



WELLBEING PROJECT

Community Conversations Report 2022

Funded by the Tasmanian Community Fund and supported by Break O'Day Council



**TASMANIAN
COMMUNITY FUND**
INVESTING IN AND STRENGTHENING
TASMANIAN COMMUNITIES



Break O'Day
COUNCIL



Background

As part of the Break O'Day Community Wellbeing Project, Break O'Day Council hosted 12 Community Conversations about wellbeing in 2022. Conversations are a safe and supported way for local people in Break O'Day to connect with each other and learn more about wellbeing.

Conversations were held across Break O'Day during April to May 2022. Each one was different. Most were held at other events to make it easier for people to attend. Many people were spending less time out and about due to our recent COVID cases earlier in the year.

Two people at the conversations went on to complete the training in the Wellbeing Project and gained a **Certificate in Creating Wellbeing**.



Working with others

We adapted the conversations to fit in with other community meetings already happening in Break O'Day to try to make it easier for people to come along.

Some were held at 'Have Your Say' sessions in local townships where local people were meeting with Council to share their ideas and hopes for their local area. Wellbeing responses from Council's 'Have Your Say' sessions are included in this report too.

Council and COTA (Council of the Ageing) visited the Neighbourhood Houses together. This worked well for everyone and we had lots of great chats about wellbeing and ageing well in Break O'Day

Break O'Day Council's Mental Health and Wellbeing Coordinator created a safe and playful environment for people to connect, share, learn a little about positive psychology; and to respect and value each other's insights and experiences of wellbeing.



Locations

Location	Number of events	Attendance
Cornwall	1	2
Falmouth	1	0
Fingal*	2	14
Pyengana Community Centre	1	0
Scamander Sports Complex^	2	26
St Helens**	3	44
St Marys Town Hall	2	3
Total	12	85

*One conversation co-hosted with Council of the Ageing (COTA).

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^One of the conversations in Scamander was a visit to the Scamander Garden Club meeting.

One conversation in St Helens was a dedicated event.

One conversation in St Helens was included within a social services Network meeting.

All other conversations were held at 'Have Your Say' sessions.

244 people responded to Council's 'Have Your Say' survey and 98 people attended a 'Have Your Say' session face-to face.

450 people participated in the Festival of Wellbeing.



About the conversations

At a conversation, people learn a little about positive psychology and the Community Wellbeing Project. We invite people to share what they love in their community and their hopes for their community.

In pairs, we share stories of when we have seen our communities at their best, and look for common themes in our stories. The common themes are strengths in our communities.

These conversations help us pay attention to what works well so we can try to do more of it.

From feedback about the sessions we heard that people enjoyed....

“being inspired and a feeling when I leave of excitement about what may be possible within the community.”

“seeing and hearing other people with positive intention for the community”

“connecting with people in a wholesome way and sharing ideas”

“meeting new and old friends, sharing possibilities”

Feedback from St Helens Community Conversation

What is wellbeing?

Feeling good and doing good while managing the ups and downs of life.

A positive psychology approach to wellbeing is not about being positive all the time. It is about knowing that you can practice being positive and when you do you get better at it.

Just like riding a bike, baking, yoga, painting, gardening or surfing or just about anything. When you learn more about it and make time to practice and take thoughtful action - you improve what you are doing.

When we focus on lifting our wellbeing, everything in life gets better.

10 positive emotions



Take the time to notice when things are good, celebrate the moment, share and enjoy.

What you LOVE about your Community

We asked you

“Something you love about our community?”

Here is what you told us you value and love about the Break O’Day community...



What we value that supports our Wellbeing

Having access to healthy, natural surroundings. Being friendly and kind, supporting each other, taking part in healthy activities, and enjoying a healthy lifestyle all support our wellbeing. Living a relaxed lifestyle close to nature. Having access to facilities and activities. The simplicity and small community vibe of life in our townships and communities is important to many of us.

30%

nature and our natural surroundings

26%

our lifestyle

10%

activities, spaces and facilities

30%

people and community



Positive emotions
Elevating the good while navigating the struggles.



