some people who participated in more than one initiative.

Initiative	No. of different participants (approximate)	No. of attendances (approximate)	Estimated % of new participants (not participated before)
1. Step it Up Challenge	100	100	Not recorded
2. Mural Project	35	35	Not recorded
3. Good Life Project (Round 3)	25	200	Not recorded
4. Yoga in the Hall (Round 2)	35	280	Not recorded
5. Posca Art Workshop	13	13	Not recorded
6. Lucindale Movie Day	85	85	Not recorded
7. Health Age Project	51	78	Not recorded
8. Pom Pom Power	24	124	62.5%
9. Yoga in the Hall (Round 3)	62	140	15.38%
10. The Good Life Project (Round 4)	15	120	80%
11. Kids Yoga and Mindfulness	14	14	100%
12. Playground Detectives	163	163	72%
13. Level UP	60	60	77%
14. Running Group	33	103	82%
15. The Good Life Project (Round 5)	19	76	73%
16. Yoga in the Hall (Round 4)	35	75	40%
17. Good Life Project Reunion	19	19	0%

Of the 5 initiatives reported via the *Chats about Change* reports, 4 recorded approximate reach. Whilst these initiatives were less about 'attendance' or direct participation, the reporting demonstrates that they potentially reached thousands of local people via webpages, the distribution of pocket maps, social media and presence at events.

Initiative	No. of people reached
Wellbeing Plan	164 people via YourSay page
South East Field Days	400-500 people
Naracoorte Trails and Pocket Maps	Over 2,000 pocket maps distributed around town; over 5,500 reached on Facebook

“It is probably the first time in 14-15 years, that I had a goal...”

Participant, Good Life Project Reunion

“I have taken a beginners class and am now regularly attending a class”

Participant, Yoga in the Hall

3.2.2 Participants who have not participated in a similar wellbeing hub initiative before

To help determine impact of the Wellbeing Program, during participant registration from January 2022 onwards, we noted the percentage of people accessing services at the Wellbeing Program who had not accessed a similar type of service before.

We asked this to determine if each initiative reached those with the greatest need in the community. In other words, this analysis monitored that we weren't simply delivering initiatives to the same people again and again.

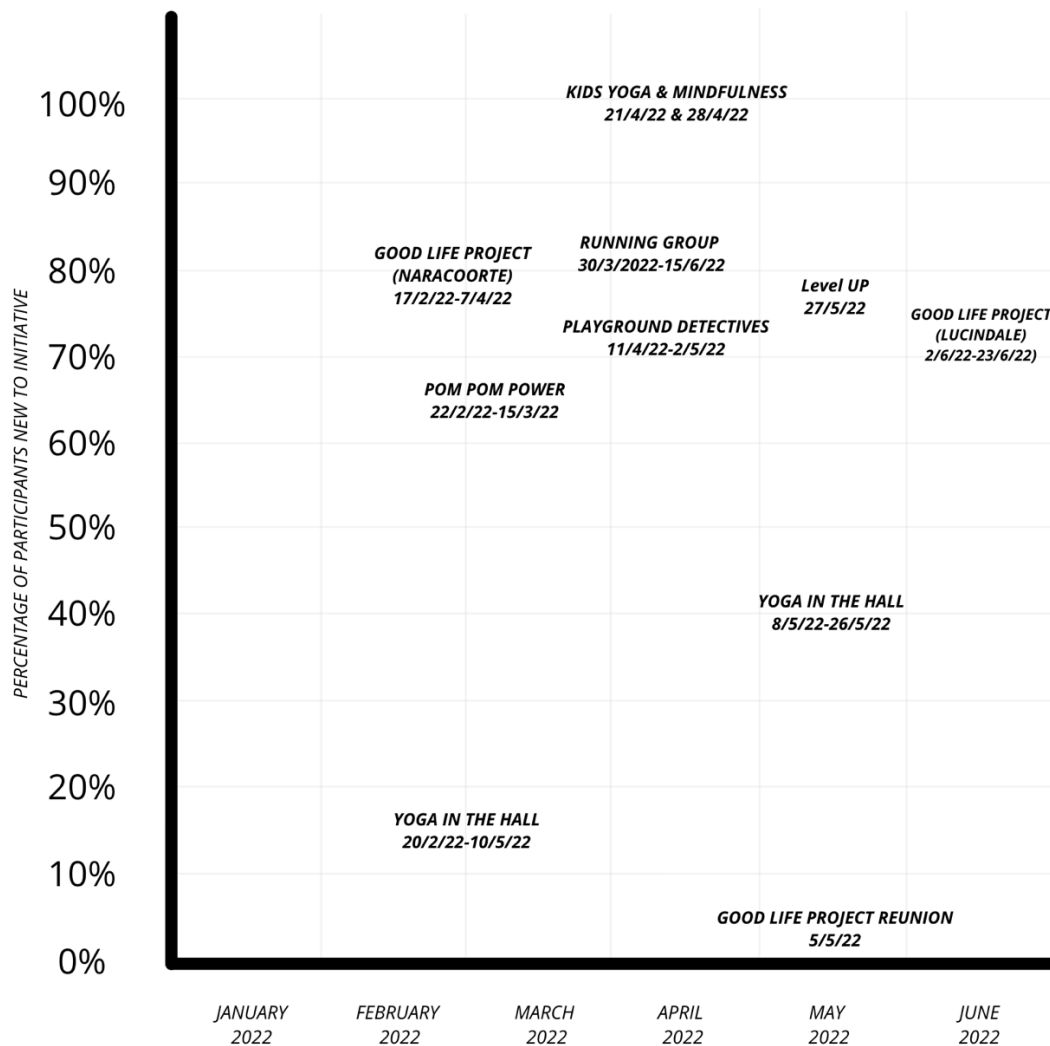


Figure 4 - Chart showing the % of participants who were new to the Wellbeing Program over time

Whilst no specific goal was set in relation to how many new people would be reached by each initiative, the above chart shows that since monitoring began in January 2022, the majority of initiatives reached at least 60% participants new to the Wellbeing Program, confirming that the program is continually reaching new people.

The only initiative to attract several return participants (apart from the Good Life Project Reunion which was for return participants) was Yoga in the Hall which ran from February to May 2022

3.2.3 Primary audiences

Children, young people, and their families were primarily targeted by the most initiatives, as shown in the table and chart below.

Target group	# of initiatives which primarily targeted this group
Children, young people & their families	6
Culturally & Linguistically Diverse people	1
Older adults	5
Other	5

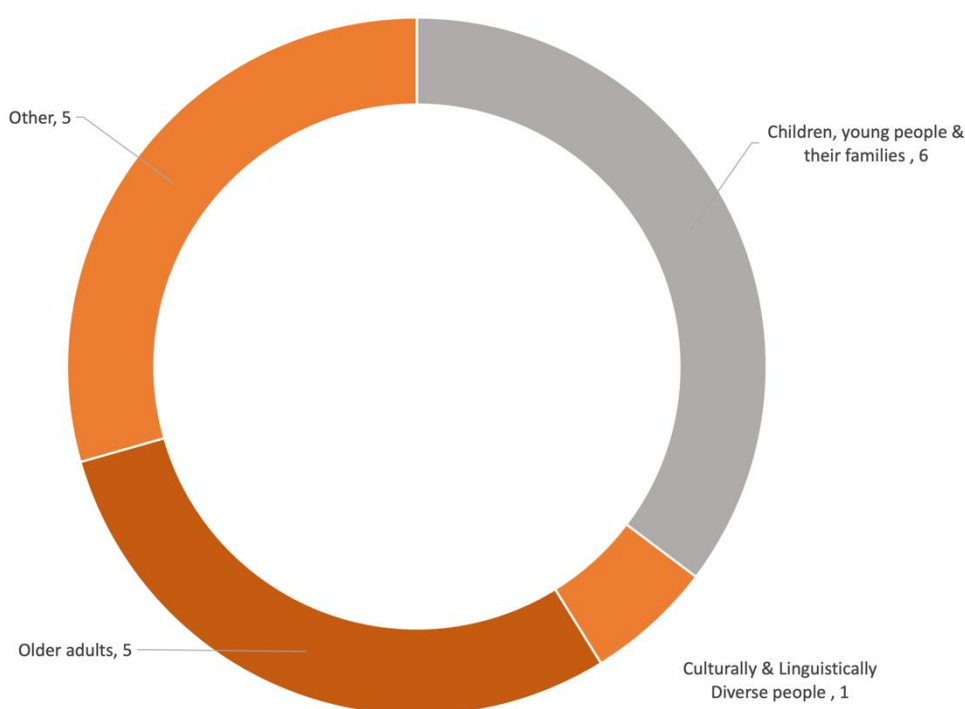


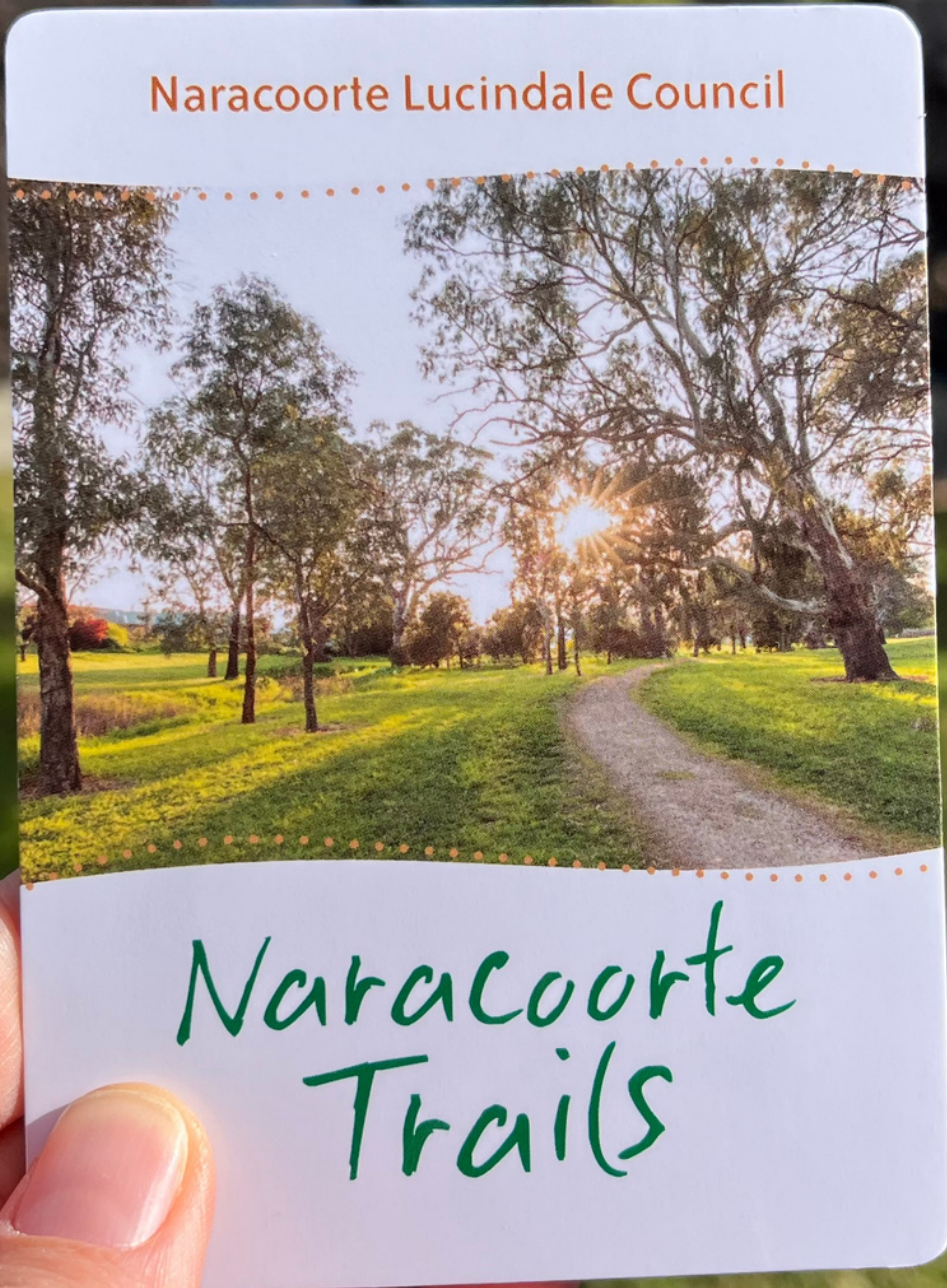
Figure 5 - Chart showing number of initiatives primarily targeting each population group.

Whilst the above table and chart show the primary audience for each initiative reported via *Stats & Stories*, from the data collated from January to June 2022, secondary and tertiary audiences can be observed.

Target group	# of times audience group was targeted as the secondary or tertiary audience
Children, young people & their families	4
Culturally & Linguistically Diverse people	2
Older adults	3
Other	1

Children, young people and their families and older people remain the most targeted audiences. However, it can be assumed that CALD communities were more often a secondary or tertiary target audience because the most effective way to reach this group is via initiatives that primarily target children, young people, and families and older people.

Criteria 3: Efficiency



Through considering our efficiency, we were able to measure whether the outputs (time, money, and resources) were well spent, given the benefits. The data collected in the efficiency questions was used to plot against results data on an Outputs versus Results Matrix on each *Stats & Stories* report.

During staff reflection on the year, it was noted that a lot of the initiatives delivered were low cost, and low resource intensive because they didn't have the capacity to have high resource initiatives.

***“We really had to
make do with what we had.
Time was very limiting.”***

Staff reflection, June 2022

3.3.1 How much time was spent on organising and delivering initiatives?

We asked this question to help us consider whether the time spent on organising and delivering the initiative was well spent when measured against the benefits.

Across the 17 initiatives reported, the team observed that 8 initiatives took less than 10 hours to organise, and 7 initiatives took 10-16 hours to organise. Just one initiative took 16 to 37 hours to organise, and one initiative took more than 50 hours.

Initiative	How much time was spend organising, delivering and evaluating?
1. Step it Up Challenge	Less than 10 hours
2. Mural Project	50+ hours
3. Good Life Project (Round 3)	Less than 10 hours
4. Yoga in the Hall (Round 2)	Less than 10 hours
5. Posca Art Workshop	10-16 hours
6. Lucindale Movie Day	Less than 10 hours
7. Health Age Project	10-16 hours
8. Pom Pom Power	10-16 hours
9. Yoga in the Hall (Round 3)	Less than 10 hours
10. The Good Life Project (Round 4)	10-16 hours
11. Kids Yoga and Mindfulness	Less than 10 hours
12. Playground Detectives	Less than 10 hours
13. Level UP	10-16 hours
14. Running Group	10-16 hours
15. The Good Life Project (Round 5)	10-16 hours
16. Yoga in the Hall (Round 4)	16-37 hours
17. Good Life Project Reunion	Less than 10 hours

The initiatives that staff noted as taking the least amount of time (less than 10 hours) to organise and deliver included the Step it Up Challenge, the Good Life Project, Yoga events, Playground Detectives

and the Lucindale Movie Day. The initiative that staff noted as taking the most amount of time (more than 50 hours) was the Mural Project.

Staff also noted that a lot of the initiatives were repeated from last year, so they didn't need to a lot of time spent preparing for them this year. It was noted that they were more time-consuming last year when they were new initiatives. It was also acknowledged that the time logged on the table above was for Wellbeing Program staff time, and not the time that was outsourced to facilitators.

3.3.2 How much money was spent on organising and delivering initiatives?

We asked this question to help us consider whether the money spent on organising and delivering the initiative was well spent when measured against the benefits. It is important to note that the spend categories for reporting changed from July to December 2021 and January – June 2022, hence some disparities in reporting in the table below.

Across the 17 initiatives reported via *Stats & Stories* reports, most initiatives cost between \$1,000 to \$2,500 to deliver. These included the Step it Up Challenge, Yoga initiatives, Pom Pom Power, Playground Detectives, and the Running Group.

The most expensive initiatives to deliver were the Mural Project and Health Age Project, both costing more than \$5,000 to deliver.

Whilst a change in reporting makes it unclear in the *Stats & Stories* reports, the least expensive initiatives to deliver were the Playground Detectives (less than \$200) and Pom Pom Power which didn't cost anything because the community donated all the required resources.

Initiative	How much money was spent on the initiative?
1. Step it Up Challenge	\$1,000-\$2,500
2. Mural Project	\$5,000+
3. Good Life Project (Round 3)	\$2,500-\$5,000
4. Yoga in the Hall (Round 2)	\$1,000-\$2,500
5. Posca Art Workshop	\$500-\$1000
6. Lucindale Movie Day	\$500-\$1000
7. Health Age Project	\$5,000+
8. Pom Pom Power	Less than \$2000
9. Yoga in the Hall (Round 3)	Less than \$2000
10. The Good Life Project (Round 4)	\$2,000-\$5,000
11. Kids Yoga and Mindfulness	Less than \$2000
12. Playground Detectives	Less than \$2000
13. Level UP	\$2,000-\$5,000
14. Running Group	Less than \$2000
15. The Good Life Project (Round 5)	\$2,000-\$5,000
16. Yoga in the Hall (Round 4)	Less than \$2000
17. Good Life Project Reunion	Less than \$2000

3.3.3 How resource intensive was organising and delivering the initiatives?

We asked this question to help us consider whether the resources spent on organising and delivering the initiative were well spent when measured against the benefits. 'Resources' is defined as anything

beyond the money spent and staff time, so might include the amount of effort required to physically set up an initiative, or the amount of paperwork required to deliver an initiative.

Across the 17 initiatives reported, the team observed that every initiative, other than Yoga in the Hall (Round 4), was either very easy or somewhat easy to set up. Of course, this score is not necessarily telling of initiatives that are easy to set up, but instead it could be assumed that the staff delivering the initiatives are appropriately skilled, experienced, and able to deliver such initiatives with ease!

Initiative	How resource intensive was organising and delivering this initiative?
1. Step it Up Challenge	Somewhat easy to set up
2. Mural Project	Somewhat easy to set up
3. Good Life Project (Round 3)	Somewhat easy to set up
4. Yoga in the Hall (Round 2)	Very easy to set up, not intensive
5. Posca Art Workshop	Very easy to set up, not intensive
6. Lucindale Movie Day	Very easy to set up, not intensive
7. Health Age Project	Very easy to set up, not intensive
8. Pom Pom Power	Very easy to set up, not intensive
9. Yoga in the Hall (Round 3)	Somewhat easy to set up
10. The Good Life Project (Round 4)	Very easy to set up, not intensive
11. Kids Yoga and Mindfulness	Very easy to set up, not intensive
12. Playground Detectives	Very easy to set up, not intensive
13. Level UP	Somewhat easy to set up
14. Running Group	Somewhat easy to set up
15. The Good Life Project (Round 5)	Somewhat easy to set up
16. Yoga in the Hall (Round 4)	Moderately intensive
17. Good Life Project Reunion	Very easy to set up, not intensive

When using this data to evaluate the impacts of the initiatives, staff noted that some of the lowest cost initiatives to delivery had some of the biggest impacts within the community.

"Fantastic initiative by council to provide a service like this to the community"

Participant, Yoga in the Hall

Criteria 4: Acceptability



3.4 Acceptability

As part of *Evaluation 2.0* planning, it was agreed that the evaluation of the acceptability of initiatives would be undertaken by the wellbeing staff as part of their post initiative evaluations. This process included staff reflecting on what worked well about each initiative and what they could improve on next time.

3.4.1 What’s working well about the initiatives?

When reflecting on what was working well about the initiatives in terms of their acceptability to the key target populations, the following key themes emerged from the staff reflection -

- Easy to organise and deliver
- Catering as a drawcard
- Simplicity of initiatives
- Initiatives where participants could do in their own time at their own pace
- Good partners/facilitators
- Duration
- Incentive to participate/facilitate
- Opportunities to provide anecdotal feedback

The below table includes these themes with the observations made by staff which indicate these themes of what worked well about the initiatives.

Theme	Indicators
Easy to organise and deliver	<ul style="list-style-type: none"> • When reflecting on what worked well about the initiatives, staff regularly noted that many of the initiatives were easy to organise and deliver, particularly when using existing programs or repeating initiatives. It was also noted that initiatives that were managed by external providers were easy to manage and deliver. • “...the concept could be easily adapted to other scavenger style hunts ideas could include Naracoorte Trails or healthy eating.”
Catering as a drawcard	<ul style="list-style-type: none"> • “Snacks were a hit” • “Hosting morning tea was a great drawcard to encourage participation.”
Simplicity of initiatives	<ul style="list-style-type: none"> • The simplicity of the Pom Pom Power initiative was noted by staff as something that worked well. The simple task (making pom-poms) encouraged participants to socialise with others during the workshop. A more difficult activity may have resulted in participants being focused on the activity rather than the social aspect of the program. Secondly, those who couldn't attend the workshops could participate at home, school or in aged care facilities.

<p>Initiatives where participants could do in their own time at their own pace</p>	<ul style="list-style-type: none"> • Participants liked the initiative because they were able to complete the program at their own time and pace. This included Playground Detectives and Naracoorte Trails Pocket Maps,
<p>Good partners/facilitators</p>	<ul style="list-style-type: none"> • “The 6-10 year old yoga session was well facilitated and age appropriate. Children were easily able to follow along and understand Verity without too much difficulty and without being too easy.” • “Fiona was a great facilitator with a lot of experience and passion. She developed the running program so it was achievable for all participants including those who were new to running and those who were experienced runners.” • “The Level UP event was well organised and facilitated by Beau, there was minimal involvement from staff.” • “Using local (Lucindale) speakers”
<p>Duration</p>	<ul style="list-style-type: none"> • “The 45 minutes was a good length of time, it could have been shorter but not longer.” (In reference to Kids Yoga)
<p>Incentive to participate/evaluate</p>	<ul style="list-style-type: none"> • “Completion of the entry form was for NLC evaluation purposes. Those who completed and submitted their entry forms went into the draw to receive a \$50 Sportspower Voucher.”
<p>Opportunities to provide anecdotal feedback</p>	<ul style="list-style-type: none"> • “Holding the evaluation session in person and as a group encouraged conversation and valuable anecdotal feedback was collected which likely would have been missed through surveys.” • Attending Pom Pom Power workshops encouraged conversation and opportunity to collect anecdotal feedback.

“I wasn’t aware there are so many parks in the local area. Top Job!!”

Participant, Playground Detectives

3.4.2 What could we improve on?

When reflecting on what could be improved on about the initiatives in terms of their acceptability to the key target populations, some key themes emerged from the staff reflection.

The following themes can be used to reflect on when planning future initiatives -

- Timing of initiatives
- Environmental impact of initiatives
- Weather
- Group sizes
- Evaluation process
- Age appropriateness

The below table includes these themes with the observations made by staff of what needed improving with the initiatives.

Theme	Indicators
Timing of initiatives	<ul style="list-style-type: none"> • “Being in the April school holidays with 2 long weekends in a row may have contributed to low numbers.” • Numbers started out really strong however they decreased as the weeks went on. Feedback identified this was due to a number of factors including, illness, COVID, injury, time didn't suit and the cold and dark mornings. Next time the sessions would be held on an evening when it is warmer (e.g. spring). • “More notice could have been provided for participants. Some participants were un-able to attend due to notice or prior commitments.” • “Attendance significantly decreased over the duration of the last two sessions.”
Environmental impact of initiatives	<ul style="list-style-type: none"> • “The only challenge was the environmental impact of the program following the Fringe the pom-poms were discarded into land waste. Note: No new materials were purchased, people donated scrap or old balls of wool.”
Weather	<ul style="list-style-type: none"> • “Weather was a problem which pushed the painting out to November. Future projects should take this into consideration.”
Group sizes	<ul style="list-style-type: none"> • “Was only suitable for a small group of participants so would be good to find a way to increase the attendance or run multiple workshops to suit demand.”
Evaluation process	<ul style="list-style-type: none"> • “The evaluation question doesn't capture the entire purpose of the program. For some people yoga is a way to be more active, for others it a way to practice positive mental health. Next time adjust the evaluation question to better reflect this.” • “There was an evaluation QR code available throughout the night, however only the participants at the end of the night

	<p>(approx. 30) were actively encouraged to complete the evaluation.”</p> <ul style="list-style-type: none"> • “Encourage participants to provide their email addresses for evaluation purposes.”
Age appropriateness	<ul style="list-style-type: none"> • “Kids Yoga and Mindfulness did not attract any children 10-16 years of age. Unsure if it was the marketing or a general lack of interest in yoga for teens. Improvements for marketing could include calling it "Teen Yoga" rather than "Kids Yoga". • “Some younger siblings participated however they did not have the attention span to participate in the program.”
Marketing and advertising	<ul style="list-style-type: none"> • Wording of initiatives and marketing material is critical to attract the right target audience. “Kids Yoga and Mindfulness did not attract any children 10-16 years of age. Unsure if it was the marketing or a general lack of interest in yoga for teens. Improvements for marketing could include calling it "Teen Yoga" rather than "Kids Yoga". • Through conversations with the Community Reference Group, some felt the Outdoor Cinema was well advertised while others felt it wasn't. The best way to reach the target audience and promote initiatives continues to be a theme that needs to be worked on.

"I can bring my friend who has dementia along, it is a good way for her to be social."

Participant, Pom Pom Power.

Criteria 5: Appropriateness



Playground Detectives Brochure



We considered how each initiative had an **immediate impact** on participant wellbeing. As part of *Evaluation 2.0* we used standardised focus area questions, asking for a score out of 5 to provide a quantifiable measure of impact, as well as qualitative contributions. These questions were asked at the end of the program or initiative.

Evaluation 2.0 proposed that the evaluation process for the Wellbeing Program also included **medium-term impact**. The medium-term participatory approach included inviting participants to reflect on the overall program through participating in a Community Reference Group. In addition to this, medium-term impact was also evaluated specifically for The Good Life Project. Past participants were invited back to participate in the Good Life Project Reunion as an opportunity to capture medium term impact either one, six or 12 months after the program.

3.5.1 Immediate impact on wellbeing

Our Participatory Evaluation Approach included a plan to collect quantitative data to measure the impact of initiatives on participant wellbeing directly after each event, using a 1-5 scoring system.

A total of 380 people were invited to participate in the immediate impact evaluation within 24 hours of an event or initiative. 161 participants provided immediate impact scores for 10 initiatives delivered from January to June 2022. This resulted in an average immediate impact evaluation response rate of 42.4%.

This overall response rate would be significantly higher if the Playground Detectives response rate of 15% was not included. Undertaking evaluation for such an initiative is understandably difficult and potentially requires a more tailored approach to gathering quantitative feedback.

The average score given by participants across these 10 initiatives was 4.46 out of 5, indicating that participants felt the initiative made a high impact on their immediate health and wellbeing.

“Yoga in the hall, with different instructors, has been fantastic for the health and wellbeing of myself and those around me.”

Yoga in the Hall participant

The key themes to emerge, including assumptions that can be made about immediate impact on participant wellbeing, are summarised below.

- **Having a positive experience**

Many of the comments made by participants were acknowledging the positive experience they had during their involvement with the initiative.

Whilst comments such as *“Great initiative!”*, *“I had fun visiting the playgrounds”* and *“Excellent course, glad I came.”* don’t directly mention impacts on health and wellbeing, it can be assumed that a positive experience will in turn lead to **positive outcomes for health and wellbeing**, such as **feeling part of a group or community**, experiencing **positive mental health**, potential **behaviour change, meeting and connecting with people**, and more.

- **Meeting and connecting with people, as well as enjoying time with friends**

Many participants made comments about the initiatives providing opportunity for them to meet new people, connect with others in their community, or to make new friends.

Comments included *“I’ve met 4 new people”*, *“Getting to connect with friends in a casual setting”* and *“I can bring my friend who has dementia along as it is a good way for her to be social.”* demonstrate the high value that participants place on the initiatives regarding the opportunity to connect to others.

Not only can we assume that meeting and connecting with others leads to **positive mental health**, but it can also be assumed that such comments demonstrate **enhanced social connectedness, reduced isolation**, and a greater feeling of **sense of belonging** in community.

- **Learning new or reconnecting with skills**

Many participants noted that the initiative they were involved with taught them new skills, or reconnected them to skills they already had. Some also highlighted that it was an opportunity to practice skills.

Comments included *“It’s good for me to practice my English”*, *“Excellent to experience the range of different yoga available”* and *“It refreshed my memories on what I need to improve for my health.”*

It can be assumed that acquiring new skills and reconnecting with existing skills will **contribute to potential behaviour change, enhanced knowledge** about health and wellbeing, **greater awareness** of health and wellbeing, and more. Some skills, such as the participant saying it was an opportunity to practice their English, will lead to **greater connection to community** and **feeling of inclusivity**.

- **Experiencing or anticipating behaviour change**

Many participants acknowledged that the initiative they were involved with had led to **behaviour change**, or that they **intended to make changes to behaviours** that affect their health and wellbeing.

