

Naracoorte Lucindale Wellbeing Program

Purpose

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

Key strategies

Community consultation and engagement

Projects and initiatives:

- led by Council
- led by community groups (through small grants program)
- Led by health promotion students

Piloting and evaluation

Primary audience

- Children, young people and families
 - CALD/migrant population
- Older residents (over 65 years)

Focus Areas

Increasing opportunities for unstructured physical activity

Improving social connection, community participation and inclusion

Initiatives

- Sports Centre school holiday program
- Walking groups
- 10,000 steps Challenge
- Sports equipment library
- Signage and promotion of physical activity opportunities
- The Good Life Program
- Yoga in the park
- Playground marking fitness trail

- Augmented Reality mural art project
- Carpe Diem theatre performance
- Blue Tree project
- Outdoor cinema at swimming lake
- Men's health night (men's health week)
- Community drama program
- Non-sports based come and try activities

Physical wellbeing

Mental wellbeing

Social wellbeing

Community wellbeing