Engagement
Developing our strengths in the here and now.



Relationships
Nurturing warm and positive connections.



Meaning
Opportunities to make a real difference.



Accomplishment
Learning and achieving things that matter.



Health
Sleeping, moving and eating well.

When we look after our wellbeing we can cope with life's ups and downs and can support people around us to do the same.

Six wellbeing themes that can help us to talk about wellbeing are:

Positive Emotions, Engagement, Relationships, Meaning, Accomplishment and Health.

30% of people surveyed described nature as being important.

Spending time in nature can bring you joy, create a sense of awe, or serenity, these are all **positive emotions**. Being in nature might absorb all your focus, **engagement** and give your life a sense of **meaning**. You can spend time in nature achieving goals that are good for your **health** that give you sense of **accomplishment**.

A sense of community and friendly people are loved by **30%** of people. How we connect to each other, our **relationships** are important for our wellbeing.

We have different lifestyles but 26% of people surveyed agree that their lifestyle in Break O'Day is something they love. A lifestyle you enjoy is positive for your wellbeing.

Some things you love...

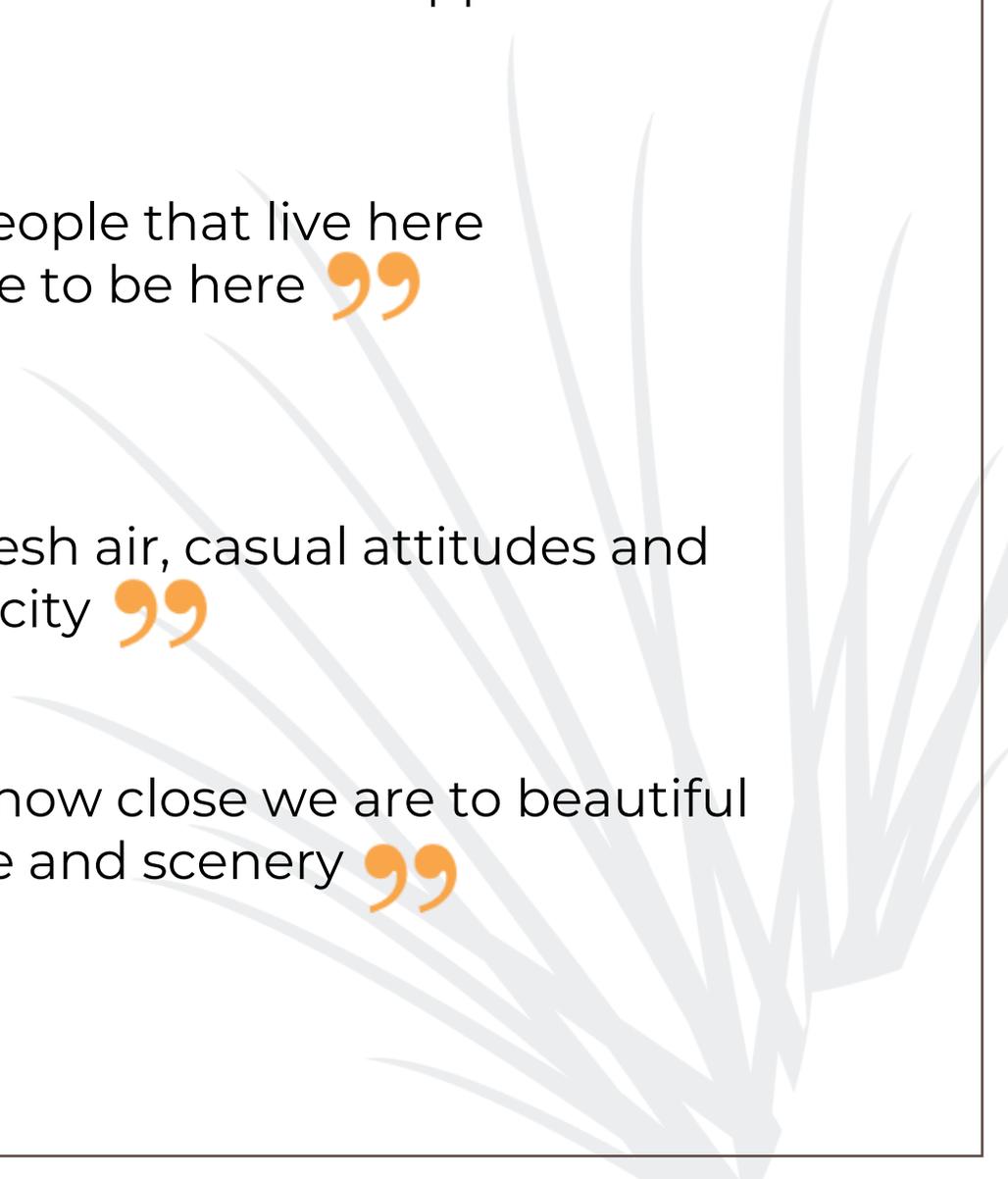
“At night we can see the stars
because we have no street lights”