Very specific examples were given via comments such as *“Following the previous yoga sessions I have taken a beginners class and am now regularly attending a class.”* and *“I am currently still using the program outside of the group, and I wouldn’t have this motivation to continue without the running group.”*

These comments provide **strong evidence** that the initiatives are having a positive impact on participants immediate health and wellbeing.

- **Having future aspirations**

Many participants made comments about the future – either a desire to learn more or an intention to try to make positive changes to their lifestyles to improve health and wellbeing.

Comments such as *“I would like to go again.”*, *“Keep it going!”* and *“I would like to see an early evening or weekend session for running”* demonstrate that participants have future aspirations.

It can be assumed that comments about future aspirations demonstrate participants **feeling inspired**, having a **positive outlook**, and wanting to **become healthier** because of being inspired by the initiative.

- **Feeling of inclusivity**

Some participants noted the feeling of inclusivity they had as a result of participating in an initiative.

Comments included *“Very welcoming”*, *“A great initiative for busy working people.”*, and *“The timing is great”* and demonstrate acknowledgement of the appropriateness of the initiative as well as the inclusivity.

It can be assumed that a feeling of being included leads to **positive mental health** and greater **social connectedness**.

- **Other assumptions**

Some participants made comments that acknowledged a **positive impact on their mental health**, whilst others noted how they have become **more aware of their own health and wellbeing**.

Other comments from participants regarding immediate impact of initiatives on their wellbeing included acknowledging their appreciation of the **increased availability of activities**; new knowledge about the **local area**; the opportunity to **try new things**; and process orientated feedback such as initiatives being **free to attend**, the general **environment** and **gratitude** to Council for offering such activities.

All of these acknowledgements indicate strong evidence that immediate impact on health and wellbeing has been achieved.

3.5.2 Medium-term impact on wellbeing

Community Reference Group findings

A Community Reference Group, comprising of approximately 10 local people and community group representatives, met in February, March and May 2022. Two of the meetings are presented via the *Chats about Change* reports at Appendix 5.3 and the notes of their meetings can be found at Appendix 5.6.

Whilst the discussions held by the Community Reference Group don't provide measured evidence of medium-term impact of the Wellbeing Program, they do provide anecdotal evidence of impact on individuals and community connectivity. The findings from the Community Reference Group support and validate the individual feedback regarding immediate impact.

When asked to consider what evidence staff or community members had witnessed that demonstrated the impact that the Wellbeing Program had had, or was likely to have in the future, they noted the following –

- The Outdoor Cinema was noted as the most successful initiative from 2021. Group members noted that the Outdoor Cinema event being free provided a great opportunity to **do something with the family**. They also noted that it was a **good opportunity to connect with other parents** whilst the children were occupied.
- The Step it Up challenge was also well received. It was reported that **one participant continued to track her steps following the initiative** however wasn't sure what to do with that information.
- Excellent feedback was received on the **use of public community spaces**, such as the Town Squares.
- Two group members had friends who attended the Good Life Project and had positive feedback about it. They had liked the program because it **raised awareness and improved education of some health issues**.
- The Playground Detectives was noted as **very popular** program.
- When asked whether group members had heard any feedback from friends/family who had participated in an initiative, it was noted that **'everyone loved the initiatives'** and that **'all positive feedback'** had been received.
- When asked whether group members had noticed any changes with the community following individual initiatives or the program as a whole, it was noted that **the program is raising the profile of connectedness and social isolation**. One group member said, "I do feel an effort from people to try to **unite the community**" and another reflected that awareness of the program is high and that people love the free activities and **appreciate how they connect people**.

The Community Reference Group meetings also provided an opportunity to seek feedback on process. For example, whilst the Outdoor Cinema event was well advertised in local kindys and schools, it was noted that some other events weren't so well advertised. The group highlighted the importance of multi-faceted approaches to advertising being critical because not everyone follows the Council page or follows Facebook. Suggestions for advertising avenues were made and can be read in full in the report at Appendix 5.6.

Feedback and ideas from the group for future initiatives included engaging teenage girls in physical activity outside of sport, connecting young children and older people, and providing more opportunities to come together such as craft mornings or games and morning tea.

Regarding the success of the Community Reference Group, staff noted that all members were highly engaged and were willing to delve into feedback at a deeper level not just superficially.

Good Life Project monitoring and evaluation

The aim of the Good Life Project was to improve health outcomes and health behaviours in adults through an eight-week education and exercise program delivered by local health professionals. The target group for the four rounds of the project completed to date was adults aged over 50 years old.

Each round of the project was delivered over an eight consecutive week period. All participants were screened prior to participation using standardised forms. Pre- and post- project outcome measures were taken at week one and week eight, then at one, six- and twelve-months post project completion.

Each round of delivery is written up in a *Stats & Stories* report, and the Good Life Project Coordinator has prepared an Executive Summary report which can be found at Appendix 5.7.

The report notes that “It is very clear that the Good Life Project has had a significant impact on the physical health of the majority of participants who have been involved in the program to date, both in the short and longer term.

There have been quite profound impacts for some, with life changing effects on their health and wellbeing. The improvements have been sustained over 12 months after completion of the program.

Community sentiment around the project continues to be overwhelmingly positive, with a waiting list of participants to join the next round before details are released.

These results demonstrate that programs such as the Good Life Project are an effective way to educate older adults on improving health behaviours and in turn health outcomes.

Through group participation, community engagement and interaction has increased, which has been sustained with some groups continuing to meet on a weekly basis after completing the program.

Participant feedback at the Good Life Project is summarised in the below table, along with assumptions that can be made regarding their feedback.

Initiative	Comment made	Assumptions
Good Life Project Reunion	"I walked here. I've been more conscious about walking"	This participant is acknowledging a change in habits because of the initiative.
	"The group that we're in now meet every Thursday morning... we go for our 5km walk every Thursday" "I think having a group doing it and meeting every week was more encouraging that just doing it by yourself"	These comments acknowledge a positive changed ongoing behaviour amongst participants as well as regular social connection as a result of the initiative.

	"It's probably the first time in 14-15 years that I had a goal"	This participant is expressing the impact of the initiative on their own goals for positive health and wellbeing .
	"To me there's just a mental awareness plus now I'm taking more responsibility for my own health."	This comment demonstrates greater awareness of wellbeing and how they are taking more responsibility for their own health because of the initiative.
	"It was too cold to walk last night... so I walked around and around the yard so I still got that exercise. I would never have done that in the past" "As you go through the day you can change small things, like stretches when you're hanging the washing"	These comments demonstrate an ongoing positive change in behaviour for this participant because of the initiative.
	"Right from the start you gave us positive hope that it is {increasing physical activity} so simple"	This participant acknowledges the positive hope the initiative gave them with regard to increasing physical activity.

"Improvements have been sustained over 12 months after completion of the program"

The Good Life Project Executive Summary

"Right from the start you gave us positive hope that increasing physical activity is so simple"

The Good Life Project Reunion, May 2022

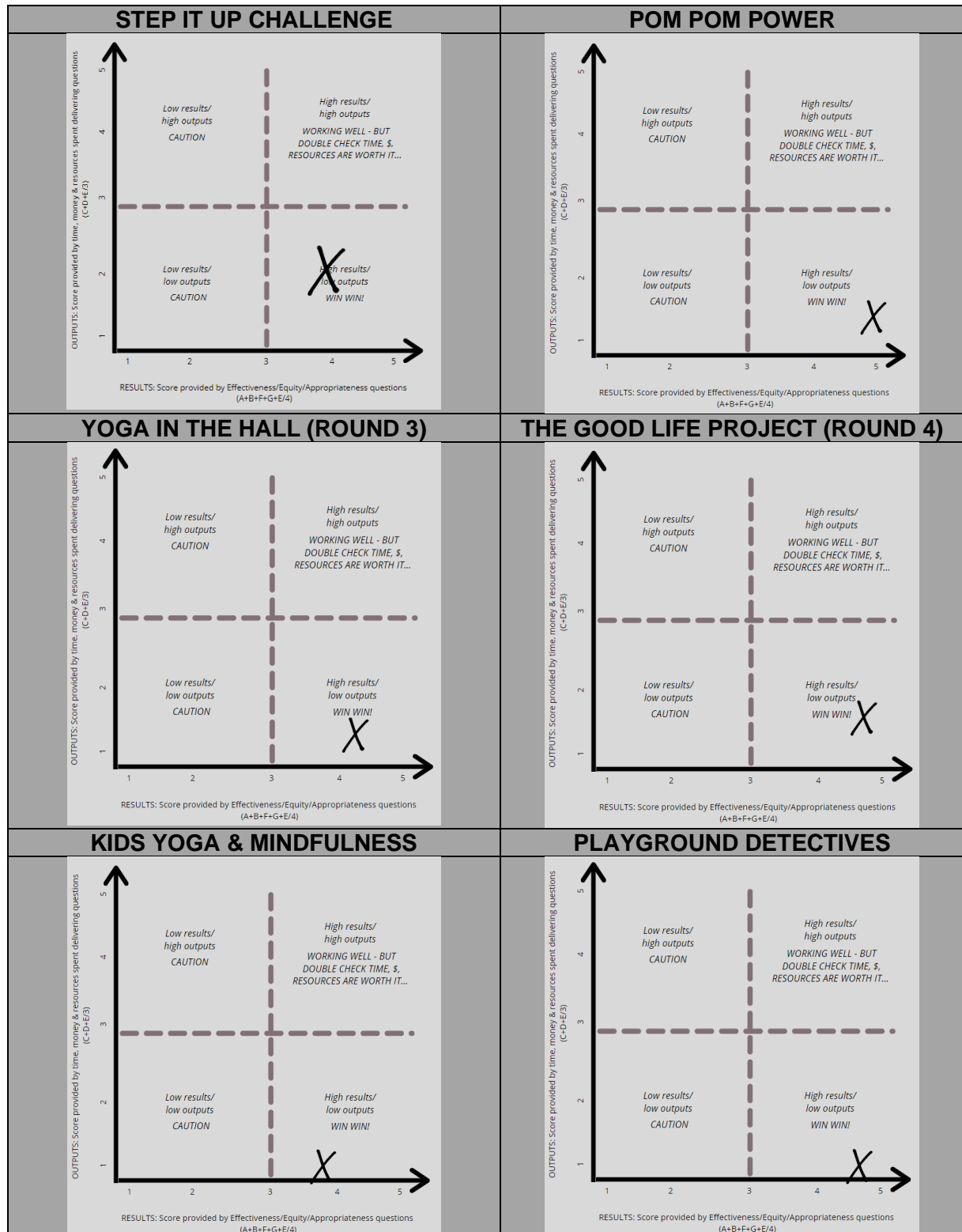
OUTPUTS VERSUS RESULTS

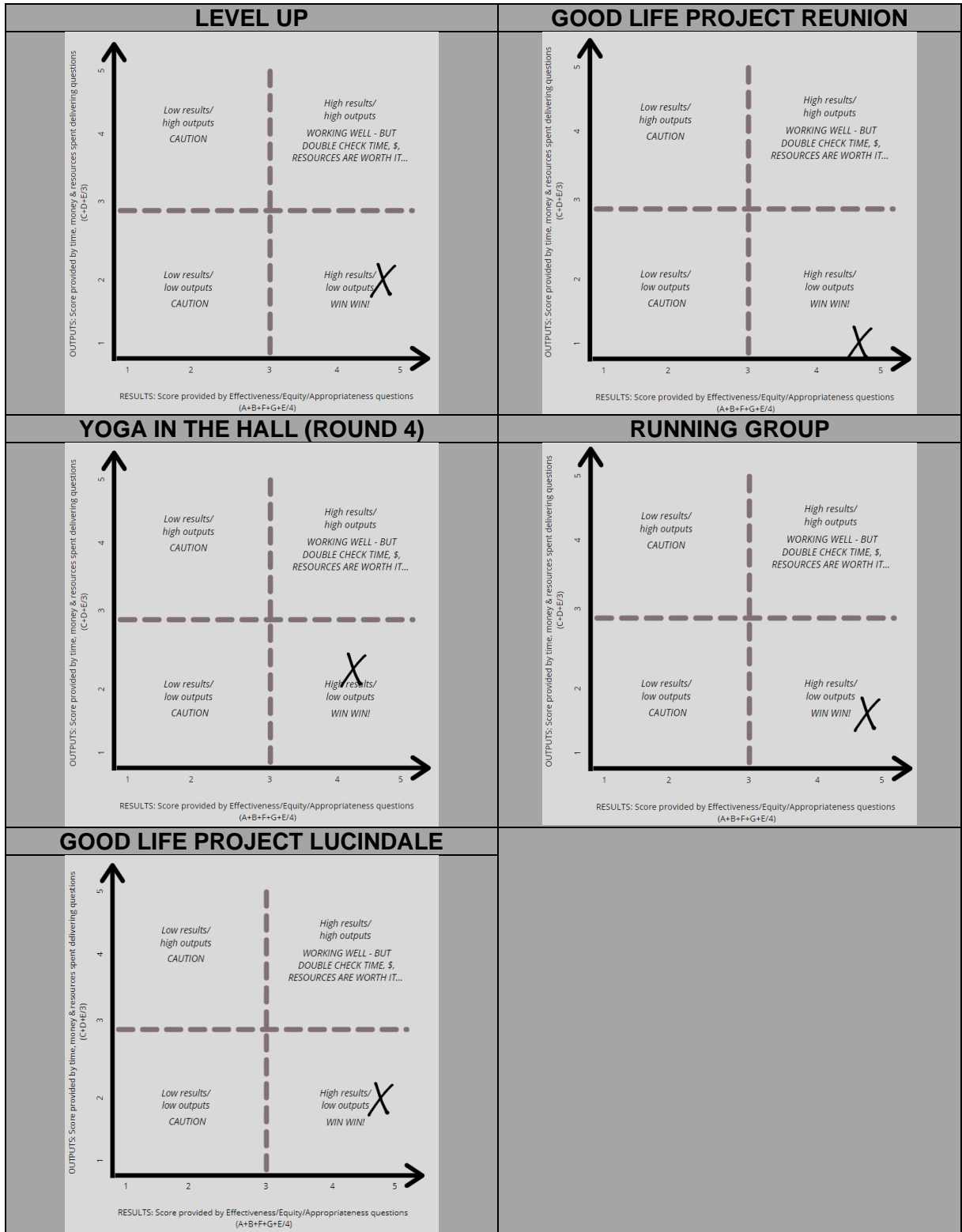


3.6 Output versus Results

We used the scores provided via the effectiveness, equity, and appropriateness criteria questions to plot against the scores given against outputs. This helped us to quantify whether the time, money and resources were well spent, given the benefits.

All initiatives, where data was reported, sit within the 'WIN WIN' high results/low outputs quadrant.





CHATS ABOUT CHANGE



3.7 Chats about Change

As part of the *Evaluation 2.0* redesign, a *Chats about Change* report template was introduced.

This evaluation tool will provide an alternative method in which to report work that focuses more on policy changes, creating supportive environments and capacity building.

The word *Chat* is used to highlight a qualitative reporting style and informal team observations, and the word *Change* represents the likely policy changes or capacity building that will occur as part of these initiatives.

Evaluation 2.0 suggested that the *Chats about Change* reports be prepared at least 3-6 months after the commencement of the intended change process, or longer, if such supportive environment or policy development changes take some time to implement.

From January to June 2022, a total of 5 *Chats about Change* reports were prepared.

The *Chats about Change* reports were prepared for the following initiatives -

1. Wellbeing Plan
2. Wellbeing Reference Group #1
3. Wellbeing Reference Group #2
4. Southeast Field Days
5. Naracoorte Trails Pocket Maps

These can be found at Appendix 5.3.

Out of the 5 initiatives that were reported on via Chats and Change, the majority included a focus on strengthening community engagement and social connectedness.

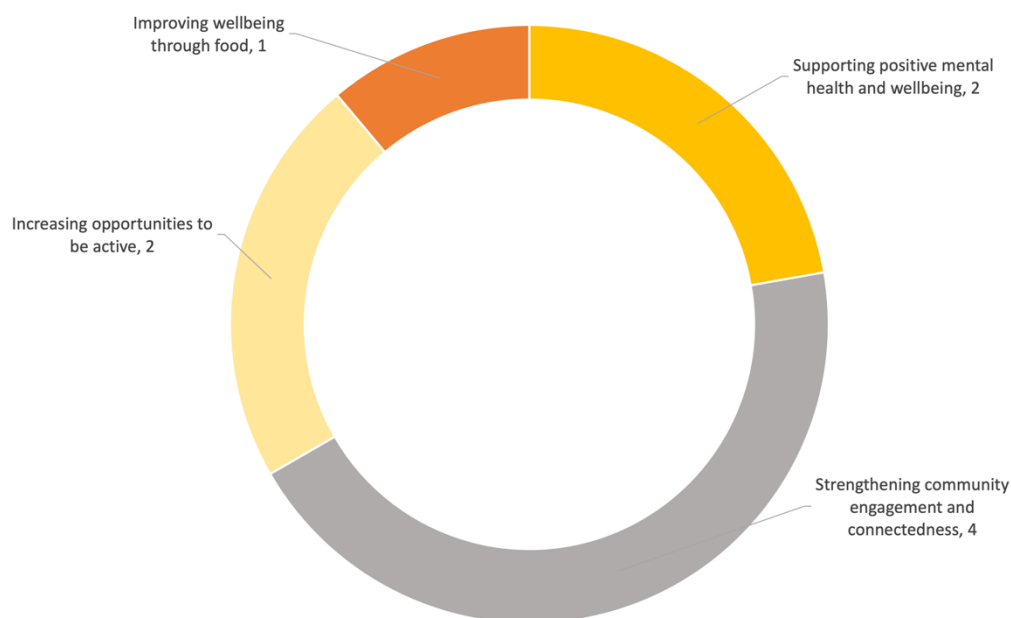


Figure 7 - The focus areas of the initiatives reported via Chats about Change reports

Of the 5 initiatives that were reported on via *Chats about Change*, there was a relatively even spread of key target audiences. One initiative reported another key target audience which was men working in agriculture.

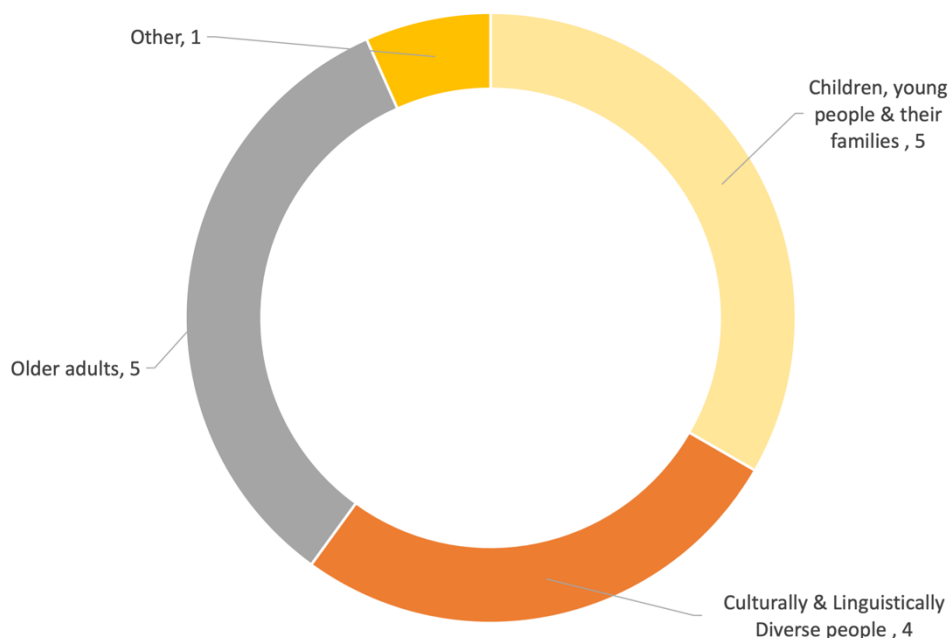


Figure 8 - The key target areas of the initiatives reported via *Chats about Change* reports

The impact of the initiatives reported via the *Chats about Change* reports is outlined in the table below.

Initiative	What evidence have staff or community members witnessed that demonstrates the impact that this work has had/or is likely to have?
1. Wellbeing Plan	<p>There is continual support from the community for the Wellbeing Program and this was reflected throughout the plan's consultation period. Community members were highly engaged throughout the plan's consultation period including 10 formal responses via emails and Your Say, 42 downloads of the draft plan, 164 Your Say page visit.</p> <p>Some of the feedback from the consultation period included:</p> <p>"Appears comprehensive to me." "I am very impressed with the balance you have put into the program for supporting the most vulnerable demographic in our community."</p> <p>"I would like to commend the Naracoorte Lucindale Council for taking up the challenge of improving the wellbeing of residents</p>

	within its district"
2. Wellbeing Reference Group #1	Discussed above in section 3.5.2.
3. Wellbeing Reference Group #2	Discussed above in section 3.5.2.
4. Southeast Field Days	<p>There was high engagement in the stall from older men asking about the program and the Naracoorte Suicide Prevention Network collecting resources and opening up about their experiences with mental health and other health issues. A number of people sought out the stall to provide their feedback and ask about the program.</p> <p>Naracoorte Trails Pocket Maps were very popular, approximately 350 maps were handed out at the event to residents and also the wider population including Mount Gambier, Bordertown and Western Victoria and were looking forward to trying out one of the walks next time they were around or take it to their local council to do the same.</p>
5. Naracoorte Trails Pocket Maps	<p>The pocket maps have been a very popular resource with over 2,000 maps distributed in 2.5 months. Their size gives them a point of difference and makes it easy to take/carry. They have also inspired people to take them back to their local council to be recreated for their area.</p> <p>A local café owner commented: "They (pocket maps) have been great, we need more!" and The Naracoorte Herald (local newspaper) ran an article on the new pocket maps.</p>

***“The pocket maps have been great!
We need more!”***

Local café owner

4. TEAM REFLECTION



4. Team Reflection

A key focus of the Naracoorte Lucindale Wellbeing Program Participatory Evaluation Approach was the ongoing observations made by the team organising and delivering the initiatives. Their insights were expert, as experienced professionals working in the community space. Their observations are noted in the *Stats & Stories* and *Chats about Change* reports for individual initiatives.

From July to December 2021, staff had limited time to complete the evaluation. However, the appointment of a project officer enabled evaluation to take more of a priority. From January to June 2022 the evaluations continued to evolve, change and be more detailed and direct, without necessarily taking up more time. This appointment has made a significant difference to the depth of evaluation undertaken of each initiative.

The team discussed how the Wellbeing Program has connected to local, regional and state strategies, as well as which projects they would repeat, improve or not deliver again. They reflected on the highlights from the last year as well as what they believe needs to be in place for future sustainability of the program. These reflections are outlined below.

4.1 How has the team connected the program to local, regional, and state strategies?

On appointment of a Project Officer, Council developed a Wellbeing Plan to align the direction of the program with the overall regional and state level approach to health and wellbeing. This also provided Council an opportunity to craft initiatives that meet the objective of its Strategic Plan, support the overall direction of Council, and meet the needs to the local community.

In relation to the evaluation process, having a simple and clear evaluation tool has helped the community and elected members see the impact the program is having. Linking the evaluation back to the Strategic Plan has shown the clear alignment between the identified actions and outcomes of the plan and the initiatives we are providing.

This development of a strategic approach to the Wellbeing Program has been a significant success during the year and has evidently helped to embed and mature the program in both the community and the operations of Council.

4.2 What projects would you put on an 'absolutely must do again' list and why?

Staff observed that the Playground Detectives initiative had excellent reach and impact for minimal financial investment. The team feels that the model can now be rolled out for other focus areas in the district, including walking and cycling trails, other open spaces and parks and food production. This program engages families in getting active outdoors and using Council's parks and playgrounds and seeing them in a different way.

The Naracoorte Trails Pocket Maps had excellent reach, and following the initial set up of the project minimal input is required for the project to be an ongoing success. This project is ongoing for Naracoorte Lucindale Council, but it is something the team would encourage other wellbeing hubs and/or councils consider.

Staff noted that The Good Life Project has a smaller reach however a more significant impact on the participants. The project was established through the local physiotherapist identifying barriers to older people being physical active and focusses on enabling and empowering participants through education, skills development, and support. The 8-week program is producing both short and medium term (6-12 months) behaviour change within the community.

These reflections demonstrate that the staff are looking strategically at how each initiative is planned, delivered, and subsequently received by the community. As they plan future initiatives, they will be able to apply this valuable knowledge to ensuring maximum impact of each initiative is reached whilst ensuring the time, money and resourcing of each initiative are wisely allocated.

4.3 What projects would you put on a 'need improvement' list and why?

Staff noted that the Health Age Check program run by UniSA didn't seem to hit the mark with the community. They reflected that it could be the communications needed improving, or the time of the year, but the cost versus uptake was high.

The Running Group started off very strong however it was observed that numbers decreased as the weeks went on. Staff noted that this was due to a combination of injuries, cold and dark mornings, timing of the sessions, and COVID. Feedback, including from those who had dropped out of the program, suggested it was successful in increasing participants activity levels. The timing (day, time, time of year and weather) of the program will be critical to its success in the future.

As with the initiatives that worked well, the insights from staff into initiatives that need improvement are likely to provide valuable insights for planning future deliverables.

4.4 What projects would you 'never put on again', and why?!

The team would not recommend running the Kids Yoga initiative again because it didn't garner as much interest as had been anticipated, particularly when compared to the Playground Detectives initiative.

Preference will be to engage children in open and outdoor spaces or to facilitate programs thorough the library. This is a valuable insight for future planning, possibly even creating a principle or focus area specifically regarding outdoor activity for children and young people.

4.5 Year highlights

The team was asked to pick their 'top 3 absolute favourite moments' of the Wellbeing Program over the last year.

The following moments were listed -

1. Agreement with Wellbeing SA to fund and recruit a Project Officer for the role, and then subsequently having someone qualified in Public Health undertaking that role has transformed the program from where it was in early 2021.

2. Development of the Wellbeing Plan and seeing all the moving parts of the program come together in one consolidated approach, giving clarity about the intent of the program to the community.
3. Having an active and engaged conversation about health and wellbeing with so many members of the community, through the initiatives the Community Reference Group and through third party providers and contractors in this area of expertise.

These highlights identified by staff again demonstrated the strategic journey that the team has been on over the last 12 months, maturing and embedding the Wellbeing Program into both the community and Council.

4.6 Sustainability of the Wellbeing Program into the future

The team was asked to reflect on ‘the secret ingredient’ for making the Wellbeing Program sustainable into the future. They suggested the following.

1. Embedding ‘Wellbeing’ into the future Strategic and Community Development Plans and Frameworks.
2. Focusing on the initiatives that had impact and can be easily modified and replicated for different situations (such as Playground Detectives).
3. Community Support – through the Community Reference Group there is grassroots level support for the program and the importance of community wellbeing. Council has a role to play, and this program has highlighted the areas that we can have the most positive impact.

Staff also noted a general comment that something to work on moving forward is the advocacy of the program as a successful model and program. The team recently presented at the Local Government Association Best Practice Showcase with the City of Playford. They noted it was an excellent opportunity to promote the success of the program and share their learnings. By sharing successes and learnings, other councils may be able to embed one or two key initiatives into their community.

“I am currently still using the program... I wouldn’t have this motivation to continue running without the running group”

Participant, Naracoorte Running Group

APPENDICES



Kids Yoga



Playground Detectives

Appendix 5.1 Naracoorte Lucindale Wellbeing Plan 2021-2023

NARACOORTE LUCINDALE WELLBEING PLAN

2021 - 2023



CONTENTS

Acknowledgement of Country	4
Vision	4
Scope	4
What is Public Health and Wellbeing?	5
Strategic Alignment	6
A snapshot of Naracoorte Lucindale Council's Health and Wellbeing	7
Priority Areas for Wellbeing	9
Naracoorte Lucindale Council's Role	10
Wellbeing Program	10
Target Audiences	10
Outcomes and Actions	11
Priority 1 - Increasing opportunities to be active	11
Priority 2 - Improving wellbeing through food	12
Priority 3 - Strengthening community engagement and social connectedness	13
Priority 4 - Supporting positive mental health and wellbeing	14
Challenges	15
Opportunities	16
Monitoring and Reporting	17
Community Consultation	18
Appendix A - Naracoorte Lucindale Wellbeing Program	21
Appendix B - Naracoorte Lucindale Wellbeing Program Strategic Purpose	22
Appendix C - Planet Youth Pilot	23
References	24



First Nations Smoking Ceremony at Frances Town Square Opening

Acknowledgement of Country



We acknowledge and respect the traditional owners of the ancestral lands. Naracoorte was a meeting place of the people of the south east, just as we are today. The Boandik to the South and Meintangk to the West ranging from Kingston, Potaruwutij to the North and Marditjali on the eastern side, ranging from the Little Desert in Victoria.

