Holdfast Bay Wellbeing Hub

2024-2025 Journey





participants



groups have attended community education workshops, gaining skills to secure funding and expand their impact



stakeholder groups engaged strengthening initiatives and expanding community support

"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



"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



reported improved immediate wellbeing

The average impact score of

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

Hub focus areas:



Mental

health

NOVEMBER

2024

Physical activity



connection



eating

"I loved learning how different food groups impact my health"

- Nutrition Workshop







Holdfast Bay Wellbeing Hub Impact

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

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

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



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 Facilitato





