

WHAT WOMEN WANT LUNCHEON

Background

Women in rural communities often face unique barriers to maintaining their health and wellbeing, including geographic isolation, limited access to services, drought-related stress, caring responsibilities, and competing priorities. These challenges can contribute to poorer physical and mental health outcomes and reduced engagement with preventative healthcare. Feedback from local women has highlighted a need for opportunities to connect, access trusted health information, and prioritise self-care in a supportive environment.

EVENTS AIMS:

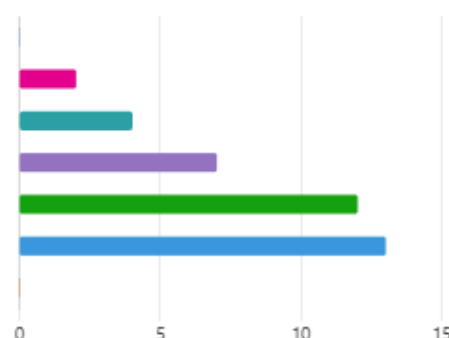
Create an inclusive space that promotes wellbeing, social connection, early intervention, and access to local health and support services.

WHAT DID THE EVENTS DELIVER?

- Strong community engagement across two events:
 - Pyramid Hill luncheon with approx. 60 attendees
 - Cohuna luncheon with approx. 45 attendees
- Activated and utilised key local venues:
 - Pyramid Hill Community Centre
 - Morton Garner Pavilion Cohuna
- Supported local catering providers by sourcing food locally from the Pyramid Hill Bakery, and providing food in line with the Healthy Catering Guide
- Utilised local health professionals and services to deliver engaging presentations on mental health and wellbeing and women's health
 - Dietitian
 - Counsellor & Rural Financial Counsellor
 - Exercise Physiologist
 - Nurse Practitioner
 - Women's Health Loddon Mallee
 - Midwives

WHO ATTENDED?

● Under 25	0
● 25-34	2
● 35-44	4
● 45-54	7
● 55-64	12
● 65+	13
● Prefer not to say	0



WHAT DID THE EVENT ACHIEVE?

3. Before the event, how confident were you to take action to prevent chronic disease and reduce women’s ill-health?



4. After the event, how confident are you to take action to prevent chronic disease and reduce women’s ill-health?



5. Did you find the event enjoyable and engaging?



6. Did the event increase awareness of women’s health across different life stages?



The NDCH team once again provided a wonderfully organised event. The speakers knew their content, and I am feeling encouraged to be able to follow up on a few health queries now having heard from Yvonne and what she is able to support. The catering was delicious and I left feeling nourished and tried food I may not normally reach for.

Lovely day

All wonderful, catering beautiful and plentiful, and appropriate on healthy eating yet very tasty. The guest speakers were well prepared and very informative. I was impressed with the intelligence of their methodologies towards health as a whole, what it really means.

The day certainly made me aware off the wonderful services that are offered locally for woman's health.

**Well done NDCH.
Great speakers.
Great catering**

Great session and tailored to our community, questions and concerns.

**Excellent,
I gained
a lot of info.**

That was a really good event, I changed things around to attend and I'm glad I did. Fabulous venue with space at lunch, Food was delicious and perfect for the event. Really enjoyed the speakers also.