We acknowledge elders past and present and we respect the deep feelings of attachment and relationship of Aboriginal peoples to country.

Vision

All Naracoorte Lucindale Council residents are supported to enjoy good physical, social and mental health and wellbeing.

Scope

The Naracoorte Lucindale Wellbeing Plan 2021-2023 sets a short-term direction for Council in contributing to a safe, healthy and resilient community, as identified as a key outcome in Council’s Strategic Plan 2016-2026. This plan outlines priorities and actions to improving the wellbeing of the local community and recognises that everyone is entitled to good health and wellbeing regardless of their circumstances.



Come & Try Open Day:
Men's Shed

What is Public Health & Wellbeing?

Wellbeing encompasses all aspects of life and is a combination of a person's physical, social and mental health.

To achieve public health and wellbeing we must look beyond individual lifestyle change and understand the broader role the environment plays. These greater influences of health are called the Social Determinants of Health which recognise that health is not just influenced by our genetics, lifestyle and behaviours but rather a broader set of factors and systems outside of our control including our income, education, access to health care and housing. Good health and wellbeing cannot be achieved if the environment in which people live provides little to no opportunity to make positive health changes.

“In order to achieve good health, we must look past just dealing with illness and disease as it appears, but rather change those aspects of the environment that cause ill health”

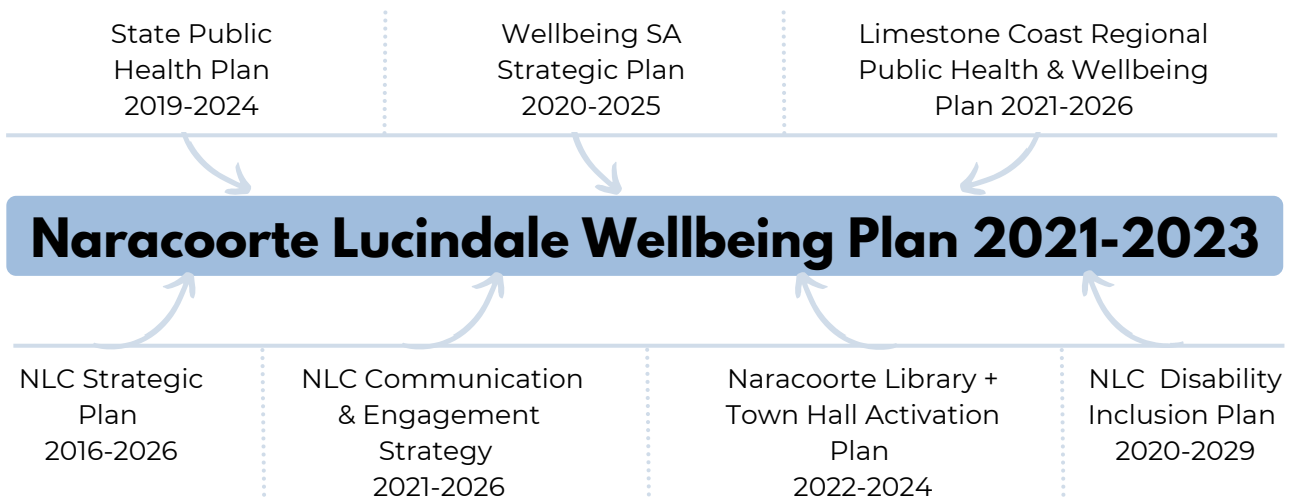


PUBLIC HEALTH INCLUDES:

-  services and programs at libraries or community centres
-  community gardens or local fruit and veg swaps
-  footpaths and walking trails
-  the way our communities are planned
-  events that bring the community together
-  disability inclusion services
-  recreation facilities and sports grounds
-  parks and shaded playgrounds
-  skate parks and dog parks
-  climate risk management planning
-  services that celebrate and promote cultural diversity
-  safe and nutritious food
-  safe drinking water
-  immunisation services
-  volunteering and community involvement
-  wastewater management
-  health information and education programs
-  smoke and alcohol free environments

Strategic Alignment

The following strategies and plans have been considered during the development of the Naracoorte Lucindale Wellbeing Plan:



Strategic Plan	Priorities
Naracoorte Lucindale Strategic Plan 2016-2026	<ul style="list-style-type: none"> • <u>Prosperous community</u>: Facilitating and supporting sustainable growth to achieve economic prosperity • <u>Harmony and Culture</u>: A safe, healthy and diverse community celebrating our similarities and differences • <u>Liveable neighbourhoods</u>: A range of well-planned neighbourhoods and public space, designed with a strong sense of identity and place • <u>Progressive leadership</u>: A well-led and managed district supported by a professional approach to managing infrastructure, and the delivery of projects and services to the community
State Public Health Plan 2019-2024	<ul style="list-style-type: none"> • <u>Promote</u>: Build stronger communities and healthier environments • <u>Protect</u>: Protect against public and environmental health risks and respond to climate change • <u>Prevent</u>: Prevent chronic disease, communicable disease and injury • <u>Progress</u>: Strengthen the systems that support public health and wellbeing
Wellbeing SA Strategic Plan 2020-2025	<ul style="list-style-type: none"> • The early years • Mental health and wellbeing and suicide prevention • Chronic disease, integrated care and injury prevention
Limestone Coast Regional Public Health and Wellbeing Plan 2021-2026	<ul style="list-style-type: none"> • Improved access to services, facilities and social infrastructure, such as parks and gardens, recreational facilities and bike paths • Suicide prevention • Cultural awareness • Increasing opportunities for healthy eating and being active • Immunisations • Adapting to the potential long-term changes in the region's climate

A snapshot of Naracoorte Lucindale Council's Health and Wellbeing

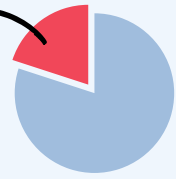
Population & Demographics



Median age
40.1 years

19.6%

Of people are
born overseas

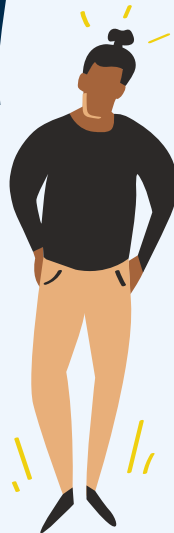


Total population of
8574



1.6%

are Aboriginal and/or
Torres Strait Islander



سلام

9%

Speaks a language
other than English
at home

The most common
language (other than
English) spoken at home is
**PERSIAN/DARI/
HAZARAGHI**

Education



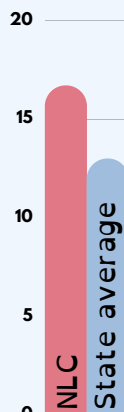
10.1%
have a bachelor's
degree or higher

21.7%
have vocational
education

35.9%
have completed year 12
or equivalent

25% of children are
developmentally vulnerable in
one or more AEDC domains.
(State average 23.9%)

Significant increase in
children developmentally
vulnerable in 4 out of 5
AEDC domains from
2009-2018



16.7% of children are
developmentally
vulnerable in two
or more AEDC
domains



A snapshot of Naracoorte Lucindale Council's Health and Wellbeing

Housing



27%
live alone

Employment

58.2%
Of labour force
employed full time

3.9% Unemployed



Health & Lifestyle



Physical inactivity: 69.0%
(State average 68.9%)

Adequate fruit consumption
(adults): 52.2%
(State average 49.1%)

Current smokers: 18.5%
(State average 15.4%)

24.6%
Consume 2+
standard alcoholic
drinks per day on
average

SA
average
15.3%

37.4%
Obese adults

SA
average
32.8%

11.1%
Obese children
(2-17 y)

SA
average
9.1%



38% of Year 10-12 students
reported low levels of resilience
(State average 38%)

13% of school students reported
low levels of happiness
(State average 14%)

11.6% of people have high or very
high psychological distress
(State average 14.1%)

**COVID-19 has
made 41% of
year 10 students
metal health
worse**

Additional data capturing all year 10 students in the Limestone Coast has been collected through the 2021 Planet Youth Survey and will be available in early 2022. For more information on Planet Youth see Appendix C.



Blue Tree Project: A joint initiative with the Naracoorte Suicide Prevention Network

Priority Areas for Wellbeing

The priorities developed for this Plan align with areas of the Limestone Coast Regional Public Health and Wellbeing Plan: Stronger and Healthier Communities and Neighbourhoods for all Generations and Increasing Opportunities for Healthy Living, Eating and Being Active.

The key priorities of the Naracoorte Lucindale Wellbeing Plan 2021-2023 are:



Increasing opportunities to be active



Improving wellbeing through food



Strengthening community engagement and social connectedness



Supporting positive mental health and wellbeing

Naracoorte Lucindale Council's Role

Local government plays a critical role in creating environments which support positive health and wellbeing. Maintaining facilities such as local parks, playgrounds and walking trails can promote an active lifestyle. Inclusive spaces such as libraries provide a safe supportive space for community members to learn and grow. Planning and development of various programs, services and events can support community connectedness and wellbeing. Being the closest level of government to the community, councils have the greatest understanding of their specific requirements and can:

- Lead by action and example
- Educate the community around health and wellbeing
- Provide services, support, facilities and funding to the community
- Partner with key stakeholders to achieve greater outcomes
- Advocate for change to improve health and wellbeing

Wellbeing Program

Naracoorte Lucindale Council is implementing a Wellbeing Hub model, dedicated to improving the health and wellbeing of the local community. Supported by Wellbeing SA, this gives Council a valuable opportunity to be proactive and influential leaders in this space. This Plan is underpinned by the existing and funded Naracoorte Lucindale Wellbeing Program. The outcomes of the Wellbeing Program pilot and an overview of the strategic purpose can be found at Appendices A and B respectively.

Target Audiences

Not everyone has equal opportunity and ability to achieve and maintain good health and wellbeing. This plan will focus on three priority population groups within the Naracoorte Lucindale Community.

 Children, young people and families

 CALD/migrant population

 Older residents (over 60's)

**Come and Try Program:
School Holiday Sports Program**



Outcomes and Actions

Priority 1 - Increasing opportunities to be active

Regular physical activity encourages good physical health, fitness, mental health and healthy ageing. Those who participate in adequate levels of physical activity are at a lower risk of developing diseases such as stroke, diabetes and cancer. Barriers to obtaining adequate physical activity may include time, costs, experience and education, confidence, weather, and cultural appropriateness.

Outcome	Our Role	Our Actions	Audience
Identify ways people can be more active	Lead Partner Advocate	Implement no or low-cost initiatives such as yoga, come and try sports programs, walking and running groups.	
Community members have the skills and knowledge to be physically active	Educate Partner	Partner with local organisations to deliver educational health programs and resources such as The Good Life Project.	
Facilities are provided and maintained to encourage and support physical activity	Provide Advocate	Provide and maintain open spaces including parks, trails and recreational facilities. Increase community awareness of open spaces and unstructured recreational opportunities.	



The Good Life Project



Posca Art Workshop

Priority 2 - Improving wellbeing through food

Food and a healthy diet play a key role in the maintenance of our physical and mental health, and our diet and the food environment have changed over a generation. A healthy diet is a protective factor against obesity and a number of diseases such as diabetes, heart disease, stroke and cancer. Many factors influence one's ability to maintain a healthy diet including availability, affordability, marketing of unhealthy food and drink options, individual preferences and beliefs, and cultural traditions.

Outcome	Our Role	Our Actions	Audience
Community members have the skills and knowledge to make healthier food choices	Educate Provide Partner	Partner with organisations to deliver educational programs and resources such as cooking classes. Partner with organisations to provide community events promoting good wellbeing through food, such as cultural night markets and promoting the community garden.	
Improved systems enabling healthy food options	Lead Advocate	Advocating for better access to healthy food options and policies.	
People are connected through food	Provide Partner	Use peoples enjoyment and engagement around food as a way to connect people.	



Come and Try Open Day
The Naracoorte Regional
Art Gallery

Priority 3 - Strengthening community engagement and social connectedness

Social wellbeing is a sense of belonging and feeling connected to other people and the places we live. Having a strong sense of social wellbeing and connectedness results in happier and healthier communities. Some population groups can experience greater barriers to social connectedness and a sense of belonging including CALD communities, Aboriginal and Torres Strait Islander people, older people, those with disability and those within the LGBTQIA+ community.

Outcome	Our Role	Our Actions	Audience
An inclusive community	Lead Educate Provide Partner Advocate	Strengthen identity and culture through celebration of festivals and events. Partner with Migrant Resource Centre on events and programs. Establishment of a community reference group.	
People feel more connected as a community	Provide Partner Advocate	Provide opportunities for people to connect through events and programs.	
People have a sense of belonging to the community in which they live	Provide Partner Advocate	Use creative projects to foster a sense of place and identity.	
Build capacity of community organisations and business to support wellbeing	Partner	Partner with local organisations and wellbeing leaders through the Wellbeing Program.	

Priority 4 - Supporting positive mental health and wellbeing

At some point in their lifetime almost half of the Australian population will experience mental ill health. Common mental illnesses include depression, anxiety and substance abuse. Over three quarter of mental illness will present prior to the age of 25, and half prior to the age of 15. COVID-19 has and will continue to significantly contribute to mental ill health in the population.

Outcome	Our Role	Our Actions	Audience
Increased community knowledge and awareness of mental health	Educate Partner	Partner with organisations to deliver educational programs and resources. Strengthen community awareness through events such as R U OK Day and Mental Health Awareness Month.	
Community members are more resilient	Lead Educate Provide Partner Advocate	Provide opportunities for people to experience good mental health such as free meditation apps through the Library services. Partner with key stakeholders to share information to the community.	

Carpe Diem Theatre Performance



Challenges

Community understanding of wellbeing:

Wellbeing is still a widely misunderstood concept. Many people can recognise the importance of physical health, however struggle with accepting and understanding the mental and social components of wellbeing. These misconceptions will influence peoples' understanding of the importance of individual and community wellbeing, and Council's role in promoting wellbeing.

Long-term resourcing:

Wellbeing SA has committed to provide funding to Council for the 2021-2023 period to support physical, mental and community wellbeing through the implementation of a range of wellbeing initiatives. This includes funding a Wellbeing Program Coordinator position for 0.5FTE. The long-term resourcing of these initiatives and position is unknown.

Location and access to services:

One of the greatest challenges of maintaining health and wellbeing in regional communities is the reduced access to services. Residents are often unable to access services due to location and transport, experience greater financial implications, time, or cultural inappropriateness.

COVID-19 Pandemic:

The introduction of widespread, long-lasting restrictions was expected to, and continues to impact on, the health and wellbeing of many people.

The Naracoorte Lucindale region experienced unique challenges due to the proximity and fluidness of the SA/VIC border. Many people within the community and wider region cross the border daily to live, work, go to school and receive health care. Due to changing border restrictions and hard border closures these day-to-day activities were stopped or made considerably difficult throughout the pandemic.

The true impact of COVID-19 on the community's social and mental wellbeing will continue to unfold in the coming months and years. Therefore, it is crucial to keep wellbeing front of mind.

Naracoorte Singers
Concert





Men's Shed Open Day

Opportunities

Community engagement:

There has been an extremely positive response from the local community so far in response to the roll out of additional wellbeing initiatives. There is a great opportunity to capitalise on the positive responses and engagement and embed the program and messaging within the community. The development of a Community Reference Group will help to guide the planning and implementation of Council's wellbeing initiatives.

Naracoorte Library Redevelopment:

The new Naracoorte Library will provide a space for health and wellbeing programs and initiatives. The library will be an inclusive open space and an opportunity to strengthen community engagement and social connectedness.

Technology:

During COVID-19, technology became a vital way to connect people with services. Technology will be used as an enabler for positive health and wellbeing, a way to increase access to services and the use of applications (e.g. fitness trackers) to engage people in their health.

Resources:

Funding and support from Wellbeing SA has been secured until June 2023 to develop, facilitate, and evaluate the Wellbeing Program, along with a 0.5FTE Wellbeing Program Coordinator position. The capacity built from this partnership will have lasting impacts on how we plan, implement and evaluate wellbeing initiatives in the future.

Arts and Culture:

Art can be used to foster a sense of place and identity. There is an opportunity to collaborate with Council's Art and Cultural Facilitator to further promote wellbeing, a sense of belonging and social connectedness through art.



Monitoring and Reporting

The Wellbeing Program and initiatives will be evaluated according to:

- **Process** – including but not limited to how relevant initiatives were, how they are delivered, perceptions and reactions to the interventions including factors that encourage or hinder participation.
- **Impact** - the immediate and medium-term effects, such as increased knowledge or shifts in attitude.

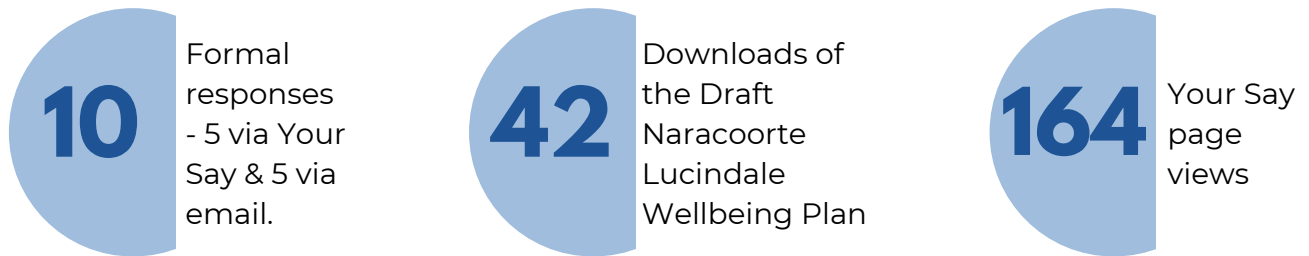
The following criteria were developed to assist in evaluating the worth of each wellbeing initiative:

Evaluation Criteria	Description
Effectiveness	The extent to which our aims are met.
Appropriateness	The relevance of the intervention to needs.
Acceptability	Whether it's carried out in a sensitive way.
Efficiency	Whether the outputs (time, money and resources) are well spent, given the benefits.

Regular report cards “Stats & Stories” and “Chats about Change” will be developed to monitor each initiative. Consultant Becky Hirst has been engaged to assist in the evaluation of the program.

Community Consultation

The Draft Naracoorte Lucindale Wellbeing Plan was open for public comment from the 22nd December 2021 through to early February 2022. Community consultation was conducted through Your Say and promoted on the Naracoorte Lucindale Council Website and Facebook page. Additionally, key stakeholders and community groups were emailed and given the opportunity to provide feedback. The local community were highly engaged with the plan, key highlights included:



Snapshot of the feedback received:

"This plan will enable us to link together new and existing experiences to improve our story telling of the Limestone Coast."

"Welcome the work being done to improve community wellbeing... Club members raised a question about the age limits for participation in the pilot exercise programs - it seemed we weren't old enough for full participation. A wider age range would perhaps be of benefit?"

"That's a comprehensive plan! I'm looking forward to programs through our new Naracoorte Library, and am also interested in the various exercise/yoga opportunities."

"Firstly, I would like to commend the Naracoorte Lucindale Council for taking up the challenge of improving the wellbeing of residents within its district... Funding for programs targeted at health promotion initiatives have been rare and finite during this time. With the support of Wellbeing SA, the Naracoorte Lucindale Council has an opportunity to make a significant and lasting difference to the health and wellbeing of its community."

"I believe that the actions outlined under Priority 3 in the plan to target these groups are a good starting point, but there is potential to extend the reach much further. Involvement with key stakeholders and health professionals working with each of these groups is important to ensure that actions are specific and sensitive to the needs of these groups individually, rather than collectively."

In addition feedback was provided around the future implementation of initiatives and the Wellbeing Program, including:

"An organised running group during the week would also be of benefit to community members. It would provide social connections, benefit mental health, and can be inclusive for all levels, from walkers to more experienced runners."

"Could any future programs run exercise-only sessions for Seniors... I wouldn't mind paying say \$5 per session for such a program."

"Education around food labelling, sugar/salt content in everyday food products and supermarket tours with registered health professionals would be fantastic. Health promotion activities in this space are severely lacking."

"I think the key is even at an entry level, our community members need the WHY and some support to apply the HOW (practical application) re: promoting strong mental health, resilience, suicide prevention."

Wellbeing Reference Group:

The Wellbeing Reference Group was established to assist with evaluating the success of the program, and guide the future direction of the Wellbeing Program. An initial meeting was held on 9 February 2022 to provide comment on the draft plan. In summary:

- Overall happy with the direction of the plan.
- Suggested additional target audiences of; isolated people, young professionals and men.
- Strengthening partnerships with existing programs, businesses and organisations for sustainability.
- Including an additional outcome and action of Priority 2 to represent the relationship between food and connectedness.
- The target audience of outcomes in priority 3 could include all 3 target audiences.

Changes from draft to final plan:

Minor changes were made from the draft to the final plan. These changes have been summarised below:

- Changes to the Acknowledgment of Country to better represent and acknowledge the First Nations people.
- Inclusion of a new statistic around COVID-19 and mental health.
- Changes to wording under the 'Wellbeing Program' heading.
- Additional outcome and action added to Priority 2.
- Adding Children, Young People and Families, and Older Residents as target audiences for all outcomes in Priority 3.
- Acknowledgment that COVID-19 continues to impact the health and wellbeing of many people.

Mural Project



Appendices

Appendix A - Naracoorte Lucindale Wellbeing Program

Naracoorte Lucindale Wellbeing Program Pilot Snapshot March – July 2021

The Naracoorte Lucindale Wellbeing Program was established in March 2021 in partnership with Wellbeing SA in response to and in the recovery from COVID-19 in 2020-21.

The program was initially run as a pilot which included 12 separate initiatives and targeted at least one of the nominated focus areas and target groups - in some initiatives, multiple focus areas and target groups were included. The pilot program reached over 800 people and engaged 25 local partner agencies from March-July 2021. Popular initiatives included the Carpe Diem theatre performance, outdoor cinema, The Good Life Project, come and try programs and Yoga in the Hall.

Following this success, the program was extended for a further two years until mid-2023.

Participant Feedback from Pilot Wellbeing Program:

“Our children enjoyed trying out different sports (and I did too!)” – School Holiday Sports Program

“Provided an opportunity to get together and chat about a subject that is difficult. Was a fun way to talk about mental health. I found out who I can reach out to. Was a safe space to talk.” – Blue Tree Project

“Made more of a conscious effort to check in with friends I haven't heard from in a while.” – Carpe Diem

7 out of 9 respondents (78%) said they did something differently during the last week because of attending Carpe Diem.

Appendix B - Naracoorte Lucindale Wellbeing Program Strategic Purpose



Wellbeing SA



Purpose

The Naracoorte Lucindale Wellbeing Program will support physical, mental and community wellbeing through the implementation of a range of wellbeing initiatives

Key strategies

Engagement, activation and awareness raising

Developing and strengthening partnerships

Piloting, testing and evaluating

Education and upskilling

Promoting existing opportunities

Target audiences

Culturally and linguistically diverse communities

Children, young people and their families

Older adults

Focus Areas

1. Increasing opportunities to be active

2. Improving wellbeing through food

3. Strengthening community engagement and social connectedness

4. Supporting positive mental health and wellbeing

Appendix C - Planet Youth Pilot

Planet Youth is an Icelandic evidence-based prevention model that has been developed to reduce substance use in adolescents. The Planet Youth model has been adopted in over 30 countries and in 5 regions within Australia. It is being piloted in the Limestone Coast with support from the Alcohol and Drug Foundation and Wellbeing SA.

The Planet Youth model is underpinned by local data collection through the surveying of 15-16 year old students. The survey includes questions on substance use, health, mental health, physical activity, family and school experience, internet use and bullying. The Limestone Coast Survey was conducted in 2019 across four secondary schools in the City of Mount Gambier and District Council of Grant. The study was repeated in 2021 to broaden and include all schools in the 7 Limestone Coast council areas; City of Mount Gambier, District Council of Grant, Wattle Range Council, Naracoorte Lucindale Council, Tatiara District Council, District Council of Robe and Kingston District Council. The results of the survey will be available in early 2022.

<https://planetyouth.org/>

References

Australian Bureau of Statistics, Region summary: Naracoorte Lucindale (DC), <https://dbr.abs.gov.au/region.html?lga&rgn=45090>

Australian Early Development Census, 2019, Community Profile 2018 Naracoorte and Lucindale SA.

Australian Institute of Health and Welfare (AIHW), 2021, COVID-19 impact on mental health, <https://www.aihw.gov.au/getmedia/6e2c41a8-d849-44ea-ab16-6e7d75503a14/Mental-health-impact-of-COVID-19.pdf.aspx>

Australian Government, 2021, The National Children's Mental Health and Wellbeing Strategy, <https://www.mentalhealthcommission.gov.au/getmedia/e369a330-f8c3-4b9e-ab76-7a428f9ff0e3/national-childrens-mental-health-and-wellbeing-strategy-report-25oct2021>

Beyond Blue, 2021, Statistics, <https://www.beyondblue.org.au/media/statistics>

Government of South Australia Department for Education, 2021, Wellbeing and Engagement Collection Naracoorte and Lucindale (DC).

Limestone Coast Local Government Association (LCLGA), Limestone Coast Regional Public Health and Wellbeing Plan 2021 – 2026, https://www.naracoortelucindale.sa.gov.au/_data/assets/pdf_file/0039/879771/Limestone-Coast-Regional-Public-Health-and-Wellbeing-Plan-2021-2026.pdf#Regional%20Health%20Plan

Local Government Association of South Australia (LGASA), 2019 , Guide to Regional Public Health Planning, https://www.sahealth.sa.gov.au/wps/wcm/connect/157305e3-flb5-417d-82f3-571b572f63e8/Guide+to+Regional+Public+Health+Planning_FINAL.PDF?MOD=AJPERES&CACHEID=ROOTWORKSPACE-157305e3-flb5-417d-82f3-571b572f63e8-n5iQixK

PHIDU Torrens University Australia, 2021, Social Health Atlases of Australia, South Australia, Data by Local Government Area.

Planet Youth, 2022, *Naracoorte Lucindale Council Report*, {PowerPoint Presentation}

Regional Development Australia Limestone Coast Region (RDALCR), Community Profile, Naracoorte-Lucindale Council Area, <https://profile.id.com.au/rda-limestone-coast/about?WebID=130>

SA Health, 2018, State Public Health Plan 2019-2024, <https://www.sahealth.sa.gov.au/wps/wcm/connect/d18380e5-6792-4cdd-a193-08d80fd47df4/FINAL+State+public+Health+Plan+2019-2024.pdf?MOD=AJPERES&CACHEID=ROOTWORKSPACE-d18380e5-6792-4cdd-a193-08d80fd47df4-nK5wa-k>

SA Health, 2020, South Australia's Plan for Ageing Well 2020-2025, <https://www.sahealth.sa.gov.au/wps/wcm/connect/f70e6b01-72ea-40e3-af7d-f3f641f24645/State+Plan+for+Ageing+Well+2020-2025.pdf?MOD=AJPERES&CACHEID=ROOTWORKSPACE-f70e6b01-72ea-40e3-af7d-f3f641f24645-nKQdmoT>

Wellbeing SA, 2020, Wellbeing SA Strategic Plan, <https://www.sahealth.sa.gov.au/wps/wcm/connect/337cc838-658a-48c2-b171-a6e05c2aeaad/20090.1+WellbeingSA-StrategicPlan-2020update-WEB.PDF?MOD=AJPERES&CACHEID=ROOTWORKSPACE-337cc838-658a-48c2-b171-a6e05c2aeaad-nKQKPUL>

Appendix 5.2 ***Stats & Stories: July 2021 – June 2022***

Stats & Stories #1

- STEP IT UP CHALLENGE -

EFFECTIVENESS

Which focus area did this initiative aim to address?

- INCREASING OPPORTUNITIES FOR UNSTRUCTURED PHYSICAL ACTIVITY
- IMPROVING SOCIAL CONNECTION, COMMUNITY PARTICIPATION AND INCLUSION

DELIVERY PARTNERS -

10,000 Steps

ANY ADDITIONAL AIMS OF THIS INITIATIVE?

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

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS **100**

PERCENTAGE OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN SIMILAR INITIATIVE BEFORE

Which primary audiences did this initiative intend to reach?

- CHILDREN, YOUNG PEOPLE & FAMILIES
- CALD/MIGRANT POPULATION
- OLDER PEOPLE (AGE 60+)
- Other

TEAM SCORE OUT OF FIVE FOR HOW INITIATIVE ENGAGED WITH TARGETED KEY POPULATIONS **B 5**

STAFF OBSERVATIONS/WHY WAS THIS SCORE GIVEN?

Initiative was offered to the whole community and saw a variety of people from each target audience and age group participate in the initiative.

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?

