



OUR PARTICIPATORY

EVALUATION REPORT

NARACORTE LUCINDALE
WELLBEING PROGRAM

2023
2024

THIS IS A JOINT PROJECT BETWEEN NARACORTE LUCINDALE COUNCIL AND PREVENTIVE HEALTH SA



Government of South Australia
Preventive Health SA



Naracorte Lucindale Council
Better by Nature



NARACORTE LUCINDALE
WELLBEING PROGRAM

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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 Hub, supported by Preventive Health SA (formerly Wellbeing SA), gives Naracoorte Lucindale Council a valuable opportunity to be a proactive and influential leader in supporting community wellbeing.

The Wellbeing Program 2023-24 Annual Report includes the evaluation of initiatives delivered from July 2023 to June 2024, and the findings of the Wellbeing Hub's six-monthly evaluation survey.

During July 2023 - June 2024, the Wellbeing Program delivered eight (8) initiatives with fifteen (15) delivery partners to reach over 625 people. Four (4) initiatives had a primary focus on *increasing opportunities to be active*, followed by *improving wellbeing through food* (2), *strengthening community engagement and social connectedness* (2) and *supporting positive mental health and wellbeing* (0).

Feedback from participants of the Wellbeing Program was positive. The average score given by participants regarding the impact of initiatives on their immediate wellbeing was 4.2 out of 5.

Respondents reported scoring this way because:

- Initiatives were educational
- Participants felt motivated to make lifestyle changes or continue with a new activity
- Participants could try new activities
- Initiatives were enjoyable and fun

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

- Successfully embedding the Wellbeing Program into Council through the Naracoorte Library + Town Hall
- Providing regular outreach programs to our smaller communities
- Seeing the impact of the Good Life Project up to 3 years later

Council and Preventive Health SA have signed a MOU to progress areas of mutual interest and an ongoing relationship. This partnership provides a great opportunity for ongoing conversations about community wellbeing. In 2024-25 the Wellbeing Program will continue to achieve the following priorities:

1. Mental wellbeing
2. Food security
3. Physical activity
4. Community engagement and participation
5. Children, young people and families

through programming such as Yoga in the Hall, Active Storytime and Eat a Rainbow.

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

ONE-PAGE SUMMARY

JULY 2023 TO JUNE 2024

8 STATS & STORIES



15 DELIVERY PARTNERS

% OF INITIATIVES THAT
ADDRESSED EACH
FOCUS AREA

50%

INCREASE
OPPORTUNITIES
TO BE ACTIVE

25%

COMMUNITY
ENGAGEMENT
& SOCIAL
CONNECTEDNESS

25%

IMPROVE
WELLBEING
THROUGH
FOOD

0%

POSITIVE MENTAL
HEALTH &
WELLBEING

625 ATTENDANCES
BY OVER
283 PEOPLE

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

KEY AIMS &
OBJECTIVES

INCREASE
PHYSICAL
ACTIVITY



CREATING
OPPORTUNITIES FOR
SOCIAL CONNECTION



INCREASE KNOWLEDGE
AND AWARENESS



5 INITIATIVES TOOK

10 - 16 HOURS

TO ORGANISE



5 INITIATIVES COST

LESS THAN \$2,000

TO DELIVER



5 INITIATIVES WERE

VERY EASY

TO SET UP



43% HAD NOT
PARTICIPATED IN A
WELLBEING HUB
INITIATIVE BEFORE

ON AVERAGE, PARTICIPANTS
RANKED THEMSELVES WITH
A SCORE OF

4.2 OUT OF 5



FOR THE IMPACT ON THEIR
WELLBEING IMMEDIATELY
AFTER ATTENDING AN
INITIATIVE

97

PARTICIPANTS
RESPONDED
TO THE
EVALUATION

"Thanks for the opportunity
to give karate a try"

Participant of Come & Try Karate

INCREASED
MOTIVATION

INCREASED
KNOWLEDGE

ENJOYMENT

EXAMPLE IMPACTS ON WELLBEING

"My kids loved it, and are enjoying
watching their plants grow happily!
Great initiative"

Participant of Grow Your Own Food



Background

Established in 2020 the Naracoorte Lucindale Wellbeing Program aims to support physical, mental and community wellbeing through the implementation of a range of wellbeing initiatives.

The Wellbeing Program works in partnership with Preventive Health SA, local communities and service providers to support positive health and wellbeing outcomes.

Focus Areas

The Wellbeing Program has four focus areas:

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

Target audiences

The Wellbeing Program has three target audiences:

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

Strategic alignment

Following the establishment of the Wellbeing Program, a Naracoorte Lucindale Wellbeing Plan was developed to strategically align with the State and Regional Public Health Plans and provide clear direction for the Wellbeing Program.

The Wellbeing Plan follows a similar theme to the program with the same target audiences and focus areas. The Plan, however, encompasses the additional areas of Council that influence or promote positive wellbeing such as maintaining open spaces.

Wellbeing Program Timeline



Evaluation approach

Participatory evaluation approach

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

Four components make up the evaluation approach. These are:

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

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

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

Throughout the Evaluation Report 2023-24, unless otherwise stated, the indicators presented alongside the evaluation criteria are from the Stats and Stories reports. (Referenced in Appendix 1)

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

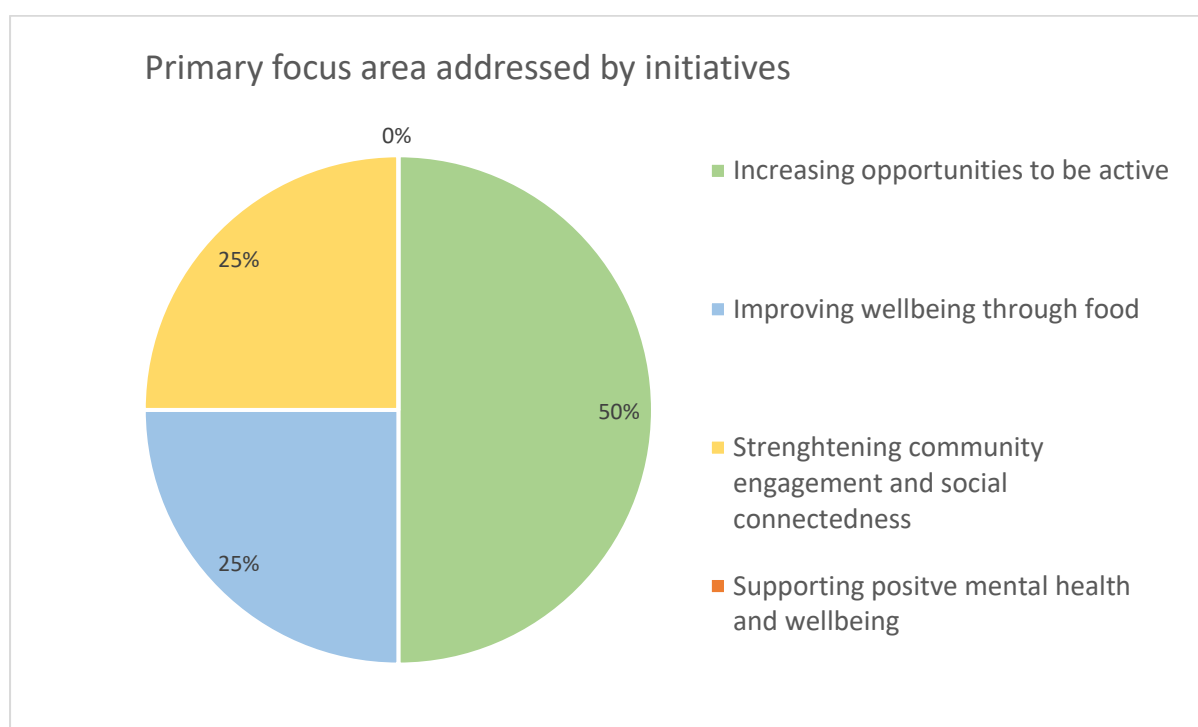
“I’ve started weekly walks”

