

MURRAY BRIDGE WELLBEING HUB

Purpose

The Murray Bridge Wellbeing Hub will work in partnership to support wellbeing through enabling opportunities to connect, learn, share and grow.

Target Audiences

Children, young people and their families
Older people
People with disability
Aboriginal and Torres Strait Islander communities
Culturally and Linguistically Diverse/ Migrant communities

Focus Areas


Creating opportunities for social connection


Promoting physical activity


Encouraging wellbeing through healthy eating


Improving mental wellbeing and resilience

Strategies

Programs and services

Evaluation

Coordination and partnerships

Engagement and awareness raising

Training and education

Advocacy

Principles

Safe and welcoming

Inclusive and accessible

Community led

Collaboration

Evidence based

Addresses gaps

Sustained resourcing

Endorsed September 2022