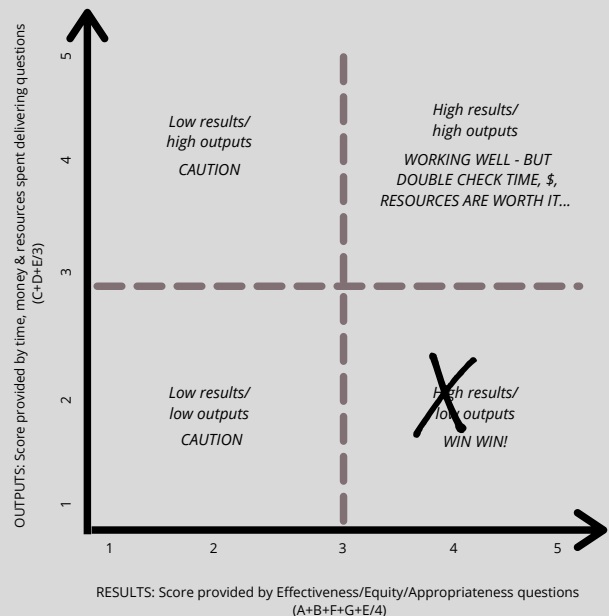


COMMENTS

Time spent advertising, recruiting and encouraging participants throughout the month was the most labour intensive element. Prize was \$1,000

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?

PARTICIPANT FEEDBACK

Easy to participate in. Free.

TEAM OBSERVATIONS

Easy enough to manage. Using an already existing program was great.

WHAT COULD WE IMPROVE ON NEXT TIME?

PARTICIPANT FEEDBACK

Honesty system doesn't work. Should be connected to a program like Strava where steps are recorded. Shouldn't rely on a manual recording system. Interface of website was confusing with options for minutes and steps.

TEAM OBSERVATIONS

Although using the 10,000 Steps platform seemed like the easiest method, it relies too heavily on people being honest when having to put in their steps manually - people can easily make up their numbers. The platform should have to be connected to an app which does the recording for the participant instead.

APPROPRIATENESS

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

IMPACT OF INITIATIVE DIRECTLY AFTER/AT EVENT

13 people participated in evaluation

Participant comments on how the initiative contributed to their wellbeing **DIRECTLY AFTER/AT EVENT** -

It kept them motivated to walk

How much did attending X today contribute to your wellbeing? (1 - Not at all, 2 - Not really, 3 - Undecided, 4 - Somewhat, 5 - Very much)

AVERAGE SCORE

4

IMPACT OF INITIATIVE ONE WEEK AFTER EVENT/COMPLETION

people participated in evaluation

Participant comments on how the initiative inspired them do something different in the **WEEK FOLLOWING** the initiative/end of initiative -

N/A

How strongly do you agree or disagree that attending/being a part of X inspired you to do something different, for your wellbeing, during the last week? (1 - Strongly disagree, 2 - Somewhat disagree, 3 - Neither agree/disagree, 4 - Somewhat agree, 5 - Strongly agree)

AVERAGE SCORE

G

GENERAL TEAM/EXPERT OBSERVATIONS

Lots of feedback about how much people have enjoyed the challenge and how it has kept them motivated to walk. But equally, feedback about the frustration around the recording methods.



NARACOORTE LUCINDALE STEP IT UP CHALLENGE

1 - 30 JUNE 2021

The Goal: To accumulate as many steps as possible this June
Form a team or challenge your friends!

Prizes:

Individuals
First: \$150 Sportspower voucher
Second: \$100 Sportspower voucher
Third: \$50 Sportspower voucher

Teams
First: \$500 cash
Second: \$300 cash
Third: \$200 cash

To find out how to participate contact the Challenge Coordinator
at wellbeing@nlc.sa.gov.au or 8760 1100

Stats & Stories #2

- MURAL PROJECT -

EFFECTIVENESS

Which focus area did this initiative aim to address?

- INCREASING OPPORTUNITIES FOR UNSTRUCTURED PHYSICAL ACTIVITY
- IMPROVING SOCIAL CONNECTION, COMMUNITY PARTICIPATION AND INCLUSION

DELIVERY PARTNERS -

Jake Holmes, Naracoorte High School

ANY ADDITIONAL AIMS OF THIS INITIATIVE?

Community engagement and creating a sense of belonging.

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET

A **4**

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS

35

PERCENTAGE OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN SIMILAR INITIATIVE BEFORE

Which primary audiences did this initiative intend to reach?

CHILDREN, YOUNG PEOPLE & FAMILIES



CALD/MIGRANT POPULATION



OLDER PEOPLE (AGE 60+)



TEAM SCORE OUT OF FIVE FOR HOW INITIATIVE ENGAGED WITH TARGETED KEY POPULATIONS

B **5**

STAFF OBSERVATIONS/WHY WAS THIS SCORE GIVEN?

Everyone who participated was a Naracoorte High School student and was highly engaged. Students were selected to participate which contributed to high engagement.

EFFICIENCY

The outputs - time, money and resources spent on initiative

How much time was spent on organising this initiative?



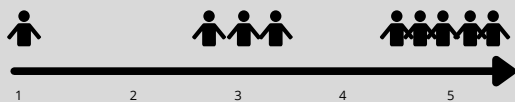
C **5**

How much money was spent on delivering this initiative?



D **5**

How resource intensive was delivering this initiative?

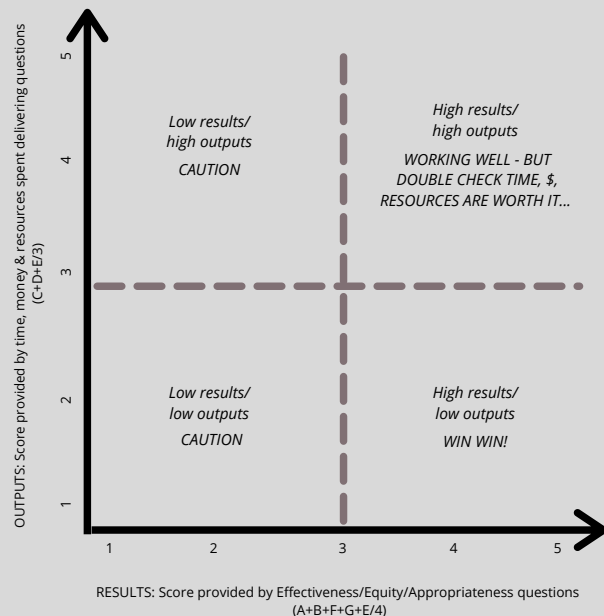


E **2**

COMMENTS

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?

PARTICIPANT FEEDBACK

N/A

TEAM OBSERVATIONS

Giving the students an opportunity to draw their own doodles in the mural helped students feel a sense of pride belonging to the artwork and town.

WHAT COULD WE IMPROVE ON NEXT TIME?

PARTICIPANT FEEDBACK

N/A

TEAM OBSERVATIONS

APPROPRIATENESS

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

IMPACT OF INITIATIVE **DIRECTLY AFTER/AT** EVENT

people participated in evaluation

How much did attending X today contribute to your wellbeing? (1 - Not at all, 2 - Not really, 3 - Undecided, 4 - Somewhat, 5 - Very much)

AVERAGE SCORE

F

Participant comments on how the initiative contributed to their wellbeing **DIRECTLY AFTER/AT** EVENT -

N/A

IMPACT OF INITIATIVE **ONE WEEK AFTER** EVENT/COMPLETION

people participated in evaluation

How strongly do you agree or disagree that attending/being a part of X inspired you to do something different, for your wellbeing, during the last week? (1 - Strongly disagree, 2 - Somewhat disagree, 3 - Neither agree/disagree, 4 - Somewhat agree, 5 -Strongly agree)

AVERAGE SCORE

G

Participant comments on how the initiative inspired them do something different in the **WEEK FOLLOWING** the initiative/end of initiative -

N/A

GENERAL TEAM/EXPERT OBSERVATIONS

Students and teachers appeared happy throughout the process. A comment overheard from some of the students were that: 'we are going to come back in 30 years with our kids to show them what we painted!'. One student came back after hours to show her dad and brother what she had worked on. Teachers commented that they were impressed with how long the students remained engaged in the process for.

Although we do not have all the data to accurately measure output vs results, based on team observations we would put this in the high results/high outputs quadrant. Whilst the initiative had high outputs (costs and time) the final product will be long lasting and participants will continue to have a sense of belonging after the initiative ends. As shown by above comments.



Stats & Stories #3

- GOOD LIFE PROJECT (ROUND 3) -

EFFECTIVENESS

Which focus area did this initiative aim to address?

- INCREASING OPPORTUNITIES FOR UNSTRUCTURED PHYSICAL ACTIVITY
- IMPROVING SOCIAL CONNECTION, COMMUNITY PARTICIPATION AND INCLUSION

DELIVERY PARTNERS -

Good Country Physiotherapy

ANY ADDITIONAL AIMS OF THIS INITIATIVE?

Increase knowledge and awareness of physical and mental health, Social connectedness, community engagement, awareness of local health services.

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET

A **4**

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS

25

PERCENTAGE OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN SIMILAR INITIATIVE BEFORE

Which primary audiences did this initiative intend to reach?

CHILDREN, YOUNG PEOPLE & FAMILIES

CALD/MIGRANT POPULATION

OLDER PEOPLE (AGE 60+)

TEAM SCORE OUT OF FIVE FOR HOW INITIATIVE ENGAGED WITH TARGETED KEY POPULATIONS

B **5**

STAFF OBSERVATIONS/WHY WAS THIS SCORE GIVEN?

Everyone who participated was highly engaged and from the target population (over 50's and 60's). A number of participants were referred in.

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?

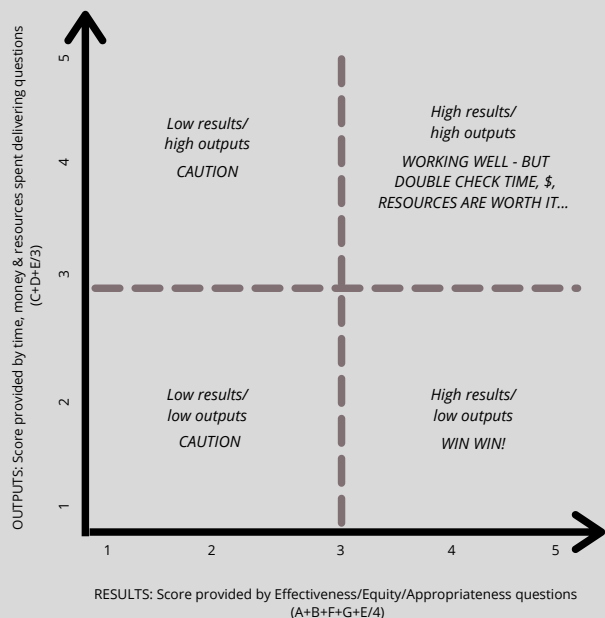


COMMENTS

Initiative is easy for NLC to organise, the program is largely facilitated by Good Country Physiotherapy. Approximately 25 hours of external organisations time was spent (this was reflected in the 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?

PARTICIPANT FEEDBACK

N/A

TEAM OBSERVATIONS

Reducing the age to 50 years was popular.

WHAT COULD WE IMPROVE ON NEXT TIME?

PARTICIPANT FEEDBACK

N/A

TEAM OBSERVATIONS

APPROPRIATENESS

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

IMPACT OF INITIATIVE **DIRECTLY AFTER/AT** EVENT

people participated in evaluation

How much did attending X today contribute to your wellbeing? (1 - Not at all, 2 - Not really, 3 - Undecided, 4 - Somewhat, 5 - Very much)

AVERAGE SCORE

F

Participant comments on how the initiative contributed to their wellbeing **DIRECTLY AFTER/AT** EVENT -

N/A

IMPACT OF INITIATIVE **ONE WEEK AFTER** EVENT/COMPLETION

people participated in evaluation

How strongly do you agree or disagree that attending/being a part of X inspired you to do something different, for your wellbeing, during the last week? (1 - Strongly disagree, 2 - Somewhat disagree, 3 - Neither agree/disagree, 4 - Somewhat agree, 5 - Strongly agree)

AVERAGE SCORE

G

Participant comments on how the initiative inspired them do something different in the **WEEK FOLLOWING** the initiative/end of initiative -

N/A

GENERAL TEAM/EXPERT OBSERVATIONS

The Good Life Project continues to be a popular program and receives a positive response from the community.

Although we do not have all the data to accurately measure output vs results, based on team observations we would put this in the high results/low outputs quadrant - WIN WIN. Based on previous programs and anecdotal notes participants changed their behaviour and had an improved sense of wellbeing.



THE GOOD LIFE PROJECT
 A series of FREE workshops to help improve the health and wellbeing of over 50's
WHERE: Various locations around Harrogate
WHEN: From Wednesday 12 September
TIME: 9.30am
 Our next group workshops cover 8 essential needs. Featuring a range of guest speakers including @Dorcas local health professionals with lots of practical tips on how to live the good life!

Stats & Stories #4

- YOGA IN THE HALL (ROUND 2) -

EFFECTIVENESS

Which focus area did this initiative aim to address?

- INCREASING OPPORTUNITIES FOR UNSTRUCTURED PHYSICAL ACTIVITY
- IMPROVING SOCIAL CONNECTION, COMMUNITY PARTICIPATION AND INCLUSION

DELIVERY PARTNERS -

Bindu Yoga, Verity Coles, Sally Schultz, Katarine Marie Kake

ANY ADDITIONAL AIMS OF THIS INITIATIVE?

Community engagement and mental wellbeing.

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET

A **4**

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS

35 on average each week

PERCENTAGE OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN SIMILAR INITIATIVE BEFORE

Which primary audiences did this initiative intend to reach?

CHILDREN, YOUNG PEOPLE & FAMILIES



CALD/MIGRANT POPULATION



OLDER PEOPLE (AGE 60+)



OTHER



TEAM SCORE OUT OF FIVE FOR HOW INITIATIVE ENGAGED WITH TARGETED KEY POPULATIONS

B **5**

STAFF OBSERVATIONS/WHY WAS THIS SCORE GIVEN?

Initiative was offered to the whole community and participants were highly engaged. There was a mixed age range of participants.

EFFICIENCY

The outputs - time, money and resources spent on initiative

How much time was spent on organising this initiative?



C **1**

How much money was spent on delivering this initiative?



D **3**

How resource intensive was delivering this initiative?



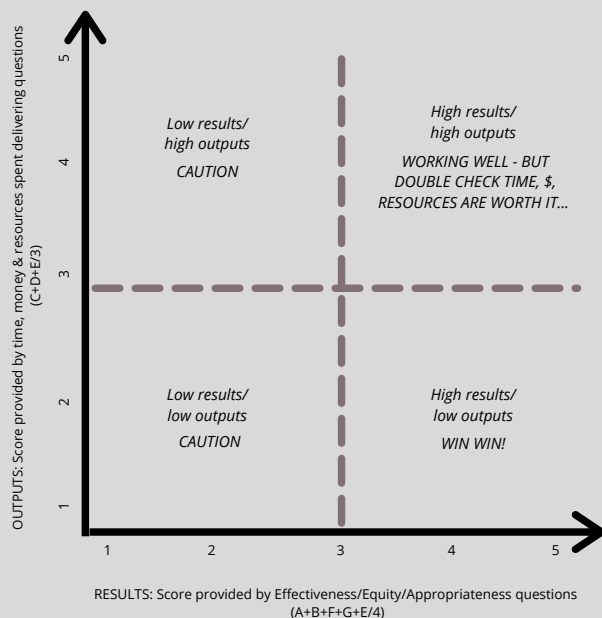
E **1**

COMMENTS

Initiative is easy for NLC to organise, the program is largely facilitated by the Yoga instructors. Approximately 12 hours of external organisations time was spent (this was reflected in the 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?

PARTICIPANT FEEDBACK

I would like to let you know how much I appreciated the Sunday yoga sessions that were held in the Naracoorte Town Hall. I live 55 kilometres from Naracoorte at Conmurra and so having yoga on a Sunday morning was very convenient rather than having to travel at night. All of the various teachers were excellent and the yoga sessions were brilliant. It is a great initiative and there was lots of participants each week. It was also lovely that the sessions were free of cost. Thanks again

WHAT COULD WE IMPROVE ON NEXT TIME?

PARTICIPANT FEEDBACK

Some classes were more advanced than beginner level.

TEAM OBSERVATIONS

Consider adding a fee for each session to improve the sustainability of the program.

APPROPRIATENESS

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

IMPACT OF INITIATIVE DIRECTLY AFTER/AT EVENT

people participated in evaluation

How much did attending X today contribute to your wellbeing? (1 - Not at all, 2 - Not really, 3 - Undecided, 4 - Somewhat, 5 - Very much)

AVERAGE SCORE

Participant comments on how the initiative contributed to their wellbeing DIRECTLY AFTER/AT EVENT -

N/A

IMPACT OF INITIATIVE ONE WEEK AFTER EVENT/COMPLETION

people participated in evaluation

How strongly do you agree or disagree that attending/being a part of X inspired you to do something different, for your wellbeing, during the last week? (1 - Strongly disagree, 2 - Somewhat disagree, 3 - Neither agree/disagree, 4 - Somewhat agree, 5 - Strongly agree)

AVERAGE SCORE

Participant comments on how the initiative inspired them do something different in the WEEK FOLLOWING the initiative/end of initiative -

N/A

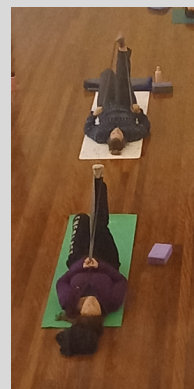
GENERAL TEAM/EXPERT OBSERVATIONS

Yoga instructor feedback:

Consider collecting emergency contact information and participants signing a disclaimer.

Some times children would attend which was disruptive. Could look at having some colouring in available for children.

Although we do not have all the data to accurately measure output vs results, based on team observations we would put this in the high results/low outputs quadrant - WIN WIN. Yoga in the Hall continues to be one of our most popular wellbeing initiatives reaching a number of people every week.



Stats & Stories #5

- POSCA ART WORKSHOP -

EFFECTIVENESS

Which focus area did this initiative aim to address?

- INCREASING OPPORTUNITIES FOR UNSTRUCTURED PHYSICAL ACTIVITY
- IMPROVING SOCIAL CONNECTION, COMMUNITY PARTICIPATION AND INCLUSION

DELIVERY PARTNERS -

Jeremy Levins

ANY ADDITIONAL AIMS OF THIS INITIATIVE?

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET

A **5**

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

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS **13**

PERCENTAGE OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN SIMILAR INITIATIVE BEFORE

Which primary audiences did this initiative intend to reach?

CHILDREN, YOUNG PEOPLE & FAMILIES CALD/MIGRANT POPULATION

OLDER PEOPLE (AGE 60+)

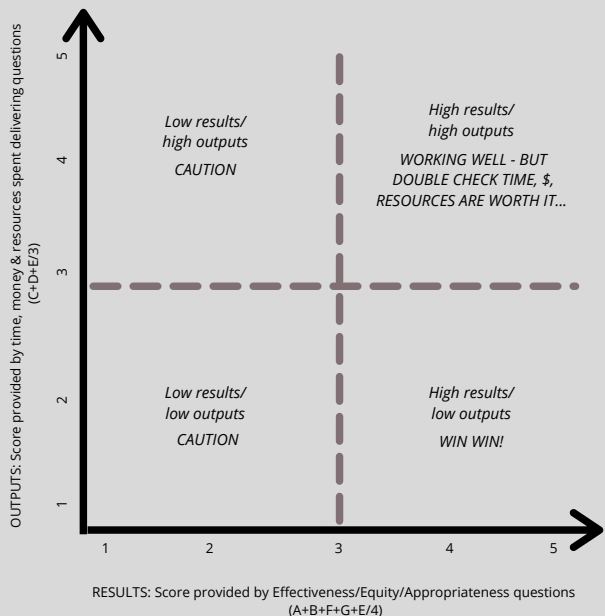
TEAM SCORE OUT OF FIVE FOR HOW INITIATIVE ENGAGED WITH TARGETED KEY POPULATIONS **5**

STAFF OBSERVATIONS/WHY WAS THIS SCORE GIVEN?

All participants were adolescent or pre-adolescent, and were highly engaged in the workshop.

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?

PARTICIPANT FEEDBACK

N/A

TEAM OBSERVATIONS

WHAT COULD WE IMPROVE ON NEXT TIME?

PARTICIPANT FEEDBACK

N/A

TEAM OBSERVATIONS

APPROPRIATENESS

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

IMPACT OF INITIATIVE **DIRECTLY AFTER/AT** EVENT

people participated in evaluation

How much did attending X today contribute to your wellbeing? (1 - Not at all, 2 - Not really, 3 - Undecided, 4 - Somewhat, 5 - Very much)

AVERAGE SCORE

F

Participant comments on how the initiative contributed to their wellbeing **DIRECTLY AFTER/AT** EVENT -

N/A

IMPACT OF INITIATIVE **ONE WEEK AFTER** EVENT/COMPLETION

people participated in evaluation

How strongly do you agree or disagree that attending/being a part of X inspired you to do something different, for your wellbeing, during the last week? (1 - Strongly disagree, 2 - Somewhat disagree, 3 - Neither agree/disagree, 4 - Somewhat agree, 5 - Strongly agree)

AVERAGE SCORE

G

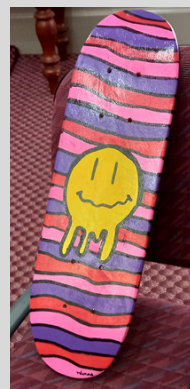
Participant comments on how the initiative inspired them do something different in the **WEEK FOLLOWING** the initiative/end of initiative -

N/A

GENERAL TEAM/EXPERT OBSERVATIONS

There was a group of students from Naracoorte High School who didn't know each other, but were friends who shared snacks and made plans to meet at the skate park, by the end of the workshop. Interest from many participants in wanting more activities like this to happen again.

Although we do not have all the data to accurately measure output vs results, based on team observations we would put this in the high results/low outputs quadrant - WIN WIN. It is estimated the program results would be a 4 or 5. The initiative was a great opportunity for young people to come together and meet new people with shared interests. This is supported by the above observation.



Stats & Stories #6

- LUCINDALE MOVIE DAY -

EFFECTIVENESS

Which focus area did this initiative aim to address?

- INCREASING OPPORTUNITIES FOR UNSTRUCTURED PHYSICAL ACTIVITY
- IMPROVING SOCIAL CONNECTION, COMMUNITY PARTICIPATION AND INCLUSION

DELIVERY PARTNERS -

Lucindale Lions Club

ANY ADDITIONAL AIMS OF THIS INITIATIVE?

N/A

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET

A **4**

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS

85

PERCENTAGE OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN SIMILAR INITIATIVE BEFORE

Which primary audiences did this initiative intend to reach?

CHILDREN, YOUNG PEOPLE & FAMILIES



CALD/MIGRANT POPULATION



OLDER PEOPLE (AGE 60+)



TEAM SCORE OUT OF FIVE FOR HOW INITIATIVE ENGAGED WITH TARGETED KEY POPULATIONS

B **5**

STAFF OBSERVATIONS/WHY WAS THIS SCORE GIVEN?

Participants were children and their parents or grandparents. Children were highly engaged with the movies.

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?



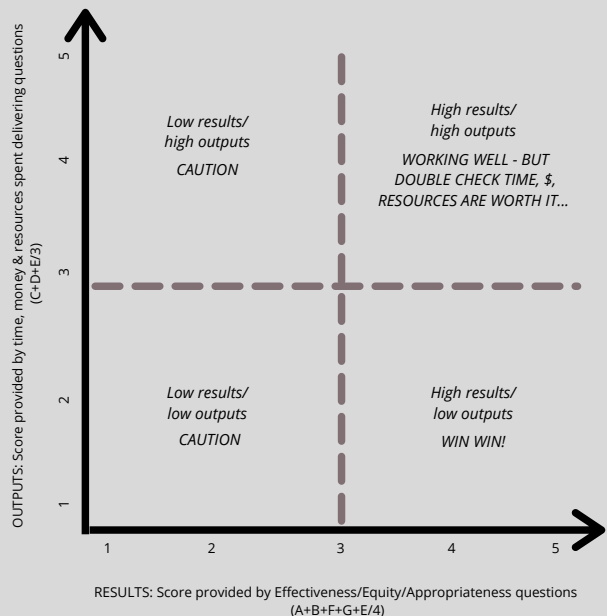
How resource intensive was delivering this initiative?



COMMENTS

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?

PARTICIPANT FEEDBACK

N/A

TEAM OBSERVATIONS

Easy set up

WHAT COULD WE IMPROVE ON NEXT TIME?

PARTICIPANT FEEDBACK

N/A

TEAM OBSERVATIONS

APPROPRIATENESS

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

IMPACT OF INITIATIVE **DIRECTLY AFTER/AT** EVENT

people participated in evaluation

How much did attending X today contribute to your wellbeing? (1 - Not at all, 2 - Not really, 3 - Undecided, 4 - Somewhat, 5 - Very much)

AVERAGE SCORE

F

Participant comments on how the initiative contributed to their wellbeing **DIRECTLY AFTER/AT** EVENT -

N/A

IMPACT OF INITIATIVE **ONE WEEK AFTER** EVENT/COMPLETION

people participated in evaluation

How strongly do you agree or disagree that attending/being a part of X inspired you to do something different, for your wellbeing, during the last week? (1 - Strongly disagree, 2 - Somewhat disagree, 3 - Neither agree/disagree, 4 - Somewhat agree, 5 - Strongly agree)

AVERAGE SCORE

G

Participant comments on how the initiative inspired them do something different in the **WEEK FOLLOWING** the initiative/end of initiative -

N/A

GENERAL TEAM/EXPERT OBSERVATIONS

Well attended by families and young people. Everyone appeared to enjoy the day

Although we do not have all the data to accurately measure output vs results, based on team observations we would put this in the high results/low outputs quadrant - WIN WIN. It is estimated the program results would be a 4. The movie day is a great opportunity to strengthen social connections of children and families, meet new people, and for families who may not feel comfortable to attend large events to participate in the community.



SCHOOL HOLIDAY
MOVIES@LUCINDALE
 29 September, Lucindale Town Hall

FREE 10am - Moana
 12pm - BBQ lunch
 1pm - Big Hero 6

This is a joint project between the Naracoorte, Lucindale Council and the South Australian Government under the Wellbeing SA Statewide Wellbeing Strategy



Stats & Stories #7

- HEALTH AGE PROJECT -

EFFECTIVENESS

Which focus area did this initiative aim to address?

- INCREASING OPPORTUNITIES FOR UNSTRUCTURED PHYSICAL ACTIVITY
- IMPROVING SOCIAL CONNECTION, COMMUNITY PARTICIPATION AND INCLUSION

DELIVERY PARTNERS -

University of South Australia

ANY ADDITIONAL AIMS OF THIS INITIATIVE?

Increased awareness and knowledge of physical health.

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET

A **4**

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

Initiative is easy for NLC to organise, the program is largely facilitated by UniSA.

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS **51**

PERCENTAGE OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN SIMILAR INITIATIVE BEFORE **100%**

Which primary audiences did this initiative intend to reach?

- | | | | |
|-----------------------------------|-------------------------------------|-------------------------|-------------------------------------|
| CHILDREN, YOUNG PEOPLE & FAMILIES | <input checked="" type="checkbox"/> | CALD/MIGRANT POPULATION | <input checked="" type="checkbox"/> |
| OLDER PEOPLE (AGE 60+) | <input checked="" type="checkbox"/> | OTHER | <input type="checkbox"/> |

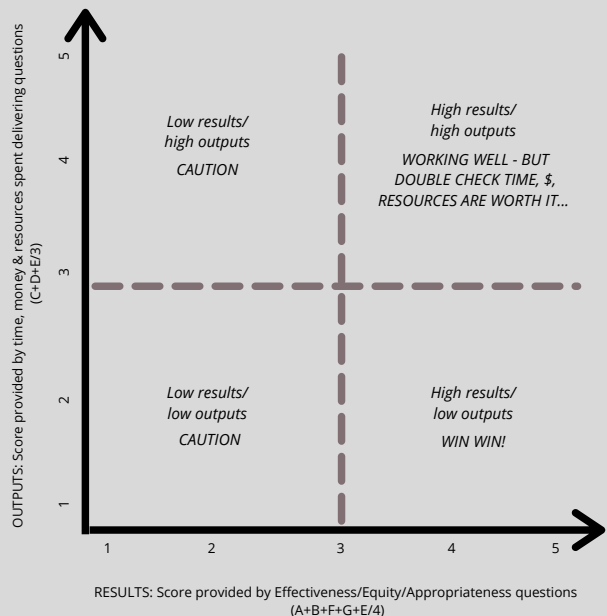
TEAM SCORE OUT OF FIVE FOR HOW INITIATIVE ENGAGED WITH TARGETED KEY POPULATIONS **4**

STAFF OBSERVATIONS/WHY WAS THIS SCORE GIVEN?