Participant, Good Life Project

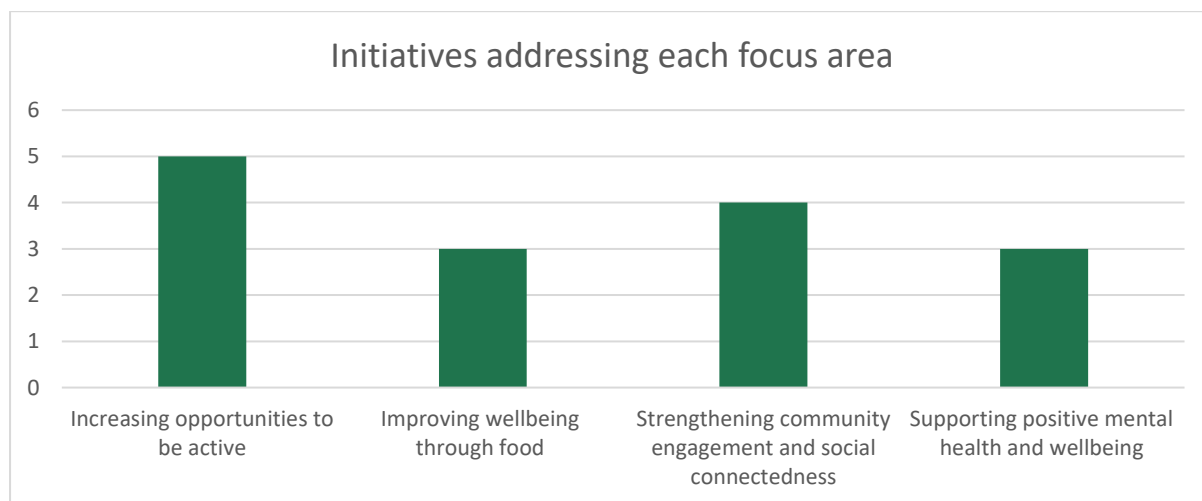
Effectiveness

Focus areas

From July 2023 to June 2024, a total of eight (8) initiatives were delivered by the Wellbeing Program. Four (4) of the initiatives **primarily aimed** to increase opportunities to be active (50%), two (2) **primarily aimed** to improve wellbeing through food (25%), two (2) **primarily aimed** to strengthen community engagement and social connectedness (25%) and zero (0) initiatives **primarily aimed** to support positive mental health and wellbeing. While no initiatives primarily supported positive mental health and wellbeing, three (3) initiatives targeted mental health and wellbeing as a secondary aim. Past experiences have identified mental health and wellbeing as a challenging area to address and we have had greater success addressing mental health and wellbeing as a secondary focus area. Graph 2 below represents that several initiatives aimed to address more than one focus area.



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



Graph 2: number of occurrences an initiative targeted a focus area (primary, secondary or tertiary focus area).

Delivery partners

Over 15 local people, businesses and partner organisations were involved in delivering initiatives in the 2023-24 reporting period. Delivery partners included but were not limited to Megan Heffernan Occupational Therapist, Big Screen Shot, Naracoorte Caves, AKKA SA Naracoorte/Lucindale Martial Arts Academy, Hutchison's Nursery and Good Country Physiotherapy.

Effectiveness score

On average, the Wellbeing Hub team scored **4.2 out of five** for how effectively the aim and objectives of Wellbeing Hub initiatives were met.

“Thank you very much for today’s workshop, the girls learnt a lot- we are home working on our own veggie patch as we speak!”

Participant, Grow Your Own Food



Grow Your Own Food

Equity

Total number of participants

Between July 2023 to June 2024, the Wellbeing Program recorded 625 attendances by an estimated 283 different people. Of these, 43% had not participated in a Wellbeing Hub initiative before, indicating the Hub continues to reach new people.

Population groups reached

Children, Young People and their Families were the primary audience reached by the most initiatives, as shown in the table 1. Many initiatives reached more than one population group.

Population group	Number and (%) of initiatives
Children, Young People & their Families	6 (43%)
Culturally and linguistically diverse communities	3 (21%)
Older Adults	3 (21%)
Other	2 (14%)

Table 1: Number and percentage of initiatives delivered by primary population group.

Initiatives are designed with a focus on ensuring equity for those that are disadvantaged and inclusivity for Aboriginal and Torres Strait Islander people, those from culturally and linguistically diverse backgrounds and all abilities.

Equity score

On average, the Wellbeing Hub team scored four (4) out of five for how well initiatives reached the target population group.

“I have never tried yoga before but absolutely loved it. The stretching exercises were so beneficial, and the relaxation and breathing techniques were amazing after a busy and stressful day at work.”

Participant, Yoga in the Hall

Efficiency

The outputs of time, money and level of intensity that contributed to each initiative are used to determine efficiency of initiatives and are described below.

Time spent organising and delivering initiatives.

Hours	Number and (%) of initiatives
Less than 10	3 (37.5%)
10-16 hours	5 (62.5%)
16-37 hours	0 (0%)
37-50 hours	0 (0%)

Money spent organising and delivering initiatives.

Money spent (\$)	Number of (%) initiatives
\$0 – \$2000	5 (62.5%)
\$2,000 - \$5,000	3 (37.5%)
\$5,000 - \$8,000	0 (0%)
\$8000 +	0 (0%)

Level of intensity in organising and delivering initiatives

Level of intensity	Number of (%) initiatives
Very easy to set up, not intensive	5 (62.5%)
Somewhat easy to set up	3 (37.5%)
Moderately intense	0 (0%)
Intensive, some set up	0 (0%)
Very intensive, a lot of set up	0 (0%)

Output versus Results

The scores provided via effectiveness, equity and appropriateness criteria questions on each Stats and Stories report and are plotted against the scores given against outputs. This process assisted in quantifying whether the time, money and resources were well spent, given the benefits. An overview is provided in image 1.

All initiatives, sat within the 'WIN WIN' high results/low outputs quadrant.

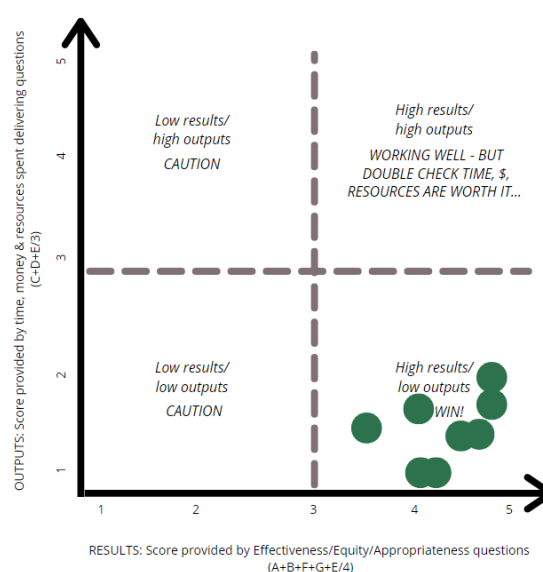


Image 1: Output vs Results plot graph overview

Acceptability

Success factors

Enjoyment

The number one piece of feedback we received from participants and that staff noted was the enjoyment the initiatives brought participants. Despite running less initiatives this year, we consistently had some of the best attendance numbers with minimal promotion required. We believe that the community just loved the few programs that we offered.

Increasing participation

By the end of 2022, *Yoga in the Hall* and the *Good Life Project* had been delivered back-to-back for two years and while they were both highly successful staff had noticed that participation was declining. Due to declining numbers, staff decided to not offer either program for majority of 2023. When we reintroduced the initiatives, we saw a significant resurgence in both participation and enthusiasm from the community.

The Good Life Project was delivered 6 times in an 18-month period from March 2021 – September 2022. By the last round in the September 2022 numbers had declined and staff were struggling to get enough participants. When the Good Life Project returned 12 months later in November 2023 there was an overwhelming number of participants eager to join the program with minimal promotion.

It is worth noting there was a migrant focussed Good Life Project session held in June 2023 however this was delivered very differently – participants were all ages, female only and structured for English as a second language.

Similarly, we had offered Yoga in the Hall back-to-back for a 12-month period, and by the last round in May 2022 numbers were very low. When Yoga in the Hall returned in 2024 after 2 years, participant numbers were strong every week with minimal promotion.

Staff believed that while both programs were highly successful and well loved, they were over delivered, so when they returned it naturally created excitement and enthusiasm in the community.

