

THIS IS A JOINT PROJECT BETWEEN NARACOORTE LUCINDALE COUNCIL AND WELLBEING SA

OUR PARTICIPATORY
EVALUATION
REPORT
NARACOORTE LUCINDALE
WELLBEING PROGRAM

2022
2023



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

The Wellbeing Program 2022-23 Evaluation Report includes the evaluation of initiatives delivered from July 2022 to June 2023, and the findings of the Wellbeing Program's six-monthly evaluation survey.

Between July 2022 and June 2023, the Wellbeing Program delivered 17 initiatives with 34 delivery partners to reach over 523 people. Thirty five percent of initiatives had a focus on increasing opportunities to be active, followed by improving wellbeing through food (24%), strengthening community engagement and social connectedness (24%) and supporting positive mental health and wellbeing (18%). In 2022-23 the Wellbeing Program had a greater focus on delivering initiatives that supported longer lasting change and improved sustainability. Two examples of this include *Chats For Change* and *Multicultural Mural*.

Feedback from participants of the Wellbeing Program initiatives was positive. The average score given by participants regarding the impact of initiatives on their immediate wellbeing was 4.45 out of 5 and 94% of respondents to a six-monthly evaluation survey agreed or strongly agreed that the Wellbeing Program helped them to improve their overall wellbeing.

Respondents reported:

- Improved knowledge
- More opportunities to socialise and build confidence
- Increased motivation to be active

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

- Winning the Regional category of the Minister for Health and Wellbeing - Excellence in Public Health Award, and the Walking SA 'Walking for Health' Award
- Ensuring the sustainability of the program by embedding wellbeing into library and community development programming
- Establishing an ongoing partnership between Council and Wellbeing SA through the signing of a two year Memorandum of Understanding
- Implementation of initiatives with a long-lasting focus including a multicultural mural in the main street and *Chats For Change*, a mental wellbeing resource.

Over the next 12 months Council will prioritise identification of opportunities to embed the Wellbeing Program initiatives into existing council programming, and to continue the program within existing staff capacity. Council will also continue to partner with Wellbeing SA on an agreed 12-month workplan to progress areas of mutual interest to support and promote the health and wellbeing of communities in the Naracoorte Lucindale area.

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

ONE-PAGE SUMMARY

JULY 2022 TO JUNE 2023

14 STATS & STORIES
3 CHATS ABOUT CHANGE



34 DELIVERY PARTNERS

% OF INITIATIVES THAT ADDRESSED EACH FOCUS AREA

35%

OPPORTUNITIES TO BE ACTIVE

24%

COMMUNITY ENGAGEMENT & SOCIAL CONNECTEDNESS

18%

POSITIVE MENTAL HEALTH & WELLBEING

24%

WELLBEING THROUGH FOOD

669

ATTENDANCES BY OVER

523 PEOPLE

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

KEY AIMS & OBJECTIVES

INCREASING AWARENESS OF HEALTHY EATING



CREATING OPPORTUNITIES FOR SOCIAL CONNECTION



ENGAGING CHILDREN IN LITERACY & LEARNING THROUGH PLAY



14 INITIATIVES TOOK

10 - 37 HOURS

TO ORGANISE



9 INITIATIVES COST

LESS THAN \$1,000

TO DELIVER



7 INITIATIVES WERE

MODERATELY INTENSIVE

TO SET UP



MOST INITIATIVES REACHED AT LEAST 60% NEW PEOPLE.

ON AVERAGE, PARTICIPANTS RANKED THEMSELVES WITH A SCORE OF

4.45 OUT OF 5



FOR THE IMPACT ON THEIR WELLBEING IMMEDIATELY AFTER ATTENDING AN INITIATIVE

"Very helpful when packing kids' lunchboxes"

Participant of The Supermarket Tour

83%

OF PARTICIPANTS RESPONDED TO THE INVITATION TO UNDERTAKE EVALUATION.

SOCIALISE & CONFIDENCE

INCREASED KNOWLEDGE

PHYSICAL ACTIVITY

MORE CONNECTED

MOTIVATED & ACTIVE

HEALTHY & HAPPY

EXAMPLE IMPACTS ON WELLBEING



"LOVED IT! Such a great program"

Participant of Active Storytime



ACTIVE STORYTIME

About the Naracoorte Lucindale Wellbeing Program

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 Wellbeing 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



Coffee
Tea
Long Life Milk
Cereals

1

Biscuits
Rice Crackers
Muesli Bars
Long Life Juice



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 & 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:** Conducted in various ways to determine the longer term impact the Wellbeing Program has had on participants' self-reported wellbeing.
- **The Evaluation Report:** Summary and analysis of the annual portfolio of Stats & Stories and Chats About Change.

The following evaluation criteria has been used to undertake the participatory evaluation. The criteria is explored throughout this report to provide a summary of the overall impact of Wellbeing Program 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 2022-23, unless otherwise stated, the indicators presented alongside the evaluation criteria are from the Stats and Stories reports.

The analysis of the Chats About Change and six-monthly impact evaluation have dedicated sections within the Evaluation Report.

See Appendix 1 for a full compilation of Stats & Stories and Chats About Change reports.

“Very helpful when packing kids’ lunchboxes, and choosing products for mealtimes”

Participant, Supermarket Tour

Effectiveness

Focus areas

From July 2022 to June 2023, a total of 17 initiatives were delivered by the Wellbeing Program. Of those, 35% (n,6) of initiatives **primarily aimed** to *increase opportunities to be active*. A further 24% (n,4) **primarily aimed** to *strengthen community engagement and social connectedness*, 24% (n,4) **primarily aimed** to *improve wellbeing through food*, and 18% (n,3) of the initiatives **primarily aimed** to *support positive mental health and wellbeing*.

Initiatives addressing each focus area (primary)

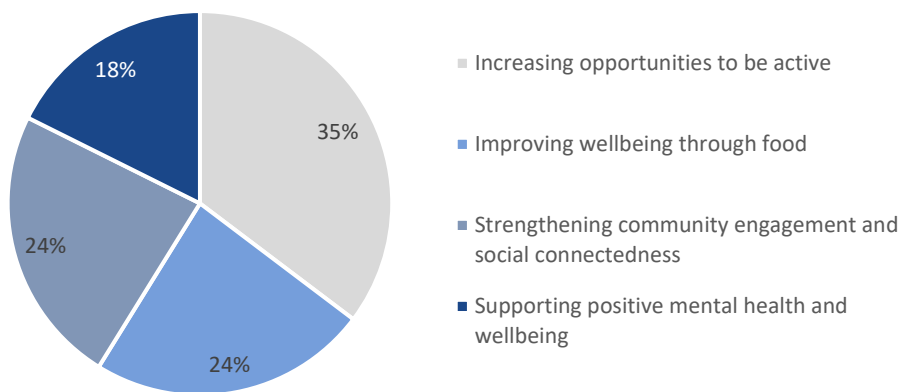


Table 1: Percentage of initiatives addressing each focus area (primary focus area)

When considering initiatives beyond the primary focus areas, our focus areas were evenly distributed with each focus areas having eight initiatives.

Initiatives addressing each focus area (secondary)

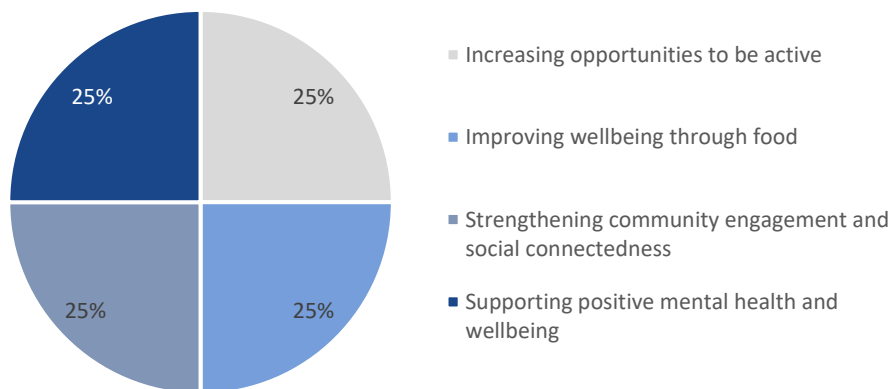


Table 2: % of occurrences an initiative targeted a focus area (primary, secondary or tertiary focus area).

This data includes both Stats & Stories and Chats About Change.

Delivery partners

The Wellbeing Program works in partnership with local services to deliver initiatives. This ensures delivery does not rely on one provider and community capacity in health and wellbeing is built.

Over 34 local people, businesses and partner organisations were involved in delivering initiatives in the 2022-23 reporting period. Delivery partners included but were not limited to Hutchison's Nursery, Nikita Wasson, Naracoorte Migrant Resource Centre, Naracoorte Foodland, StandBy, Children's Occupational Therapy and all local primary and high schools.

Initiatives had varying numbers of delivery partners, ranging from one delivery partner for the *Circle of Security* program through to 17 delivery partners for *Chats For Change*.

There were 34 unique delivery partners, some of these partners were engaged more than once. Of the 34 delivery partners, 31 of those were local to the Naracoorte Lucindale Council area, or the Limestone Coast. The three delivery partners that we're not local were Centre Script Stage, 10,000 Steps and Katherine Gailer (artist). These delivery partners were engaged as there wasn't a local equivalent.

Effectiveness score

On average, the Wellbeing Program team scored 4.45 out of 5 out of five for how effectively the aims and objective of Wellbeing Program initiatives were met.

Team reflections on the effectiveness of Wellbeing Program initiatives

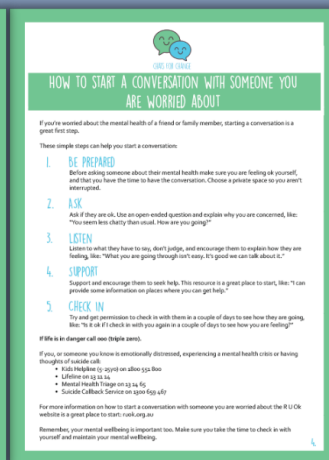
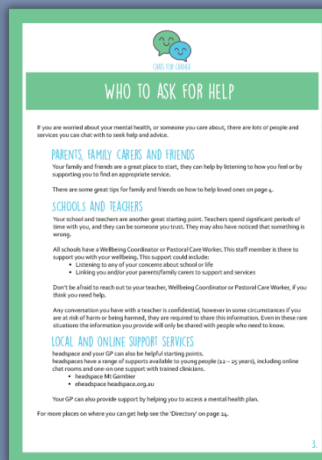
Overall, the Wellbeing Program was effective in achieving the identified aims for all initiatives. In 2022-23, staff ensured initiative aims were specific and that they clearly articulated the anticipated contribution initiatives would have to participants' wellbeing. Being more specific prior to the initiative, made it easier to evaluate and measure the effect and impact.

A goal of the program this year was to have an increased focus on food and mental health and wellbeing. As indicated above in Table 1 and Table 2, the spread of focus areas was even, especially when secondary focus areas are included.

Supporting positive mental health and wellbeing continues to be a focus area where engagement from the community remains limited. In the first half of the year, a theatre production called *The Rain Maker* was held. Whilst the production was impactful to those who attended, numbers were significantly lower than anticipated. In saying this, the *Chats For Change* mental health and wellbeing resource was successful in reaching the target audience and is expected to have a long-lasting impact.

"It can be so very overwhelming not knowing where to start looking for help with mental health. A great resource, especially for schools and families."

Community member, Chats For Change



Equity

Total number of participants

From July 2022 to June 2023, the Wellbeing Program recorded 669 attendances by 523 different people. Of these, an estimated 64% had not participated in a Wellbeing Program initiative before, indicating the Program continues to reach new people.

The above does not include participants for *Chats For Change* or the *Multicultural Mural*. For both initiatives it is challenging to estimate the true number of participants reached. Two thousand copies of *Chats For Change* were printed, and 1500 copies distributed to families immediately.

Population groups reached

Children, young people and families were the primary audience reached by the most initiatives, as shown in the Table 3.

Population group	Number and (%) of initiatives
Children, young people and families	9 (53%)
Culturally and linguistically diverse communities	3 (18%)
Older adults	3 (18%)
Other	2 (12%)

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

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

Population group	Number and (%) of initiatives
Children, young people and families	15 (38%)
Culturally and linguistically diverse communities	8 (20%)
Older adults	13 (33%)
Other	4 (10%)

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

It is important to note statistics relating to population group were estimated through staff observation and assumptions and not collected as data during the registration process.

Equity score

On average, the Wellbeing Program team scored 3.8 out of 5 for how well initiatives reached the target population group, indicating that initiatives were effective in reaching the right population groups.