Initiative was offered to the whole community. There was a mixed age range of participants. Participants were highly engaged in the initiative as shown by the overall reduced health age and high retention rate.

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?

PARTICIPANT FEEDBACK

N/A

TEAM OBSERVATIONS

Good retention rate.
Participants health age on average went down.

WHAT COULD WE IMPROVE ON NEXT TIME?

PARTICIPANT FEEDBACK

N/A

TEAM OBSERVATIONS

Provide participants with more information on local health services and refer them onto and promote other Wellbeing Initiatives e.g. The Good Life Project.

APPROPRIATENESS

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

IMPACT OF INITIATIVE **DIRECTLY AFTER/AT** EVENT

people participated in evaluation

How much did attending X today contribute to your wellbeing? (1 - Not at all, 2 - Not really, 3 - Undecided, 4 - Somewhat, 5 - Very much)

AVERAGE SCORE

F

Participant comments on how the initiative contributed to their wellbeing **DIRECTLY AFTER/AT** EVENT -

N/A

IMPACT OF INITIATIVE **ONE WEEK AFTER** EVENT/COMPLETION

people participated in evaluation

How strongly do you agree or disagree that attending/being a part of X inspired you to do something different, for your wellbeing, during the last week? (1 - Strongly disagree, 2 - Somewhat disagree, 3 - Neither agree/disagree, 4 - Somewhat agree, 5 - Strongly agree)

AVERAGE SCORE

G

Participant comments on how the initiative inspired them do something different in the **WEEK FOLLOWING** the initiative/end of initiative -

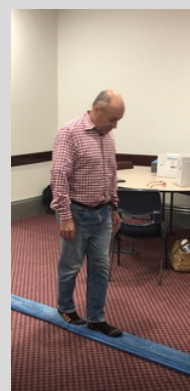
N/A

GENERAL TEAM/EXPERT OBSERVATIONS

UniSA developed a full report which is available to read. UniSA recommended an information brochure be provided to participants that includes local health services and the locations, as well as a list of examples/ways that participants could increase their physical activity in their everyday life.

Program was quite expensive.

Although we do not have all the data to accurately measure output vs results, based on team observations we would put this in the high results/low outputs quadrant - WIN WIN (Output 2.6, Results 5). The program cost is quite high, however the easy set up of the program balances this out. We nominated the results as a 5 as the written report showed evidence of an decrease in participants health age.



Stats & Stories #8

- POM POM POWER - 22 FEB TO 15 MAR 2022 -

Workshops to learn and make easy craft activities (pom-pom's) as an opportunity to connect with other members of the community. The final products were displayed in the Town Square for Naracoorte Fringe.

EFFECTIVENESS

Which focus area did this initiative aim to address?

- INCREASING OPPORTUNITIES TO BE ACTIVE
- IMPROVING WELLBEING THROUGH FOOD
- STRENGTHENING COMMUNITY ENGAGEMENT AND SOCIAL CONNECTEDNESS
- SUPPORTING POSITIVE MENTAL HEALTH AND WELLBEING

DELIVERY PARTNERS -

Naracoorte Lucindale Council including Arts and Cultural Facilitator, and Naracoorte Library.

ANY ADDITIONAL AIMS?

NA

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS & OBJECTIVES WERE MET

A **5**

WHY WAS THIS SCORE GIVEN?

Very popular program for the entire community. Workshop participants were able to connect with one another and meet new people. Other community members were able to feel a part of the program from their own home.

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

Workshops: 24 (15 different people)
Plus an estimated 100 community members participated at home or school.

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

62.5%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CULTURALLY & LINGUISTICALLY DIVERSE PEOPLE
- CHILDREN, YOUNG PEOPLE & THEIR FAMILIES
- OLDER ADULTS
- OTHER

If other, note here

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED KEY POPULATIONS

B **5**

WHY WAS THIS SCORE GIVEN?

The workshops reached a variety of people from two of the key target audiences (CALD and Older). All participants were highly engaged. In addition, the initiative reached the wider community including those in aged care facilities and schools. The Pom Pom's were enjoyed by children at the Naracoorte Fringe.

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?

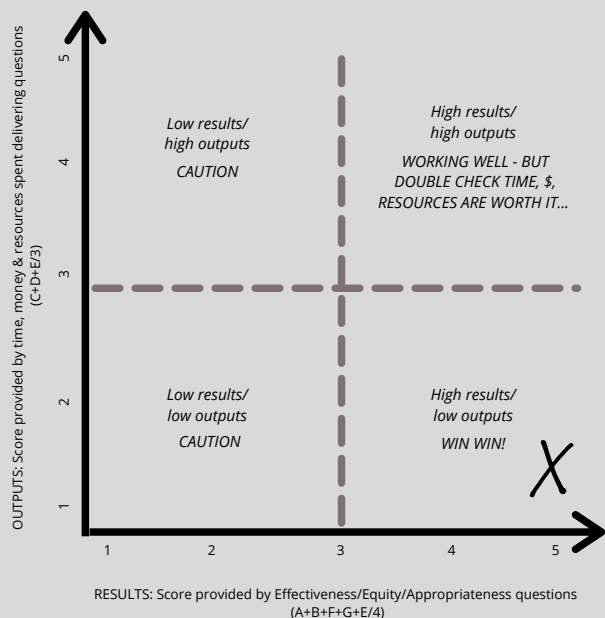


COMMENTS

All resources were donated from various community groups. Time spent on the initiative included workshops and a few hours of set up and pack down for Naracoorte Fringe.

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?

It was a simple craft that participants could learn straight away. Not everyone could attend the workshops due to a variety of reasons e.g. work, school, mobility etc. however because it was such a simple task people were able to contribute from home, at schools or in aged care facilities. This activity had a large reach within the community participating groups and business included: Long Ridge (aged-care), Naracoorte Foodland, Naracoorte Regional Art Gallery, Naracoorte Library "Chats Group", Michelle DeGaris Kindergarten, Naracoorte South Primary School, Naracoorte Primary School and the Spinners and Weavers Group.

WHAT COULD WE IMPROVE ON NEXT TIME?

The only challenge was the environmental impact of the program, following the Fringe the pom-poms were discarded into land waste. Note: No new materials were purchased, people donated scrap or old balls of wool.

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 -

After taking part in Pom Pom Power, on a scale of 1 to 5, how much more connected to your community do you feel?

1. Not at all connected
2. Not really connected
3. Not sure
4. A little bit more connected
5. A lot more connected

AVERAGE SCORE

5

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

Formal evaluation feedback:

- "Excellent. Great fun"
- "Thoroughly enjoyed the activity **very relaxing**. Good company"
- "Great morning of **fun and learning** to make pom pom's as it's been years"
- "**Fun atmosphere** in very nice new library"
- "**Great chance to chat**, do something and have some fun"
- "Great to see some different activities in the library"

Feedback from discussions with participants:

- "I've met 3 new people" "I've met 4 new people" "It is **good for me to practice (my) English**" "I can bring my friend who has dementia along, it is a **good way for her to be social**"

GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

Initially this program was developed to physically bring people together in workshops, however the program was extremely popular throughout the community and a number of community groups and businesses supported the program. It was an opportunity for people to participate and have a sense of belonging and connectedness even when they weren't physically together.

How this program meets the outcomes of the Naracoorte Lucindale Wellbeing Plan:

- People feel more connected as a community
- Community members are more resilient



Stats & Stories #9

- YOGA IN THE HALL - 20 FEB - 10 APR 2022 -

Beginner yoga classes for everybody facilitated by a rotating roster of teachers.

EFFECTIVENESS

Which focus area did this initiative aim to address?

- INCREASING OPPORTUNITIES TO BE ACTIVE
- IMPROVING WELLBEING THROUGH FOOD
- STRENGTHENING COMMUNITY ENGAGEMENT AND SOCIAL CONNECTEDNESS
- SUPPORTING POSITIVE MENTAL HEALTH AND WELLBEING

DELIVERY PARTNERS -

Bindu Yoga Centre, The Healing Yogini, Yoga Nutrition Wellness, Revitalise Yoga and Wellbeing and the Naracoorte Lucindale Council.

ANY ADDITIONAL AIMS?

Increasing opportunities to be active was the primary focus area. Secondary outcomes include social connectedness, opportunities that bring people together, and opportunities to practice good mental wellbeing

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS & OBJECTIVES WERE MET

A **5**

WHY WAS THIS SCORE GIVEN?

All people who attended were highly engaged and provided positive feedback.

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

Total number of people: 62

Total number of interactions: 140

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

15.4%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CULTURALLY & LINGUISTICALLY DIVERSE PEOPLE
- CHILDREN, YOUNG PEOPLE & THEIR FAMILIES
- OLDER ADULTS
- OTHER

General Population

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED KEY POPULATIONS

B **4**

WHY WAS THIS SCORE GIVEN?

The program was for the general population and received good numbers most weeks. The program attracted a lot of working people and/or mums who are too busy to make classes during the week.

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?

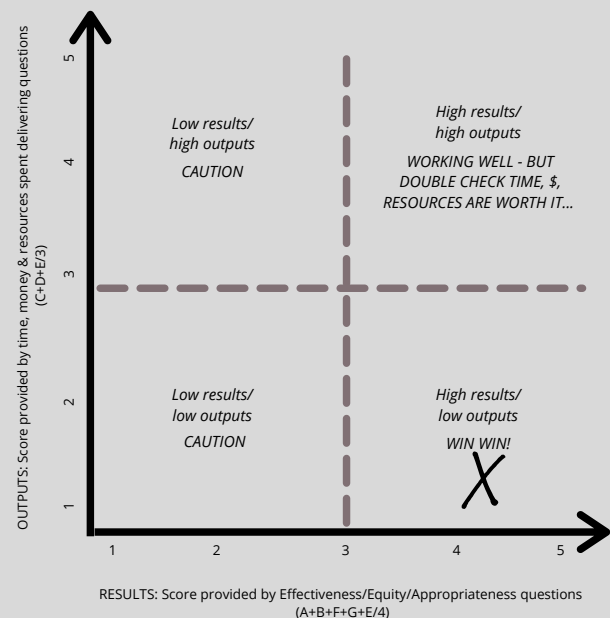


COMMENTS

Most of the work was outsourced to instructors and the Naracoorte Town Hall. Organising and creating rosters, promoting and evaluation we're the most time consuming elements.

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?

Yoga in the Hall continues to be a popular program, which reaches a good number of people every week and is easy to facilitate.

WHAT COULD WE IMPROVE ON NEXT TIME?

The evaluation question doesn't capture the entire purpose of the program. For some people yoga is a way to be more active, for others it a way to practice positive mental health. Next time adjust the evaluation question to better reflect this.

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)

39 people invited to participate in evaluation

13 people participated in evaluation

33.3 % response rate

QUESTION ASKED TO EVALUATE APPROPRIATENESS -

After taking part in Yoga in the Hall, on a scale of 1-5, how much more motivated are you to be active?

1. No change at all - I'm no more motivated to be active than I was before
2. Not much change - I'm not much more motivated than I was before
3. Not Sure
4. A little bit - I feel slightly more motivated to be active than I otherwise would have been
5. A lot - This has really increased my motivation to be active!

AVERAGE SCORE

4

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

"Following the previous yoga sessions I have taken a beginners class and am **now regularly attending a class**. I enjoy the "hall" sessions as well because I can **catch up with friends** who attend, following the session" "Has been great having this yoga session available. Thank you" "Fantastic initiative by council to provide a service like this to the community" "Very **welcoming**. Clear Instructions" "A **great wellbeing initiative for busy working people/mums**. A great time (Sunday) where more people are able to attend due to no work, running around with children. Thank You." "Perfect day and time slot. Great initiative for wellbeing for all ages. Good introduction to available yoga styles and teachers in Naracoorte" "A great initiative for the town and its community to **practice fitness and wellbeing**. Great its on a Sunday - **best way to start the week!**" "The timing is great" "Great location and setting and time of day. Really good for those who don't have mats and blocks. Excellent to experience the range of different yoga available. Great support to local business." "Wonderful vary of practice between all the ladies" "Thank you so much for providing such a **wonderful positive activity**. We are new to the area and this has been a valuable resource to interact with the community"

GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

Great feedback from participants and community members, having a program on a Sunday morning brings people into the street on a normally quite day.

Not everyone signs in so it is estimated there are an extra 5-10 people every week that are not included in the number of participants.

Just over \$300 was donated throughout the initiative.

How this program meets the outcomes of the Naracoorte Lucindale Wellbeing Plan:

- Identify ways people can be more active
- Community members have the skills and knowledge to be physically active
- People feel more connected as a community
- Increased community knowledge and awareness of mental health
- Community members are more resilient



Stats & Stories #10

- THE GOOD LIFE PROJECT - 17 FEB - 7 APR 2022-

One hour group workshops over 8 consecutive weeks featuring a range of guest speakers, including local health professionals with lots of practical tips on how to live the good life.

EFFECTIVENESS

Which focus area did this initiative aim to address?

- INCREASING OPPORTUNITIES TO BE ACTIVE
- IMPROVING WELLBEING THROUGH FOOD
- STRENGTHENING COMMUNITY ENGAGEMENT AND SOCIAL CONNECTEDNESS
- SUPPORTING POSITIVE MENTAL HEALTH AND WELLBEING

DELIVERY PARTNERS -

Good Country Physiotherapy, Naracoorte Health and Fitness Centre, Nutrition with Mary, Your Podiatrist, Naracoorte Pharmacy and Kincairg Medical Clinic.

ANY ADDITIONAL AIMS?

Increasing opportunities to be active was the primary focus area. All other focus areas were a secondary outcome.

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS & OBJECTIVES WERE MET

A **5**

WHY WAS THIS SCORE GIVEN?

The program has been tried and tested and continues to produce short term behaviour change in participants fitness, education and self-confidence.

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

15

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

80%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CULTURALLY & LINGUISTICALLY DIVERSE PEOPLE
- CHILDREN, YOUNG PEOPLE & THEIR FAMILIES
- OLDER ADULTS
- OTHER Over 50's

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED KEY POPULATIONS

B **5**

WHY WAS THIS SCORE GIVEN?

All participants were 50 years or older.

The demographic was mostly female, with a mix of people who were currently active and those who wanted to improve their activity levels.

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?

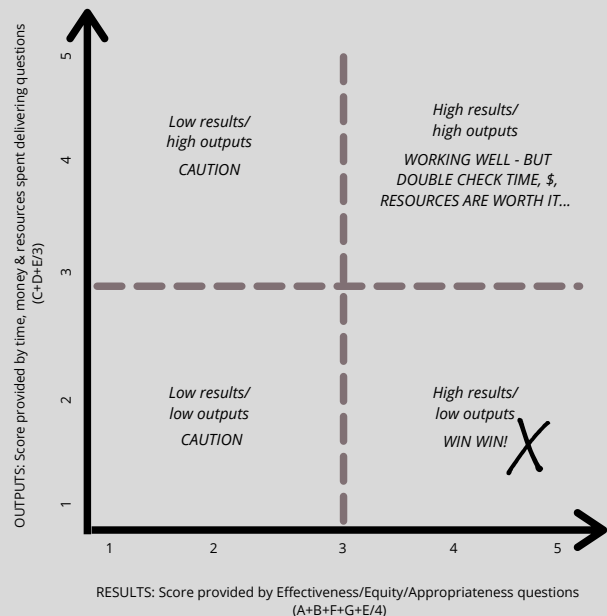


COMMENTS

Most of the work is outsourced to Good Country Physiotherapy. However, this round was more time consuming than usual due to COVID-19 challenges.

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?

Continues to be a popular program for those over 50.
There was a high level of social engagement within the group. Participants regularly met for coffee after workshops and once the program was completed. The impact of the social connectedness was picked up in the evaluation below.

WHAT COULD WE IMPROVE ON NEXT TIME?

NA

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

QUESTION ASKED TO EVALUATE APPROPRIATENESS -

After taking part in The Good Life Project, on a scale of 1-5, how much more motivated are you to be active?

1. No change at all - I'm no more motivated to be active than I was before
2. Not much change - I'm not much more motivated than I was before
3. Not Sure
4. A little bit - I feel slightly more motivated to be active than I otherwise would have been
5. A lot - This has really increased my motivation to be active!

AVERAGE SCORE

4.2

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

- "Great for social interaction too - **meeting new people**"
- "Each session had **valuable information** and although we are never too old to learn more, I think it would be beneficial for over 50s so the lessons leaned could be put into practice earlier"
- "Very **educational project**"
- "**Excellent** program with a great balance of practical and theory. Very interesting talks by all presenters"
- "I would like to go again as only did two sessions"
- "Have really enjoyed the **regular weekly catch up** with the girls etc."
- "Excellent course **glad I came**"
- "Found the **social contact with others great!** Sorry that is not longer, but arranging to meet up. All sessions informative"
- "A good information program. **With diminishing health excellent to be involved**"

GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

The group was very social and would regularly meet for coffee following the sessions. Very easy to facilitate and low cost considering the proven behaviour change that occurs as part of the program.

One participant commented " I even walked here today, which I never normally do"

How this program meets the outcomes of the Naracoorte Lucindale Wellbeing Plan:

- Identify ways people can be more active
- Community members have the skills and knowledge to be physically active
- Community members have the skills and knowledge to make healthier food choices
- People feel more connected as a community



Stats & Stories #11

- KIDS YOGA AND MINDFULNESS - THURSDAY 21ST & 28TH APRIL -

Come and Try Kids Yoga and Mindfulness. Led by local instructor Verity Coles, kids yoga is a 45 minute class that focuses on meditation, breath work and an introduction to yoga.

EFFECTIVENESS

Which focus area did this initiative aim to address?

- INCREASING OPPORTUNITIES TO BE ACTIVE
- IMPROVING WELLBEING THROUGH FOOD
- STRENGTHENING COMMUNITY ENGAGEMENT AND SOCIAL CONNECTEDNESS
- SUPPORTING POSITIVE MENTAL HEALTH AND WELLBEING

DELIVERY PARTNERS -

Revitalise Yoga and Wellbeing - Verity Coles

ANY ADDITIONAL AIMS?

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS & OBJECTIVES WERE MET

A **4**

WHY WAS THIS SCORE GIVEN?

Participants who attended enjoyed the program and objectives we met.

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

14 10 children and 4 adults

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

100%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CULTURALLY & LINGUISTICALLY DIVERSE PEOPLE
- CHILDREN, YOUNG PEOPLE & THEIR FAMILIES

OLDER ADULTS

OTHER

If other, note here

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED KEY POPULATIONS

B **3**

WHY WAS THIS SCORE GIVEN?

All participants were in the desired population group, however numbers were lower than expected and it did not attract children 10 years or over.

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?

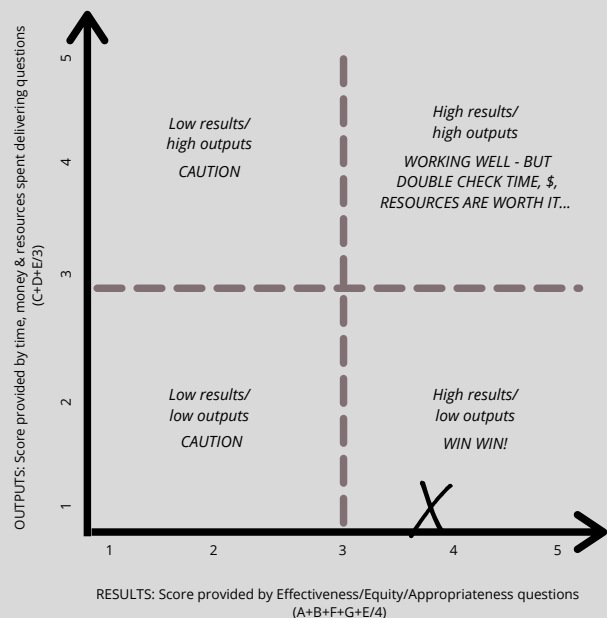


COMMENTS

Verity facilitated the session. NLC staff only required for promotion, venue set up and to greet and evaluate 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?

The 6-10 year old session was well facilitated and age appropriate. Children were easily able to follow along and understand Verity without too much difficulty and without being too easy. The 45 minutes was a good length of time, it could have been shorter but no longer. Some younger siblings participated however they did not have the attention span to participate in the program.

WHAT COULD WE IMPROVE ON NEXT TIME?

Kids Yoga and Mindfulness did not attract any children 10-16 years of age. Unsure if it was the marketing or a general lack of interest in yoga for teens. Improvements for marketing could including calling it "Teen Yoga" rather than "Kids Yoga". Being in the April school holidays with 2 long weekends in a row may have also contributed to low 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)

10 people invited to participate in evaluation

10 people participated in evaluation

100% response rate

QUESTION ASKED TO EVALUATE APPROPRIATENESS -

How much did coming along today make you feel healthy or happy? Put a sticker on the emoji you feel



AVERAGE SCORE

F 4.8

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

Overheard comments from children included "I liked the pigeon pose" and "I'm going to do this at home"

"Thank you so much for offering this to our community we really appreciate it and would be keen to participate again in the future." - Parent

GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

How this program meets the outcomes of the Naracoorte Lucindale Wellbeing Plan:

- Identify ways people can be more active
- People feel more connected as a community
- Community members are more resilient



Stats & Stories #12

- PLAYGROUND DETECTIVES - 11/4/22 - 2/5/22 -

Families could collect their free Playground Detectives brochure from the Naracoorte Library, visit any 5 of the 8 parks listed and at each playground be a detective to find the answer to both questions and rate the park out of 5.

EFFECTIVENESS

Which focus area did this initiative aim to address?

- INCREASING OPPORTUNITIES TO BE ACTIVE
- IMPROVING WELLBEING THROUGH FOOD
- STRENGTHENING COMMUNITY ENGAGEMENT AND SOCIAL CONNECTEDNESS
- SUPPORTING POSITIVE MENTAL HEALTH AND WELLBEING

DELIVERY PARTNERS -

Naracoorte Lucindale Council

ANY ADDITIONAL AIMS?

The primary aims were to increase awareness of local parks and playgrounds, and create opportunities for unstructured physical activity.
Secondary outcome was to provide activities for children and families to participate in throughout the school holidays.

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS & OBJECTIVES WERE MET

A **5**

WHY WAS THIS SCORE GIVEN?

All outcomes set for the program were achieved and this was reflected in the feedback from participants and parents/carers. There was also a positive buzz around the community in relation to this initiative.

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

163 163 brochures were collected

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

72%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CULTURALLY & LINGUISTICALLY DIVERSE PEOPLE
- CHILDREN, YOUNG PEOPLE & THEIR FAMILIES
- OLDER ADULTS
- OTHER *If other, note here*

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED KEY POPULATIONS

B **5**

WHY WAS THIS SCORE GIVEN?

This initiative was effective in reaching children and families including grandparents. Participants who completed their entry form were between the age of 2 years and 13 years.

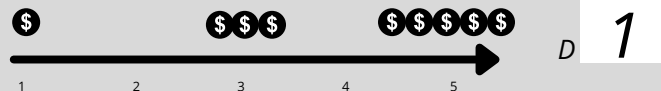
EFFICIENCY

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?

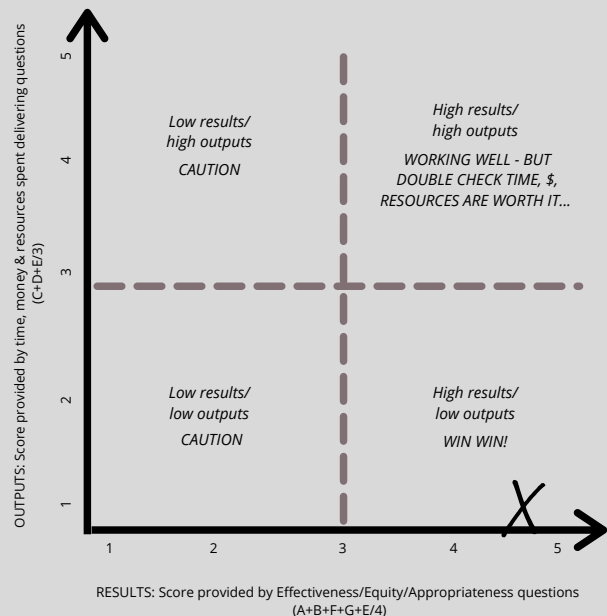


COMMENTS

There was a couple hours of set up including creating the questions and designing the brochure, however once the brochure was set there was minimal input from staff throughout the program. If the program were to be run again it would take less time as only the questions and minor details will need to be changed.

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?

The initiative was very successful, 163 brochures were distributed and we received 30 entries. It is assumed that most people who collected a form participated in the program. Completion of the entry form was for NLC evaluation purposes. Participants who completed their entry form went into the draw to receive a \$50 Sportspower Voucher.

WHAT COULD WE IMPROVE ON NEXT TIME?

There is nothing that needed to be improved.

However the concept could be easily adapted to other scavenger style hunts ideas could include Naracoorte Trails or healthy eating.

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)

163 people invited to participate in evaluation

25 people participated in evaluation

15 % response rate

QUESTION 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

4.4

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

"Thankyou for this initiative. It **encouraged us to visit playgrounds that I had forgotten about, including a couple within walking distance of our home** on Fourth Ave. Even the pamphlet has been designed to fit in a pocket or a handbag. Such a wonderful idea. Thankyou from a happy Mum and toddler xx" **"My Daughter had lots of fun** doing it" "Gladys McTernan Park is a massive area but have very limited play equipment" "We have just moved to Naracoorte from England! Thank you ☺" "Just moved from the UK! **Great to explore** – girls LOVED IT!!" **"I loved all the parks"** "Great activity, our kids loved doing it. Thank you" "Such an **excellent idea** – we had a great time" "I had **fun** visiting the playgrounds" **"Wasn't aware there are so many parks** in the local area. Top Job!!" "Leicester Park very good" "The parks were fun" "It was lovely having small parks around town for neighbourhoods. Gladys McTernan Park and Barclay Park would benefit from screening trees for more privacy of neighbouring houses. Lucindale was the best park and the only one that had something for older kids!" "Nice to see works happening at Gladys McTernan Park. We living in Harding Court previously but found the park not great for the kids. It will be a huge asset for the area once improvements are done ☺" "Loved spinner at Barclay Park" "The girls definitely enjoyed the Playground Detectives together, it was **a great day for best friends to go on an adventure"**

GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

Participants liked the initiative because they were able to complete the program at their own time and pace, they also liked the initiative because the brochure was pocket sized.

250 brochures were printed with 87 brochures left over, the left over brochures will still be available for people to use and complete. This was the first time running a program like this so we were unsure on the number of brochures to print.

How this program meets the outcomes of the Naracoorte Lucindale Wellbeing Plan:

- Identify ways people can be more active
- Facilities are provided and maintained to encourage and support physical activity
- People feel more connected as a community



Stats & Stories #13

- Level UP - 27 May 2022 -

A free youth gaming event where gamers can find their people, in real life. Every gadget imaginable, with all of the latest generation gaming consoles, Virtual Reality (VR) headsets, giant projector screens, and heaps of retro gaming technology. Level UP's mission is to combat social isolation by taking something that can be isolating and using it as a point of connection.

EFFECTIVENESS

Which focus area did this initiative aim to address?

- INCREASING OPPORTUNITIES TO BE ACTIVE
- IMPROVING WELLBEING THROUGH FOOD
- STRENGTHENING COMMUNITY ENGAGEMENT AND SOCIAL CONNECTEDNESS
- SUPPORTING POSITIVE MENTAL HEALTH AND WELLBEING

DELIVERY PARTNERS -

Level UP, Naracoorte Lucindale Council, Gather on Gordon (catering)

ANY ADDITIONAL AIMS?

1. Engage youth who have not previously been engaged in Wellbeing initiatives.
2. Create opportunities for youth to connect through common interests.
3. Foster a sense of belonging to their peers and the community
4. Increase accessible activities for youth

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS & OBJECTIVES WERE MET

A **5**

WHY WAS THIS SCORE GIVEN?

The initiative met all of the identified aims and objectives and this was reflected in participant feedback and evaluation. There was significant interaction between participants and 88% of participants who completed the evaluation met someone new.

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

60

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

77%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CULTURALLY & LINGUISTICALLY DIVERSE PEOPLE
- CHILDREN, YOUNG PEOPLE & THEIR FAMILIES
- OLDER ADULTS
- OTHER *If other, note here*

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED KEY POPULATIONS

B **5**

WHY WAS THIS SCORE GIVEN?

All but two participants who attended were within the age range identified, those who were not in the set 12-24 age range were only one year younger or older. The average age of participants was 14.5 years (excluding parents) and attracted a diverse range of youth.

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?