The tables below, provide an overview of when we delivered both the Good Life Project and Yoga in the Hall over the past three years. Indicating that while participant numbers started off strong, they slowly declined.

Good Life Project			
Round	Start Date	Participant Numbers	
1	March 2021	15	
2	May 2021	15	
3	September 2021	25	
4	February 2022	15	
5	June 2022	19	Held in Lucindale
6	September 2022	10	This round was very challenging to get enough participants. We had considered cancelling it.
7	June 2023	17	Migrant Community (all ages, female only, structured differently)
8	November 2023	25	

Yoga in the Hall		
	Dates	Participant Numbers
1	May 2021	Average of 30 per week
2	October 2021	Average of 35 per week
3	February 2022	Average of 18 per week
4	May 2022	Average of 9 per week
5	May 2024	Average of 26 per week

Changing the delivery time

Participants and instructors were hesitant to change the time of *Yoga in the Hall* from a Sunday morning to Thursday evening. Thursday evenings in Winter are typically busy with organised sport and we had previously received a lot of positive feedback about the Sunday morning timeslot. However, Sunday morning required additional resourcing and time to open, close and staff the Town Hall. Moving to a Thursday evening enabled the program to still run outside of standard business hours, however within the opening hours of the Library + Town Hall facility – which ultimately made the initiative significantly easier to deliver and therefore more sustainable.

An unexpected benefit of the time change was that it appealed to a wider range of participants. Many participants would drop children off to Thursday night sport and then attend Yoga in the Hall.

Opportunities for improvement

Over the past twelve months with reduced funding and capacity, we focussed on running initiatives that were proven effective. This reduced the time it took to deliver initiatives, as well ensuring the programs we ran were well received and attended. This, as well as being the third year of the program meant as a team, we had previously identified and addressed many of the opportunities for improvement. Individual initiatives had some minor areas for improvement identified in the Stats & Stories (refer to Appendix 1), however we were unable to theme or group these improvements, nor were they significant enough to highlight in detail within this report.

Moving forward, we will continue delivering initiatives that we know will work and the community love, however they will be rotated regularly to ensure interest and enthusiasm is high every time we offer a program.

“Great sessions and fabulous way to try a new activity without having to commit. Thank you NLC, these programs are wonderful for the community.”

Participant, Come & Try Karate



Come & Try Karate

Appropriateness

Immediate impact on wellbeing

On average, participants gave a score of 4.2 out of 5 for the immediate impact initiatives had on their wellbeing, indicating they felt initiatives had a high impact on their immediate wellbeing.

Participants provided feedback regarding the impact on their wellbeing with key themes presented below.

Educational

Feedback from many initiatives indicated that improved knowledge was a prominent takeaway. Increased education and understanding can lead to participants making more informed choices which can have a long-lasting impact on participants and their family's health and wellbeing. The lessons learnt varied, and a few pieces of participant feedback include:

- ✓ *"Thank you very much for today's workshop, the girls learnt a lot- we are home working on our own veggie patch as we speak!"* – Grow Your Own Food
- ✓ *"Improved my knowledge and motivated me to continue to regularly exercise and take care of my health – enough sleep, good nutrition etc."* – Good Life Project
- ✓ *"More aware of health – feet & general health"* – Good Life Project
- ✓ *"By being made aware of implications to our health by not moving/exercising enough & not having a healthy diet"* – Good Life Project
- ✓ *"I have a much greater understanding of what my children need to regulate their emotions. I honestly feel like a much more confident parent."* – Circle of Security

Motivated

The *Good Life Project* and *Yoga in the Hall* saw participants indicate an increased motivation to be active. Regular physical activity is a protective health factor for chronic disease and can positively impact mental and physical health. While motivation doesn't always translate to increased physical activity, it is a great starting point. Ongoing initiatives can continue to motivate and increase physical activity. Participant feedback reflecting this includes:

- ✓ *"Enjoyed all sessions and do feel motivated to begin physical routines."* – Good Life Project
- ✓ *"Yes, really positive, feeling motivated."* – Good Life Project
- ✓ *"Gave me motivation and incentive to strive for better mobility, activity, personal interaction with folk I've never met, kept me to think more clearly & to set and achieve goals."* - Yoga in the Hall
- ✓ *"Absolutely love the yoga in the hall, such a great motivation to move the body more especially in winter"* – Yoga in the Hall

Try new activities

Participants of *Yoga in the Hall* and *Come & Try Karate* highlighted the opportunity to try a new activity without the commitment and fear. As mentioned above, it may not mean they will continue this activity but hopefully the initiative will encourage them to attend regular classes.

- ✓ *"I have never tried yoga before but absolutely loved it. The stretching exercises were so beneficial, and the relaxation and breathing techniques were amazing after a busy and stressful day at work."* – Yoga in the Hall
- ✓ *"Great to have these kinds of opportunities for the community, and an excellent way for people to try new things."* – Come & Try Karate
- ✓ *"We travelled from Millicent to try this and very much enjoyed it."* – Come & Try Karate

Enjoyment

Overwhelmingly participants indicated that initiatives were fun and enjoyable. An activity that is fun or enjoyable is more likely to make the participant continue to attend or complete this activity after the program ends contributing to longer lasting impacts. Participant feedback reflecting this includes:

- ✓ *"That was so much fun"* – Grow Your Own Food
- ✓ *"My two youngest kids loved it and are enjoying watching their plants grow happily!"* – Grow Your Own Food
- ✓ *"Was a great program to be able to attend. Very impressed." "Thank you. Really enjoyed it."* – Good Life Project
- ✓ *"Good idea" "Fun" "Fun, enjoyed" "Fun times for the kids"* – Karate
- ✓ *"Awesome Idea" "Thank you Council. Our kids loved it. A fantastic initiative" "The kids loved it! Well done." "This is wonderful"* – Movie at the Lake
- ✓ *"Please run this again soon" "It was excellent." "Amazing! Loved it!"* – Yoga in the Hall

Chats about Change

From July 2023 to June 2024, zero (0) Chats about Change reports were prepared.

"Improved my knowledge and motivated me to continue to regularly exercise and take care of my health."

Participant, Good Life Project



Good Life Project

Medium-term impact evaluation

Six-monthly medium-term evaluation

The Wellbeing Hub undertakes a six-monthly evaluation to gather information on the medium-term impact of Wellbeing Hub initiatives.

In April, the program held a medium-term evaluation for all past Good Life Project participants. The Good Life Project has been delivered 8 times to 127 people since March 2021, with the last round delivered in late 2023.

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 was adults aged over 50 years old.

Of the 127 past participants, 25 people attended the medium-term evaluation session. The evaluation session included a refresher of the information learnt throughout the program and an opportunity to ask any questions or provide additional feedback.

A summary of the survey findings is provided below.

1. I feel like my health has improved 12 months post Good Life Project.

Participants gave an average score of 3.8 out of 5 indicating on average participants agree that their health has improved.

Feedback included:

- ✓ *I do 'Hands on Health' twice a week, gym one other day.*
- ✓ *Since doing the Good Life Project I feel fitter, more energetic and attend the gym 2 x per week.*
- ✓ *Since the Wellbeing Project I have been going to the gym weekly.*
- ✓ *Definitely, but not always as much as I'd like.*
- ✓ *Found it an excellent initiative across many areas, learnt a lot.*

2. I am confident in performing the exercises outlined in the handouts independently at home.

Participants gave an average score of 4.2 out of 5 indicating on average participants feel confident completing basic exercises such as sit to stand, calf raises, wall-press ups, bicep curls, overhead press, resisted low rows, resisted chest press, gentle squats etc.

Feedback included:

- ✓ *Mainly at the gym*
- ✓ *Yes, pretty religiously*

3. My physical activity levels have increased since participating in the Good Life Project.

OFFICIAL

Participants gave an average score of 4.1 out of 5 indicating on average participants agree that their physical activity level has increased as a result of the Good Life Project.