Team reflections on the equity of the Wellbeing Program

Of the 14 initiatives (used for Stats & Stories), only 2 initiatives struggled to reach the target audience, which were *The Rain Maker* and the *Supermarket Tour*. It is unclear why both initiatives did not reach the target audience. *The Rain Maker* had significantly more advertising than any other event, including social media, direct advertising to schools, and paid adverts in the local papers. In

hindsight, a session delivered directly for schools may have been a more effective approach. It is worth noting, the reasoning for an evening session was to engage parents and grandparents of youth.

Of the 14 initiatives (used for Stats & Stories), 5 initiatives scored 5 out of 5 for how effective they were in reaching and engaging the target audience. This included *Active Storytime* which was really effective in reaching the target audience and reached all three target groups, including children and families, older people (grandparents), and those who are culturally and linguistically diverse. This initiative was popular from the beginning, with only minimal advertising and promotion.

Some initiatives such as *Circle of Security* explicitly targeted the primary audience through direct contact with healthcare providers including an occupational therapist and midwives. For this initiative it meant those who would benefit the most from participating in the initiative were engaged, and no public advertising was required.

“Such a shame more didn’t attend. Performance was so powerful with a message that was clear and informative”

Participant, The Rain Maker



THE GOOD LIFE PROJECT

Efficiency

Time spent organising and delivering initiatives

Hours	Number and (%) of initiatives
Less than 10	1 (6%)
10-16 hours	7 (41%)
16-37 hours	7 (41%)
37-50 hours	1 (6%)
50+ hours	1 (6%)

Grow Your Own Food took the least amount of time to organise and deliver at less than 10 hours to organise and deliver. This initiative was outsourced to a local nursery, and they prepared and delivered the program.

Chats About Change took the most amount of time to deliver. This initiative was very time consuming and took significantly longer than initially expected. It is unknown how long exactly, however, the project took approximately six to nine months.

Money spent organising and delivering initiatives

Money spent (\$)	Number of (%) initiatives
0 – 1000	9 (53%)
1000 – 2500	2 (12%)
2500 – 5000	3 (18%)
5000 +	3 (18%)

What's Growing On? and *National Nutrition Week* took the least amount of money to organise and deliver, with less than \$50 per initiative.

The Multicultural Mural took the most amount of money to deliver - this project cost approximately \$13,000. This included engaging an artist from Victoria and all the resources (paint, scissor lift). Whilst it was the most expensive initiative, it is also expected to be one of the most longstanding initiatives and will have a positive impact for many years into the future.

Level of intensity in organising and delivering initiatives

Level of intensity	Number of (%) initiatives
Very easy to set up, not intensive	6 (35%)
Somewhat easy to set up	1 (6%)
Moderately intense	7 (41%)
Intensive, some set up	1 (6%)
Very intensive, a lot of set up	2 (12%)

School Holiday Bingo was one of the initiatives with the lowest level of intensity to deliver. There was some initial set up such as the design of the brochure, and a small amount of promotion, however participants (parents and families) could participate in the initiative independently.

Chats For Change was the most intensive initiative to deliver, due to the coordinating of 17 stakeholders, and the amount of time it took to deliver. However, this initiative will have an ongoing impact with minimal time or effort required on an ongoing basis.

Output versus Results

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

All initiatives (except *Chats For Change*) sat within the 'WIN WIN' high results/low outputs quadrant.

Three initiatives including *Chats For Change*, *Active Storytime Naracoorte* and *Active Storytime Lucindale* sat within, or on the cusp of the high results/high outputs quadrant. This indicates the initiatives are working well however a review of the time, money and resources spent on them is required to determine the value of the outputs.

No initiatives sat within the low results/high outputs and the low results/low outputs quadrants, thus no initiatives were identified as requiring the team to apply caution in delivering them again.

Image 1 below provides a visual overview of where initiatives sat within the Output VS Results quadrant.

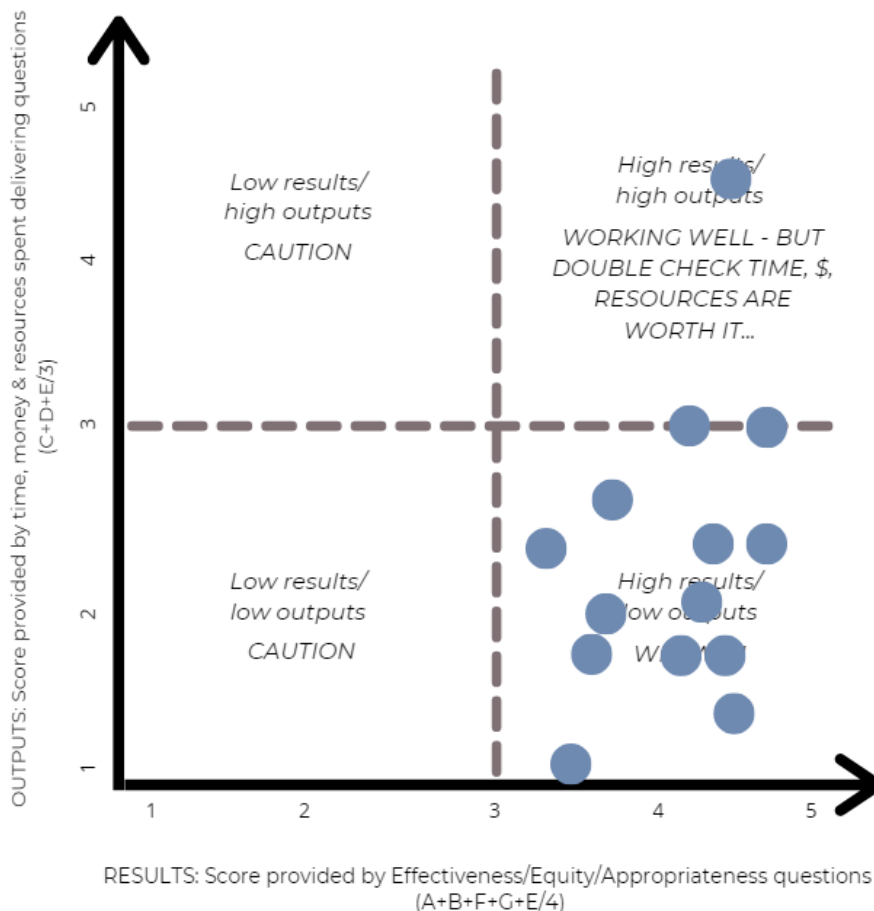


Image 1: Output Vs Results plot graph

Team reflections on the efficiency of the Wellbeing Program

Overall, staff are happy with how the initiatives are dispersed throughout the quadrants. *Chats For Change* was the only initiative to sit in the high outputs/high results quadrant. Staff acknowledged the high outputs, however accepted this due to the longevity of the initiative.

Staff noted that if this initiative were to be repeated in the short term, e.g. 6 months, only a re-print would be required, reducing the intensity and outputs. If the initiative was to be repeated in 3-5 years, it would be expected the resource would have high outputs again to ensure all information included is up to date. When staff were developing the resource, maintaining longevity was a key consideration. Schools and organisations were asked to include job titles rather than staff members' names and include the generic email address to ensure the content wouldn't date immediately. Therefore, major changes are not expected in the foreseeable future.

Active Storytime in Naracoorte and Lucindale was the only other initiative that sat on the cusp of the high outputs/high results quadrant; however, this was only for the initial planning of the program, future initiatives have had lower outputs with the same high results.

“I feel so much calmer”

Participant, Circle of Security

*“Looking forward to continue
growing a range of herbs
and veggies at home. Thank
you 😊”*

Participant, Grow Your Own Food



Acceptability

Success factors

When reflecting on what was working well about the initiatives, the following key themes emerged from the staff reflection –

- **Outsourcing initiatives to service providers**
Several initiatives were delivered by contracted service providers who planned and delivered the sessions. This allowed the time and intensity of initiatives to be low and enabled a variety and increased number of initiatives to be delivered. This approach was particularly useful given the part-time nature of the Wellbeing Program Coordinator position.
- **Reaching identified target audiences**
The program to date has had good engagement in reaching the identified target population across all initiatives. Initiatives were delivered in a way that was inclusive and enabled broad engagement across the community and initiatives were adapted where required. *Circle of Security* identified those who would benefit the most through a referral process. The *Good Life Project (CALD)* and *MRC Healthy Eating Workshop* worked with key community members to adapt the content and delivery style to suit. *Active Storytime* continually reaches all three target populations and has positive impacts for all.
- **Successfully embedded health and wellbeing into current staffing capacity**
Council has been successful in embedding the delivery of health and wellbeing initiatives into existing staff capacity. At the completion of the current contract between Council and Wellbeing SA, Council will evolve from a 0.5FTE Wellbeing Program Coordinator to program delivery and maintaining the new Memorandum of Understanding (MOU) embedded into the existing Community Engagement Officer role. This is both a success for the program, and a challenge moving forward in ensuring the position has capacity to implement the range of initiatives.

Opportunities for improvement

When reflecting on what could be improved about the initiatives, some key themes emerged from the staff reflection–

- **Attendance and commitment**
Some initiatives including the *Supermarket Tour*, the *Rain Maker* and the *Good Life Project* were unsuccessful in meeting the anticipated attendance numbers. The reason why is unknown; however, it is suspected these initiatives didn't resonate as well as others have with the community.
- **Evaluation**
Some initiatives were difficult to evaluate, particularly those that were not in person. Increasing the ease of gathering participant feedback, e.g. using an iPad, is an area for improvement.
- **Considering health and wellbeing inequities when designing initiatives**
It is challenging to ascertain if all initiatives delivered by the Wellbeing Program are reaching members of the community who would benefit most from participating. For example, the purpose of the *10,000 Steps* initiative was to encourage participants to walk 10,000 steps

per a day. However, most people who signed up already regularly reach 10,000 plus steps a day.

The *Circle of Security* program considered equity of access and adopted a referral process for participation. This saw local healthcare providers refer families who had expressed an interest in participating in the program however the financial cost was prohibitive to their involvement.

- **Trust based initiatives**

The *10,000 Steps Challenge* relies on individuals to be honest in recording their step count, particularly when there are prizes involved.

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

“It has definitely shown me that if I push myself, I can achieve more than I realise”

Participant, 10,000 Steps Challenge



Appropriateness

Immediate impact on wellbeing

On average, participants gave a score of 4.45 out of 5 for the immediate impact the initiatives had on their wellbeing, indicating they felt the initiatives had a high impact on their immediate wellbeing.

Participants provided feedback on why they scored this way. The key themes are presented below.

- **Improved knowledge**

Feedback from many initiatives indicated that improved knowledge was the key takeaway. Improved knowledge and understanding can lead to participants making more informed choices which can have a long-lasting impact on participants and their families health. The lessons learnt varied, a few pieces of participant feedback include;

- ✓ *"Very helpful when packing kids' lunchboxes, choosing products for mealtimes eg breakfast, lunch, dinners"* – Supermarket Tour
- ✓ *"Growing nutritious home-grown food"* – Grow Your Own Food
- ✓ *"Learning something new"* – Grow Your Own Food
- ✓ *"Learned more about planting herbs for my cooking and keeping them alive!"* – Grow your Own Food
- ✓ *"I'll be more considerate and patience with my grandchildren"* - The Rain Maker
- ✓ *"It showed a lot of very common and relevant issues"* – The Rain Maker
- ✓ *"I came to know so many things which I will try to do in every day of my life"* – Good Life Project (migrant)
- ✓ *"I learned more about healthy and good exercise"* – Good Life Project (migrant).
- ✓ *"Doing this course has given me the tools to be a better parent, which has bettered my mental health"* – Circle of Security
- ✓ *"Has made me feel like I have the skills and knowledge to become a better parent"* – Circle of Security

- **Socialise and build confidence**

Active Storytime saw an increase in participant confidence. Parents consistently indicated an increased sense of self confidence in their children after attending a term of *Active Storytime*. Staff also noticed an increase in children's confidence throughout the duration of the term. Parents also valued the opportunity to connect with other parents in a relaxed environment. Some key pieces of feedback include;

- ✓ *"My children are quite shy when meeting new people so this was a great way to feel comfortable and interact"* – Active Storytime
- ✓ *"My kids are socialising more with other people. They aren't shy anymore"* - Active Storytime
- ✓ *"As a parent I got an opportunity to socialise"* – Active Storytime
- ✓ *"Interact with different children and their parents"* – Active Storytime
- ✓ *"Improved my confidence and understanding as a mum which has improved my wellbeing greatly"* – Circle of Security

- **Increased motivation to be active**

The *Good Life Project* and *10,000 Steps* 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;

- ✓ *“Definitely made me keen to get up and go and resulted in kickstarting a weight loss goal that I aim to continue” – 10,000 Steps*
- ✓ *“I am more conscious about walking and getting my steps up. And making more of an effort to exercise” – 10,000 Steps*
- ✓ *“It really motivated me to take care of my health and wellbeing because I know the importance of it” – The Good Life Project (migrant)*
- ✓ *“The importance of exercise, how to exercise” – The Good Life Project (migrant)*

“LOVED IT! Such a great program for children and their mums!”