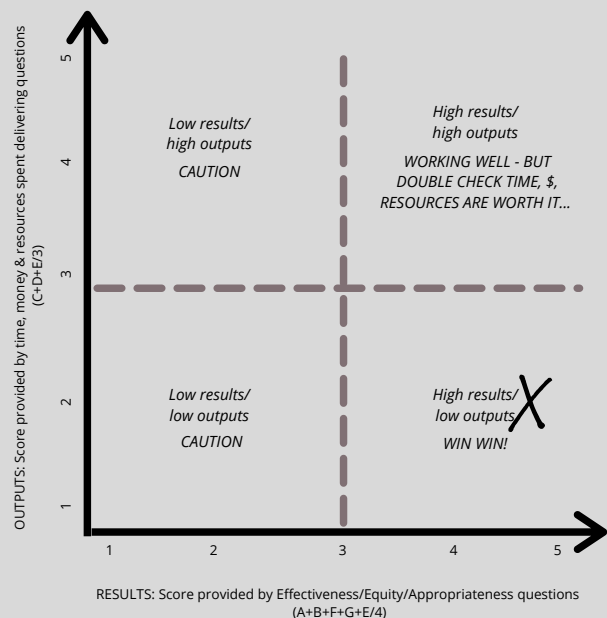


COMMENTS

Beau (Level UP) organised a large proportion of the event including advertising, registrations, set up and facilitation. The only requirements for NLC staff was venue hire, catering and evaluations.

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 event was well organised and facilitated by Beau, there was minimal involvement from staff. It was successful in achieving each of the objectives outlined at the start of the program, particularly successful in reaching youth who have not been previously engaged in the Wellbeing Program (77%) and fostering relationships, 88% of participants met someone new.

WHAT COULD WE IMPROVE ON NEXT TIME?

TEAM OBSERVATIONS

There was an evaluation QR code available throughout the night, however only the participants at the end of the night (approx. 30) were actively encouraged to complete the evaluation.

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)

30 people invited to participate in evaluation

18 people participated in evaluation

60 % response rate

QUESTION ASKED TO EVALUATE APPROPRIATENESS -

After taking part in Level UP do you feel more connected to your peers and community?

1. Not at all, 2. Not really, 3. Not sure, 4. A little bit more, 5. A lot more.

AVERAGE SCORE

4.4

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

When asked what they liked the most about Level UP participants responded with:

"The games and **catching up with friends**" "**Everyone's friendly** and its super fun" "The food (had no idea we would get it!!). The friendly staff, the absolutely huge amount of games, the retro journey, **the connection with others (played with around 8 new people I'd never met)** and the VR!!!" "**The environment**" "The virtual reality felt really cool and **I don't usually get the opportunity to do most of the stuff I did**" "How it's **no cost for such an amazing thing**" "Getting to **connect with friends in a casual setting**" "It was a great opportunity to **hang out with friends** and just **have fun gaming in a stress-free environment!**" "The fact that it let's the **community get together** and enjoy something that's been around for a long time (gaming). The guy running it was great and made it fun for everyone (Beau)" "VR and **hanging with my mates**"

88% of participants met someone new.

GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

This initiative also provided respite for parents and carers, this was noted numerous times throughout the night including two parents who commented that they were excited to have a night to themselves and there was a group of parents who were chatting with other parents while their children were busy.

How this program meets the outcomes of the Naracoorte Lucindale Wellbeing Plan:

- People feel more connected as a community
- Community members are more resilient



Stats & Stories #14

- NARACORTE RUNNING GROUP - 30 MARCH - 15 JUNE 2022 -

A free 12 week running program for everyone, from beginners learning to run, to experienced runners looking to improve technique, speed and distance. The program incorporates interval style training so no one is left behind.

EFFECTIVENESS

Which focus area did this initiative aim to address?

- INCREASING OPPORTUNITIES TO BE ACTIVE
- IMPROVING WELLBEING THROUGH FOOD
- STRENGTHENING COMMUNITY ENGAGEMENT AND SOCIAL CONNECTEDNESS
- SUPPORTING POSITIVE MENTAL HEALTH AND WELLBEING

DELIVERY PARTNERS -

Fi's Run Coaching - Fiona Dinham

ANY ADDITIONAL AIMS?

1. Increasing participants knowledge and skills to be physically active
2. Providing opportunity for participants to be engage in moderate to vigorous physical activity (running).
3. Increase accessible activities that encourage physical activity

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS & OBJECTIVES WERE MET

A **5**

WHY WAS THIS SCORE GIVEN?

The feedback received indicated an increase in motivation to be physical active and an increase in participant activity levels.

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

33 in total with an average of 9 people each week

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

75

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CULTURALLY & LINGUISTICALLY DIVERSE PEOPLE
- CHILDREN, YOUNG PEOPLE & THEIR FAMILIES
- OLDER ADULTS
- OTHER *If other, note here*

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED KEY POPULATIONS

B **5**

WHY WAS THIS SCORE GIVEN?

The initiative reached people of all ages and abilities, including children and families, those from CALD communities, older people and and the general female population. Participant ages ranged from 9 to 73!

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?

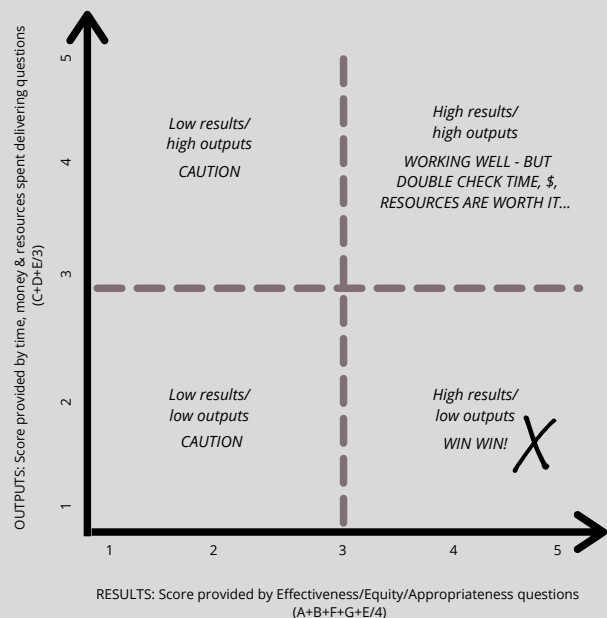


COMMENTS

The majority of the work was outsourced to Fi's Run Coaching. The only requirements for NLC staff was marketing, 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

Fiona was a great facilitator with a lot of experience and passion. She developed the program so it was achievable for all participants including those who were new to running and those who were experienced runners.

WHAT COULD WE IMPROVE ON NEXT TIME?

TEAM OBSERVATIONS

Numbers started out really strong however they decreased as the weeks went by. Feedback identified this was due to a number of factors including, illness, COVID, injury, time didn't suit and the cold and dark mornings. Next time the sessions would be held on an evening when it is warmer (e.g. spring).

Encourage participants to provide their email addresses for evaluation purposes.

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 people invited to participate in evaluation

12 people participated in evaluation

60 % response rate

QUESTION ASKED TO EVALUATE APPROPRIATENESS -

After taking part in Naracoorte Running Group, on a scale of 1 to 5, how much more motivated are you to be active?

- 1) No change at all - I'm no more motivated to be active than I was before
- 2) Not much change - I'm not much more motivated than I was before
- 3) Not sure
- 4) A little bit - I feel slightly more motivated to be active than I otherwise would have been
- 5) A lot - This has really increased my motivation to be active!

AVERAGE SCORE

4.3

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

"I really enjoyed the running group while I was there. I am currently **still using the program now outside of the group**, and I wouldn't have this **motivation to continue running** without the running group" "Fiona was an excellent Coach, good communication, really positive, I enjoyed working with her. The timing of my injury was just really unfortunate" "I think it's a **great initiative**, keen to do it again, maybe summer would be better - not as cold!" "Fiona was very informative and approachable. I much prefer to participate in running with others, and feel that **my mental health (as well as physical) has definitely benefited from attending**. Our absences were due to covid mainly, and would like to thank Fiona and all others involved in organising the running group. Looking forward to future Wellbeing initiatives. Thankyou" "I would love to have the opportunity to do running group again! Maybe in the warmer months. Unfortunately I couldn't attend as regularly as I hoped due to injury and illness. Fiona did a great job at the sessions I attended and I **definitely feel better equipped to run**." "I would like to see an early evening or weekend session for running." "Great Initiative!" "Fiona has been fantastic, the **running workshops are valuable for maintaining fitness & building friendships in the community**. We are very fortunate to have a professional running coach at our disposal. I hope they continue" "We are lucky to have Fiona run such a great program!" "It's been a fabulous program, very informative & **really makes you want to keep going**, it would be great if it continues" "Fabulous program, each session was varied and fun. **I always felt that I could do what was asked even though I'm so much slower than others**"

GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

The only downfall of this initiative was the small numbers by the end of the program. It is hard to tell exactly what caused this or if it is just unlucky timing. Given the positive feedback, it would be good to try this initiative again in warmer weather at a time that is more suitable.

How this program meets the outcomes of the Naracoorte Lucindale Wellbeing Plan:

- Identify ways people can be more active
- Community members have the skills and knowledge to be physically active
- Facilities are provided and maintained to encourage and support physical activity



Stats & Stories #15

- GOOD LIFE PROJECT (LUCINDALE) - 2nd - 23rd June 2022-

Two hour group workshops over 4 consecutive weeks featuring a range of guest speakers including local health professionals with lots of practical tips on how to live the good life.

EFFECTIVENESS

Which focus area did this initiative aim to address?

- INCREASING OPPORTUNITIES TO BE ACTIVE
- IMPROVING WELLBEING THROUGH FOOD
- STRENGTHENING COMMUNITY ENGAGEMENT AND SOCIAL CONNECTEDNESS
- SUPPORTING POSITIVE MENTAL HEALTH AND WELLBEING

DELIVERY PARTNERS -

Good Country Physiotherapy, Naracoorte Health and Fitness Centre, South East Exercise Physiology, Nutrition with Mary, Your Podiatrist, Naracoorte Pharmacy, Kincaig Medical Clinic, Lucindale Football and Netball Club, and Lucindale Community Health Club.

ANY ADDITIONAL AIMS?

1. Increasing participants knowledge of health considerations as they age (physical activity, nutrition, strength training, medications, general health, podiatry)
2. Increasing participants awareness of health considerations as they age (physical activity, nutrition, strength training, medications, general health, podiatry)
3. Providing opportunities for social engagement and opportunities to meet new people

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS & OBJECTIVES WERE MET

A **5**

WHY WAS THIS SCORE GIVEN?

All aims were met and this was reflected in the evaluation. There were no unanticipated positive outcomes, however I think this is due to the program running repeatedly and all outcomes have been accounted for.

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

19

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

73%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CULTURALLY & LINGUISTICALLY DIVERSE PEOPLE
- CHILDREN, YOUNG PEOPLE & THEIR FAMILIES
- OLDER ADULTS OTHER Over 50's

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED KEY POPULATIONS

B **5**

WHY WAS THIS SCORE GIVEN?

All participants were over the age of 50 years and attendance numbers were good for the duration of the program.

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?

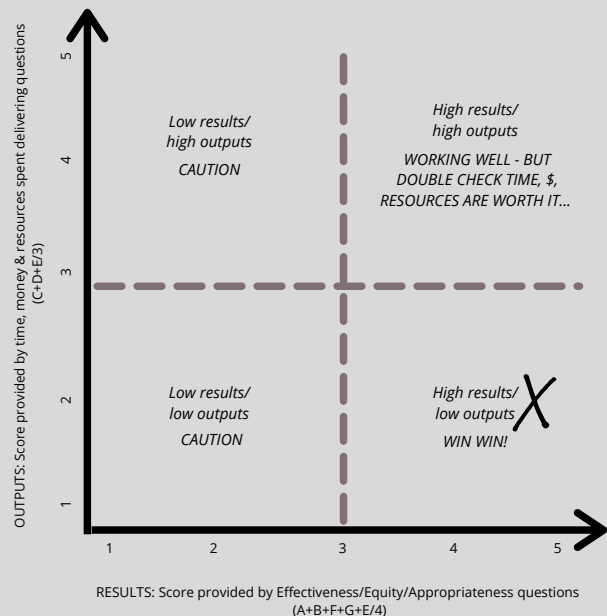


COMMENTS

This round was the first time running the program in Lucindale, there was some additional time spent booking venues and a slightly higher cost including travel and venue hire, although still less than \$5000.

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

Given the additional travel costs, the shorter model worked well, with out reducing the impact of the program.

Using local (Lucindale) speakers.

WHAT COULD WE IMPROVE ON NEXT TIME?

TEAM OBSERVATIONS

If a participant missed one session it meant they missed a large portion of the program. There wasn't the opportunity for participants who missed week 1 unlike the 8 week program which could accept participants in week 2.

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

11 people participated in evaluation

100 % response rate

QUESTION ASKED TO EVALUATE APPROPRIATENESS -

After taking part in The Good Life Project Lucindale, on a scale of 1 to 5, how much more motivated are you to be active?

- 1) No change at all - I'm no more motivated to be active than I was before
- 2) Not much change - I'm not much more motivated than I was before
- 3) Not sure
- 4) A little bit - I feel slightly more motivated to be active than I otherwise would have been
- 5) A lot - This has really increased my motivation to be active!

AVERAGE SCORE

4.4

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

How has participating in the GLP contributed to improving your health and wellbeing?

"It was interesting, but I feel I am active and conscious of the benefits of exercise and healthy eating." **"Motivated me to do more cardio exercise** and take better care of my feet!" **"Made me aware I am not as fit as I thought I was"** **"Greater knowledge about aging and importance of maintaining health"** **"To be decided... but I feel motivated to improve my health and wellbeing"** **"Awareness of keeping on exercising. Importance of general health check with GP. Importance of occasional (annual) podiatrist check."** **"Increased knowledge base** encourages peers to participate share knowledge with other and increase motivation to get back into exercise and type/intensity of it." **"Motivation to strengthen muscles** and prevent ill health (disease) with a really nutritional diet" **"Reminder motivation to move more"** **"Got a more positive attitude** towards improving my health"

Other feedback included:

"Excellent that it could come to Lucindale - **more local opportunities would be great.**" **"A walking group in Lucindale would be interesting"** **"Council needs to support initiative in the Lucindale area are per question! They are not available here. Support Pip Woodard to travel to Lucindale to provide Hands on Health Sessions."** **"Kimberley has been excellent at presenting the Good Life Project - her warmth and professionalism shines through"** **"With age group being targeted at 50+ consideration should be given to those people working and therefore alter time slot it is conducted in e.g. perhaps after hours. This age group is beneficial as more preventable possibilities."** **"Very well run course with excellent speakers"** **"An excellent program presented professionally** providing important information in an interesting and engaging manner." **"Information about exercise classes, yoga, walking group, dance class that are available locally, or steps to develop such."** **"Enjoyed it refreshed my memories on what I need to improve for my health"**

GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

Discuss with participants the opportunity to start a walking group in Lucindale. There were some strong community leaders within the group who may like to take the lead.

How this program meets the outcomes of the Naracoorte Lucindale Wellbeing Plan:

- Identify ways people can be more active
- Community members have the skills and knowledge to be physically active
- Community members have the skills and knowledge to make healthier food choices
- People feel more connected as a community



Stats & Stories #16

- YOGA IN THE HALL - 8th MAY - 26th JUNE -

Beginner yoga classes for everybody facilitated by a rotating roster of teachers.

EFFECTIVENESS

Which focus area did this initiative aim to address?

- INCREASING OPPORTUNITIES TO BE ACTIVE
- IMPROVING WELLBEING THROUGH FOOD
- STRENGTHENING COMMUNITY ENGAGEMENT AND SOCIAL CONNECTEDNESS
- SUPPORTING POSITIVE MENTAL HEALTH AND WELLBEING

DELIVERY PARTNERS -

Bindu Yoga Centre, The Healing Yogini, Yoga Nutrition Wellness, and Revitalise Yoga and Wellbeing.

ANY ADDITIONAL AIMS?

1. Increasing participants knowledge and skills to be physically active
2. Providing opportunity for participants to be engage in light physical activity (yoga).
3. Increase accessible activities that encourage physical activity
4. Providing opportunities for participants to engage in positive mental health activities

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS & OBJECTIVES WERE MET

A **5**

WHY WAS THIS SCORE GIVEN?

All aims were met and this was reflected in the evaluation. There were no unanticipated positive outcomes, however I think this is due to the program running repeatedly and all outcomes have been accounted for.

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

Total number of people: 35

Total number of interactions: 75

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

40

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

CULTURALLY & LINGUISTICALLY DIVERSE PEOPLE

CHILDREN, YOUNG PEOPLE & THEIR FAMILIES

OLDER ADULTS

OTHER

General Population

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED KEY POPULATIONS

B **4**

WHY WAS THIS SCORE GIVEN?

The program was targeted at the general population. Numbers decreased throughout the program. Improvement could include targeting more participants and key population groups.

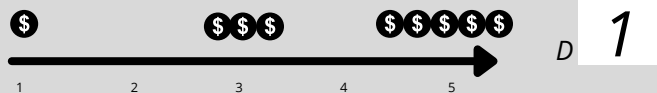
EFFICIENCY

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?

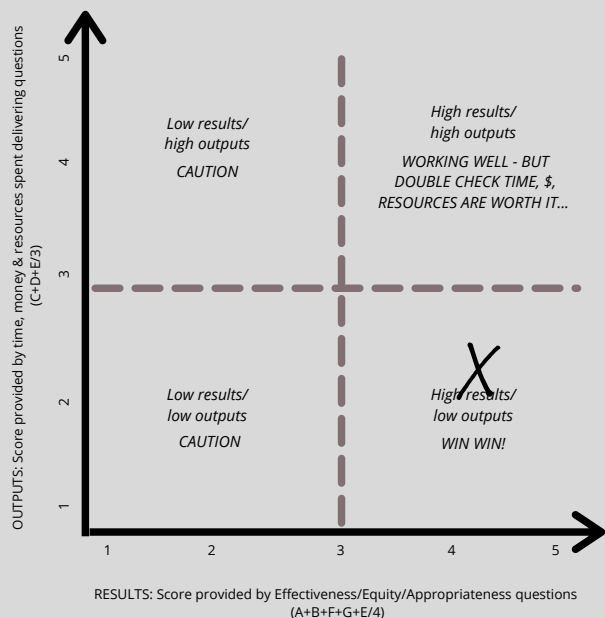


COMMENTS

This round was more time consuming due to a change in town hall staffing, I spent more time ensuring the hall was set up and instructors had collected the key.

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

Whilst there were some initial challenges with instructors collecting the key to unlock, this worked well to relieve town hall staff.

WHAT COULD WE IMPROVE ON NEXT TIME?

TEAM OBSERVATIONS

This round instructors were asked to collect the key for the town hall during the week and open/close on Sunday to help with NLC staff resourcing. I could have set clearer expectations arounds this - e.g. collect by Thursday and return by Tuesday. Secondly I would have given instructors a brief induction as a group including how to lock/unlock and where the lights, heating, mats were located.

Attendance decreased over the duration of the last two 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)

20 people invited to participate in evaluation

11 people participated in evaluation

55 % response rate

QUESTION ASKED TO EVALUATE APPROPRIATENESS -

After taking part in Yoga in the Hall, on a scale of 1 to 5, do you feel this initiative positively contributed to your mental health and wellbeing?

- 1) No change at all
- 2) Not much change
- 3) Not sure
- 4) A little bit
- 5) A lot

AVERAGE SCORE

F **4.9**

After taking part in Yoga in the Hall, on a scale of 1 to 5, how much more motivated are you to be active?

- 1) No change at all - I'm no more motivated to be active than I was before
- 2) Not much change - I'm not much more motivated than I was before
- 3) Not sure
- 4) A little bit - I feel slightly more motivated to be active than I otherwise would have been
- 5) A lot - This has really increased my motivation to be active!

AVERAGE SCORE

F **4.5**

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

"Excellent session, well run" "Loved the different instructors" "A great service" "great initiative keep it going!" "Excellent teachers, well run" "Living 55km from Naracoorte on a farm at Conmurra the Sunday yoga has been fantastic!! The time day and venue are excellent. All of the 4 teachers are brilliant. A fantastic initiative that hopefully continues." "It is great to see a group of people take time out on a weekend to help their communities. Thankyou to all involved." "Great initiative by council" "This is awesome please keep it going!" "Could you visit outlying area halls - Joanna, Woolunbool and we can travel to join the locals" "A fantastic initiative that I have really enjoyed. Fantastic teachers and absolutely great classes" Yoga in the hall with different instructors, has been fantastic for the health and wellbeing of myself and those around me."

GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

After the previous round of yoga the following was identified as an improvement: "The evaluation question doesn't capture the entire purpose of the program. For some people yoga is a way to be more active, for others it a way to practice positive mental health. Next time adjust the evaluation question to better reflect this. "

This round we included two standardised questions in the evaluation (as above). This worked better to capture how the initiative impacted participants wellbeing differently.

How this program meets the outcomes of the Naracoorte Lucindale Wellbeing Plan:

- Identify ways people can be more active
- Community members have the skills and knowledge to be physically active
- People feel more connected as a community
- Increased community knowledge and awareness of mental health
- Community members are more resilient



Stats & Stories #17

- Good Life Project Reunion - 5 May 2022 -

The purpose of the Good Life Project Reunion was to complete medium term (one, six and twelve month) evaluation of the successful Good Life Project. At the time of the evaluation The Good Life Project had been completed 4 times with a total of 66 participants. To encourage participation attendees received a refresher of all topics and morning tea was provided.

EFFECTIVENESS

Which focus area did this initiative aim to address?

- INCREASING OPPORTUNITIES TO BE ACTIVE
- IMPROVING WELLBEING THROUGH FOOD
- STRENGTHENING COMMUNITY ENGAGEMENT AND SOCIAL CONNECTEDNESS
- SUPPORTING POSITIVE MENTAL HEALTH AND WELLBEING

DELIVERY PARTNERS -

Good Country Physiotherapy, Naracoorte Lucindale Council, Sweet Espresso (catering)

ANY ADDITIONAL AIMS?

1. Provide opportunities for social engagement
2. Provide opportunities for participants to reflect on their journeys and health
3. Increasing participants knowledge of health considerations as they age (physical activity, nutrition, strength training, medications, general health, podiatry)

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS & OBJECTIVES WERE MET

A **5**

WHY WAS THIS SCORE GIVEN?

The initiative is proven to be effective in changing participants behaviours and physical activity levels. Further detail on the impact and effectiveness of this initiative can be read in the Executive Summary (appendix 5.7)

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

21

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

0

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

- CULTURALLY & LINGUISTICALLY DIVERSE PEOPLE
- CHILDREN, YOUNG PEOPLE & THEIR FAMILIES
- OLDER ADULTS
- OTHER

Over 50's

TEAM SCORE OUT OF FIVE FOR WHETHER INITIATIVE REACHED TARGETED KEY POPULATIONS

B **5**

WHY WAS THIS SCORE GIVEN?

All participants were in the target audience of over 50.

All participants had previously completed the Good Life Project.

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?

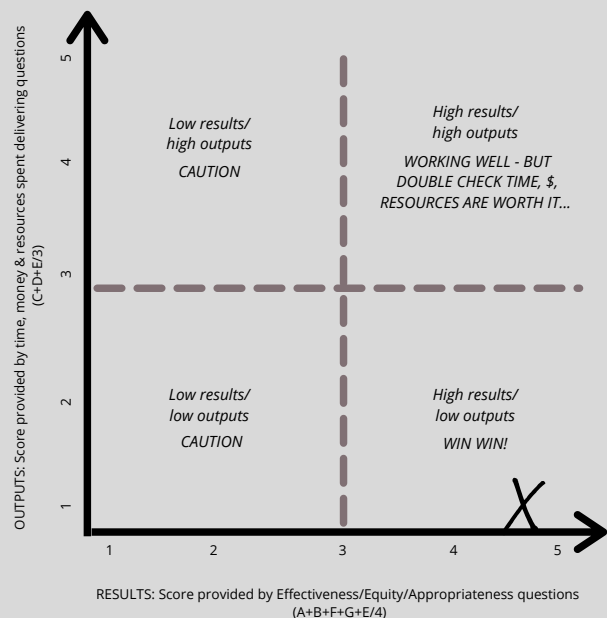


COMMENTS

The majority of the work was outsourced to Good Country Physiotherapy. As the initiative was only open to past participants and it was a refresher (1.5 hours) there was minimal cost for Good Country Physiotherapy to deliver the initiative.

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 Good Life Project Reunion was a great opportunity to collect data on the medium term impact of the initiative, holding a refresher of the information shared throughout the project and hosting morning tea was a great drawcard to encourage participation. Holding the evaluation session in person and as a group encouraged conversation and valuable anecdotal feedback was collected which likely would have been missed through surveys.

WHAT COULD WE IMPROVE ON NEXT TIME?

TEAM OBSERVATIONS

More notice could have been provided for participants for greater participation. Some participants were un-able to attend due to short notice or prior commitments.

APPROPRIATENESS

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

IMPACT OF INITIATIVE ONE, SIX OR TWELVE MONTHS AFTER THE INITIATIVE

66 people invited to participate in evaluation

40 people participated in evaluation

61 % response rate

People who didn't attend the reunion but participated in the program were invited to complete the survey.

QUESTION ASKED TO EVALUATE APPROPRIATENESS -

Participants answered the following 5 questions, using a 1-5 numerical scale, where 1 was Strongly Disagree and 5 was Strongly Agree. The score is an average of all 5 questions.

1. I feel like my health has improved (1/6/12) months post Good Life Project.
2. I am confident at performing the exercises in the handouts independently at home.
3. My physical activity levels have increased since participating.
4. I am still using the equipment I received.
5. My knowledge about health and wellbeing has increased.

AVERAGE SCORE

4

PARTICIPANT COMMENTS ON HOW THE INITIATIVE CONTRIBUTED TO THEIR WELLBEING -

"I walked here, I've been **more conscious about walking**" "The group that we're in now meet every Thursday morning... **we go for our 5km walk every Thursday**" "It's probably the first time in 14-15 years that **I had a goal**" "to me there's just a mental awareness plus now **I'm taking more responsibility for my own health.**" "it was too cold to walk last night... so I walked around and around the yard so I still got that exercise. **I would never have done that in the past**" "Right from the start you **gave us positive hope that it is {increasing physical activity} so simple**" "As you go through the day you can change small things, like stretches when you're hanging the washing" "I think having a group doing it and meeting every week was more encouraging than just doing it by yourself"

Participants physical health was tested pre and post the initiative. At the completion of the 8 week program on average participants;

- Increased their walking speed over 3 metres and 40 metres
- Increased upper limb strength
- Increased lower limb strength

GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

Anecdotally the Good Life Project has had a really significant impact on participant's it was great to bring it all together and formally evaluate the success of the program.

Good Country Physiotherapy has developed an Executive Summary and Formal Evaluation Report available to read (appendix 5.7)

How this program meets the outcomes of the Naracoorte Lucindale Wellbeing Plan:

- Identify ways people can be more active
- Community members have the skills and knowledge to be physically active
- Community members have the skills and knowledge to make healthier food choices
- People feel more connected as a community



Chats about Change #1

- WELLBEING PLAN - 22 DEC 21 - 8 FEB 22 -

The Naracoorte Lucindale Wellbeing Plan was developed to provide clear direction for councils commitment to improving community wellbeing. The Naracoorte Lucindale Wellbeing Program is a key aspect of the plan. The draft plan was endorsed at the December Council Meeting and opened for community comment until early February. The final version was endorsed at the March Council Meeting.

Which focus area did this initiative aim to address?

- INCREASING OPPORTUNITIES TO BE ACTIVE
- IMPROVING WELLBEING THROUGH FOOD
- STRENGTHENING COMMUNITY ENGAGEMENT AND SOCIAL CONNECTEDNESS
- SUPPORTING POSITIVE MENTAL HEALTH AND WELLBEING

Which key target audiences is this initiative targeting?

- CULTURALLY & LINGUISTICALLY DIVERSE PEOPLE
- CHILDREN, YOUNG PEOPLE & THEIR FAMILIES
- OLDER ADULTS
- OTHER (NOTE BELOW)

The plan represents all target audiences equally.

Background: What issue is this work attempting to address?

This plan outlines priorities and actions to improving the wellbeing of the local community and recognises that everyone is entitled to good health and wellbeing regardless of their circumstances.

Objectives: What specific activities will occur as part of this piece of work that will directly impact local people's wellbeing?

The delivery of the Naracoorte Lucindale Wellbeing Program will be the main outcome of the plan.

People & Partners: Who was involved in this initiative? Include local partners, volunteers or participants. Provide as much detail as possible.

Feedback was formally received from: Smiles All Round - Lana-Joy Durik, Biddie Shearing, Robyn Zerk, Fiona Dinham, Naracoorte Soroptimist, Naracoorte Regional Art Gallery - Lesley Cook & Jeanette Vine, StandBy Country SA - Tracey Wanganeen, Good Country Physiotherapy - Angela Wilsmore, Occupational Therapy for Children - Megan Heffernan and the Wellbeing Reference Group including Cr Julie Earl, Sam Gale, Frances Kirby, Rhett McDonald and Ann Aldersey.