Feedback included:

- ✓ *I have just started rucking (walking with a weighted rucksack) 1-2 x a week and doing more gardening*
- ✓ *Walking at least 2 times every day*
- ✓ *Walking & swimming*
- ✓ *Going to the gym twice a week*
- ✓ *Motivated me to join Parkrun*
- ✓ *Mainly concentrating on walking*
- ✓ *Still doing our Wellbeing group walk (5km) on Thursday and the 'wellbeing' coffee after*

4. I am still using the equipment I received from the Good Life Project (dumbbells and TheraBand).

Participants gave an average score of 3.8 out of 5 indicating on average participants are using their dumbbells (1kg) and TheraBand.

Feedback included:

- ✓ *Yes!*
- ✓ *Yes, dumbbells, bands and slider (purchased separately)*
- ✓ *Using the dumbbells and TheraBands*
- ✓ *Occasionally use weights and bands*
- ✓ *Started to use them but didn't get into a routine*
- ✓ *No. Will start again.*
- ✓ *Not on a regular basis. I do use my body weight regularly to do strength exercises.*

5. My knowledge about health and wellbeing has increased.

Participants gave an average score of 4.5 out of 5 indicating on average participants agree or strongly agree that their health and wellbeing has improved due to the Good Life Project.

Feedback included:

- ✓ *Fantastic. Friendships & social*
- ✓ *Greatly (improved)*
- ✓ *Definitely has*

Other feedback provided by participants included:

- ✓ *Since losing weight I am now off hypertension medication and off cholesterol medication. Only taking multivitamins now.*
- ✓ *The socialisation from our group is something I really enjoy.*
- ✓ *Makes me go for the weekly walk & coffee*
- ✓ *I walk while I wait to pick up the grandies from school*
- ✓ *I walk to the driveway and back*
- ✓ *Knowing that just walking was enough*
- ✓ *Each week 6-15 past participants from the February 2022 round still meet up and go for a 5km walk and then grab a coffee.*

Medium-term evaluation



ONE-PAGE SUMMARY

Good Life Project - March 2021 to December 2023

Since March 2021 the Good Life Project has:

Been delivered
8 times



REACHED
127 PEOPLE

107 FEMALES &
20 MALES



WITH AN AVERAGE AGE OF

68 YEARS

ON AVERAGE, PARTICIPANTS
RANKED THEMSELVES WITH A
SCORE OF

4.1 OUT OF 5



INDICATING ON AVERAGE
PARTICIPANTS AGREE THAT
THEIR PHYSICAL ACTIVITY
LEVEL HAS INCREASED SINCE
THE GOOD LIFE PROJECT.

MEDIUM TERM EVALUATION

25

PEOPLE
ATTENDED

23

COMPLETED
THE
EVALUATION
FORM

2

PARTICIPANTS
WERE FROM
MARCH 2021

When asked if they feel like their health
has improved 12 months post Good Life
Project, on average participants scored:

3.8 OUT OF 5

"Motivated me to join Parkrun"

Participant of The Good Life Project

INCREASED
PHYSICAL
ACTIVITY

INCREASED
KNOWLEDGE

SOCIAL
BENEFITS

EXAMPLE IMPACTS ON WELLBEING

***"Since doing the Good Life Project I
feel fitter, more energetic and attend
the gym 2 x per week."***

Participant of The Good Life Project

When asked if they feel like their
knowledge about health and
wellbeing has improved 12 months
post Good Life Project, on average
participants scored:

4.5 OUT OF 5



"I have been going to the gym weekly"

Participant of the Good Life Project

Team reflections

Highlights & Sustainability

It has been incredibly rewarding to see the Naracoorte Lucindale Wellbeing Program come to life over the past three years. Over the time, the program has quickly transformed to an essential community service for many people within the Council region and neighbouring areas. Over the past year, staff have been working hard to seamlessly transition the program into various areas of Council, primarily into our Naracoorte Library + Town Hall programming. The success of this transition, without it being felt by the community, has been the greatest achievement of the year.

Active Storytime continues to be delivered through the Library, with additional outreach sessions added in the past twelve months. In 2022-23 Active Storytime was delivered in Lucindale once a month. In 2023-24 that session was extended to twice a month in Lucindale and delivered in Frances once a month. The outreach programs have been well supported and highly appreciated by the community. Each month the program reaches about 90 pre-school children across the three locations.

Yoga in the Hall was one of the first programs delivered through the Wellbeing Program, and the resurgence in popularity and the positive feedback received throughout the most recent round has been a highlight of the year.

Lastly, the Good Life Project has had an incredible impact over the past three years. The genuine impact on participants' lives is evident through their stories and feedback. This project has not only improved physical health but also created a more informed and connected community, as highlighted through the medium-term evaluation.

Opportunities

Ongoing partnership between Council and Preventive Health SA

Council and Preventive Health SA have signed a MOU to progress areas of mutual interest and an ongoing relationship. This partnership provides a great opportunity for ongoing conversations about community wellbeing. In 2024-25 the Wellbeing Program will continue to achieve the following priorities:

1. Mental wellbeing
2. Food security
3. Physical activity
4. Community engagement and participation
5. Children, young people and families

Council intends to continue to deliver programs that the community love like Yoga in the Hall, Active Storytime and Eat a Rainbow, as well as new initiatives including a Summer Chess program targeting young people.

Partnerships

A key opportunity for improved sustainability and ongoing programming is the need for maintaining and developing partnerships with peak organisations. These may include but are not limited to Connected and Active Communities and the Wellbeing Hubs Network Group.

Embracing cultural diversity

In early 2023 Council adopted a new Strategic Plan with a new Strategic Direction: *Embrace Our Cultural Diversity*. A Priority Action of the Plan is the development of a new Cultural Partnership Plan. This is an opportunity to further build on the work of the Wellbeing Program, to embrace our diverse community and promote inclusivity and equality for all.



APPENDIX 1: STATS AND STORIES



Movie at the Lake

NARACORTE LUCINDALE WELLBEING PROCESS & IMPACT EVALUATION

Stats & Stories #1

GROW YOUR OWN FOOD

Friday 13 October 2023

A 1 hour hands on workshop for children to learn all the basics of growing your own food. Participants choose and potted one fruit or vegetable seeding and up to two herbs to take home to kickstart their own veggie patch.

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 -

Hutchison's Nursery

OBJECTIVES - THIS INITIATIVE CONTRIBUTES TO WELLBEING BY:

1. Participants have an increased knowledge of how to grow their own food
2. Participants could take their own vegetable and herb home to kickstart their home vegetable garden
3. Creating opportunities for social connection

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

A **4**

WHY WAS THIS SCORE GIVEN?

Score 4: There was activity, and all objectives were delivered
The program was well received by all. Families really enjoyed the opportunity and children were very excited to pot and grow a plant of their choice.

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

29 children

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

81%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

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

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

B **4**

WHY WAS THIS SCORE GIVEN?

Score 4: Effective in reaching key population groups, but still room for improvement

The program was very popular among families. Children aged 5 - 12 were the intended audience, however we reached children aged 2 - 16, including CALD families.

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?

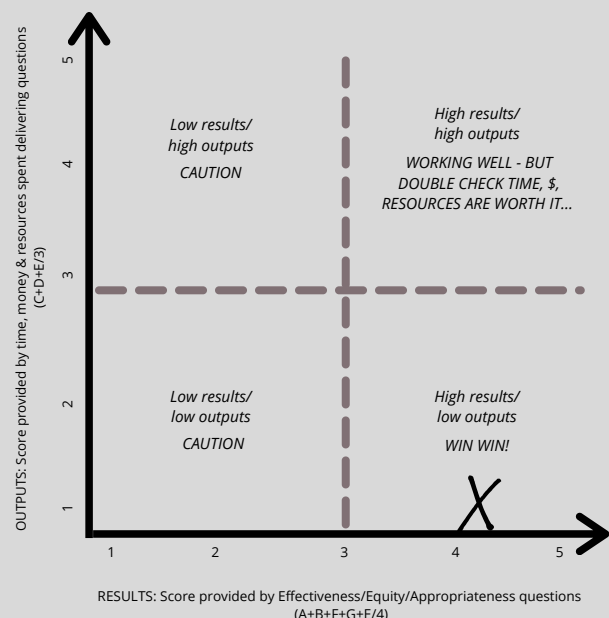


COMMENTS

The output on this program was very low. It didn't take long to organise and it was mostly facilitated by the delivery partner.