Participant, Active Story Time



ACTIVE STORYTIME

Chats About Change

Chats About Change

From July 2022 to June 2023, three Chats About Change reports were prepared for the following initiatives:

- *National Nutrition Week*
- *Multicultural Mural*
- *What's Growing On?*

Of the three initiatives reported via the Chats About Change template, two primarily focused on strengthening community engagement and social connectedness and one primarily focused on improving wellbeing through food.

National Nutrition Week and *What's Growing On?* were estimated to directly reach 12-15 people each, both through participants directly engaging in the activity. *What's Growing On?* also had an unknown indirect impact as the art pieces were displayed in the library foyer, where they had additional foot traffic viewing the art display.

For the *Multicultural Mural*, the artist held a focus group with 10 women from varying multicultural backgrounds. The focus group discussed their backgrounds and cultures and shared themes related to settling in Naracoorte. These broad themes and ideas formed the concept design. The purpose of the mural was to celebrate the many cultures that call Naracoorte home, while strengthening our community's sense of belonging to the area. The below descriptor summarises the meaning behind the initiative and the intended impact.

The mural honours the idea of Naracoorte as a 'meeting place'. It depicts a culturally diverse woman surrounded by vibrant textiles that symbolise this ongoing weaving of different cultural perspectives and ideas. Native Australian flora are also included to represent the connection and respect to the place the community inhabits. The red 'map trails' painted on the woman's skin symbolise the long journeys that people have taken to settle in Naracoorte, a place that aims to welcome the many walks of life, empower women and embrace cultural diversity.

"It's very nice & welcoming"

Community member about the Multicultural Mural

MULTICULTURAL MURAL



Six-monthly medium-term evaluation

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

On average, 94% of people were happy or very happy with the Wellbeing Program.

On average, participants gave the Wellbeing Program a 4.41 out of 5 when asked if the Wellbeing Program has helped improve their overall wellbeing.

Participants strongly agree or somewhat agree that the Wellbeing Programs has helped them/their family by:

- Increasing opportunities to be active, 94%
- Improving wellbeing through food, 88%
- Strengthening community engagement and social connectedness, 94%
- Supporting positive mental health and wellbeing, 100%

The key themes for why and how the Wellbeing Program has help people include:

- **Being more connected**

Particularly in 2022 the Wellbeing Program had a strong focus on initiatives that brought people together. Programs focused on simple activities that encouraged discussion with one another, without it being off-putting for those who were nervous or quieter in nature. Just some of the quotes provided about being more connected include;

- ✓ *“Enhanced my **local connections** and relationships and emotional wellbeing”*
- ✓ *“Help me to **socialise** with people”*
- ✓ *“**Connected** to people in any culture”*
- ✓ *“**Interaction** and communication with other parents”*

- **Motivated and active**

Participants felt the Wellbeing Program motivated them to be more active. The Wellbeing Program has had strong attendance and support for physical activity-based initiatives, and this was reflected through the feedback;

- ✓ *“The 10k step encouraged me to **do more walking**”*
- ✓ *“**Motivated** me to do more steps”*
- ✓ *“**Increased my physical activity**, awareness of local environment, participation in creative local projects and my involvement with local community”*
- ✓ *“Encouraged me to **dedicate more time to walking** and getting fitter”*

- **Healthy and happy**

The final theme emerging from the medium-term feedback was participants reporting they generally felt healthier and happier because of the Wellbeing Program. Nearly all (94%) participants were happy or very happy with the program and felt the program had helped them or their family.

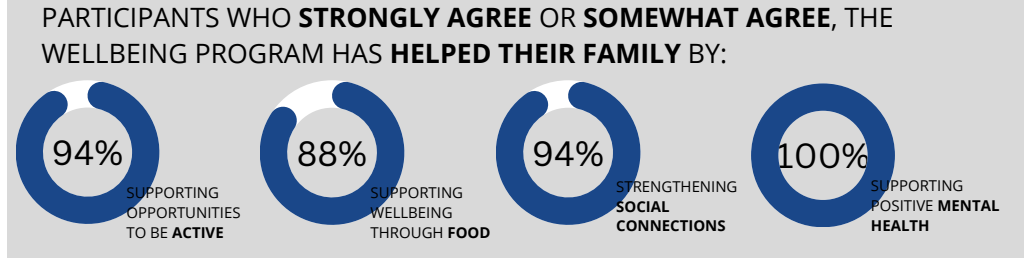
Some final quotes from the participant feedback included;

- ✓ *“The **community spirit** it is spreading”*
- ✓ *“I adore the new mural in town, it makes me very happy to see it”*
- ✓ *“It's given me good reasons to get out of the house and **be active in the community**”*
- ✓ *“**Excellent** kids activity. Excellent food workshop”*

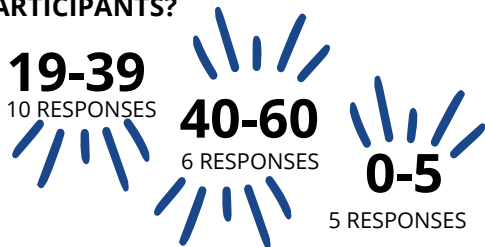
ONE-PAGE SUMMARY

JULY 2022 TO JANUARY 2023

"MOTIVATED ME TO DO MORE STEPS" Participant feedback



HOW OLD ARE PARTICIPANTS?



*participants could select more than one age group

TOP 3 INITIATIVES THAT HAVE BEEN **PARTICIPATED** IN OR **VALUED**



ACTIVE STORY TIME

10,000 STEPS CHALLENGE



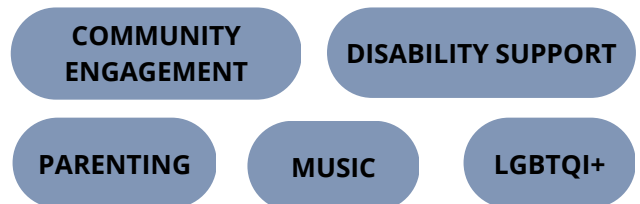
MULTICULTURAL MURAL



PARTICIPANTS ARE MORE:

**CONNECTED
MOTIVATED
ACTIVE
HEALTHY
& HAPPY**

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



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

4.41 OUT OF 5



OF PARTICIPANTS WERE HAPPY OR VERY HAPPY WITH THE WELLBEING PROGRAM

HOW IMPORTANT ARE EACH OF THE FOCUS AREAS? **EXTREMELY IMPORTANT**



WHAT COULD WE BE DOING DIFFERENTLY?



"Thankyou for all the program offered."

Participant feedback

Highlights and Sustainability

A key highlight over the past 12 months has been the ability to improve the sustainability of the Wellbeing Program. This has been achieved through the following ways;

- **Being publicly recognised for the impact the Wellbeing Program is having**

The Naracoorte Lucindale Wellbeing Program was the regional winner of the SA Public Health Awards, and the Naracoorte Trails Pocket Map was the winner of the 'Walking for Health' Award delivered by Walking SA. Both awards provided an opportunity to share publicly the positive impact of the program on the community, and to and share learnings with the wider public. The awards both included a financial prize to continue to deliver health and wellbeing initiatives. The prize money from the two awards enabled the development of a new Art Trail pocket map and reprint of the Naracoorte Trails pocket map. The Art Trail maps were developed to activate local public art and the positive impact the arts have on mental, physical and social wellbeing. Inspired by a similar initiative activating local walking trails, the Naracoorte Art Trail map provides a highly portable and interactive format for readers to enjoy self-guided tours around Naracoorte and surrounds. Participants can explore the unique artworks on offer, throughout the town centre, and wider area including at the World Heritage Naracoorte Caves, Lucindale and Frances. Participants are encouraged to park their car, grab a coffee and meander around Naracoorte to explore everything Naracoorte has to offer.
- **Ongoing sustainability of initiatives**

Following the success of *Level Up* (a youth gaming event) in early 2022, a local community member has since started up a youth gaming club inspired to use gaming as a connection tool for youth, and to carry on the initial success of the initiative. Secondly, *Active Storytime* has been transitioned to the Naracoorte Library and embedded into regular library programming. Additionally, the Naracoorte Caves is working with Council to bring the program to a once-off session inside the Blanche Cave. Finally, the Wellbeing Program Coordinator supported the implementation of a local Parents Group. While the support was not financial, there was verbal support and guidance given to the co-founders during the implementation phase.
- **Longer lasting impacts**

At the end of 2021-22, the Wellbeing Program team reflected on how the program could deliver a greater number of initiatives that had longevity and that were sustainable. At the completion of 2022-23, the team have completed two major initiatives, *Chats For Change* and the *Multicultural Mural*, which will have a long-lasting impact. Along with this, initiatives such as *Active Storytime* and *School Holiday Bingo* can now be easily embedded into regular programming.
- **Embracing cultural diversity**

Successes in this space over the past year included the *Multicultural Mural* which focussed on creating a sense of belonging and creating an inclusive community. *Active Storytime* and the *Good Life Program* helped to link our migrant community to community facilities and health care providers. Finally, the *Good Life Project* and *MRC Healthy Eating Workshops* partnered with the Migrant Resource Centre and community leaders to adapt delivery styles and build content that best reaches the target audience.

Opportunities

- **Ongoing partnership between Council and Wellbeing SA**

Council and Wellbeing 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. To support the MOU and ongoing work in the area of wellbeing, elements of the Wellbeing Program have been embedded into Council's staffing resource and community development programming.
- **Ongoing promotion of the Wellbeing Hub model to other Councils**

The Wellbeing Hub model is an effective and achievable model to drive positive community change. The Naracoorte Lucindale Wellbeing Program will continue to share the success, learnings and challenges of the program with other Councils and organisations as a mechanism to spread the positive impacts.
- **Measuring change and top six indicators**

The Wellbeing Program measures change as immediate and medium-term (6 months) impact. There is opportunity to also monitor change at a population level through the Public Health Information Development Unit (PHIDU) and South Australian Population Health Survey data sets for the Naracoorte Lucindale Council local government area. The Wellbeing Program has previously monitored health and wellbeing indicators related to self-assessed health, psychological distress, physical inactivity, fruit consumption and developmental vulnerability. Going forward, these could be expanded on and monitored on a 2-3 yearly basis.
- **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 Alcohol and Drug Foundation, Substance Misuse Limestone Coast, Limestone Coast Planet Youth Network, Connected and Active Communities and the Wellbeing Program Partnership Group with Wellbeing SA.
- **Embracing cultural diversity**

Council has recently 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 and our diverse community and promote inclusivity and equality for all.

“It really motivated me to take care of my health and wellbeing because I know the importance of it”

Participant, Good Life Project



Appendix 1: Stats & Stories and Chats About Change

NARACORTE LUCINDALE WELLBEING PROCESS & IMPACT EVALUATION

Stats & Stories #1

GROW YOUR OWN FOOD

Friday 28 August 2022

A 1 hour workshop for beginner gardeners to learn all the basics of growing your own food. Participants created their own herb garden (3 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. Increased understanding of the benefits of growing your own food (lower cost, lower food waste, taste, etc.)
3. Creating opportunities for social connection

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

A **3**

WHY WAS THIS SCORE GIVEN?

Score 3: There was activity, and some objectives were delivered. Objective 1 & 3 were strongly met, all participants felt more confident to grow their own food and there was a lot of opportunity for social connection between participants.

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

11

% 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 *General Population*

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 initiative reached more of the general population than expected considering it was held within business hours. The initiative was really effective in reaching people, there was minimal time spent on marketing, however more could be done to reach the 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?

