Holdfast Bay Wellbeing Hub

2024-2025 Journey



- Nutrition Workshop **Participant**

attendances

stakeholder groups

engaged in delivering initiatives

initiatives delivered

of initiatives were delivered at low cost and had high impact

"How can

I get involved

and support the community garden more, I didn't know

this was here but now I do I will be back!"

- Community Garden

Participant

"Thank you for connecting us with the groups on offer here, we didn't know there was so much on offer so close"

- Wellbeing Hub Launch **Participant**

Participant

"I was scared to come

in but the people at the

tables made me feel very welcome" "

> JUNE 2025

reported improved immediate wellbeing

people were positively impacted including community members, partners, volunteers and staff

Hub focus areas:

launched



NOVEMBER

2024

Mental health



Physical activity



Social connection



Healthy eating

An average score of

reflects participants' self-reported increase in immediate wellbeing following involvement in Hub initiatives