Challenges: What have been the key challenges to making this initiative a success?

Support from some elected members continues to be a challenge.

Impact: What evidence have staff or community members witnessed that demonstrates the impact that this work has had/or is likely to have?

There is continual support from the community for the Wellbeing Program and this was reflected throughout the plan's consultation period. Community members were highly engaged throughout the plan's consultation period including 10 formal responses via emails and Your Say, 42 downloads of the draft plan, 164 Your Say page visit. Some of the feedback from the consultation period included: "Appears comprehensive to me." "I am very impressed with the balance you have put into the program for supporting the most vulnerable demographic in our community." "I would like to commend the Naracoorte Lucindale Council for taking up the challenge of improving the wellbeing of residents within its district"

Reach: How many community members are likely to be impacted by this change?

*164 people reached via Your Say (page views)
Over 50 stakeholders and community groups were emailed and offered the opportunity to provide feedback.
The Plan has potential to reach all Naracoorte Lucindale Council residents.*

Chats about Change #2

- WELLBEING REFERENCE GROUP #1 - 9 FEBRUARY 2022 -

The Wellbeing Reference Group was established to evaluate initiatives and guide the future direction of the Naracoorte Lucindale Wellbeing Program. During this meeting the group reflected on initiatives held throughout 2021 and provided feedback on the Naracoorte Lucindale Wellbeing Plan.

Which focus area did this initiative aim to address?

- INCREASING OPPORTUNITIES TO BE ACTIVE
- IMPROVING WELLBEING THROUGH FOOD
- STRENGTHENING COMMUNITY ENGAGEMENT AND SOCIAL CONNECTEDNESS
- SUPPORTING POSITIVE MENTAL HEALTH AND WELLBEING

Which key target audiences is this initiative targeting?

- CULTURALLY & LINGUISTICALLY DIVERSE PEOPLE
- CHILDREN, YOUNG PEOPLE & THEIR FAMILIES
- OLDER ADULTS
- OTHER (NOTE BELOW)

Each of the target audiences were represented in the group.

Background: What issue is this work attempting to address?

To reflect on current and previous initiatives to determine if the initiatives are achieving their desired outcome. Guide future initiatives to ensure the program meets the wants and needs of the local community and target audiences.

Objectives: What specific activities will occur as part of this piece of work that will directly impact local people's wellbeing?

No specific activities will occur from this meeting, however their opinions and feedback will influence all future initiatives within the program.

People & Partners: Who was involved in this initiative? Include local partners, volunteers or participants. Provide as much detail as possible.

Cr Julie Earl, Sam Gale, Frances Kirby, Rhett McDonald, Ann Aldersey. Australian Migrant Resource Centre (AMRC), Survivors of Torture and Trauma Assistance and Rehabilitation Service (STARS), Naracoorte South Primary School and Naracoorte Lucindale Council.

Challenges: What have been the key challenges to making this initiative a success?

Finding a time that is suitable for all - there is a mix of professionals and people with young families. Engaging community members of the CALD community (not just professionals) - three people were approached and initially agreed to attend however later declined the opportunity.

Impact: What evidence have staff or community members witnessed that demonstrates the impact that this work has had/or is likely to have?

The Outdoor Cinema was noted as the most successful initiative from 2021. Successes included; the location - it was a neutral ground and people of all backgrounds felt comfortable, it was a good opportunity for children and parents to connect with others, the event was well represented by the multicultural community. In regards to the success of the Wellbeing Reference Group, all members were highly engaged and were willing to delve into feedback at a deeper level not just superficially. Feedback will guide future initiatives and will be reflected in the final Naracoorte Lucindale Wellbeing Plan.

Reach: How many community members are likely to be impacted by this change?

NA

Chats about Change #3

- WELLBEING REFERENCE GROUP #2 - 23 MARCH 2022 -

The Wellbeing Reference Group was established to evaluate initiatives and guide the future direction of the program. During this meeting the group reflected on initiatives held from February to March 2022 and provided feedback and ideas for future Naracoorte Lucindale Wellbeing Program initiatives.

Which focus area did this initiative aim to address?

- INCREASING OPPORTUNITIES TO BE ACTIVE
- IMPROVING WELLBEING THROUGH FOOD
- STRENGTHENING COMMUNITY ENGAGEMENT AND SOCIAL CONNECTEDNESS
- SUPPORTING POSITIVE MENTAL HEALTH AND WELLBEING

Which key target audiences is this initiative targeting?

- CULTURALLY & LINGUISTICALLY DIVERSE PEOPLE
- CHILDREN, YOUNG PEOPLE & THEIR FAMILIES
- OLDER ADULTS
- OTHER (NOTE BELOW)

The CALD/Migrant population were targeted in an earlier workshop at the Migrant Resource Centre on the 11th of March.

Background: What issue is this work attempting to address?

To reflect on current and previous initiatives to determine if the initiatives are achieving their desired outcome. Guide future initiatives to ensure the program meets the wants and needs of the local community and target audiences.

Objectives: What specific activities will occur as part of this piece of work that will directly impact local people's wellbeing?

No specific activities will occur from this meeting, however their opinions and feedback will influence all future initiatives within the program.

People & Partners: Who was involved in this initiative? Include local partners, volunteers or participants. Provide as much detail as possible.

*Cr Julie Earl, Ann Aldersey, Mandy Tonello and Venita Bator.
Naracoorte Lucindale Council.*

Challenges: What have been the key challenges to making this initiative a success?

This meeting was not as successful as the previous meeting, the group were more conversational rather than focused on evaluation of previous initiatives.

Impact: What evidence have staff or community members witnessed that demonstrates the impact that this work has had/or is likely to have?

Feedback on current and previous initiatives included;

- *Take home activities to do at your own time and pace are great for people with children e.g. Naracoorte Trails Pocket Maps and the upcoming Playground Detectives*
- *Had heard positive feedback from participants of the Good Life Program. It raised awareness and improved education of some health issues*

Feedback and ideas for future initiatives included; engaging teenage girls in physical activity outside of sport, connecting young children and older people, and providing more opportunities to come together e.g. craft mornings or games and morning tea.

Reach: How many community members are likely to be impacted by this change?

NA

Chats about Change #4

- SOUTH EAST FIELD DAYS - 18-19 MARCH 2022 -

Held a stall at the South East Field Days in conjunction with the Naracoorte Suicide Prevention Network to promote the program and network, provide a range of resources and as an opportunity to hear feedback from the general public.

Which focus area did this initiative aim to address?

- INCREASING OPPORTUNITIES TO BE ACTIVE
- IMPROVING WELLBEING THROUGH FOOD
- STRENGTHENING COMMUNITY ENGAGEMENT AND SOCIAL CONNECTEDNESS
- SUPPORTING POSITIVE MENTAL HEALTH AND WELLBEING

Which key target audiences is this initiative targeting?

- CULTURALLY & LINGUISTICALLY DIVERSE PEOPLE
- CHILDREN, YOUNG PEOPLE & THEIR FAMILIES
- OLDER ADULTS
- OTHER (NOTE BELOW)

Primary audience was men from agricultural backgrounds.

Background: What issue is this work attempting to address?

Provide an opportunity to engage with a population group (rural men) and their families who are typically very hard to engage. The South East Field Days is an event that brings this population group together. Additionally, it is beneficial because they are in a familiar environment and therefore more likely to open up. Secondly this event was used as an opportunity to raise awareness of the Naracoorte Lucindale Wellbeing Program in Lucindale and the Naracoorte Suicide Prevention Network, and hear feedback and/or ideas about what locals would like to see in the area.

Objectives: What specific activities will occur as part of this piece of work that will directly impact local people's wellbeing?

Stall at the event with resources and local programming. Included a short radio interview with the ABC South East and brief interview with the Stock Journal.

People & Partners: Who was involved in this initiative? Include local partners, volunteers or participants. Provide as much detail as possible.

Naracoorte Suicide Prevention Network (NSPN) and South East Field Days.

Challenges: What have been the key challenges to making this initiative a success?

Numbers at the event were lower than previous years (due to COVID-19) and this impacted the number of people coming through the pavilions. The Naracoorte Lucindale Wellbeing Program wasn't included in the program booklet, including this may have attracted more people. For future stalls: Have more resources to support Mental Health e.g. take home booklets/pamphlets not just support hotlines. Have give away items that encourage people to visit the stall - e.g. pens, tote bags.

Impact: What evidence have staff or community members witnessed that demonstrates the impact that this work has had/or is likely to have?

There was high engagement in the stall from older men asking about the program and the NSPN collecting resources and opening up about their experiences with mental health and other health issues. A number of people sought out the stall to provide their feedback and ask about the program. Naracoorte Trails Pocket Maps were very popular, approximately 350 maps were handed out at the event to residents and also the wider population including Mount Gambier, Bordertown and Western Victoria and were looking forward to trying out one of the walks next time they were around or take it to their local council to do the same.

Reach: How many community members are likely to be impacted by this change?

Estimated 400-500 people

Chats about Change #5

- NARACOORTE TRAILS POCKET MAPS - DEC 21 - APR 22 -

Passport sized maps with 6 local running, walking and cycling trails around Naracoorte.

Which focus area did this initiative aim to address?

- INCREASING OPPORTUNITIES TO BE ACTIVE
- IMPROVING WELLBEING THROUGH FOOD
- STRENGTHENING COMMUNITY ENGAGEMENT AND SOCIAL CONNECTEDNESS
- SUPPORTING POSITIVE MENTAL HEALTH AND WELLBEING

Which key target audiences is this initiative targeting?

- CULTURALLY & LINGUISTICALLY DIVERSE PEOPLE
- CHILDREN, YOUNG PEOPLE & THEIR FAMILIES
- OLDER ADULTS
- OTHER (NOTE BELOW)

For the general population

Background: What issue is this work attempting to address?

Increase community awareness of open spaces and local trails.

Objectives: What specific activities will occur as part of this piece of work that will directly impact local people's wellbeing?

Pocket maps were created to highlight and promote the various trails. Once designed and printed pocket maps were distributed and promoted around town at various locations including Council Office, Naracoorte Library, VIC and coffee shops.

People & Partners: Who was involved in this initiative? Include local partners, volunteers or participants. Provide as much detail as possible.

Bianca Richardson, Z-cards, Naracoorte Caves

Challenges: What have been the key challenges to making this initiative a success?

Whilst the pocket maps were incredibly popular, it is hard to know if it translates to people walking the trails and being more active. It is also hard to know if it is local residents or tourist who are using the pocket maps.

Impact: What evidence have staff or community members witnessed that demonstrates the impact that this work has had/or is likely to have?

The pocket maps have been a very popular resource with over 2,000 maps distributed in 2.5 months. Their size gives them a point of difference and makes it easy to take/carry. They have also inspired people to take them back to their local council to be recreated for their area. A local café owner commented: "They (pocket maps) have been great, we need more!" and The Naracoorte Herald (local newspaper) ran an article on the new pocket maps.

Reach: How many community members are likely to be impacted by this change?

*Over 2,000 pocket maps have been distributed around town.
Over 5,500 people reached on Facebook.*

Appendix 5.4 *Evaluation 2.0 framework*

Playford Wellbeing Hub and Naracoorte Lucindale Wellbeing Program

Participatory Evaluation Approach Re-design: Evaluation 2.0

Prepared by Becky Hirst
October 2021

Contents

Background	3
3 Guiding Evaluation Principles	3
The Evaluation Re-design	4
Stats & Stories Layout	4
Streamlining	4
Ongoing initiatives requiring a different style of reporting	4
Introduce participatory medium-term impact evaluation	5
Acceptability – monitor inhouse	7
Standardised questions for immediate impact evaluation	7
What will we be asking in Evaluation 2.0? Why? And how?	10
Updated goals and target groups	16
Evaluation 2.0 Plan on a Page	17

Background

In May 2020, the South Australian Government commenced implementation of the Statewide Wellbeing Strategy to build community resilience and support physical, social, mental and community wellbeing in response to COVID-19. A key deliverable within this Strategy in 2020/21 was the rapid establishment of two co-designed and co-invested 'Wellbeing Hub' pilot sites in the City of Playford and Naracoorte Lucindale Council.

In February 2021, a Participatory Evaluation Approach was developed for the City of Playford's Wellbeing Hub. The same approach was adopted by Naracoorte Lucindale Council's Wellbeing Program in March 2021, with some minor variations to implementation methodology. Final evaluation reports, based on the agreed evaluation approaches, were prepared for both Councils in July 2021.

During 2020/21, the two Wellbeing Hub pilot sites engaged with over 2400 community members through the implementation of 38 initiatives with 63 local partner agencies involved.

As both Council's now prepare to proceed with a further 2-years funding from Wellbeing SA to deliver wellbeing initiatives, it is timely to review the approach to evaluation. This document provides an update to the approaches that both Council's will use to evaluate wellbeing initiatives delivered from October 2021 to September 2023.

It's Evaluation 2.0!

3 Guiding Evaluation Principles

At a virtual workshop held in September 2021, facilitated by Becky Hirst and attended by representatives from Wellbeing SA, the Playford Wellbeing Hub and Naracoorte Lucindale Wellbeing Program, participants were asked to identify the most important elements they hoped the evaluation re-design would address.

Their key hopes have been written up as a set of 3 Guiding Evaluation Principles as follows -

1. The evaluation approach will continue to have community engagement at its core, noting that measuring the impact of the initiatives is not something being 'done to' the community but is instead being undertaken with the community.
2. The evaluation process undertaken will be embedded in the work of the team, ensuring that internal capacity is built and that the evaluation approach is sustainable.
3. The evaluation process should not be a burden, to either the staff implementing it or the community being a part of it. It should be smooth and efficient, designed to maximise the data gathered without overwhelming participants, and not clunky to implement in 'real life' community scenarios.

The Evaluation Re-design

During the 2020/21 post-evaluation reflection, and the virtual workshop held at the start of the re-design process, the following adjustments to the evaluation approach were discussed.

Stats & Stories Layout

The Stats & Stories layout will be updated to include the revisions included in this report, as well as some functional changes to the template. This includes updating the spreadsheet that teams use to collate the data.

Streamlining

There has been some discussion about the potential to streamline the reporting of multiple events into one Stats & Stories report, rather than multiple individual reports. This thinking came about because of participants receiving multiple evaluation text messages after joining multiple activities as part of the Playford Wellbeing Hub school holiday program during 2021.

However, upon reflection and trial of combining some initiatives into one report, this process can become complicated from a reporting perspective.

Therefore, the initiatives will continue to be reported via individual Stats & Stories reports at the end of the initiative, but the teams will look at streamlining how follow up evaluation occurs on occasions like this where participants attend multiple events in a short space of time.

Ongoing initiatives requiring a different style of reporting

The Stats & Stories template has worked well for most initiatives to date. However, there are occasionally initiatives that take more of an ongoing policy change or capacity building approach to developing supportive environments and need a more flexible template.

With a similar design look and feel to the Stats & Stories, the *Chats about Change* report template will provide an alternative method in which to report work that focuses more on policy changes, creating supportive environments and capacity building.

The word *Chat* is being used to highlight a more qualitative reporting style and informal team observations, and the word *Change* represents the likely policy changes or capacity building that will occur as part of these initiatives.

It is suggested that the Chats about Change reports are prepared at least 3-6 months after the commencement of the intended change process, or longer, if such supportive environment or policy development changes take some time to implement. This timing will be left to the discretion of the team, but it is assumed that the Chats about Change reports will be all included in the Annual Final Report.

Headings for the *Chats about Change* template are likely to include –

- **Focus Areas:** Which focus areas is this initiative addressing?
- **Target group:** Which audience/s is this initiative targeting?
- **Date of commencement:** When did the team begin working on this initiative?
- **Background:** What issue is this work attempting to address?
- **Objectives:** What specific activities will occur as part of this piece of work that will directly impact local people's wellbeing?
- **People and Partners:** Who was involved in this initiative? Include local partners, volunteers, or participants. Provide as much detail as possible.
- **Challenges:** What have been the key challenges to making this initiative a success?
- **Impact:** What evidence have staff or community members witnessed that demonstrates the impact that this work has had/or is likely to have?
- **Reach:** How many community members are likely to be impacted by this change?

Introduce participatory medium-term impact evaluation

The initial activation of the wellbeing programs in late 2020 and early 2021 meant that the evaluation approach was developed quickly and for some initiatives it was too late to capture all required data. In addition to this, the short-term nature of the funding meant that it was only possible to attempt to capture evidence of immediate and short-term impact.

Now that the work is being planned for a 2-year period, it is possible to consider including processes that measure medium-term impact too.

However, it is important to note that project teams need to find appropriate balance in what is asked of participants versus the effectiveness of what can be subsequently reported on with what is heard. 'Bombarding' participants with questions is already of concern to staff and adding more questioning needs to be approached with caution.

In addition to this, it is also important to note that the wide range of variants in people's lives make the traditional quantitative clinical trial type framework not suitable for this evaluation¹. Without control groups or clinical style trials, we must cautiously build on our impact evaluation to continue to be useful and relevant for this specific work.

It is therefore proposed that the evaluation process includes immediate impact (within 24 hours of participation in an event or activity) and medium impact (on a 3-6 monthly cycle using a participatory community-centric approach).

This medium-term participatory approach will include inviting participants to reflect on the overall program through either participating in a community reference group type scenario, or at minimum 6-monthly in person conversations. Such chats might be where, in exchange for a free coffee or alternate healthy incentive, participants share the impact that the Wellbeing Hub or Program has had on their lifestyle, and several months later as a result how they rank their wellbeing, and why.

¹ Our Participatory Evaluation Approach, February 2021, Prepared by Becky Hirst

These 'chat' events could be tied in with already planned initiatives. For example, past participants could be invited to the community event and are encouraged to come along, say hi to a Wellbeing Hub staff member and receive a voucher/some form of reimbursement for providing their feedback/participating in the medium-term evaluation via survey. Or, if wanting to do a more formal chat with former participants, this could be done before or after the event.

Depending on how the medium-term impact evaluation 'chat' will run, questions might include –

- Collection of basic demographic data – gender, age group, suburb
- Which initiatives have you participated in? (Provide a prompt list)
- Opportunities to reflect and rank on standardized focus area questions, if applicable
- Opportunities to share their observations, via a conversation, on the impact that the Wellbeing Hub/Program has had on their own wellbeing, and the wellbeing of others in their community.

Example of interview technique for 'chat' events to seek medium-term impact evaluation.

An overarching and generic open-ended question would be asked that would require the interviewer to probe, using a 'Why' technique.

For example, a former participant is asked **why** they think the Wellbeing Hub/Program is good for the community?

They answer with *"Because it's free."*

The interviewer would ask

*"And **why** is that so important?"*

To which they participant might answer

"Because we can't afford for our kids to be in sports teams."

The interviewer would then say,

*"And **why** is it important for them to be part of sports teams?"*

To which the participant might respond

"Because all the other kids do it. Because they love it. Because it makes them feel part of something. Because it gets them off their screens."

The interviewer could then connect these statements back to the overarching question. *"So, has the Wellbeing Hub/Program helped your child do something they enjoy? Has it helped them to feel a part of something?"*

The respondent might confirm this.

"Yes! Yes, it has! And it was free!"

The interviewer would finish the conversation with asking the participant to rank the impact that the Wellbeing Hub/Program has therefore had on the wellbeing of themselves, their family or their community. *"So, if we were to give a score to how much this program has helped them feel good, with 1 being not at all, and 5 being a lot, what would you rank it?"*

The participant scores the impact of the Wellbeing Hub.

This process enables both qualitative and quantitative data to be gathered on the medium-term impact of the Wellbeing Hub/Program.

The medium-term impact evaluation will be collated on the same spreadsheet as the other criteria but for logistical reasons will not be included as part of the individual Stats & Stories report. Instead, it is suggested that the medium-term impact be reflected on in the Annual Final Report of the overall program.

The Annual Final Report will also include any further medium-term impact that have been observed via the Chats about Change reports about environment, policy change and capacity building.

Acceptability – monitor inhouse

During the first phase of engagement, we asked participants what worked well and what could be improved as part of our continuous improvement. Their feedback enabled us to identify the factors that helped to make the delivery of the initiative a success, particularly in relation to engaging the targeted key populations.

However, what we heard from participants became repetitive (and therefore the teams became aware of the key overarching determinants that made events or sessions a success), and it was also noted that feedback on the process would come from informal feedback via conversations with participants, or ‘on the grapevine’ to the local team. It can be argued that the time spent asking the two questions asked of participants regarding the process could be better used focusing on the impact of the initiative instead.

Therefore, for the next phase of engagement, the evaluation of the acceptability of the initiatives will be undertaken by the wellbeing staff as part of their post initiative evaluations.

Standardised questions for immediate impact evaluation

The last phase of impact evaluation included asking participants about the impact of the initiative they had been a part of on their health and wellbeing. The teams explored use of different wording and language to ask this question, but it was generally always relatively high level in its focus.

Evaluation 2.0 will continue to ask participants an immediate impact question, but instead the question will be more specific to the main focus area of the initiative.

The following table provides teams with suggested questions and rankings.

Focus area: Creating opportunities to be active/Increasing opportunities to be active

- After taking part in this initiative, on a scale of 1 to 5, how much more motivated are you to be active?
 - 1 – No change at all – I’m no more motivated to be active than I was before
 - 2 – Not much change – I’m not much more motivated than I was before
 - 3 – Not sure

- 4 – A little bit – I feel slightly more motivated to be active than I otherwise would have been
- 5 – A lot – This has really increased my motivation to be active!

Focus area: Supporting wellbeing through food/improving wellbeing through food

- After taking part in this initiative, on a scale of 1 to 5, how much more confident do you feel to make healthy food choices?

- 1 – Not at all confident
- 2 – Not very confident
- 3 – Not sure
- 4 – A little bit more confident
- 5 – A lot more confident

Focus area: Strengthening social connectedness to foster wellbeing/strengthening community engagement and connectedness

- After taking part in this initiative, on a scale of 1 to 5, how much more connected to your community do you feel?

- 1 – Not at all connected
- 2 – Not really connected
- 3 – Not sure
- 4 – A little bit more connected
- 5 – A lot more connected

Focus area: Encouraging community capacity building and connection to the hub

- After taking part in this initiative, on a scale of 1 to 5, how much more connected to your community/the Wellbeing Hub (choose as appropriate), do you feel?

- 1 – Not at all connected
- 2 – Not really connected
- 3 – Not sure
- 4 – A little bit more connected
- 5 – A lot more connected

Focus area: Supporting positive mental health and wellbeing

- After taking part in this initiative, on a scale of 1 to 5, do you feel supported regarding positive mental health and wellbeing?

- 1 – Not at all supported
- 2 – Not really supported much
- 3 – Not sure
- 4 – A little bit supported
- 5 – Very supported

Whilst used of the standardised focus area impact questions are a key feature of Evaluation 2.0, teams are encouraged to tailor the above questions to be language appropriate for the key target audiences.

What will we be asking in Evaluation 2.0? Why? And how?

The below table shows the evaluation criteria we will continue to follow, what we will be asking, our rationale for asking this and how we will capture the required information. Amendments from the original approach are shown via ~~strikethrough~~ and red text.

Evaluation Criteria	Description	Type of evaluation	What will we be asking ourselves?	Rationale	How will we capture/record/measure?
Effectiveness	The extent to which our aims are met	Process	Which focus area did this initiative aim to address?	We are asking this so that we know which of the focus areas this initiative is aiming to address.	<i>Agreement amongst team prior to initiative delivery</i>
			Who were our delivery partners?	We are asking this to acknowledge who we worked together with to make this initiative be the best it could be.	<i>Agreement amongst team prior to initiative delivery</i>
			Were there any additional aims?	We are asking the team to determine whether this initiative aims to, or is likely to, deliver any other benefits, over and above the core focus areas.	<i>Agreement amongst team prior to initiative delivery</i>
			How effectively the aims were met?	We will be asking the team to score how effectively the aims of the initiative were met, providing us with a quantifiable measure of their perceived success.	<i>Agreement amongst team after initiative delivery, using ranking criteria</i>
				Rankings – Score 1: None of the objectives were delivered Score 2: There was activity, but it did not meet the identified aims	

Evaluation Criteria	Description	Type of evaluation	What will we be asking ourselves?	Rationale	How will we capture/record/measure?
				<p>Score 3: There was activity, and some aims were met delivered</p> <p>Score 4: There was activity, and all aims objectives were met delivered</p> <p>Score 5: There was activity, all aims objectives were met and there were unanticipated positive outcomes</p>	
Appropriateness	The relevance of the intervention to needs	Impact	How did being involved in the initiative contribute to participants immediate wellbeing?	We are asking this to determine whether the initiative had an immediate impact on the participants mental or physical wellbeing. We will use one of the standardised focus area questions. We will ask for a score out of 5 to provide a quantifiable measure of impact, as well as qualitative contributions.	<i>Interactive tools & techniques required to collect this input (number AND comments) from participants at the end of the event/meeting/ program or within 24 hours via SMS, with 1-5 score questions tailored to a specific intended objective</i>
			How did being a part of the initiative inspire participants to do something different for their wellbeing?	We are asking this to determine whether the initiative made any short-term medium-term impacts on factors affecting participant wellbeing. We will ask for a score out of 5 (via various methods) to provide a quantifiable measure of impact, as well as qualitative contributions.	<i>Inviting participants to reflect on the overall program through either participating in a community reference group, or 3-6 monthly in person 'chats'. Such chats might be where, in exchange for a free coffee or alternate incentive, participants share which initiatives they have participated in, and several months later how they rank their wellbeing.</i>

Evaluation Criteria	Description	Type of evaluation	What will we be asking ourselves?	Rationale	How will we capture/record/measure?
Acceptability	Whether it's carried out in a sensitive way	Process	What well about this initiative?	As part of our continuous improvement, we are asking this to identify the factors that helped to make the delivery of this initiative a success, particularly in relation to engaging the targeted key populations.	<i>Agreement amongst team after initiative delivery based on observations and/or informal feedback from participations</i>
			What could we improve on next time?	As part of our continuous improvement, we are asking this question to identify the factors that may have hindered the successful delivery of this initiative, particularly in relation to engaging the targeted key populations.	<i>Agreement amongst team after initiative delivery based on observations and/or informal feedback from participations</i>
Efficiency	Whether the outputs (time, money and resources) are well spent, given the benefits	Process	How much time was spent on organising and delivering this initiative?	We are asking this question to help us consider whether the time spent on organising and delivering the initiative was well spent when measured against the benefits. Rankings – Score 1: Less than 10 hours Score 2: 10-16 hours Score 3: 16-37 hours Score 4: 37-50 hours Score 5: 50+ hours	<i>Agreement amongst team after initiative delivery, using ranking criteria</i>
			How much money was spent on organising and	We are asking this question to help us consider whether the money spent on organising and delivering the initiative	<i>Agreement amongst team after initiative delivery, using ranking criteria</i>

Evaluation Criteria	Description	Type of evaluation	What will we be asking ourselves?	Rationale	How will we capture/record/measure?
			delivering this initiative?	<p>was well spent when measured against the benefits.</p> <p>Rankings – Score 1: Less than \$2000 Score 2: \$2,000-\$5,000 Score 3: \$5,000-\$8,000 Score 4: \$8000-\$12,000 Score 5: \$12,000+</p>	
			How resource intensive was organising and delivering this initiative?	<p>We are asking this question to help us consider whether the resources spent on organising and delivering the initiative was well spent when measured against the benefits. ‘Resources’ is defined as anything beyond the money spent and staff time, so might include the amount of effort required to physically set up an initiative, or the amount of paperwork required to deliver an initiative.</p> <p>Rankings - Score 1: Very easy to set up, not intensive Score 2: Somewhat easy to set up Score 3: Moderately intensive Score 4: Intensive, some setting up Score 5: Very intensive, lots to set up</p>	<i>Agreement amongst team after initiative delivery, using ranking criteria</i>
			Were the time, money and resources well	<p>We will use the scores provided via the effectiveness, equity, and appropriateness criteria questions to plot against the scores given against outputs.</p>	<i>Team to plot scores on matrix after initiative delivery, using ranking scores</i>

Evaluation Criteria	Description	Type of evaluation	What will we be asking ourselves?	Rationale	How will we capture/record/measure?
			spent, given the benefits?	This will help us to quantify whether the time, money and resources were well spent, given the benefits.	
Equity	Equal provision for equal need – targeting key populations with greatest need	Process	What was the total number of participants?	We are asking this to determine the total number of people engaged in the initiative.	<i>Number of registrations received via Eventbrite or headcount of number of people who attended</i>
		Process	Who did we aim to engage in this initiative?	We are asking this to determine who the key target population was for the initiative.	<i>Agreement amongst team prior to initiative delivery</i>
		Impact	What was the percentage of participants who have not participated in a similar initiative before?	We are asking this to determine what proportion of people accessing services at the Wellbeing Hub had not accessed a similar type of service before – in other words, did the initiative reach those with the greatest need in the community? This will be measured on a topic basis – i.e. when registering for a cooking class, participants will be asked whether they've ever attended a cooking class before.	<i>Participants asked during registration whether they have participated in something similar before (specific to initiative – i.e. Have you attended a cooking class before?)</i>
		Process/ Impact	How did the initiative engage with the targeted key populations?	We will be asking the team to score how they felt the initiative engaged with targeted key populations, providing us with a quantifiable measure of their perceived success.	<i>Agreement amongst team after initiative delivery, using ranking criteria</i>

Evaluation Criteria	Description	Type of evaluation	What will we be asking ourselves?	Rationale	How will we capture/record/measure?
				<p>Ranking –</p> <p>Score 1: No participants were from the targeted key population groups Extremely poor effectiveness in reaching key population groups</p> <p>Score 2: Not many participants were from the targeted key population groups Poor effectiveness in reaching key population groups – lots of room for improvement</p> <p>Score 3: About half of the participants were from the targeted key population groups, about half were not Average effectiveness in reaching key population groups</p> <p>Score 4: The majority of participants were from the targeted key population groups Effective in reaching key population groups, but still room for improvement</p> <p>Score 5: All participants were from the targeted key population groups Extremely effective in reaching key population groups</p>	

Updated goals and target groups

The Stats & Stories reporting template and internal data collation spreadsheets will be updated to include the following information.