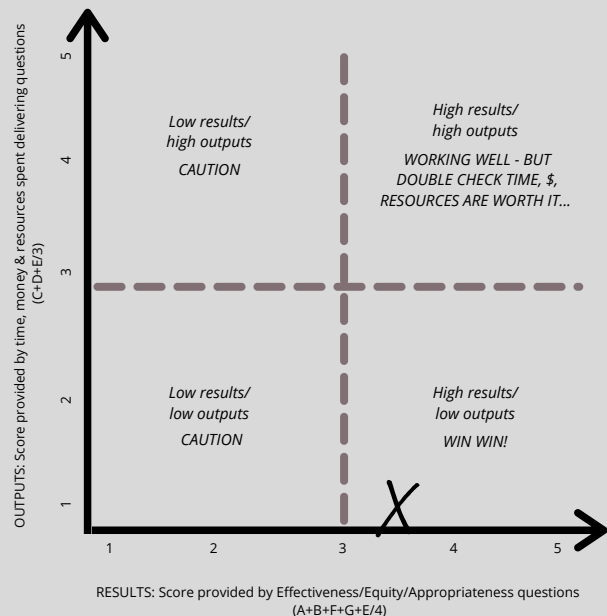


COMMENTS

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

This initiative was very popular and was booked out with only one Facebook post. At the time of running the session there was already a waitlist of 6 people. The purpose of the initiative was to target beginner gardeners and all participants who attended were beginners or struggling to keep their garden/plants alive. Everyone really appreciated to opportunity to take a small herb garden home, many did not expect this. It was a very social and enjoyable morning for participants.

WHAT COULD WE IMPROVE ON NEXT TIME?

TEAM OBSERVATIONS

- Stronger emphasis on the benefits of growing your own food and food systems.
- Better reach in the target populations
- Attendance: Unfortunately we had four people not attend, two unexplained and two sick (COVID). In the past this hasn't been an issue because we haven't capped numbers, however this time it meant we had spots unfilled. Something to monitor moving forward.

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 this initiative, on a scale of 1-5, how much more confident do you feel to grow your own food?

1 - Not at all confident, 2 - Not very confident 3 - Not sure, 4 - a little be more confident, 5 A lot more confident

AVERAGE SCORE

F 4.45

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

" Got **out of the house** and did some **new** things - - **Learned** more about the planting herbs for my cooking and keeping them alive! - - Good workshops. Enjoyed **learning** about different herbs - - **Fresh air** getting outside - - **Learning** something new 😊 - - **Motivation** to get in the garden - - **Inspiration** to get cooking and share with friends and family - - **Growing nutritious home grown food** - - Being **outside** - - Great to get **outside** and **learn** something **new** with different people - - Great to **learn** about different herbs - - **Feel more likely to get in garden** - - Loved the workshop and would enjoy another 😊 - - Really **helpful** and **interesting** info - - Looking forward to **continue growing a range of herbs and veggies at home**. Thank you 😊 - - **Happy** to do workshop. Looking forward to do more. "

The key way this initiative contributed to wellbeing was through improved knowledge of how to grow food.

Other key impacts on wellbeing included being outside, enjoying the fresh air and interacting with new people.

Other general feedback included:

"Very **interesting** morning. Really **enjoyed** thanks for the herbs and containers. - - Thank you so much for an **interesting** and **informative hands-on** workshop - - **Great** idea - would love to see **more gardening** initiatives in the wellbeing program - Appreciate the opportunity to **learn** and to take home some herbs is a bonus!! - - Really **enjoyed** the workshop would absolutely attend again - - **Great** idea 😊 - - Would love to do **more outdoor workshops** - - Thank for the **support and help** - - Great **learning** experience! Will come to any other if organised!

GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

Considering this was a new concept and initiative, it worked really well and achieved some great outcomes. There is still room for improvement as noted above.

Evaluation technique: Sticky notes

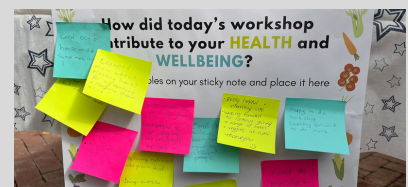
This technique worked really well, it was a quick, simple and engaging technique. The only challenge was having location to hang the question sheets, in the end they were hung on the end of tables (as there were no walls available) and this was really effective.

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 HEALTHY EATING WORKSHOP

Friday 28 August 2022

A one hour, practical healthy eating education workshop delivered in partnership with the Naracoorte Migrant Resource Centre and delivered by dietitian Nikita Wasson, translated to Dari by a local Afghanistan translator. Topics covered included sugar, portion sizes and lunchboxes.

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 -

Nikita Wasson - Accredited Practising Dietitian
Naracoorte Migrant Resource Centre

OBJECTIVES - THIS INITIATIVE CONTRIBUTES TO WELLBEING BY:

1. Increase awareness of healthy eating and the benefits
2. Improve knowledge of healthy eating with a focus on portion sizes, sugar and healthy lunchboxes.
3. Increase participant skills to design a healthy lunch box for themselves or their child/ren.

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. There was strong participant engagement, and positive feedback both formally and through conversations with 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

A moderate amount of output. There were additional challenges to organise this initiative due to travel and time commitments from the dietitian and organising multiple stakeholders.

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

66%

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 **4**

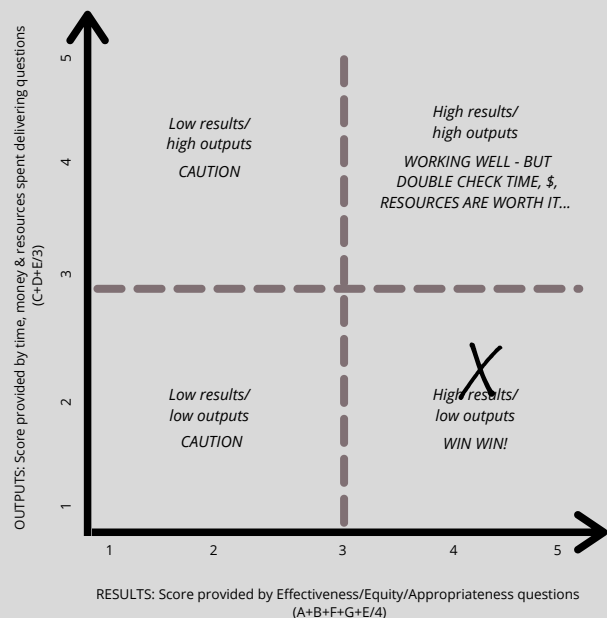
WHY WAS THIS SCORE GIVEN?

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

There is still room for improvement in regards to attracting participants.

OUTPUTS VS RESULTS MATRIX

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



ACCEPTABILITY

Was the initiative carried out in a sensitive way?

WHAT WORKED WELL ABOUT THIS INITIATIVE?

TEAM OBSERVATIONS

Key strengths included;

- Practical, hands on and personalised.
- Well organised and delivered by Nikita
- Participant numbers were perfect. For a similar style initiative I would set a maximum number of 15 participants.
- Having a translator to reach non-English speaking and/or participants who are not confident in their English

WHAT COULD WE IMPROVE ON NEXT TIME?

TEAM OBSERVATIONS

Of those who attended most were already confident in the space of nutrition or they had an interest in nutrition so it missed a population group who many have needed it more. Many participants arrived late which created challenges as the first part of the session was recapped a number of time, this was partly due to bad weather and limited parking spots at the time.

APPROPRIATENESS

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

IMPACT OF INITIATIVE DIRECTLY AFTER EVENT (WITHIN 24 HOURS)

15 people invited to participate in evaluation

11 people participated in evaluation

73 % response rate

QUESTION ASKED TO EVALUATE APPROPRIATENESS -

On a scale of 1-5, 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 be more confident, 5 - A lot more confident

AVERAGE SCORE

4.6

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

Not formally collected

GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

This was a new concept and initiative, healthy eating has been a challenging topic to engage the community in. Future initiatives around improving wellbeing through food may need a different approach.

Evaluation technique: Stickers

This technique worked well, it was a quick and simple way to evaluation using a scale question, and a different approach to using sticky note technique with the same outcomes. It does need to be used in conjunction to another approach. I had planned to verbally ask participants for their feedback however participants were quick to leave and this wasn't achieved.

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

Participant numbers were very low until the day before the workshop.

Advertising was handled through the Naracoorte Migrant Resource Centre, largely through word of mouth, text messages and posters.



NARACOORTE LUCINDALE WELLBEING PROCESS & IMPACT EVALUATION

Stats & Stories #3

SUPERMARKET TOUR

Friday 16 September 2022

A guided small group supermarket tour to help participants make healthy choices in the supermarket. Including how to read labels, how to choose healthier options, supermarket marketing and advertising.

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 -

Nikita Wasson
Naracoorte Foodland
Naracoorte Library

OBJECTIVES - THIS INITIATIVE CONTRIBUTES TO WELLBEING BY:

1. Increase awareness of healthy eating
2. Improve community members skills and knowledge of making healthier food choices.

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
All participants were highly engaged in the initiative and all objectives were met, this was reflected in participant feedback and comments.

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 moderately intensive due to the additional time and effort spent advertising the program with minimal outcome.

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

4

% 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 **2**

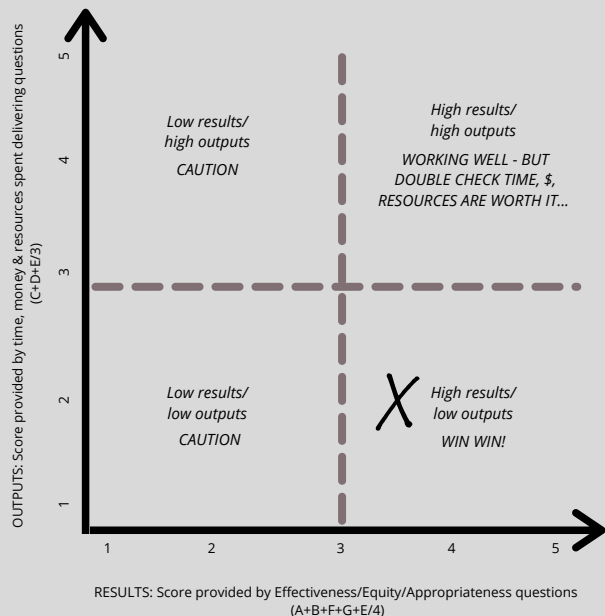
WHY WAS THIS SCORE GIVEN?

Score 2: Poor effectiveness in reaching key population groups- lots of room for improvement

Unfortunately, it didn't quite seem to hit the mark within the community. Numbers for this event were very low and required more promotion than usual. In the end we specifically targeted community groups inviting them to attend.

OUTPUTS VS RESULTS MATRIX

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



ACCEPTABILITY

Was the initiative carried out in a sensitive way?

WHAT WORKED WELL ABOUT THIS INITIATIVE?

TEAM OBSERVATIONS

The initiative was well delivered, informative and included take home resources for participants. The initiative was very practical with lots of opportunities to practice reading labels and identifying healthier options.

WHAT COULD WE IMPROVE ON NEXT TIME?

TEAM OBSERVATIONS

Unfortunately this initiative didn't translate into bookings. Engagement needs to be improved. Reconsider the approach to healthy eating health promotion.

APPROPRIATENESS

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

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

4 people invited to participate in evaluation

3 people participated in evaluation

75 % response rate

QUESTION ASKED TO EVALUATE APPROPRIATENESS -

On a scale of 1-5, 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 be more confident, 5 A lot more confident

AVERAGE SCORE

2

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

"very helpful when packing kids lunchboxes, choosing products for mealtimes eg breakfast, lunch, dinners"

Other comments included:

"Thank you for organising, very informative"

"Tutors done a great job 😊"

"Great job girls"

GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

This was a new concept and initiative, healthy eating has been a challenging topic to engage the community in. Future initiatives around improving wellbeing through food may need a different approach.

Evaluation technique: Paper survey

Given the initiative was held in the supermarket, a paper survey enabled participants to quickly complete an evaluation with minimal set up or disruption to the supermarket. A paper survey was used, as the primary bookings were for older residents.

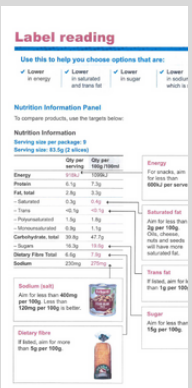
Strategic Alignment:

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

Advertising included posters around town and 4 social media posts, 2 of which were shared to the Naracoorte Notice Board. In total the 4 council Facebook posts received 16 likes, 1 comment and 5 shares. Comment "Great idea to keep shoppers informed to make healthy choices".



Crackers:		FIBRE
Sylvia multigrain		
Wildwest (rectangles)		
Plain Sobadka/Premium		
Ritz		
Rice crackers (e.g. Santeas)		
Pasta & Sauce:		SUGAR
Find (sweet) sugar tomato pasta sauce		
Compare to creamy carbonara sauce		
Kantong Sweet & Sour		
		FIBRE
White pasta		
Wholemeal Pasta		



NARACOORTE LUCINDALE WELLBEING PROCESS & IMPACT EVALUATION

Stats & Stories #4 ACTIVE STORYTIME - NARACOORTE

Friday 28 August 2022

Story time delivered in fun, active and engaging way. This 60 minute sessions includes 30 minutes of structured learning, through songs, dance and reading, and 30 minutes of unstructured play and morning tea.