“People take time to support each other”

“The people that live here
choose to be here”

“The fresh air, casual attitudes and
simplicity”

“I love how close we are to beautiful
nature and scenery”



What does it look like when our community is doing great things?

common
cause

starting small,
to lead the way

working
together

non-judgement,
inclusion

generosity

belonging

Wellbeing hopes for our community

“We are a close-knit community – need to learn to open up to newcomers. A welcome pack for newcomers?”

- Fingal Valley Neighbourhood House Community Conversation

“How to fill the gap of supporting people that don’t qualify for carer’s support with simple services that make a big difference - such as mowing their nature strip more often.”

- Fingal Valley Neighbourhood House Community Conversation

“Accessible Wellbeing / Health education program – help people take charge of own health, support people to learn about nutrition and other preventative health approaches. “

- St Helens Neighbourhood House Community Conversation

“To shine a light on the corners of the community to encourage all community members to feel comfortable to participate in wellbeing activities.”

- St Helens Community Conversation

“Vibrant community centred around bringing everyone together at events, classes, services, festivals, etc, held at community managed facilities and spaces.”

- ‘Have Your Say’ Survey

“A town that doesn’t leave people behind.”

- ‘Have Your Say’ Survey

Wellbeing conversations a focus of Festival of Wellbeing

A celebration of all things wellbeing, Festival contributors were supported to approach the day as an opportunity to hold Wellbeing Conversations. A **Festival Report** is available with more details, feedback and gratitude messages.

“This community just keeps getting better so grateful to be a part of something so inspiring! Beautiful people everywhere!”

“There are so many wonderful people out there that care for each other and our community.”

- **Feedback, Festival of Wellbeing**

“I am grateful for the connections I make today. For the conversations. The hugs and the thoughts of kindness.”

- **Gratitude message, Festival of Wellbeing**



The Festival of Wellbeing emerged in 2021 as one of the community projects designed and delivered by participants in the Break O'Day Community Wellbeing Project. The 2022 Festival was organised by Break O'Day Council with involvement from volunteers, wellbeing project participants and community. The Festival was funded by the Mental Health Council of Tasmania, the National Recovery and Resilience Agency, The Tasmanian Community Fund and Break O'Day Council.

A Final Comment

Our community is amazing!

We love local life and we are at our best when we are supporting each other and seeing the good in each other.

We have lots of ideas and hopes for growing stronger and more connected and to do things to care for ourselves, each other and our environment.

“Grateful for the variety in community. Together we are stronger and there is so much we can teach each other!”

- Gratitude message, Festival of Wellbeing

Tip shop volunteers hosting a wellbeing space at the Festival of Wellbeing



This report was compiled by Leah Page, Break O’Day Council Mental Health and Wellbeing Coordinator. The report includes information gathered from the face-to-face Community Conversation sessions and the - ‘Have Your Say’ face-to-face sessions and survey responses. The information in this report is a collation of the positive sentiment from those sources and not a comprehensive summary of all needs or feedback. Let’s use these insights to highlight strengths and wellbeing hopes in our community that help us continue to understand what community wellbeing means to us in Break O’Day.