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

- Children and families really enjoyed the workshop.
- Despite the large age range it worked really well for all ages.
- Strawberries were the most popular choice.

WHAT COULD WE IMPROVE ON NEXT TIME?

TEAM OBSERVATIONS

- Smaller group sizes would work better (8 – 12).
- Group children by ages e.g. 8 + and less than 7.
- Have potting stations.
- School holiday drop in session where they can come and go at any time throughout the time period.
- We allocated 1 hour for the session which was too long for children, next time I would allow 35 - 45 minutes per session.

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)

29 people invited to participate in evaluation

21 people participated in evaluation

72 % response rate

QUESTION ASKED TO EVALUATE APPROPRIATENESS -

Did you enjoy today's Grow Your Own Food workshop? Place a sticker next to the emoji you feel.

1 - Not at all, 2 - Not really, 3 - Not sure, 4 - A little, 5 A lot

AVERAGE SCORE

F 4.76

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

"Thank you very much for today's workshop, the girls **learnt a lot- we are home working on our own veggie patch as we speak!**" (received via email later that day). "Thank you so much we **really enjoyed it**" "Thank you that was **great**" "That was **awesome**" "That was so much **fun**" "It is so great having so many things on in the school holidays" "We have lots of veggies at home, but **I learnt that tomatoes like a bigger pot for their roots**" "thank you so much for this workshop. My two youngest kids **loved it**, and are **enjoying watching their plants grow** happily! Great initiative" (received via email 1 week later).

GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

Families loved this workshop and children really engaged with the process.

Evaluation technique: Put a sticker on the Emoji's
This technique worked really well, it was a quick, simple and children engaged with it. Most children put a lot of thought into the evaluation and we able to express their feelings well, although some children just put their sticker where everyone else put their sticker.

Strategic Alignment:

Regional Public Health Plan: Action 6.2.2 Better access to healthy food
Wellbeing Plan: Improved Wellbeing Through Food

- Partner with organisations to deliver education programs and resources
- Partner with organisations to provide community events promoting good wellbeing through food



NARACOORTE LUCINDALE WELLBEING PROCESS & IMPACT EVALUATION

Stats & Stories #2

COME & TRY KARATE

21 October - 2 December 2023

6 x one hour beginner karate lessons.

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 -

AKKA SA Naracoorte/Lucindale Martial Arts Academy

OBJECTIVES - THIS INITIATIVE CONTRIBUTES TO WELLBEING BY:

1. Increase participant physical activity
2. Provide accessible opportunities to increase physical activity

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

A **4**

WHY WAS THIS SCORE GIVEN?

Score 4: There was activity, and all objectives were delivered

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

54

% 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

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

B **3**

WHY WAS THIS SCORE GIVEN?

Score 4: Effective in reaching key population groups, but still room for improvement

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?

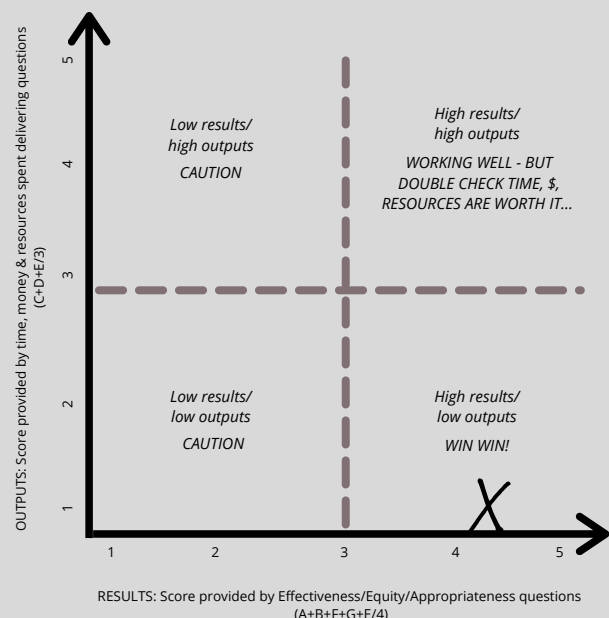


COMMENTS

The output on this program was very low. The program was delivered on a Saturday morning in the town hall, when the facility was open.

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

- This initiative was really popular and well received.
- We had good numbers each week of the program.
- Running the session in the town hall during staffed hours kept resourcing and budgets low.
- We had kept the age range open, the instructor Brad had experience running classes across large age ranges and this worked well, although it was predominantly children who participated.

WHAT COULD WE IMPROVE ON NEXT TIME?

TEAM OBSERVATIONS

- Holding separate children's and adult sessions may attract more adults.

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)

15 people invited to participate in evaluation

15 people participated in evaluation

100 % response rate

QUESTION ASKED TO EVALUATE APPROPRIATENESS -

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

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

AVERAGE SCORE

4.3

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

"**Great** to have these kinds of **opportunities** for the community, and an **excellent** way for people to **try new things**." "We **travelled from Millicent to try this** and **very much enjoyed it**. Brad and crew were **awesome!!!!**" "**Great initiative**. Thanks for the **opportunity** to give karate a try." "All good! **Thank you!**" "**Good idea**" "**Fun**" "**Fun**, enjoyed" "**Good**"

We also asked:

Did you or your child **enjoy the program**? All 15 respondents said **YES**

Would you or your child like to **continue karate**? 12 out of 14 respondents said **YES**

GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

This was a new initiative that was sparked by conversations had with some local and influential multicultural community members. Initially they had suggested Taekwondo however we couldn't easily source an instructor.

We did have to cancel one workshop last minute due to flooding.

Evaluation technique: Hard Copy Surveys

Strategic Alignment:

Regional Public Health Plan: Action 6.2.1 Increasing Physical Activity

Wellbeing Plan: Increasing opportunities to be active

- *Identify ways people can be more active*
- *Community members have the skills and knowledge to be physically active*
- *Increase community awareness of open spaces and unstructured recreational opportunities*



NARACOORTE LUCINDALE WELLBEING PROCESS & IMPACT EVALUATION

Stats & Stories #3

GOOD LIFE PROJECT

2 November 2023 - 7 December 2023

One hour group workshops over 6 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, Pharmacist Amelia Wood, Dr Clare Garner (GP), Nutrition with Mary and Your Podiatrist.

OBJECTIVES - THIS INITIATIVE CONTRIBUTES TO WELLBEING BY:

1. Increasing participants knowledge and awareness of health considerations as they age (physical activity, nutrition, strength training, medications, general health, podiatry)
2. 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

25

% 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

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

B **4**

WHY WAS THIS SCORE GIVEN?

Score 4: Effective in reaching key population groups, but still room for improvement
This round was really popular, we usually cap sessions at 15 people, but due to high demand we accepted more.

EFFICIENCY

The outputs - time, money and resources spent on initiative

HOW MUCH TIME WAS SPENT ON ORGANISING THIS INITIATIVE?



HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?

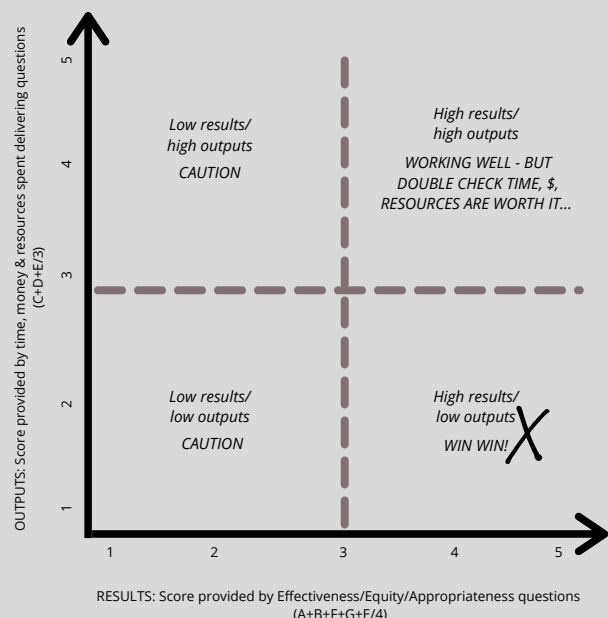


COMMENTS

As this program has been delivered before, it runs smoothly and there is minimal staff time or resources required. The program is facilitated by the contractor and this is all inclusive 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?