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

OBJECTIVES - THIS INITIATIVE CONTRIBUTES TO WELLBEING BY:

1. Creating opportunities for social connection
2. Creating support networks for parents and carers.
3. Engaging children in literacy and learning through physical activity and play
4. Incorporating healthy eating themes and messaging

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

Library staff noticed the increase in families using the library

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

113 Total attendances **46** Different people

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

66%

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?

Score 5: Extremely effective in reaching key population groups

Active Storytime reached all three populations groups well including grandparents. The program doesn't require much promotion and easily reached the correct people.

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?

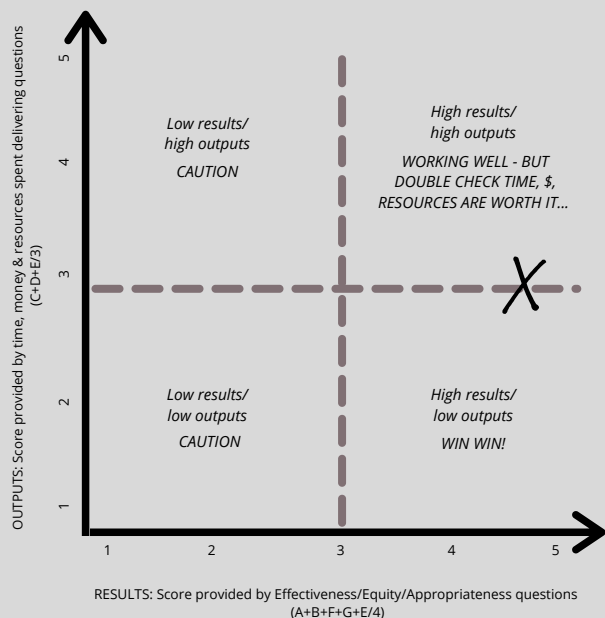


COMMENTS

There was a moderate amount of costs and resources initially, however moving forward these outputs will be lower.

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?

Key successes include:

- Large space for children to play
- Interactive books that get children moving
- Encouraging children and parents that this is a place for children to play, run and make noise. Silliness is encouraged.
- Duration (60min)
- Ribbons were a highly successful.

WHAT COULD WE IMPROVE ON NEXT TIME?

Originally we were going to have name badges for children and parents, but children weren't interested in wearing them.

Additional time for pack up and set up was required.

APPROPRIATENESS

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

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

6 people invited to participate in evaluation

6 people participated in evaluation

100 % response rate

QUESTION ASKED TO EVALUATE APPROPRIATENESS -

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 very connected 3 - Not sure, 4 - a little be more connected, 5 A lot more connected

AVERAGE SCORE

F 4.5

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

"Great active format for an active child! He loves coming. Town Hall is perfect venue." **"Socialising** with other children same age. **My children are quite shy when meeting new people so this was a great way to feel comfortable and interact**" "Yes! **My kids are socialising more with other people.** They **aren't shy anymore** to sing and dance. And we got to **meet other families** too." "As a parent I got an opportunity to **socialise** and my kids really happy to **meet some friends.**" "Loved to **socialise** with other children"

The key way this initiative contributed to wellbeing was through children and parents had an opportunity to socialise and meet new people.

Other general participant feedback included:

"**Excellent** initiative! We would **love** to come next term" "**Loved it!!**" "**Loved** this! Thank you Tara" "**We love it** so I hope this storytime stays a lot longer" " **I really appreciate if I have more time with this group**" "He gets bored in other Storytime's and I spend my whole time chasing after him, here he can run around and be silly without me worrying." " I can't tell him were going to Active Storytime until right before because he gets so excited. " "We go to other storytimes, and they have quiet craft time after and he doesn't sit still. **This is great he is engaged and can play.**"

GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

Facilitator observations: "A Mum and her 2 children came this week, they are new to the area, and this really helped her connect with another Mum as her child will be going to childcare with the other lady's child...I think that is great!" "Children are coming out of their shell"

100% of those surveyed said they were **more likely to visit the library** since participating in this program.

Strategic Alignment:

Regional Public Health Plan: Action 6.1.5 Increased social connectedness, volunteering, community participation

Wellbeing Plan: Strengthening community engagement and social connectedness

- Provide opportunities for people to connect through events and programs.

Advertising included posters around town and a social media post before each session. This initiative was easy to promote to the community.



NARACOORTE LUCINDALE WELLBEING PROCESS & IMPACT EVALUATION

Stats & Stories #5

ACTIVE STORYTIME - LUCINDALE

Friday 28 August 2022

Story time delivered in fun, active and engaging way. This 60 minute sessions includes 30 minutes of structured learning, through songs, dance and reading, and 30 minutes of unstructured play and morning tea.

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
Lucindale Town Hall

OBJECTIVES - THIS INITIATIVE CONTRIBUTES TO WELLBEING BY:

1. Creating opportunities for social connection
2. Creating support networks for parents and carers.
3. Engaging children in literacy and learning through physical activity and play
4. Incorporating healthy eating themes and messaging
5. Library outreach program in Lucindale

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
All participants indicated they are more likely to use the Library as a result of the program, even through it was an outreach service.

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

41 Total attendances **30** Different people

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

50%

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 **4**

WHY WAS THIS SCORE GIVEN?

Score 4: Effective in reaching key population groups, but still room for improvement
The program was effective in reaching the key population group, however wasn't as successful at reaching older and CALD residents like the Naracoorte sessions.

EFFICIENCY

The outputs - time, money and resources spent on initiative

HOW MUCH TIME WAS SPENT ON ORGANISING THIS INITIATIVE?



HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?

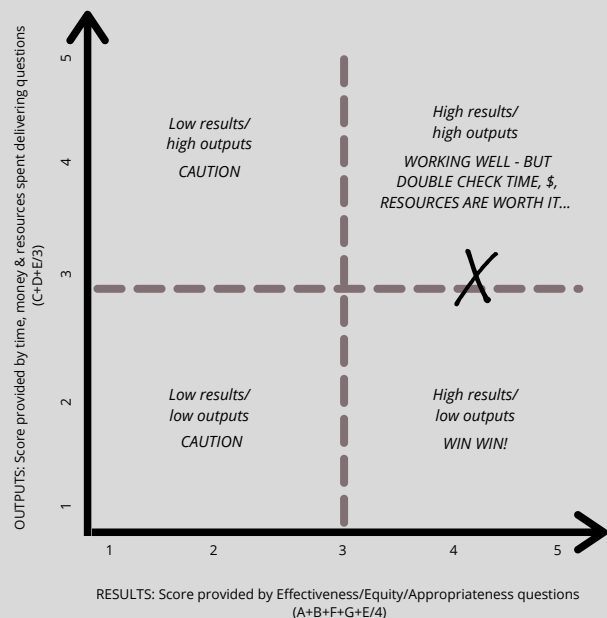


COMMENTS

There was a moderate amount of costs and resources initially, however moving forward these outputs will be lower. There were some additional coordination involved having to travel to Lucindale.

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?

Key successes include:

- Large space for children to play
- Interactive books that get children moving
- Encouraging children and parents that this is a place for children to play, run and make noise. Silliness is encouraged.
- Duration (60min)
- Ribbons were a massive success.

WHAT COULD WE IMPROVE ON NEXT TIME?

The first session was held in the supper room, which ended up being too small and had too many climbable items. The program was then moved to the auditorium which worked much better.

Additional time for pack up and set up was required. For Term 4 we pushed the time back by 30 minutes to accommodate.

APPROPRIATENESS

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

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

4 people invited to participate in evaluation

4 people participated in evaluation

100 % response rate

QUESTION ASKED TO EVALUATE APPROPRIATENESS -

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 very connected 3 - Not sure, 4 - a little be more connected, 5 A lot more connected

AVERAGE SCORE

4.5

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

"Opportunity for child to socialise." "Confidence, socializing"

Other feedback included:

"If it continues we definitely will keep coming." "Well done to Tara." "Tara has been fantastic interacting with the kids"

100% of those surveyed said they were **more likely to visit the library** (Naracoorte or Lucindale) since participating in this program.

GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

Strategic Alignment:

Regional Public Health Plan: Action 6.1.5 Increased social connectedness, volunteering, community participation

Wellbeing Plan: Strengthening community engagement and social connectedness

- Provide opportunities for people to connect through events and programs.

Advertising included posters around town and a social media post before each session. This initiative was easy to promote to the community.



NARACOORTE LUCINDALE WELLBEING PROCESS & IMPACT EVALUATION

Stats & Stories #6

THE RAIN MAKER

THURSDAY 20 OCTOBER 2022

The Rain Maker is a multi-platform performance arts project designed to educate youth audiences around a range of themes that are impacting youth mental health today. Set in a football club, The Rain Maker depicts the struggles of two young players and their coach.

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 -

Centre Script Stage
StandBy
Naracoorte Suicide Prevention Network

OBJECTIVES - THIS INITIATIVE CONTRIBUTES TO WELLBEING BY:

1. Raise awareness of youth mental health within the community to youth and their families.
2. Start a conversation between youth and their families about mental health

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

A **3**

WHY WAS THIS SCORE GIVEN?

Score 3: There was activity, and some objectives were delivered. The initiative was scored a 3 as it didn't seem to quite hit the mark in the community, and this was reflected in low attendance. Although those who did attend were highly engaged.

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

Centre Script Stage were extremely easy to work with and were very self sufficient. There was additional time spent initially organising the production due to COVID and border closures.

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

30

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

50%

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

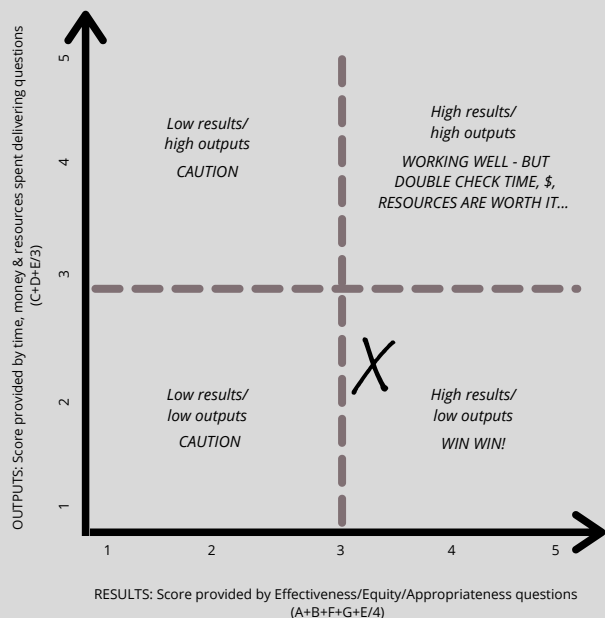
B **2**

WHY WAS THIS SCORE GIVEN?

Attendance for this event was a lot lower than expected or hoped for. It is hard to tell why, there was significant advertising including posters, newspapers adverts, newspaper articles, emails to the schools, community groups, etc. Schools were asked to promote the event through the newsletter and within the school.

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 show itself was fantastic, it covered mental health in a fun and relevant way. The Q&A at the end of the show helped to solidify the learnings and impact to the audience. Tracey from StandBy as the facilitator was brilliant she asked some great questions. Having the Suicide Prevention Network present was great, and they had 4 people sign up to their upcoming Youth Mental Health First Aid course.

WHAT COULD WE IMPROVE ON NEXT TIME?

TEAM OBSERVATIONS

Attendance was largely disappointing, unsure of how to improve this.

Similar to the nutrition initiatives the approach to promoting positive mental health may need to be reconsidered.

APPROPRIATENESS

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

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

12 people invited to participate in evaluation

7 people participated in evaluation

58 % response rate

QUESTION ASKED TO EVALUATE APPROPRIATENESS -

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 very supported 3 - Not sure, 4 - A little be more supported, 5 A lot more supported

AVERAGE SCORE

4.7

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

When asked how the initiative has impact them, participants said:
"Raising more awareness and promoting that people need to talk"
"I'll be more considerate and patient with my grand children"
"It showed a lot of very common and relevant issues"

Other feedback:

"Thank you that was really great"

"Excellent performance, shame more people didn't attend, needs to be pushed to high schools"

"Such a shame more didn't attend. Performance was so powerful with a message that was clear and informative"

"Very good"

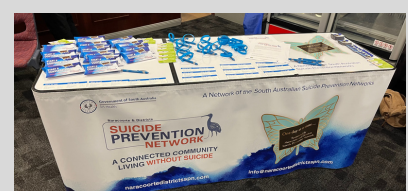
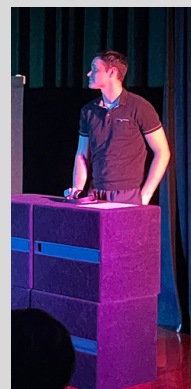
GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

Strategic Alignment:

Wellbeing Plan: Supporting positive mental health and wellbeing

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

Advertising included 3 x direct emails to all schools, community groups and the wellbeing database, posters around town and 7 social media posts which received 13 likes and 12 re-shares. The booking link was clicked 100 times but unfortunately only 17 bookings we made.