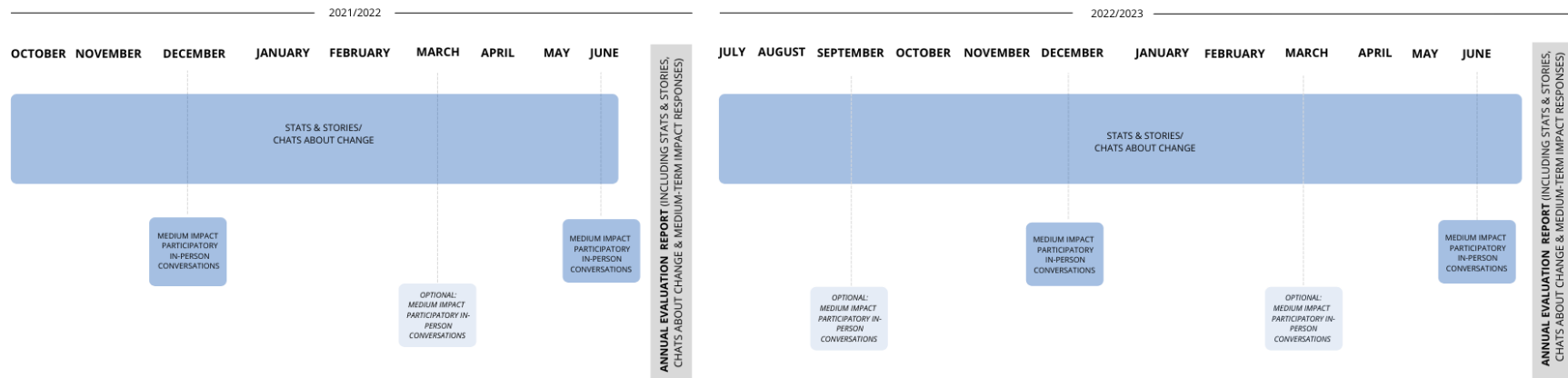
Playford Wellbeing Hub	Naracoorte Lucindale Wellbeing Program
OVERALL PURPOSE	
The Playford Wellbeing Hub will support physical health, social health and community wellbeing through the design and delivery of services and initiatives in the local community	The Naracoorte Lucindale Wellbeing Program will support physical, mental and community wellbeing through the implementation of a range of wellbeing initiatives
FOCUS AREAS	
<ol style="list-style-type: none"> 1. Creating opportunities to be active 2. Supporting wellbeing through food 3. Strengthening social connectedness to foster wellbeing 4. Encouraging community capacity building and connection to the hub 	<ol style="list-style-type: none"> 1. Increasing opportunities to be active 2. Improving wellbeing through food 3. Strengthening community engagement and social connectedness 4. Supporting positive mental health and wellbeing
TARGET AUDIENCES	
<ul style="list-style-type: none"> • Children 0-12years • Young people (13-18yrs) • Parents/ caregivers • Families (group attending as one) • General Population • People who identify as ATSI • People with a disability • People from CALD backgrounds 	<ul style="list-style-type: none"> • Culturally and linguistically diverse communities • Children, young people and families • Older adults

Evaluation 2.0 Plan on a Page

The overall Participatory Evaluation Approach includes -

- Stats & Stories and Chats about Change (at the completion of initiatives as agreed by the project team)
- 6 monthly medium-term impact participatory drop in events, or community reference group meetings that include participants (with optional 3-monthly chats, if appropriate)
- Annual Final Report

PLAYFORD WELLBEING HUB & NARACOORTE LUCINDALE WELLBEING PROGRAM PARTICIPATORY EVALUATION 2.0



Appendix 5.5 Analytical theming of comments regarding immediate impact

Appendix 5.5

Analytical theming of comments made by participants regarding immediate impact on health and wellbeing

Assumption	#	Initiative	Comment	Source
Availability of activities	1	Yoga in the Hall (Round 3)	Has been great having this yoga session available. Thank you	Evaluation feedback
Becoming more aware of own health and wellbeing	2	The Good Life Project (Round 5)	"Made me aware I am not as fit as I thought I was"	Evaluation feedback
	3	The Good Life Project (Round 5)	"Greater knowledge about aging and importance of maintaining health"	Evaluation feedback
	4	The Good Life Project (Round 5)	"Awareness of keeping on exercising. Importance of general health check with GP. Importance of occasional (annual) podiatrist check."	Evaluation feedback
	5	The Good Life Project (Round 5)	"Got a more positive attitude towards improving my health"	Evaluation feedback
	6	Good Life Project Reunion	"to me there's just a mental awareness plus now I'm taking more responsibility for my own health."	Evaluation feedback
Experiencing/ anticipating behaviour change	7	Yoga in the Hall (Round 3)	Following the previous yoga sessions I have taken a beginners class and am now regularly attending a class.	Evaluation feedback
	8	Kids Yoga & Mindfulness	Overheard comments from children included "I liked the pigeon pose" "I'm going to do this at home"	Staff observation
	9	Playground Detectives	Thankyou for this initiative. It encouraged us to visit playgrounds that I had forgotten about, including a couple within walking distance of our home on Fourth Ave. Even the pamphlet has been designed to fit in a pocket or a handbag. Such a wonderful idea. Thankyou from a happy Mum and toddler xx	Evaluation feedback
	10	Naracoorte Running Group	"I really enjoyed the running group while I was there. I am currently still using the program now outside of the group, and I wouldn't have this motivation to continue	Evaluation feedback

			running without the running group”	
	11	The Good Life Project (Round 5)	“Motivated me to do more cardio exercise and take better care of my feet!”	Evaluation feedback
	12	The Good Life Project (Round 5)	“Motivation to strengthen muscles and prevent ill health (disease) with a really nutritional diet”	Evaluation feedback
	13	The Good Life Project (Round 5)	“Reminder motivation to move more”	Evaluation feedback
	14	Good Life Project Reunion	I walked here, I’ve been more conscious about walking”	Evaluation feedback
	15	Good Life Project Reunion	The group that we’re in now meet every Thursday morning... we go for our 5km walk every Thursday"	Evaluation feedback
	16	Good Life Project Reunion	" It’s probably the first time in 14-15 years that I had a goal"	Evaluation feedback
	17	Good Life Project Reunion	" it was too cold to walk last night... so I walked around and around the yard so I still got that exercise. I would never have done that in the past”	Evaluation feedback
Feeling of inclusivity	18	Yoga in the Hall (Round 2)	“Hi I would like to let you know how much I appreciated the Sunday yoga sessions that were held in the Naracoorte Town Hall. I live 55 kilometres from Naracoorte at Conmurra and so having yoga on a Sunday morning was very convenient rather than having to travel at night.	Follow up feedback from participants
	19	Yoga in the Hall (Round 3)	Very welcoming. Clear Instructions	Evaluation feedback
	20	Yoga in the Hall (Round 3)	A great wellbeing initiative for busy working people/mums. A great time (Sunday) where more people are able to attend due to no work, running around with children. Thank You.	Evaluation feedback
	21	Yoga in the Hall (Round 3)	A great initiative for the town and its community to practice fitness and wellbeing. Great its on a Sunday - best way to start the week!	Evaluation feedback

	22	Yoga in the Hall (Round 3)	The timing is great	Evaluation feedback
	23	Playground Detectives	"WE have just moved to Naracoorte from England! Thank you 😊"	Evaluation feedback
	24	Playground Detectives	"Just moved from the UK! Great to explore – girls LOVED IT!!"	Evaluation feedback
	25	Naracoorte Running Group	I always felt that I could do what was asked even though I'm so much slower than others"	Evaluation feedback
	26	The Good Life Project (Round 5)	"Excellent that it could come to Lucindale – more local opportunities would be great."	Evaluation feedback
	27	Yoga in the Hall (Round 4)	"Living 55km from Naracoorte on a farm at Conmurra the Sunday yoga has been fantastic!! The time day and venue are excellent. All of the 4 teachers are brilliant. A fantastic initiative that hopefully continues. "	Evaluation feedback
Having future aspirations	28	Posca Art Workshop	Interest from many participants in wanting more activities like this to happen again.	Staff observation
	29	The Good Life Project (Round 4)	I would like to go again as only did two sessions	Evaluation feedback
	30	Kids Yoga & Mindfulness	Thank you so much for offering this to our community we really appreciate it and would be keen to participate again in the future. - Parent	Follow up feedback from participants
	31	Naracoorte Running Group	"I would love to have the opportunity to do running group again! Maybe in the warmer months. Unfortunately I couldn't attend as regularly as I hoped due to injury and illness. Fiona did a great job at the sessions I attended and I definitely feel better equipped to run."	Evaluation feedback
	32	Naracoorte Running Group	"I would like to see an early evening or weekend session for running."	Evaluation feedback
	33	Naracoorte Running Group	"I think it's a great initiative, keen to do it again, maybe summer would be better - not as cold!"	Evaluation feedback

	34	The Good Life Project (Round 5)	"To be decided, but I feel motivated to improve my health and wellbeing"	Evaluation feedback
	35	The Good Life Project (Round 5)	"A walking group in Lucindale would be interesting"	Evaluation feedback
	36	Yoga in the Hall (Round 4)	"A great service" "great initiative keep it going!"	Evaluation feedback
	37	Yoga in the Hall (Round 4)	"This is awesome please keep it going!"	Evaluation feedback
Learning about local area	38	Playground Detectives	"Wasn't aware there are so many parks in the local area. Top Job!"	Evaluation feedback
	39	Playground Detectives	"Leicester Park very good"	Evaluation feedback
	40	Playground Detectives	"It was lovely having small parks around town for neighbourhoods. Gladys McTernan Park and Barclay Park would benefit from screening trees for more privacy of neighbouring houses. Lucindale was the best park and the only one that had something for older kids!"	Evaluation feedback
	41	Playground Detectives	"Nice to see works happening at Gladys McTernan Park. We living in Harding Court previously but found the park not great for the kids. It will be a huge asset for the area once improvements are done 😊"	Evaluation feedback
Learning new skills/reconnecting with skills	42	Pom Pom Power	Great morning of fun and learning to make pom pom's as it's been years	Evaluation feedback
	43	Pom Pom Power	It is good for me to practice (my) English	From discussion with participants
	44	Yoga in the Hall (Round 3)	Perfect day and time slot. Great initiative for wellbeing for all ages. Good introduction to available yoga styles and teachers in Naracoorte	Evaluation feedback
	45	Yoga in the Hall (Round 3)	Great location and setting and time of day. Really good for those who don't have mats and blocks. Excellent to experience the range of different yoga available. Great support to local business.	Evaluation feedback
	46	The Good Life Project (Round 4)	Each session had valuable information and although we are never too old to	Evaluation feedback

			learn more, I think it would be beneficial for over 50s so the lessons learned could be put into practice earlier	
	47	The Good Life Project (Round 4)	Very education project	Evaluation feedback
	48	The Good Life Project (Round 4)	Excellent program with a great balance of practical and theory. Very interesting talks be all presenters	Evaluation feedback
	49	The Good Life Project (Round 4)	A good information program. With diminishing health excellent to be involved	Evaluation feedback
	50	Naracoorte Running Group	"It's been a fabulous program, very informative & really makes you want to keep going , it would be great if it continues"	Evaluation feedback
	51	The Good Life Project (Round 5)	"Increased knowledge base encourages peers to participate share knowledge with other and increase motivation to get back into exercise and type/intensity of it."	Evaluation feedback
	52	The Good Life Project (Round 5)	"An excellent program presented professionally providing important information in an interesting and engaging manner."	Evaluation feedback
	53	The Good Life Project (Round 5)	"Information about exercise classes, yoga, walking group, dance class that are available locally, or steps to develop such."	Evaluation feedback
	54	The Good Life Project (Round 5)	"Enjoyed it refreshed my memories on what I need to improve for my health"	Evaluation feedback
	55	Good Life Project Reunion	"Right from the start you gave us positive hope that it is {increasing physical activity} so simple"	Evaluation feedback
	56	Good Life Project Reunion	"As you go through the day you can change small things, like stretches when you're hanging the washing"	Evaluation feedback
Meeting and connecting with people, as well as enjoying time with friends	57	Posca Art Workshop	There was a group of students from Naracoorte High School who didn't know each other, but were friends who shared snacks and made plans to meet at the skate park, by the end of the workshop.	Staff observation

58	Pom Pom Power	Great chance to chat, do something and have some fun	Evaluation feedback
59	Pom Pom Power	I've met 3 new people	From discussion with participants
60	Pom Pom Power	I've met 4 new people"	From discussion with participants
61	Pom Pom Power	I can bring my friend who has dementia along, it is a good way for her to be social	From discussion with participants
62	Yoga in the Hall (Round 3)	I enjoy the hall" sessions as well because I can catch up with friends who attend, following the session"	Evaluation feedback
63	Yoga in the Hall (Round 3)	Wonderful vary of practice between all the ladies" Thank you so much for providing such a wonderful positive activity. We are new to the area and this has been a valuable resource to interact with the community"	Evaluation feedback
64	The Good Life Project (Round 4)	Great for social interaction too - meeting new people	Evaluation feedback
65	The Good Life Project (Round 4)	Have really enjoyed the regular weekly catchup with the girls etc.	Evaluation feedback
66	The Good Life Project (Round 4)	Found the social contact with others great! Sorry that is not longer, but arranging to meet up. All sessions informative	Evaluation feedback
67	Playground Detectives	"The girls definitely enjoyed the Playground Detectives together, it was a great day for best friends to go on an adventure"	Evaluation feedback
68	Level UP	"The games and catching up with friends"	Evaluation feedback
69	Level UP	"Everyone's friendly and its super fun"	Evaluation feedback
70	Level UP	"The food (had no idea we would get it!!). The friendly staff, the absolutely huge amount of games, the retro journey, the connection with others (played with around 8 new people I'd never met) and the VR!!)	Evaluation feedback
71	Level UP	"Socialising"	Evaluation feedback
72	Level UP	"The amount of people"	Evaluation feedback

	73	Level UP	"Getting to connect with friends in a casual setting"	Evaluation feedback
	74	Level UP	"The fact that it let's the community get together and enjoy something that's been around for a long time (gaming). The guy running it was great and made it fun for everyone (Beau)"	Evaluation feedback
	75	Naracoorte Running Group	"Fiona has been fantastic, the running workshops are valuable for maintaining fitness & building friendships in the community. We are very fortunate to have a professional running coach at our disposal. I hope they continue"	Evaluation feedback
	76	Yoga in the Hall (Round 4)	"It is great to see a group of people take time out on a weekend to help their communities. Thankyou to all involved."	Evaluation feedback
	77	Good Life Project Reunion	"I think having a group doing it and meeting every week was more encouraging that just doing it by yourself"	Evaluation feedback
Positive experience	78	Yoga in the Hall (Round 2)	All of the various teachers were excellent and the yoga sessions were brilliant. It is a great initiative and there was lots of participants each week."	Follow up feedback from participants
	79	Lucindale Movie Day	Well attended by families and young people. Everyone appeared to enjoy the day	Staff observation
	80	Pom Pom Power	Excellent. Great fun	Evaluation feedback
	81	Pom Pom Power	Fun atmosphere in very nice new library	Evaluation feedback
	82	The Good Life Project (Round 4)	Excellent course glad I came	Evaluation feedback
	83	Playground Detectives	My Daughter had lots of fun doing it	Evaluation feedback
	84	Playground Detectives	"I loved all the parks"	Evaluation feedback
	85	Playground Detectives	"Great activity, our kids loved doing it. Thank you"	Evaluation feedback
	86	Playground Detectives	"Such an excellent idea – we had a great time"	Evaluation feedback
	87	Playground Detectives	"I had fun visiting the playgrounds"	Evaluation feedback
	88	Playground Detectives	"The parks were fun"	Evaluation feedback

	89	Playground Detectives	"Loved spinner at Barclay Park"	Evaluation feedback
	90	Level UP	"The VR games"	Evaluation feedback
	91	Level UP	"All the different games and gadgets"	Evaluation feedback
	92	Level UP	"The range of games"	Evaluation feedback
	93	Level UP	"The gaming"	Evaluation feedback
	94	Level UP	"VR and the older consoles"	Evaluation feedback
	95	Level UP	"VR and handing with my mates"	Evaluation feedback
	96	Level UP	"Games"	Evaluation feedback
	97	Naracoorte Running Group	"Great Initiative!"	Evaluation feedback
	98	Naracoorte Running Group	"We are lucky to have Fiona run such a great program!"	Evaluation feedback
	99	Naracoorte Running Group	"Fabulous program, each session was varied and fun."	Evaluation feedback
	100	Naracoorte Running Group	"Fiona was an excellent Coach, good communication, really positive, I enjoyed working with her. The timing of my injury was just really unfortunate"	Evaluation feedback
	101	The Good Life Project (Round 5)	"Kimberley has been excellent at presenting the Good Life Project – her warmth and professionalism shines through"	Evaluation feedback
	102	The Good Life Project (Round 5)	"Very well run course with excellent speakers"	Evaluation feedback
	103	Yoga in the Hall (Round 4)	"Excellent session, well run"	Evaluation feedback
	104	Yoga in the Hall (Round 4)	"Excellent teachers, well run"	Evaluation feedback
	105	Yoga in the Hall (Round 4)	"Loved the different instructors"	Evaluation feedback
	106	Yoga in the Hall (Round 4)	"Great initiative by council"	Evaluation feedback
	107	Yoga in the Hall (Round 4)	"A fantastic initiative that I have really enjoyed. Fantastic teachers and absolutely great classes"	Evaluation feedback
	108	Yoga in the Hall (Round 4)	Yoga in the hall with different instructors, has been fantastic for the health and wellbeing of myself and those around me."	Evaluation feedback
Positive impacts on mental health	109	Pom Pom Power	Thoroughly enjoyed the activity very relaxing. Good company	Evaluation feedback

	110	Level UP	“It was a great opportunity to hang out with friends and just have fun gaming in a stress-free environment!”	Evaluation feedback
	111	Naracoorte Running Group	“Fiona was very informative and approachable. I much prefer to participate in running with others, and feel that my mental health (as well as physical) has definitely benefited from attending. Our absences were due to covid mainly, and would like to thank Fiona and all others involved in organising the running group. Looking forward to future Wellbeing initiatives. Thankyou”	Evaluation feedback
Process	112	Yoga in the Hall (Round 2)	It was also lovely that the sessions were free of cost	Follow up feedback from participants
	113	Pom Pom Power	Great to see some different activities in the library	Evaluation feedback
	114	Yoga in the Hall (Round 3)	Fantastic initiative by council to provide a service like this to the community	Evaluation feedback
	115	Level UP	“The environment”	Evaluation feedback
	116	Level UP	“How it’s no cost for such an amazing thing”	Evaluation feedback
Trying new things	117	Level UP	“The virtual realist felt really cool and I don’t usually get the opportunity to do most of the stuff I did”	Evaluation feedback

Appendix 5.6 Community Reference Group meeting notes

Medium Term Evaluation:

Information collected from reference group.

Evaluation of 2021 initiatives (completed February 2022)

1. Have you attended any of our previous wellbeing initiatives? (see attachment for list).

The Outdoor Cinema was noted as the most successful initiative from 2021. Successes included:

- the location - it was a neutral ground, public space and people of all backgrounds felt comfortable there
- it was a good opportunity for children and parents to connect with others
- the event was well represented by the multicultural community.
- The group also identified the location as key to other successful events such as Fringe.

The Step it Up challenge was also well received, one group member continued to track her steps following the program however wasn't sure what to do with that information.

Other initiatives attended included – Art Gallery Open Day / Art Class, Carpe Diem and the Community Walking Group.

2. If you have attended one or more, has attending inspired you to do something differently to improve your health and wellbeing? E.g., after attending the Good Life Project you now go for a 15 minute walk every day

Step it Up Challenge - one group member continued to track her steps following the event however wasn't sure what to do with that information.

3. Why did you attend? E.g., it was advertised in the paper/online, it was free, convenient

[the outdoor cinema] was a free family event, it was something to do with the kids, but also gave me an opportunity to connect with other parents whilst the kids were occupied.

[the outdoor cinema] was well advertised – in the kindy's and schools – however it was noted that some other events weren't well advertised e.g. AMRC wasn't aware of it and therefore couldn't promote it.

It was highlighted how important multi-faceted approaches to advertising is – not everyone follows the council page or uses Facebook.

Whilst programs are advertised on community noticeboards around town there is no central location – this may change with the new library.

Newspapers

Advertise through schools and school newsletters, businesses/organisations e.g. AMRC, church newsletters, community group database, develop wellbeing program database to reach out to harder-to-contact groups, such as church groups. (e.g. participants/public opt in)

Electronic noticeboard in a public space?

4. *If you haven't attended an initiative, why not? E.g., wasn't aware of the program, wasn't relevant to you*
 - Wasn't aware of any initiatives.
 - Didn't initially realise that the Art Gallery Open Day was a part of the program.
 - Attempted to introduce 2 migrant community members to the event however they did not attend – reason unknown, maybe because they didn't feel comfortable and confident attending the gallery because it was a new space?

5. *If you haven't attended an initiative what would make you attend? E.g., different time/location, initiatives that are more relevant to you*
 - Better advertised and advertised in the right locations e.g. organisations, schools, kindy (refer above).

6. *Have you heard any feedback from friends/family who have participated in an initiative?*
 - “Everyone loved the initiatives – walking group, yoga, sports program, cinema etc.”
 - “All positive feedback”

7. *Have you noticed any changes with the community following individual initiatives or the program as a whole?*
 - Raising profile of connectedness and social isolation
 - “I do feel an effort from people to try to unite the community”
 - “Awareness of program is high – people love free activities and appreciate how they connect people”

General Notes & Feedback:

- Send relevant posters to schools for newsletters, particularly Pom Pom Power.
- Excellent feedback on the use of public community spaces, such as the Town Squares.
- People love free activities!
- School holiday programs:
 - More school holiday initiatives would be fabulous as during school terms there's so much on with school, structured sport etc.
 - Families miss the opportunity to connect during the holidays – connection as parents is just as important from the parents/carers as it is the children
 - Future focus on activities held at the new library – how can we utilise the library to foster simple/easy programs e.g movie days in the library?
 - There is not much for children to do in Naracoorte during the holidays

Evaluation of 2022 initiatives (completed March and May 2022)

1. Have you attended any of our previous wellbeing initiatives?

- Pom Pom Power – Julie and Venita both attended the workshops, Mandy created Pom Pom's at home.
- The Good Life Program – Venita started attending but had to pull out due to commitments
- Naracoorte Trails Pocket Map – Julie and Ann used the Naracoorte Trails Pocket Maps
- Playground Detectives - Very popular program. Kids liked following the map and clues. Children could complete the activity with their friends. Reference group liked the idea of replicating the initiative. Ideas included matching up photos to the map e.g. take a photo and crop a portion of it and children have to find where the photo was taken.

2. Why did you attend? E.g., it was advertised in the paper/online, it was free, convenient

- Julie attended Pom Pom Power to meet local community members
- Pocket Maps – activities you can take away are helpful for people with children and families

3. If you haven't attended an initiative, why not? E.g., wasn't aware of the program, wasn't relevant to you

- Wasn't aware of the programs, not on Facebook.
- Heard about Pom Pom Power through a friend – I wasn't aware of the workshops, made them at home.
- Age-appropriate programs – not everything is suitable
- Naracoorte Trails Pocket Map – Live out of town, walk daily on my own

4. Have you heard any feedback from friends/family who have participated in an initiative?

- Two friends attended the Good Life Project and had positive feedback about it. Liked the program because it raised awareness and improved education of some health issues

Other Notes:

Pocket Maps – activities you can take away are helpful for people with children and families

Appendix 5.7 The Good Life Project Executive Summary

Good Life Project Executive Summary

AIM

The aim of the Good Life Project was to improve health outcomes and health behaviours in adults through an eight week education and exercise program delivered by local health professionals

TARGET GROUP

The target group for the four rounds of the project completed to date was adults aged over 50 years living in the Naracoorte Lucindale Council district.

PROJECT DESIGN AND IMPLEMENTATION

Each round of the project was delivered over an eight consecutive week period. All participants were screened prior to participation using standardised forms. Pre- and post- project outcome measures were taken at week one and week eight, then at one, six and twelve months post project completion. The outcome measures used were the SF12, the timed up and go test, the 40 metre walk test, grip strength and the 30 second sit to stand test. These are all standard measures used in clinical practice to establish physical capacity for over 50 year olds.

The guest speakers who have delivered sessions in the program have included local physiotherapists, an exercise physiologist, a pharmacist, a nutritionist, a podiatrist, a general practitioner and a mental health counsellor. The order of the speakers varied in each round depending on availability.

Both theory and practical components were taught each week, with the practical component modified to suit the individual participants where necessary for health reasons. Handouts were provided that summarised the key points of each education session and included simple exercise programs to guide home training. Each session was a minimum of one hour in duration, with light refreshments provided to encourage socialisation of participants. Some exercise equipment was also provided to encourage sustained engagement with physical activity (dumbbell weights and theraband).

In week eight, an evaluation form was completed to help inform future rounds of the project and ensure relevance and interest was maintained.

There were only five questions asked on the follow up questionnaire completed at one, six and 12 months post project:

1. I feel like my health has improved (1/6/12) months post Good Life Project.
2. I am confident at performing the exercises in the handouts independently at home.
3. My physical activity levels have increased since participating.
4. I am still using the equipment I received.
5. My knowledge about health and wellbeing has increased.

Participants were able to circle from 1-5 on a numerical rating scale, where 1 was Strongly Disagree and 5 was Strongly Agree.

A reunion function was held as a refresher event for the four completed rounds in May 2022. A total of 21 participants attended the reunion. Some poignant and significant quotes were recorded during this event, including:

- *“It’s probably the first time in 14-15 years that I had a goal and even though the goal has been set back a little, its still there and were trying to work towards it.” ... “I’ve taken on table tennis a couple nights a week” ... “to me there’s just a mental awareness plus now I’m taking more responsibility for my own health. So, I’m actually having {deep reasoning} with anyone I talk to instead of just sitting there saying oh yeah, they know the best I used to just sit there but now its all awareness and you know I just think its for the better.” “I’m hoping it’s for the better”*
- *“it was too cold to walk last night... so I walked around and around the yard so I still got that exercise. I would never have done that in the past”*
- *“Right from the start you gave us positive hope that it is {increasing physical activity} so simple”*
- *“As you go through the day you can change small things, like stretches when you’re hanging the washing”*

RECOMMENDATIONS

It is very clear that the Good Life Project has had a significant impact on the physical health of the majority of participants who have been involved in the program to date, both in the short and longer term. There have been quite profound impacts for some, with life changing effects on their health and wellbeing. The improvements have been sustained over 12 months after completion of the program. Community sentiment around the project continues to be overwhelmingly positive, with a waiting list of participants to join the next round before details are released.

These results demonstrate that programs such as the Good Life Project are an effective way to educate older adults on improving health behaviours and in turn health outcomes. Through group participation, community engagement and interaction has increased, which has been sustained with some groups continuing to meet on a weekly basis after completing the program.

Funding for future programs is highly recommended to extend the impact of the Good Life Project to more people within the Naracoorte Lucindale community.

I would like to take this opportunity to acknowledge and sincerely thank the Naracoorte Lucindale Council, and Wellbeing SA for their generosity and foresight to support this Project from inception.

Angela Willsmore

Good Life Project Coordinator

Good Country Physiotherapy

Mural Project



Lucindale Movie Day



Good Life Project



Playground Detectives



Yoga in the Hall