

Murray Bridge Wellbeing Hub

2022-2024 Journey



Murray Bridge Wellbeing Hub Impact

Every dollar invested in preventive health saves an estimated \$14.30 in healthcare and other costs¹

Low-Cost, High-Impact Model



96% of initiatives achieve high impact with low cost

> 90% were low-effort to execute
> Most initiatives cost \$1,000 or less

Strategic Alignment



Aligned with the MRLGA Regional Public Health and Wellbeing Plan (2022-26) and regional goals for community resilience and healthy living.

Community Health Leadership



70 partnerships forged across sectors including local businesses, schools, non-government organisations and health providers

The Wellbeing Hub has “addressed identified gaps quickly and smoothly within the community.”
– Partner feedback



Here if you Need Card – reached 750-1,000 people with additional cards requested by SAPOL

Blue Tree Project – estimated reach of 2,000 people per year

Key Achievements



Established the Hub as a regional leader for preventive health action



Participants consistently report friendship, fun, increased confidence and skills



New and positive social connections, including intergenerational interactions



Created a welcoming and inclusive space for people from diverse backgrounds, including those from CALD and ATSI communities

“There isn’t anywhere else you can bring such a wide age range of children. Any age can do this.”
– Let’s Play with Music participant

1. Department of Health and Aged Care (2023), Budget 2023 -24: www.health.gov.au/sites/default/files/2023-10/health-protection-preventive-health-and-sport-budget-2023-24.pdf. Accessed 28/10/2024.

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



Government of South Australia
Preventive Health SA