NARACOORTE LUCINDALE WELLBEING PROCESS & IMPACT EVALUATION

Stats & Stories #7

THE GOOD LIFE PROJECT

THURSDAY 8 SEPTEMBER - THURSDAY 3 NOVEMBER 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, 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

10

% 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

50+

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 effective in reaching the key population group, however we expected more participants.

EFFICIENCY

The outputs - time, money and resources spent on initiative

HOW MUCH TIME WAS SPENT ON ORGANISING THIS INITIATIVE?



HOW MUCH MONEY WAS SPENT ON DELIVERING THIS INITIATIVE?



HOW RESOURCE INTENSIVE WAS DELIVERING THIS INITIATIVE?

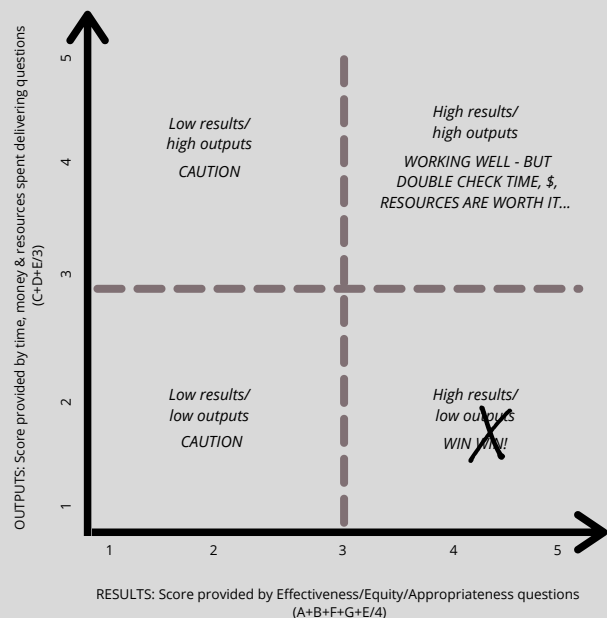


COMMENTS

As this 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.

WHAT COULD WE IMPROVE ON NEXT TIME?

TEAM OBSERVATIONS

Participation in the program is starting to decline and it is becoming harder to fill positions. This may be something to review in 2023, this could include resting the program for a while and changing the advertising approach e.g. a re-design of the poster and include advertising in the local papers.

APPROPRIATENESS

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

IMPACT OF INITIATIVE DIRECTLY AFTER EVENT (WITHIN 24 HOURS)

6 people invited to participate in evaluation
Only 6 of the 10 participants were present at the final session.

6 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 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 -

Additional comments not collected.

GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

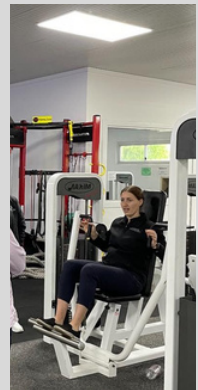
Strategic Alignment:

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

Advertising included advertising through Good Country Physio, posters around town and 2 social media posts which received 26 likes, 7 comments and 6 re-shares.



NARACOORTE LUCINDALE WELLBEING PROCESS & IMPACT EVALUATION

Stats & Stories #8

10,000 STEPS CHALLENGE

14 NOVEMBER - 11 DECEMBER 2022

A 28 day challenge encouraging participants to walk 10,000 Steps per day. The challenge was run through the 10,000 Steps Website and program. Participants could register as an individual or team. There was individual and team prizes, as well as a photo competition.

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 -

10,000 Steps

OBJECTIVES - THIS INITIATIVE CONTRIBUTES TO WELLBEING BY:

1. Increase participants physical activity and achieve 10,000 steps per day.
2. Provide accessible opportunities that encourage physical activity
3. Increase community awareness of local open spaces

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. Nearly all participants actively engaged in the challenge, and most achieved the goal of 10,000 steps per day. All objectives were achieved. The average daily steps per person was 9,089 steps.

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 challenge was very easy to run. The 10,000 steps website has a range of resources to assist including email templates, certificate and program run sheets., making the challenge very easy to deliver. The only costs are for prizes.

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

90

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

43%

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**

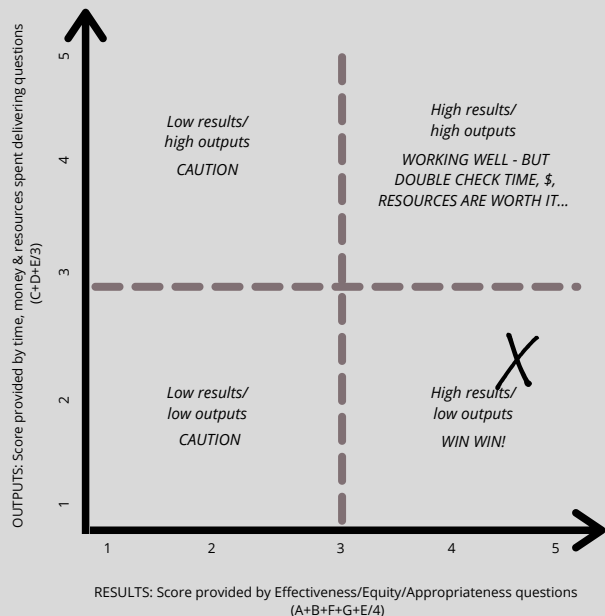
WHY WAS THIS SCORE GIVEN?

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

The program reached the general population extremely well, however it is difficult to know if it has reached our primary audiences.

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

- Very easy to run and organise.
- It is assumed the prizes contributed to high registration numbers.
- Participants enjoyed the competitive nature of the initiative. Participants noted they walked more because they could see the leader board.
- The leader board encourages participants to increase their steps.
- The photo competition was well received by participants, and enabled those who couldn't keep up with the leaders to have an opportunity to win.

TEAM OBSERVATIONS

- It is difficult to know if this initiative is encouraging people to be more active or if it is targeting those who are already very active - this was reflected in the average daily steps.
- Award more prizes for other achievements e.g. challenges within the challenge, everyone who achieves more than 10,000 steps, most improved etc.
- Engaging participants in evaluation was difficult. We could use another technique or reward those for completing 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)

90 people invited to participate in evaluation

14 people participated in evaluation

16 % response rate

QUESTION ASKED TO EVALUATE APPROPRIATENESS -

After taking part in the 10,000 Steps Challenge 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 -

"Walking at least 5 times per week at 6 am" "not much" "Definitely made me keen to get up and go and resulted in kickstarting a weight loss goal that I aim to continue."
"Yes, keeping active everyday" "Yes. I am more conscious about walking and getting my steps up. And making more of an effort to exercise outdoors now that the weather has warmed up." "It encouraged me to make a conscious effort to go walking - and I felt better for it!" "Appreciating that even walking 10-15 minutes at the end of the day is not only achievable but made me feel more energised." *"More conscious of how little I actually move during my work day."* *"I was already conscious of being physically active every day. Challenges like this help to maintain motivation for me."* *"Yes I am more aware of how much I do and how much I need to do as we as how I feel after exercise... I feel better in myself" "It has definitely shown me that if I push myself, I can achieve more than I realise, but with two young kids, it does add to the tiredness factor."* *"Yes, walking, I'm feeling fitter, reaching 10000 steps +"* *"I have been challenging myself to be more active, taking longer route and keeping busy."*

Other feedback (due to space, not all feedback was included):

"... enjoyable and challenging really enjoyed" "A great program! I'll certainly do it again!" "Would join again next time." "These public health initiatives are so important for community health and wellbeing. Congratulations to NLC for taking a leading hand in driving health promotion and behaviour change in the community. It is essential work and I hope it continues for many years, as it really is making a difference." "It would be nice to be able to include riding to a extent... Being a bigger person riding is better for my hips and knees. Also maybe group number limits to make it more even" "I've really enjoyed participating... A friend of mine and I challenged and pushed each other along the way. I'd certainly participate again, but it would be nice to have more opportunities to win - not all of us can reach 500,000 plus steps! =>" "Thankyou, was enjoyable, and motivating, challenged my fitness goals, helping me get fitter, loose extra weight, improving my health each day, from having a baby i am getting fitter and stringer each day, Thankyou," "This was a fun work challenge"

GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

Total steps for the challenge = 22,904,439
Average steps per person per day = 9,089

This challenge relies on an honesty system, and while they can sync their trackers they can also manually add additional steps.

Evaluation technique: Online survey emailed to participants
Engaging participants in the evaluation was challenging as it was emailed it can be easily missed. Adding an incentive to complete the survey could have assisted.

Advertising included email to previous participants and wellbeing database and 3 social media posts which received 15 likes, 4 comments and 6 shares.

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 #9

ACTIVE STORYTIME

18 OCTOBER - 13 DECEMBER 2022

Story time delivered in fun, active and engaging way. This 60 minute sessions includes 30 minutes of structured learning, through songs, dance and reading, and 30 minutes of unstructured play and morning tea. Delivered in Naracoorte and Lucindale. The Lucindale session is an outreach program.

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, Lucindale Town Hall

OBJECTIVES - THIS INITIATIVE CONTRIBUTES TO WELLBEING BY:

1. Creating opportunities for social connection (parents, carers and children)
2. Creating support networks for parents and carers.
3. Engaging children in literacy and learning through physical activity and play
4. Incorporate healthy eating themes and messaging through story time
5. Library outreach to the Lucindale area.

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

Library staff noticed the increase in families using the library.

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

148 Total attendances 70 Different people

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

55%

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 Active Storytime reached all three populations groups well including grandparents. The program doesn't require much promotion and continues to grow predominately through word of mouth.

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?

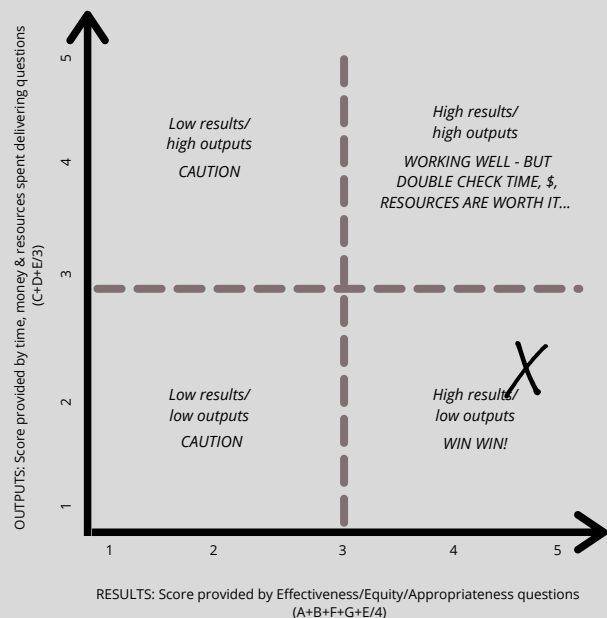


COMMENTS

Now that the initiative resources have been purchased, the program is very low cost to run. Staff time includes 3-4 hours per session plus a few hours at the start of the term to prepare songs and books.

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 program is continuing, growth is largely due to word of mouth. Naracoorte averaged 18 children in Term 4 compared to 15 children in Term 3.
- Children and families have loved the parachute. It is a great opportunity for parents to engage in the structured half of the session.

WHAT COULD WE IMPROVE ON NEXT TIME?

TEAM OBSERVATIONS

- Participant numbers in Lucindale have been low. Could look into improved advertising or engaging the local rural care and kindly. However this take away from parents having more opportunities to connect.
- There is room for improvement for running the program in Lucindale - transporting everything to Lucindale is inconvenient. The start time was pushed back to assist and this helped however hasn't fully resolved the issue.
- The program is running very smoothly in Naracoorte.