TEAM OBSERVATIONS

This program continues to work well, it is easy to organise, low cost and achieves positive long term outcomes. It works well because it is informative and encourages participants to make their own lifestyle changes. The last time we delivered this program to the general public was in September 2022 (with the exception of a modified version targeting our Migrant community in June 2023). The large break in delivering the program has likely contributed to the higher participant numbers this round.

WHAT COULD WE IMPROVE ON NEXT TIME?

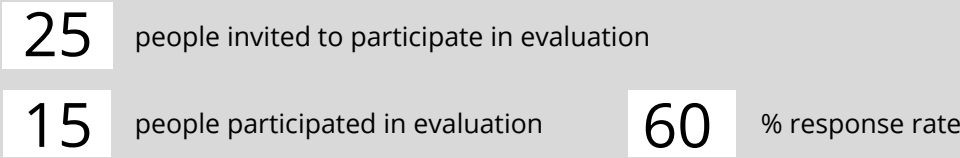
TEAM OBSERVATIONS

- NA

APPROPRIATENESS

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

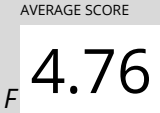
IMPACT OF INITIATIVE **DIRECTLY AFTER** EVENT (WITHIN 24 HOURS)



QUESTION ASKED TO EVALUATE APPROPRIATENESS -

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

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



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

"Improved my **knowledge** and **motivated** me to **continue to regularly exercise** and take care of my health – enough sleep, good nutrition etc." "**Helpful** friendly physios – a variety of guest speakers" "It's been a very **positive time**, the speakers very **informative** and given **insights** into health and wellbeing I didn't know about." "Being **educated** on exercise" "**Started weekly walks**" "By being made **aware** of implications to our health by not moving/exercising enough & not having a healthy diet" "By **knowing** and by keeping fit will benefit me as I age more." "It has helped my **daily awareness** of my health and my body and encouraged my **ongoing fitness**." "**More knowledge** leads to more motivation" "More **aware** of health – feet & general health." "I'm out **doing more exercises** watching what I eat" "Enjoyed all sessions and do feel **motivated** to begin physical routines." "Yes, really **positive**, feeling **motivated**." "**Self awareness**".

We also asked if participants wanted to provide any other feedback:

"**Well done staff**, thanks" "**Great support** by physios and their encouragement" "Good Country Physio's **friendly and helpful**. Venues very good and enjoyed the participants." "Course is **very good** and **well received**." "Enjoyed all the speakers" "Was a great program to be able to attend. **Very impressed**." "It was a real **eye opener**" "**Thank you**. Really **enjoyed** it." "**Good information**."

GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

Strategic Alignment:
Regional Public Health Plan: Action 6.2.1 Increasing Physical Activity
Wellbeing Plan: Increasing opportunities to be active

- 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 #4

MOVIE AT THE LAKE - SWIMMING LAKE PRECINCT ACTIVATION

22 JANUARY 2024

In collaboration with our Caves Connection program we held 2 movies during the school holidays one at the Naracoorte Swimming Lake and one at the Naracoorte Caves to activate the open spaces and facilities. The Swimming Lake Precinct includes the Swimming Lake, Open Spaces, Playground, Creek and Creek Walk. Naracoorte Park Run is also held at the space.

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 -

Big Screen Shot
Naracoorte Caves

OBJECTIVES - THIS INITIATIVE CONTRIBUTES TO WELLBEING BY:

1. Promote the Swimming Lake Precinct / Increase community awareness of open spaces and unstructured recreational opportunities.
2. Create opportunities for people to connect through events and programs.
3. Provide school holiday activities for families.

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

A **4**

WHY WAS THIS SCORE GIVEN?

The movie achieved the above aims. However additional activities could have been done to further engage community members in the space and the physical active benefits it has (swimming, playgrounds, creek walk etc).

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

120-130

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

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

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

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

B **4**

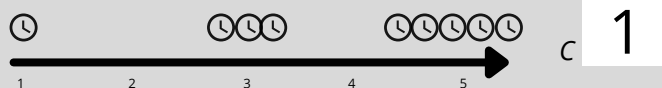
WHY WAS THIS SCORE GIVEN?

Score 4: Effective in reaching key population groups, but still room for improvement
This activity was very easy to promote to the intended audience. We had a great turn out.

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?

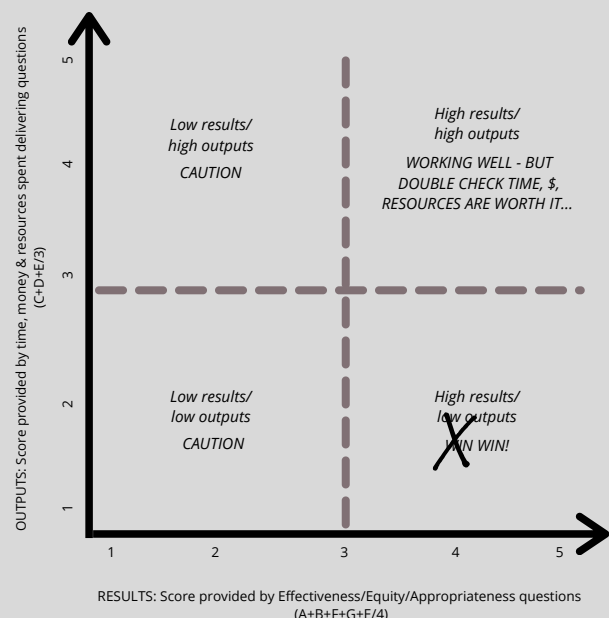


COMMENTS

We outsourced this activity to a local provider which meant our contribution was minimal.

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?

WHAT COULD WE IMPROVE ON NEXT TIME?

TEAM OBSERVATIONS

- This initiative (and the Caves Connection movie) had great numbers and were well received by the community.
- It was a fun, engaging and easy way to achieve the intended outcomes.
- Families always respond very well to school holiday activities.

TEAM OBSERVATIONS

- Some minor complaints about the time (3.00PM).
- Evaluations.

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)

NA people invited to participate in evaluation

NA people participated in evaluation

NA % response rate

QUESTION ASKED TO EVALUATE APPROPRIATENESS -

NA

AVERAGE SCORE
F NA

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

Some of the feedback we received:
“Awesome Idea” “Thank you Council. Our kids loved it. A fantastic initiative” “The kids loved it! Well done.” “This is wonderful”

GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

Strategic Alignment:
Wellbeing Plan: Increasing opportunities to be active & Strengthening community engagement and social connectedness.

- Increase community awareness of open spaces and unstructured recreational opportunities.
- Provide opportunities for people to connect through events and programs.



Stats & Stories #5

CIRCLE OF SECURITY

22 FEBRUARY - 11 APRIL 2024

The Circle of Security Parenting™ program is an 8 week group program based on decades of research about how secure parent-child relationships can be supported and strengthened.

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 -

Megan Heffernan Occupational Therapist

OBJECTIVES - THIS INITIATIVE CONTRIBUTES TO WELLBEING BY:

1. Increased knowledge and awareness of how to support their children
2. Parents and families feel more connected as a community

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

A **5**

WHY WAS THIS SCORE GIVEN?

Score 5: There was activity, all objectives were delivered and there were unanticipated positive outcomes
Reading the participant feedback, it is clear how much of an impact this program had on participants.

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

14

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

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

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

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

B **5**

WHY WAS THIS SCORE GIVEN?

Score 5: Extremely effective in reaching key population groups
Participants were directly identified and targeted through local allied health professionals.

EFFICIENCY

The outputs - time, money and resources spent on initiative

HOW MUCH TIME WAS SPENT ON ORGANISING THIS INITIATIVE?



HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?

