

WOMEN, WORKBOOTS & WELLNESS LUNCHEON

Background

In the aftermath of recovery from recent floods, Northern District Community Health organised two Women, Workboots & Wellness Luncheons aimed at supporting women in the community. One luncheon took place at Tree Tops Scout Camp in the Gannawarra Shire, and the other at the East Loddon Woolshed in Loddon Shire. These events were created to address the well-being needs of women post-recovery. The Gannawarra Shire Council provided support for the Gannawarra event, while the National Centre for Farmer Health supported the Loddon event. Essential funding for the Loddon project was secured through Women's Health Loddon Mallee and The Victorian Government Department of Families, Fairness and Housing. These luncheons provided a space for women to come together, share experiences, learn some wellness strategies and discuss topics like mental health and wellbeing.

EVENT SUMMARY

The projects aims were to

- Provide an opportunity for attendees to reflect on their own well-being and mental health.
- Create a space for participants to revisit positive mental health and well-being strategies for themselves.
- Facilitate connections among women attendees, fostering a sense of community and enabling networking and mutual support



LODDON EVENT

WHAT DID THE EVENTS DELIVER?

Gannawarra event

- 110 women attended the event
- 36 attendees responded to the post event survey
- Katrina Myers from Barham Avocados was the guest presenter
- Mandy Hutchinson from NDCH was the MC
- Aunty Lil from NDCH lead a Welcome to Country
- Catering was provided by The Long Paddock
- A pair of your favourite boots was the lucky door prize
- Dingwall Hall committee won an afternoon tea

Loddon event

- 108 women attended the Loddon event
- 31 attendees responded to the post event survey
- Millie Ross from Gardening Australia was the guest speaker along with Jo Bear and Meg Last from Empower Her
- Tanya Maher-Toose from NDCH was the MC
- Tricia from WHLM officially opened the day
- A counsellor from Inglewood District Health also presented
- Catering provided by Blue Barn local business
- Live acoustic music provided by Mikala McNeill
- A pair of your favourite boots was the lucky door
- Barista coffee was provided sponsored by Loddon Shire
- Each person received a wellbeing gift by Bridgewater Nursery
- Women had the opportunity to participate in a walking meditation by Grounded by Nature

WHAT DID THE EVENTS ACHIEVE?

Gannawarra event

- 97% of surveyed attendees found the event relaxing and joyful
- 89% of surveyed attendees had an opportunity to reflect on their wellbeing and mental health
- 94% of surveyed attendees were able to revisit some positive mental health and wellbeing strategies
- 100% of surveyed attendees would like to attend future events that support wellness and women's health

Loddon event

- 100% of surveyed attendees found the event relaxing and joyful
- 74% of surveyed attendees had an opportunity to reflect on their wellbeing and mental health
- 77% of surveyed attendees were able to revisit some positive mental health and wellbeing strategies
- 100% of surveyed attendees would like to attend future events that support wellness and women's health

FEEDBACK

Gannawarra event

- Such a wonderful, well put together day, I was really impressed and really enjoyed myself - thanks to everyone who helped put it on!
- Awesome mindful day. Thanks
- Location, food and speakers were all fantastic! It was a great day.
- It was a beautiful day! Tree Tops was the perfectly intimate venue, the food was delicious and the speaker was engaging. Mandy creates such a warm and welcoming environment.

**Loddon event**

- Boort District Health congratulates you all on putting together a wonderful event. We look forward to future opportunities to partner with you to promote the health & wellbeing of our communities.
- Excellent program line up informative & entertaining Fantastic venue. Loved the whole day
- Very enjoyable and informative day. Lovely lunch as well.
- Amazing day. Everything was so well thought out. Would love more events like this. Thank you to all involved.
- I felt validated by Millie's presentation, and was so uplifted by her emphasis on making mistakes and seeing gardening as a process not a product. If only we could bring this message into all workplaces where learning is an essential feature- let's face it every aspect of living really.
- I had a brilliant day Tanya was a wonderful host and thoroughly enjoyed the speakers. Beautiful setting at the Wool Shed. Could not give you one negative at all. Thankyou!
- Inspirational speakers, lovely luncheon and venue. Great day out.
- A fantastic initiative, well run great speakers, activities and gifts. Very generous. Can we do this as an annual event!
- Today's event was fantastic from the first sighting of the shearing shed on arrival to the free plant upon departure. The speakers were all very engaging and uplifting and there was a good amount of time allowed to mingle. I was introduced to people I'd not met before and I left with arrangements to meet up again. Tanya was an excellent host/MC who set the tone of the day of warmth, inclusion and gratitude. Venue was delightful. Food boxes were perfect. Coffee great. I left the event feeling fueled up. Thank you so much for a wonderful day.
- My friend and I had a great day. She didn't really want to go but she is now very happy that she did. The coffee, food, venue, entertainment and organisation were all top class. Thanks so much.



“
 WAS WONDERFUL
 TO SPEND TIME
 CHATTING TO
 PEOPLE YOU DON'T
 CROSS PATHS WITH
 OFTEN ENOUGH. OH
 MILLIE!! WHAT A
 TREASURE - WELL
 DONE FOR
 SECURING HER TIME
 TO JOIN US.
 THANKYOU!!!! -
 ATTENDEE

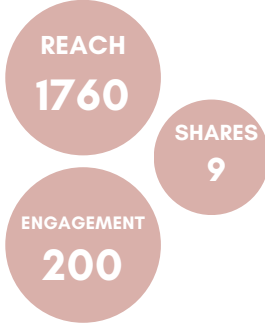
“
 YOU HAVE
 TICKED THE BOX
 BY COMBINING
 INTERESTING
 GUEST
 SPEAKERS WITH
 AN ABSOLUTELY
 APPROPRIATE
 AND FANTASTIC
 VENUE -
 ATTENDEE



”

SOCIAL MEDIA REACH

The Gannawarra event was booked out within a week and the Loddon event was booked out within 36 hours.



LEARNINGS

- Hold the event in an interesting local location
- Marketing needs to be spot on for a fun day with interesting guest speakers
- No cost or low cost is important
- Ease of access for bookings is important
- Not all attendees were aware of how to use a QR code for evaluation
- Having a MC who can deliver a positive and welcoming vibe is essential
- A barista coffee was well received as was the healthy food options
- All speakers had a PowerPoint presentation, IT is essential
- An event schedule is critical for timing
- Music, it doesn't have to be live
- Frequent communication with attendees to find out if they could not attend to allow people on the wait list to attend.
- Important to have a wait list
- Use locals for everything - catering, music, venue etc.
- Partnering with local organisations



OPPORTUNITIES

- There is a clear demand for such events, and the potential exists to reproduce them throughout various regions using flood recovery funds
- There is opportunity to charge a small fee, but ensuring it is free for pension or concession card holders

More information:  @ndchvic