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
Parents and carers who attended the final session were invited to participate

12 people participated in evaluation

92 % response rate

QUESTION ASKED TO EVALUATE APPROPRIATENESS -

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

AVERAGE SCORE

4.6

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

*It's been wonderful to come every fortnight to **interact with different children and their parents.** [child] loves singing the songs she has sung at story time" " Only attended one session but think it would help a lot of children **socially**" " **Kids are more sociable and participative now** and were happy to meet new kids and parents as well." " **Better joining in** with other children. **Catch up with other mums.**" " **Socialise** more better, child is **more confident** and **opportunity to concentrate.**" " **Connected to community,** kids having **fun** and makes more **friends.**" "Loves the **active** component, venue is excellent, **allows free movement**" " **Gross motor skills**" " **Confidence**" " **New friends** (from Apsley)" " **New connections**" " **Socialised** with other kids and parents. [she] loved it." "It's a great way to **socialise** and for **children's development**"*

The key way this initiative contributed to wellbeing was children and parents had an opportunity to socialise and meet new people.

"[She] often asks us to sit on the floor whilst she **grabs a book and pretends to be Tara and reads us the stories she's chosen.**" " **Please continue** to do this as we **look forward to always participate** and hopefully it will be every week" " **LOVED it!** Thank you Tara, – such a **great program for children and their mums!**" "I'm glad is Storytime have everyweeks and have a little long more time **dance song and action.**" " **Great program, please continue.**" " **Fantastic.**" "Great venue, **great activities,** great facilitator – Thanks Tara!"

GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

In 2023 we are transitioning Active Story Time to a Naracoorte Library program.

- 55% of participants are new to the Wellbeing Program and 33% of participants attended Active Story Time for the first time in Term 4.
- 100% of those surveyed are more likely to visit the library because of the program, including Lucindale respondents where the program is an outreach service.

Evaluation technique: Online surveys through QR code and paper surveys

Strategic Alignment:

Regional Public Health Plan: Action 6.1.5 Increased social connectedness, volunteering, community participation

Wellbeing Plan: Strengthening community engagement and social connectedness

- Provide opportunities for people to connect through events and programs.

Advertising included posters around town and a social media post before each session. This initiative was easy to promote to the community and spread through word of mouth.



NARACOORTE LUCINDALE WELLBEING PROCESS & IMPACT EVALUATION

Stats & Stories #10

SCHOOL HOLIDAY BINGO

16 December 2022 - 27 January 2023

Families could collect their free School Holiday Bingo brochure from the Naracoorte Library, and using the bingo card complete 3 activities in a horizontal, vertical or diagonal row.

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 -

NA

OBJECTIVES - THIS INITIATIVE CONTRIBUTES TO WELLBEING BY:

1. Provide accessible opportunities that encourage physical activity
2. Increase community awareness of local open spaces

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.
This activity was really well received, and parents enjoyed the opportunity to discover new accessible school holiday activities that got the children out of the house.

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

130 Total attendances

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

50%

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.
This program was targeted at young families, inclusive of the CALD community, as well as grandparents. This program reached all target groups, this was observed through the VIC/Library handing out the brochure and anecdotally speaking to 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?

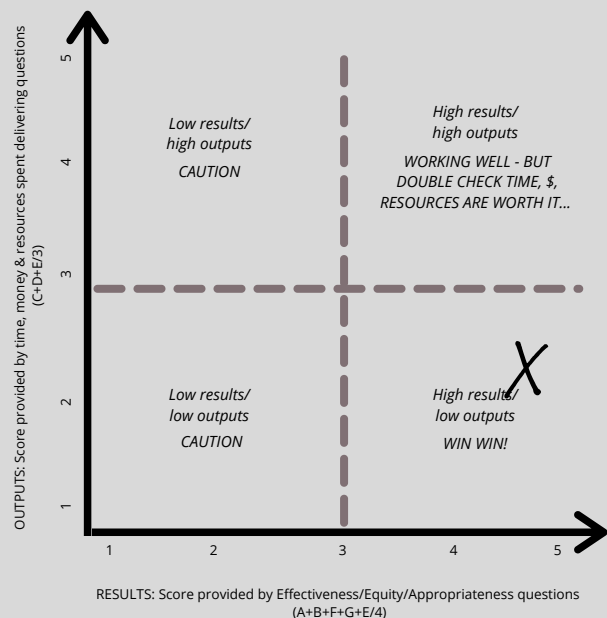


COMMENTS

There were 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.

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

- Low cost and easy to run.
- Easy to replicate into the future.

WHAT COULD WE IMPROVE ON NEXT TIME?

TEAM OBSERVATIONS

- We didn't take any evaluation data on this initiative, this was a conscious decision, however this would be beneficial next time.

APPROPRIATENESS

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

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

people invited to participate in evaluation
 Parents and carers who attended the final session were invited to participate

people participated in evaluation % response rate

QUESTION ASKED TO EVALUATE APPROPRIATENESS -

AVERAGE SCORE

F

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

GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

Evaluation for this initiative was collected through anecdotal evidence. The Naracoorte Library and Sheep's Back Museum (both locations included in the bingo card) noted an increase in patronage during the time, however this program was held during the school holidays, so increased visitors may have been due to the school holidays.

Evaluation technique: No formal evaluation included.

Advertising included email to previous participants and wellbeing database and 4 social media posts which received 17 likes, 4 comments and 10 shares.

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

- Increase community awareness of open spaces and unstructured recreational opportunities.



NARACOORTE LUCINDALE WELLBEING PROCESS & IMPACT EVALUATION

Stats & Stories #11

10,000 STEPS CHALLENGE

1 JUNE - 30 JUNE 2023

A 30 day challenge encouraging participants to walk 10,000 Steps per day. The challenge was run through the 10,000 Steps Website and program. Participants could register as an individual or team. There was individual and team prizes, as well as weekly challenges.

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 -

10,000 Steps

OBJECTIVES - THIS INITIATIVE CONTRIBUTES TO WELLBEING BY:

1. Increase participants physical activity and achieve 10,000 steps per day.
2. Provide accessible opportunities that encourage physical activity
3. Increase community awareness of local open spaces

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. More than 50% of participants had an average of 10,000 or more steps per day for the duration of the challenge. The challenge has an average of 10,214 steps per day per person.

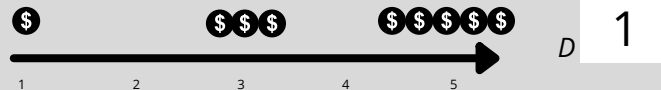
EFFICIENCY

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 were 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.

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

51 Participants

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

42%

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**

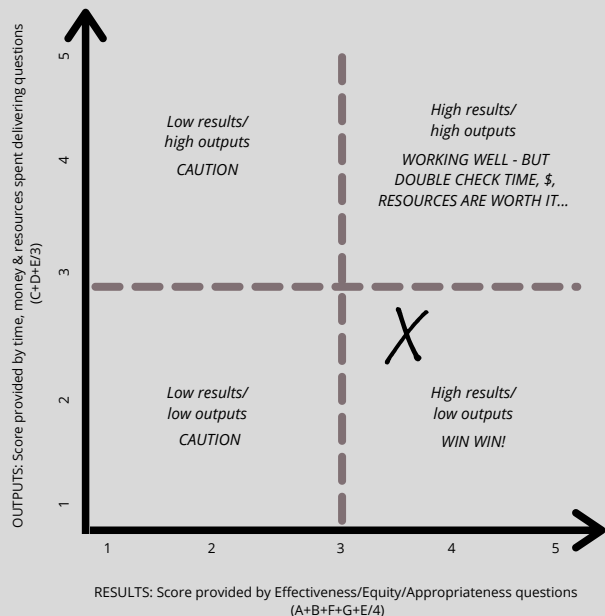
WHY WAS THIS SCORE GIVEN?

Score 3: Average effectiveness in reaching key population groups

Targeting participants was more challenging than the November round, we suspect this was due to the weather and time of the year.

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

- Feedback from the last round was to make the challenge more engaging for those who can't keep up with the leaders. This round we introduced weekly challenges which were about beating your own personal best for example, in the last week participants had to "have their best day yet" and beat their highest step count. This worked really well.

WHAT COULD WE IMPROVE ON NEXT TIME?

TEAM OBSERVATIONS

- The introduction of weekly challenges was time consuming.
- It is difficult to ensure participants step counts were correct.
- Many participants regularly reached more than 10,000 steps, so it is difficult to know if participants increased their step count because of the challenge or if they joined because they already have a high daily step count.

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)

51 people invited to participate in evaluation

7 people participated in evaluation

13.7 % response rate

QUESTION ASKED TO EVALUATE APPROPRIATENESS -

After taking part in 10,000, 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 4.43

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

"Yes, I am more conscious of moving more" **"Getting outside more and taking my baby for a walk"** **"It's definitely made me fitter"** **"Keeping me motivated to stay above 10000 steps"** **"Yes, will try to keep taking 10,000 steps or more each day"** **"Possibly helped as in winter it's harder to get out. I usually run at least 3 to 4 times a week but got out everyday even if it was to walk because of the challenge"** **"Getting myself and the kids out and walking more"**

The key way this initiative contributed to wellbeing was participants were more motivated to walk more.

Other feedback included:

"Maybe we should show proof of our steps , not possible for all of them but for runs or walks , maybe via an app , just a suggestion. "

Thank you "Might of been nice to add a group meet on a Sunday arvo for a walk together to meet others doing the challenge and find out where and how they got their steps." "This has been so much fun! And has pushed me to get outside and get my steps in rain hail or shine! thanks so much for the extra push!"

GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

Total steps for the challenge = 14,218,601
Average steps per person per day = 10,214

This challenge relies on an honesty system, and while they can sync their trackers they can also manually add additional steps. Some steps counts were questioned. It would be great to make it all tracked digitally, however this excludes those who don't have a trackable watch or the like.

Evaluation technique: Online survey emailed to participants
Engaging participants in the evaluation was challenging as it was emailed it can be easily missed.
Adding an incentive to complete the survey could have assisted.

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 #12 GOOD LIFE PROJECT (MIGRANT COMMUNITY)

15 JUNE - 20 JULY 2023

This round of the highly successful Good Life Project was adjusted to suit our Migrant community and opened up to women off all ages. The program was female only and all content and delivery styles were altered to suit those with English as a second language.

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, Pharmacist Amelia Wood, Naracoorte General Practice, 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 **4**

WHY WAS THIS SCORE GIVEN?

Score 4: There was activity, and all objectives were delivered. All participants felt the program was worthwhile and took a lot of it.

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS/ATTENDANCES

14 Participants

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

57%

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

Participants were directly targeted through word of mouth, the Migrant Resource Centre and Soccer club.

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?

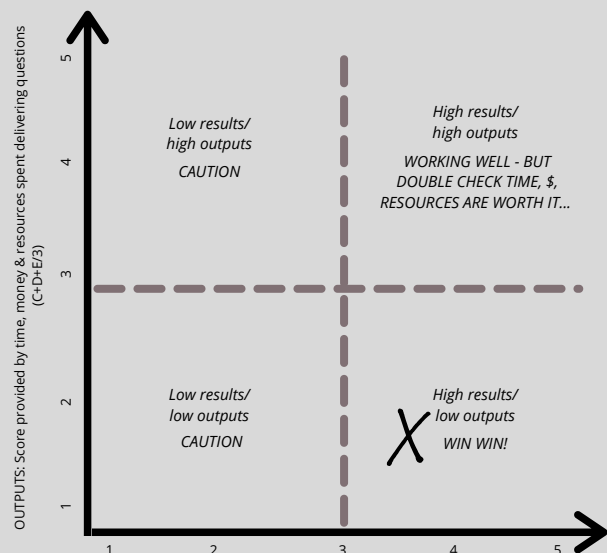


COMMENTS

This initiative was outsourced to Good Country Physiotherapy which meant the time and resource intensity of the program was quite low.

OUTPUTS VS RESULTS MATRIX

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



RESULTS: Score provided by Effectiveness/Equity/Appropriateness questions (A+B+F+G+E/4)

ACCEPTABILITY

Was the initiative carried out in a sensitive way?

WHAT WORKED WELL ABOUT THIS INITIATIVE?

TEAM OBSERVATIONS

- The new format of the Good Life Project worked really well, as reflected through participant feedback. Prior to starting the initiative, Good Country Physio had met with a local community member who could advise on the best approach to structuring the program, and engaging the migrant community.
- Being a female only session was crucial to the success of this round.
- Staff were unsure how many women would attend, however they were very happy with the final numbers.

WHAT COULD WE IMPROVE ON NEXT TIME?

