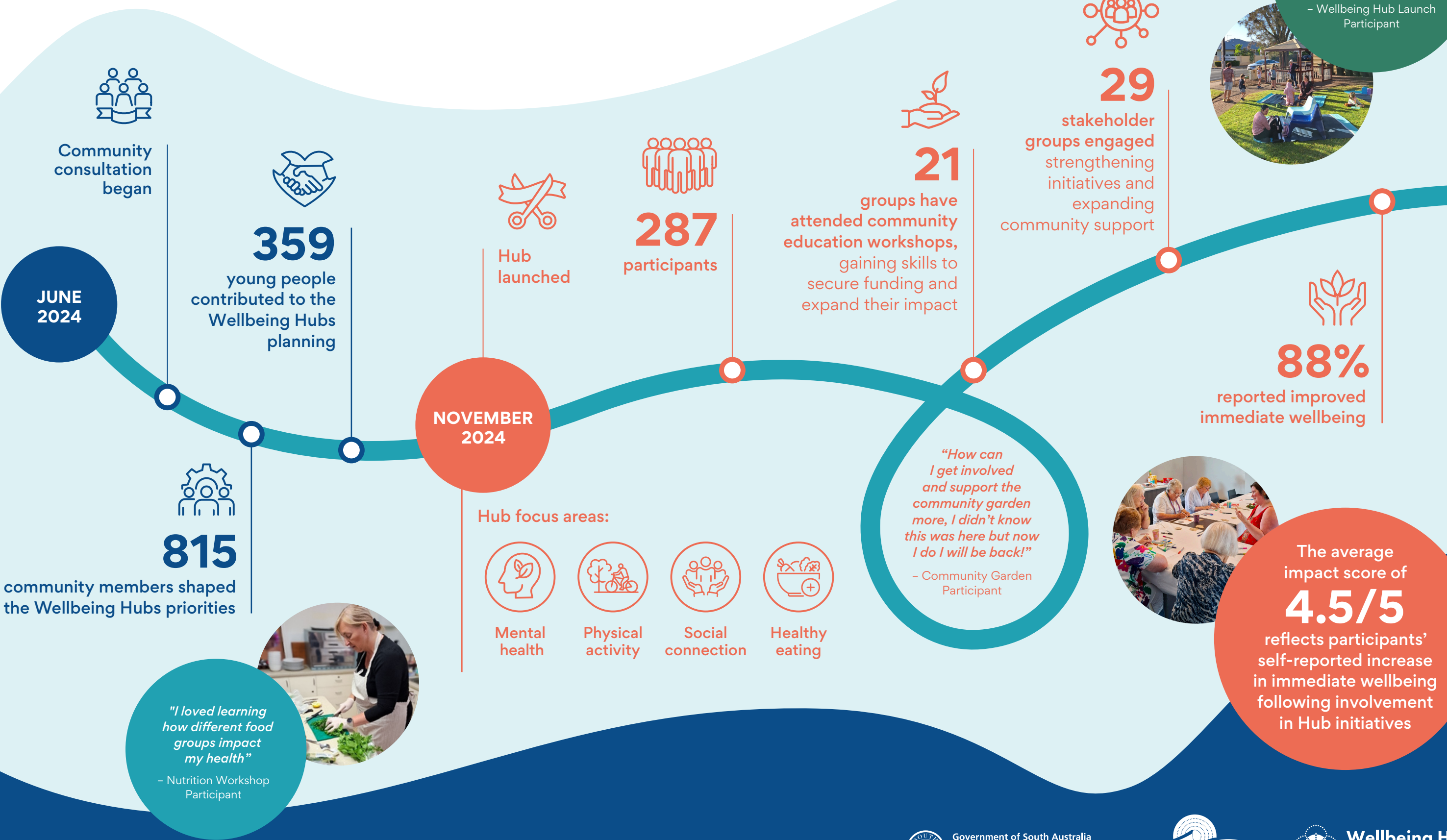


# Holdfast Bay Wellbeing Hub

## 2024-2025 Journey



# Holdfast Bay Wellbeing Hub Impact


Every dollar invested in preventive health saves an estimated **\$14.30** in healthcare and other costs<sup>1</sup>

## Low-Cost, High-Impact Model

**100%** of initiatives achieve high impact with low cost

> 94% were low-effort to execute  
> Most initiatives cost \$1,000 or less

## Strategic Alignment



Aligned with the Holdfast Bay Regional Public Health Plan (2021-26).

## Community Health Leadership

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

"We're helping our community connect to what supports health, happiness and belonging—with Council at the heart, making it easier, more visible, and simply how we do things around here."

– Brendan Kelly, Manager Community Wellbeing



Weekly presentation at Chatty Café – connecting the community with local wellbeing supports

10,000 steps challenge – connecting with existing groups

## Key Achievements



**The Chatty Café** has become a hub for social connection, with previously isolated neighbours now regular participants



**Participants** consistently report the positive connections to groups and services on offer in Holdfast Bay



**Consistently** met the community request for low cost and accessible offerings



**Created a welcoming** and inclusive space for people from diverse backgrounds, including the CALD community and people living with a disability

"Thank you for the opportunity to support wellbeing in Holdfast Bay, I am looking forward to continuing the group next term"

– Program Facilitator

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](https://www.health.gov.au/sites/default/files/2023-10/health-protection-preventive-health-and-sport-budget-2023-24.pdf). Accessed 28/10/2024.