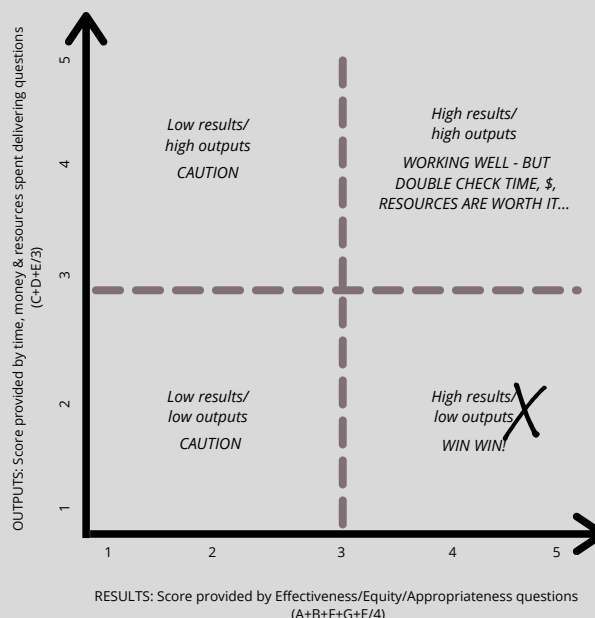


COMMENTS

This initiative was outsourced which meant the time and resource intensity of the program was quite low. There was minimal staff time spent on this 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?

WHAT COULD WE IMPROVE ON NEXT TIME?

TEAM OBSERVATIONS

- This was the second time Council had supported the facilitation of this program, and overall it was a great success. Participant feedback was overwhelmingly positive.
- Recruiting participants through a referral process was great and worked really well, it allowed those most in need to access the program.
- Megan is running the program as fee-for-service in Term 2 2024.

TEAM OBSERVATIONS

APPROPRIATENESS

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

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

14

people invited to participate in evaluation

7

people participated in evaluation

50

% response rate

QUESTION ASKED TO EVALUATE APPROPRIATENESS -

After taking part in their program, my level of stress about parenting is high.

- 1) Strongly agree
- 2) Agree
- 3) Neutral
- 4) Disagree
- 5) Strongly disagree

AVERAGE SCORE

F 4

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

How has participating in Circle of Security contributed to your overall health and wellbeing?

"I have a much greater understanding of what my children need to regulate their emotions. I honestly feel like a much more confident parent." "It has made me feel more hopeful and relaxed" "Massively improved, was in a dark place before but hugely improved" "It decreased my anxiety immensely and brought awareness and compassion in my relationship with my kids." "Positively. Feel more confident and not feeling alone" "Helped me in my relationship at home (and work!)." "Has given me confidence in my parenting therefore happier + calmer at home."

Do you have anything else you would like to tell us about your experience with Circle of Security?

Overall has given me a greater awareness to what my kids need help with and things that prevent me doing that emotionally." "Great to understand and be aware of the needs of my children" "It's been a transformative experience and has given me such confidence." "I found taking the time out to reflect in this setting and go through the material really useful. Very much valuable and worthwhile for all parents."

GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

Participants completed a pre and post evaluation survey. Participants strongly agreed that meeting with a group of parents was helpful. Following the initiative parents were more calm about parenting and the level of stress parenting brought them had reduced.

Evaluation technique: Hard copy survey given to participants at the last session.

Strategic Alignment:

Wellbeing Plan: Supporting positive mental health and wellbeing

- Partner with key stakeholders to share information to the community
- Partner with organisations to deliver educational programs and resources



Stats & Stories #6

EAT THE RAINBOW

15 MAY - 12 JUNE 2024

5 fun filled, free sessions to help create ways to enjoy healthy eating with your pre-schooler! Bring your child along to gain an understanding of the benefits that eating fruits and vegetables give.

Learning through stories, song and taste testing.

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 Library + Town Hall

OBJECTIVES - THIS INITIATIVE CONTRIBUTES TO WELLBEING BY:

1. Expose children to a wide variety of fruits and vegetables including through books, games and colouring in.
2. Encourage children to try a wide variety of fruits and vegetables
3. Peer modelling as a technique to encourage picky eaters to try fruits and vegetables.

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

A **4**

WHY WAS THIS SCORE GIVEN?

Score 4: There was activity, and all objectives were delivered

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

48 adults & children

% 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

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

B **3**

WHY WAS THIS SCORE GIVEN?

Score 3: Average effectiveness in reaching key population groups
The program reached a good number of people, however it wasn't as many as we had hoped.

27 children and 21 adults (parents/carers) participated in 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?

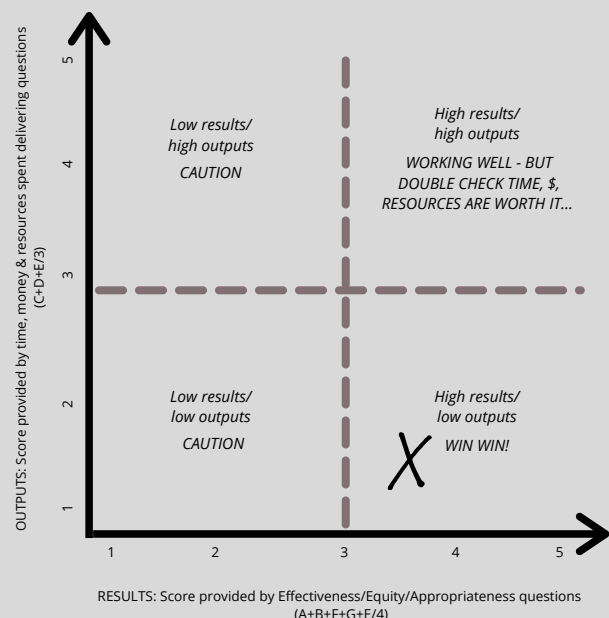


COMMENTS

This initiative was delivered by the Library + Town Hall team. The initial set up and planning of the program was time consuming, however this time would be reduced in future sessions.

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

- Great engagement from children and families.
- The take home packs were a great way to continue the conversation at home. The packs included recipe cards, Eat the Rainbow Bingo Game and Eat the Rainbow Memory Game.
- The themed book was very successful each week.

WHAT COULD WE IMPROVE ON NEXT TIME?

TEAM OBSERVATIONS

- White & Brown was a challenging colour to work with.
- A 'Rainbow Week' could be a great way to end the program.
- The cost of out of season fruits and vegetables is a consideration. Strawberries were very expensive at the time of running this program.
- We ran the evaluation on the last week and only had 3 parents attend. Having evaluations over the last two weeks may have resulted in more feedback.

APPROPRIATENESS

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

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

3 people invited to participate in evaluation

3 people participated in evaluation

100 % response rate

QUESTION ASKED TO EVALUATE APPROPRIATENESS -

After taking part in Eat the Rainbow is your child more likely to try fruits and vegetables?

- 1) Not at all
- 2) Not really
- 3) Neutral
- 4) A little
- 5) A lot

AVERAGE SCORE

F 3.6

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

Feedback from the Naracoorte Library + Town Hall Staff

All in all a great little session that I enjoyed delivering, and felt the community got a lot out of it! Lots of positive feedback from parents that their child tried foods they've previously never tried.

It was unfortunate that we had low numbers the week we ran the evaluation.

GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

Evaluation technique: Hard copy survey given to participants at the last session.

Strategic Alignment:

Wellbeing Plan: Improving wellbeing through food

- Community members have the skills and knowledge to make healthier food choices



Stats & Stories #7

YOGA IN THE HALL

2 MAY - 27 JUNE 2024

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 -

Naracoorte Library + Town Hall
Yoga Nutrition Wellness
Revitalise Yoga and Wellbeing

OBJECTIVES - THIS INITIATIVE CONTRIBUTES TO WELLBEING BY:

1. Increasing participants knowledge and skills to be physically active.
2. Provide opportunities for participants to be engage in physical activity.
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 **4**

WHY WAS THIS SCORE GIVEN?

Score 4: There was activity, and all objectives were delivered

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

235 on average 26 participants per week

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

5%

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 **5**

WHY WAS THIS SCORE GIVEN?

Score 5: Extremely effective in reaching key population groups

Overall really good participation in this program. One week had 42 participants!

EFFICIENCY

The outputs - time, money and resources spent on initiative

HOW MUCH TIME WAS SPENT ON ORGANISING THIS INITIATIVE?



HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?