TEAM OBSERVATIONS

- There isn't anything I would change about 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 EVENT (WITHIN 24 HOURS)

14 people invited to participate in evaluation

8 people participated in evaluation

57 % response rate

QUESTION ASKED TO EVALUATE APPROPRIATENESS -

After taking part in 10,000, 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 4.75

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

"The importance of exercise" **"How exercise helps us in life"** **"It is an amazing program that should happen all the time"** **"Very Good"** **"Will improve my health and wellbeing"** **"If really motivates me to take care of my health and wellbeing because I know the importance of it"** **"The presenters did a really good job, I really liked when she talks and do the actions"** **"I improved a lot. I came to know so many things which I will try to do in everyday of my life"** **"Very good"** **"Learn about health its so good for everyone"** **"I learned more about health and good exercises"**

The key way this initiative contributed to wellbeing was participants was increased knowledge about health and fitness.

Other feedback included:

"I'm happy with this sessions. It's really good to know about fitness." "I'm happy to join this activity not just for health but also make me meet other new friends and good for relationships in the community" "very good" "We enjoyed a lot. The staff were very helpful and friendly. I hope Council will do this type of project again" We really appreciate it. More programs like this" "The staff were very helpful and friendly. We enjoyed a lot" "Friendly people" "Would love to have another project like this"

GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

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

Strategic Alignment:

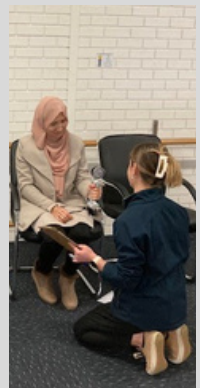
Regional Public Health Plan: Action 6.2.1 Increasing Physical Activity

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



NARACORTE LUCINDALE WELLBEING PROCESS & IMPACT EVALUATION

Stats & Stories #13

CIRCLE OF SECURITY

18 MAY - 27 JULY 2023

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

11 Participants

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

63%

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 5: There was activity, all objectives were delivered and there were unanticipated positive outcomes

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?

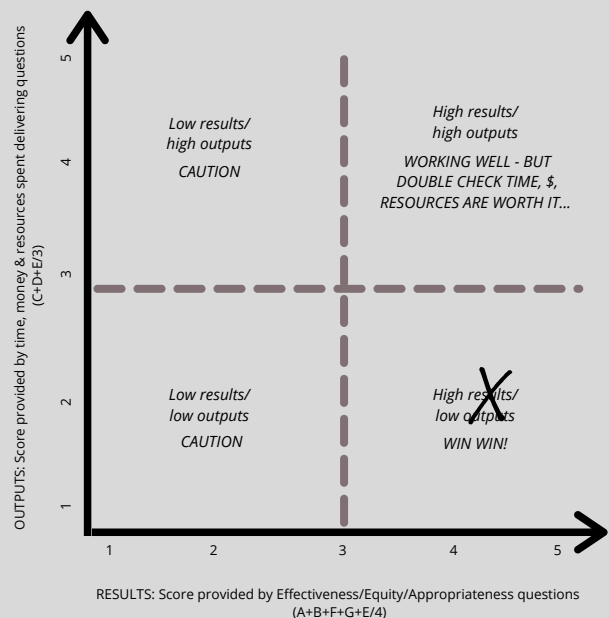


COMMENTS

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?

TEAM OBSERVATIONS

- This was the first 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.

WHAT COULD WE IMPROVE ON NEXT TIME?

TEAM OBSERVATIONS

- Unfortunately, due to the time of year, a few participants missed some sessions due to illness. Where applicable the program was altered to best suit the group. However, there isn't anything I would change about the Circle of Security.

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

7 people participated in evaluation

63 % 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 3

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

"Very much **improved my mental health** by me dealing with my child's tantrums better" "**Challenged and improved. I enhanced my understanding** of child development and importance of healthy secure relationships. **Encouragement to keep going**" "**I feel so much calmer**" "It has made me reflect more about making decisions in difficult movements and realise I can be compassionate during moments of rupture" "**I have really enjoyed listening to the conversations** at the start of each sessions to **know I'm not alone** in a lot of situations" "Doing this course has **given me the tools to better parent, which has bettered my mental health**" "Has made me **feel like I have the skills and knowledge** to become a better parent with practice of what we have learnt" "**Improved my confidence and understanding** as a mum which has improved my wellbeing greatly"

The key way this initiative contributed to wellbeing was participants was increased knowledge and confidence about parenting

Other feedback included:

"This topic has made such a difference in my parenting journey and I am so grateful to have funding so I could attend." "Really helpful, meaningful and relevant content" "Thank you so much for funding this invaluable course" "This course has helped me understand how to be with my children and their needs." "It was very useful and insightful"

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



NARACOORTE LUCINDALE WELLBEING PROCESS & IMPACT EVALUATION

Stats & Stories #14

CHATS FOR CHANGE

JULY 2023

Chats for Change is a mental health and wellbeing support resource to help young people and their families access mental health support services - either in person or online - across the Limestone Coast, including the Naracoorte Lucindale Council area

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 High School, Naracoorte Primary School, Naracoorte South Primary School, Sunrise Christian School Naracoorte, Frances Primary School, Lucindale Area School, Smiles All Round, Naracoorte Suicide Prevention Network, Naracoorte Counselling Services, Occupational Therapy for Children, Survivors of Torture and Trauma Assistance and Rehabilitation Services (STARS), Beyond Words, Standby, Headspace, Kinraig Medical Clinic, Lucindale Medical Centre, Naracoorte General Practice.

OBJECTIVES - THIS INITIATIVE CONTRIBUTES TO WELLBEING BY:

1. Promote locally available and online mental health supports to young people and their families.
2. Reduce the fear of accessing mental health support by including what to expect when contacting/seeing a support service
3. Reduce the stigma of mental health

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

A **5**

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

2000 Copies printed

% 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: There was activity, all objectives were delivered and there were unanticipated positive outcomes

This initiative was directly targeted and young people and families, and the resource was distributed through local schools.

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?

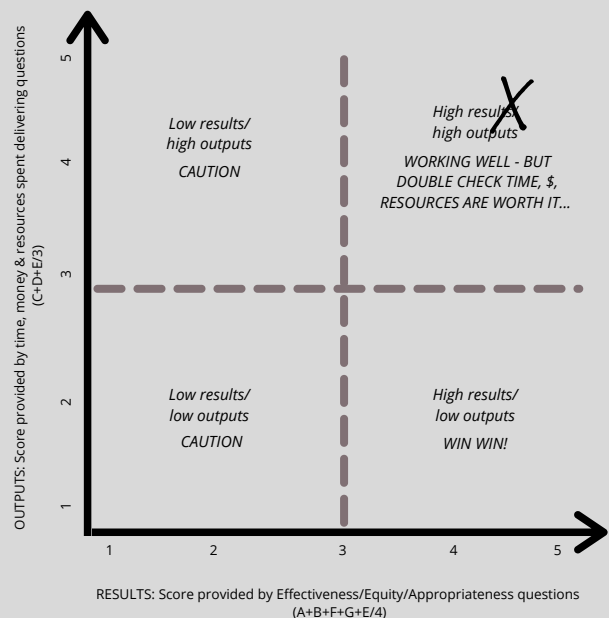


COMMENTS

Outputs for this initiative were high, however, this was expected and accounted for. Staff indicated that while the outputs were so high the results were worth it.

OUTPUTS VS RESULTS MATRIX

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



ACCEPTABILITY

Was the initiative carried out in a sensitive way?

WHAT WORKED WELL ABOUT THIS INITIATIVE?

TEAM OBSERVATIONS

- A key success of this initiative was the approach to mental health and the involvement of delivery partners. Staff have previously found engaging the community in mental health a challenge, and this was reflected in previous initiatives, however this initiative was well received by all. The initiative also engaged 17 local schools and mental health services in or around Naracoorte.

WHAT COULD WE IMPROVE ON NEXT TIME?

TEAM OBSERVATIONS

- This initiative took significantly longer than expected to complete and there were challenges collating all the stakeholders. I would allow more time to complete this project and start it at the beginning of a school term rather than Term 4.
- Unfortunately at the time of completing the Stats & Stories Report and Annual Report the surveys were not received from schools.

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)

people invited to participate in evaluation

people participated in evaluation % response rate

QUESTION ASKED TO EVALUATE APPROPRIATENESS -

AVERAGE SCORE

F

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

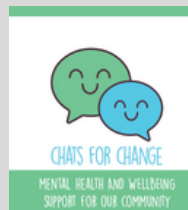
"What a wonderful idea! It can be so very overwhelming not knowing where to start looking for help with mental health. A great resource, especially for schools and family's."

GENERAL TEAM/EXPERT IMPACT OBSERVATIONS

Evaluation technique: Hard copy survey given to school wellbeing coordinators.

A copy of the resource can be found here:
<https://www.naracoortelucindale.sa.gov.au/community/naracoorte-lucindale-wellbeing-program/resources>

- 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
 - Strengthen community awareness



Chats about Change #1

- NATIONAL NUTRITION WEEK - 16-22 OCTOBER 2022 -

National Nutrition Week is a national awareness campaign to promote the role vegetables play in our health and wellbeing. To promote the importance of the week, the Naracoorte Library held a children's book display, craft activities and a range take home recipe cards.

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)

Background: What issue is this work attempting to address?

Through the Wellbeing Program we have struggled to engage the public with some nutrition and healthy eating initiatives. This initiative was an opportunity to engage families with healthy eating messages in a fun light hearted way. The messaging was more subtle than previous initiatives, however this was a key approach.

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

Utilising the large craft table an array of children's picture books were on display and available to read and/or borrow. Books were a combination of educational, like 'Eating the Alphabet', and a little more silly but with hidden key messages like "There's broccoli in my ice-cream!". Other activities included colouring in and take home recipe cards.

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

Naracoorte Library

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

Evaluation was a key challenge. The initiative was a display within the library, so there wasn't a facilitator to encourage evaluation. While this was purposeful, it did mean the evaluation was sacrificed.

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

The display was well engaged with, a number of books were read and borrowed. While it is hard to confirm, we can assume that these books were more likely to be read and borrowed as a result of the initiative. I think this approach suited the communities needs in regards to nutrition messaging.

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

Estimated 12-15 families.



Chats about Change #2

- MULTICULTURAL MURAL - NOVEMBER 2022 -

The Naracoorte Lucindale Wellbeing Program commissioned artist Katherine Gailer to design and paint a mural to represent the diverse communities of Naracoorte. The design was done in consultation with local group the Circle of Volunteers which included of women with Afghan, Laotian, Chinese and Filipino backgrounds.

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)

Background: What issue is this work attempting to address?

Naracoorte is home to a large multicultural community. This project aimed to create an art piece that celebrates the diverse cultural and people of Naracoorte, strengthens community, and creates a sense of belonging for all.

The Design:

The final design honours the idea of Naracoorte as a 'meeting place'. It depicts a culturally diverse woman surrounded by vibrant textiles that symbolise this ongoing weaving of different cultural perspectives and ideas. Native Australian flora are also included to represent the connection and respect to the place that the community inhabits. The red 'map trails' painted on the woman's skin symbolise the long journeys that people have taken to settle in Naracoorte, a place that aims to welcome the many walks of life, empower women and embrace cultural diversity.

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

This project aimed to create an art piece that celebrates the diverse cultural and people of Naracoorte, strengthens community, and creates a sense of belonging for all.

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

Naracoorte Circle of Volunteers Group & Katherine Gailer.

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

The weather was a challenge to take into consideration. As this was the second time delivering a community art mural the project was easier to deliver.

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

This project has received overwhelmingly positive feedback from the community, particularly the migrant community. The project has fostered a sense of belonging and placemaking for many.

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

Unable to determine.



Chats about Change #3

- WHATS GROWING ON? - AUGUST TO NOVEMBER 2022 -

A growing garden inspired artwork created through community. Regular workshops were held in the Naracoorte Library to create garden inspired art pieces which were then hung in the Wonambi Gallery to form a large public art display. Workshop were held in August and September and the artwork was on display in October and November.

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)

Background: What issue is this work attempting to address?

A similar project was held in early 2022 as an opportunity to make a connection between arts and health. The project was popular and received good feedback from the community in particular the impact of having an opportunity to meet new people.

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

Regular workshops were held in the Naracoorte Library to create simple garden inspired art pieces. The primary purpose of these workshops was to create free social opportunities for the public. A community art piece was made using the artwork, which was installed by the local After School Art Club.

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

Naracoorte Library & After School Art Club

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

Evaluation was a key challenge. The initiative was a display within the library, so there wasn't a facilitator to encourage evaluation. While this was purposeful, it did mean the evaluation was sacrificed.

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

Library staff received many positive comments about the art piece, however it was difficult to measure community wellbeing.

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

Estimated 12-15 families directly impacted.
Up to 450 people accessed the foyer space where the artwork was displayed.
The Herald (local newspaper) wrote an online article of the project.