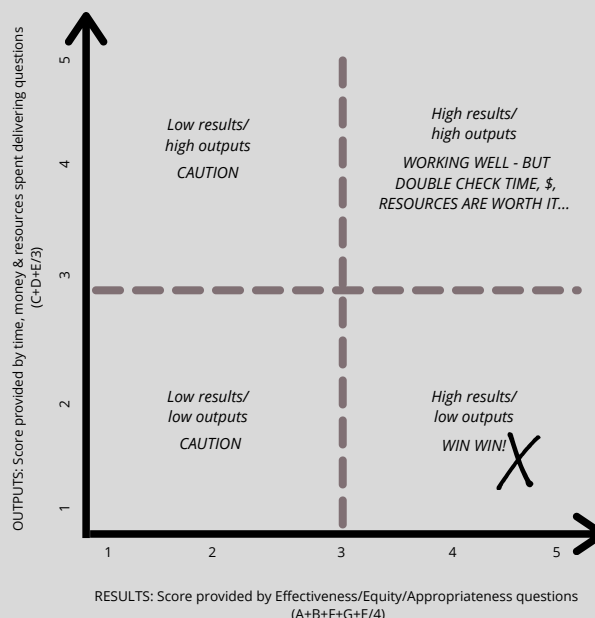


COMMENTS

This initiative was outsourced making it low cost and easy to deliver. The set up and pack up of over 30 yoga mats meant this program slightly more resource intensive that the Come & Try Karate.

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

- Historically our Yoga in the Hall initiative has always been held on a Sunday morning, which created additional work to open, close and staff the hall. This round we changed the time to a Thursday evening when the Library + Town Hall was already open. This worked really well, despite Thursday evenings typically being busy with organised sport. In some circumstances participants would drop children off at sport and then participate in Yoga in the Hall.

WHAT COULD WE IMPROVE ON NEXT TIME?

TEAM OBSERVATIONS

- The program was held from 6.30 - 7.30pm a suggestion was to bring it forward to 6.00 - 7.00pm.

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)

43 people invited to participate in evaluation

18 people participated in evaluation

42 % 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) Not at all
- 2) Not really
- 3) Neutral
- 4) A little
- 5) A lot

AVERAGE SCORE

F 4.8

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

" **Great idea** to keep this activity going – I already do yoga but **I love it** – so the more the better 😊 "Gave me **motivation** and **incentive** to strive for **better mobility, activity, personal interaction** with folk I've never met, kept me to **think more clearly & to set and achieve goals**. A very beneficial inventive and one I'd love to see council work in unison with my other physical activities of walking and platies classes." "Wonderful activity for the community, thoroughly enjoyed!" "Good initiative, it would be nice if the Council can run more of yoga classes in the future." "**Please, please, please CONTINUE!!!** 😊" "This is an **invaluable contribution to the community** not only for physical health but more importantly for mental health. I hope it continues!" "**Amazing** initiative! Please continue! Such a needed area in a beautiful space and utilizing new library + town hall space 😊" "Amazing! **Loved it!**" "Maybe start a bit earlier – 6.00pm -7.00pm. Only missed 2 classes due to illness but loved that it was free 😊" "It was **excellent.**" "Great to have 2 different facilitators. Great way to **keep fit and healthy in winter**. Absolutely excelled initiative. Thank you so much for providing this opportunity. I loved it. Benefited both my physical and mental/emotional wellbeing significantly." "It would be nice if the council can run **more** yoga sessions" "Please **run this again soon**" "I have **never tried yoga before but absolutely loved it**. The stretching exercises were so **beneficial**, and the **relaxation** and breathing techniques were amazing after a busy and stressful day at work." "A thank you is a must to both Sally and Verity for taking time out of their busy lives to do extra yoga lessons every week. A thank you to the people in the library who have stayed open so we can access the town hall and also to Council for this to happen in the hall. I have **enjoyed meeting people each week** and this **brings the community together** for a better wellbeing." "Absolutely love the yoga in the hall, such a **great motivation** to move the body more **especially in winter**" "**Would be great to have this occur again or other physical activities during the colder months when its harder to get outside.**"

GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

We received a lot of positive feedback about the benefits of hosting Yoga in the Hall in Winter. It can be very challenging to stay motivated over the winter months in Naracoorte due to it being so cold, dark and wet. We would love to make Yoga in the Hall a regular winter activity.

Evaluation technique: Hard copy survey given to participants at the last two sessions and an online survey promoted on Facebook.

Strategic Alignment:

Wellbeing Plan: Increasing opportunities to be active

- Identify ways people can be more active
- Implement no or low-cost initiatives such as yoga



Stats & Stories #8

COME & TRY KARATE

4 MAY - 29 JUNE 2024

9x one hour beginner karate lessons.

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 -

AKKA SA Naracoorte/Lucindale Martial Arts Academy

OBJECTIVES - THIS INITIATIVE CONTRIBUTES TO WELLBEING BY:

1. Increase participant physical activity
2. Provide accessible opportunities to increase physical activity

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

A **4**

WHY WAS THIS SCORE GIVEN?

Score 4: There was activity, and all objectives were delivered

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

100 on average 11 children participated each week

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

26%

WHICH PRIMARY AUDIENCES DID THIS INITIATIVE REACH?

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

☐ OLDER ADULTS

☐ OTHER

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

B **4**

WHY WAS THIS SCORE GIVEN?

Score 4: Effective in reaching key population groups, but still room for improvement

Overall good participation in this program. Numbers started off very steady with only 3 children for the first 3 weeks, before increasing to an average of 15 children per week. The overall average was 11 children each 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?

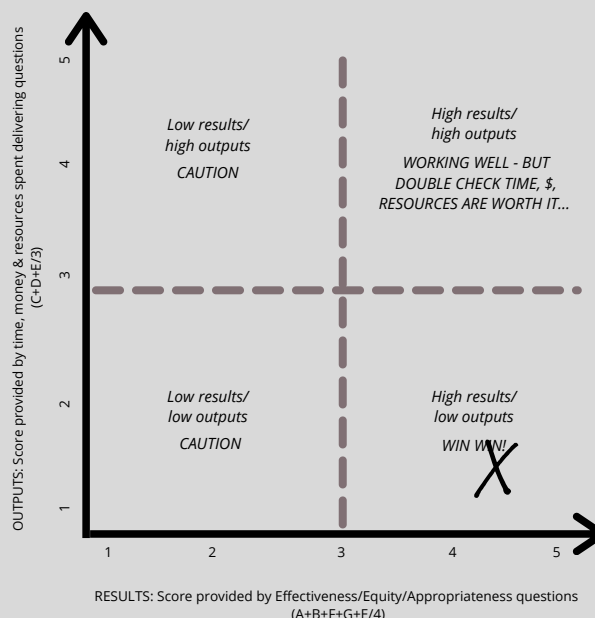


COMMENTS

This initiative was outsourced making it low cost and easy to deliver.

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

- Saturday mornings worked well despite it typically being busy with organised sports.
- Families loved the opportunity to trial new sports/activities with out the initial commitment or financial outlay.

WHAT COULD WE IMPROVE ON NEXT TIME?

TEAM OBSERVATIONS

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)

29 people invited to participate in evaluation

18 people participated in evaluation

62 % response rate

QUESTION ASKED TO EVALUATE APPROPRIATENESS -

After taking part in Come & Try Karate, on a scale of 1-5, how much more motivated are you to be active?

- 1) Not at all
- 2) Not really
- 3) Neutral
- 4) A little
- 5) A lot

AVERAGE SCORE

F **4.9**

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

"Great sessions and **fabulous way to try a new activity without having to commit**. Thank you NLC, these programs are **wonderful for the community**." "All the **kids really enjoyed the sessions**." "Such a **great instructor** and his students." "Sensei and all others were **so nice**." "Will do it again" "So **great** BRAD is great!" "**Fun** times for the kids" "Please have it again" "Was great please have it again" "**Fantastic**" "Please have again" "Great" "My child **learnt a lot**" "Will come back" "It was great and I would definitely come back again" "Will come back" "I really hope this program continues will continue! Thank you!" "Did so great" "Great"

We also asked:

Did you or your child **enjoy the program**? All 18 respondents said **YES**

Would you or your child like to **continue karate**? All 18 respondents said **YES**

GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

Evaluation technique: Hard copy survey given to participants at the last two session and an online survey promoted on Facebook.

Strategic Alignment:

Wellbeing Plan: Increasing opportunities to be active

- Identify ways people can be more active
- Implement no or low-cost initiatives such as come and try programs

