



WELLBEING PROJECT

Community Conversations Report 2023

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





Background

2023 was an exciting time of change for the Break O'Day Community Wellbeing Project, managed by Break O'Day Council. The Tasmanian Community Fund granted a project extension for an additional 18 months and the 2023 Wellbeing Certificate training team reviewed and redesigned the Certificate to create an 8-week face to face program.

A dedicated wellbeing website was created to host links to wellbeing resources and information and as a place to collect stories about the local community actions developed through the project.

The significant work required to redesign the program and website, and the uncertainty around what the Certificate would look like in 2023, limited the number of Community Conversations.

What we discovered was hosting shorter conversations with community group or as part of other community programs worked very well and resulted in recruitment of people into the 8-week program and helped to spread the word about the Wellbeing project.

Five people who took part in the conversations joined the training in the Wellbeing Project and three completed the **Wellbeing Certificate**.

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.

Working with others

We asked local community groups to invite us to their meetings and gatherings.

We hosted a Wellbeing Conversation at the International Women's Day event in St Marys in March as part of the scheduled activities..

Council partnered with Primary Health Tasmania to embed a Wellbeing Conversation into the Live Well Live Long Program in Break O'Day. This program is for over 65s to learn how to live well and safely at home as they age. The program ran in St Marys in May-June and in St Helens in October-November.

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.

Location	Number of events	Attendance
St Marys	2	22
St Helens*	3	28
Total	5	50

*One conversation in St Helens was a dedicated event.with 2 people attending. Both enrolled in the 8-week program



About the conversations

What worked really well in the shorter timing was using The Wellbeing Lab Card deck and other wellbeing prompts as an elicitation tool to encourage people to share stories about things that help them to think well, be well or do well.

If time, we also share stories about when we have seen our community at its best and what things made that possible. In this way we reflect on our own personal strengths and the strengths in our community.

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

Common strengths in our community.

Passion,
enthusiasm,

Support, care

Perseverance,
patience, trust

pride

gratitude

Wellbeing thoughts from our community

“Gratitude for nature, family, friends, my dog.”

- St Marys Wellbeing Community Conversation

“Finding joy in the everyday“

- St Helens Wellbeing Community Conversation

“Life’s juggling between work and children isn’t always easy. Finding balance to make this work.”

- St Marys Wellbeing Community Conversation

“Speak to yourself as you would to a ‘dear’ person. Do good things for others.”.

- St Marys Wellbeing Community Conversation

Wellbeing conversations a focus of Festival of Wellbeing

The Festival creates an atmosphere for open, inclusive, safe and welcoming connections, experiences and conversation. A place where people can talk about the things that matter to them.



“I am grateful to live in a community of such thoughtful and loving people”

- Gratitude message from Festival of Wellbeing. 2023

Looking forward...

In 2024 we will seek to take our Community Wellbeing Conversations to as many community groups as we can.

We look forward to meeting people in their places during at their regular sessions. We will offer mini sessions tailored to the local context.

We aim to help people recognise what works well in their group or setting and what things they can identify to do together to enhance their wellbeing.

A Final Comment

When we connect we are strong.

We have observed that holding safe spaces for people to talk about things that matter to them is helping people connect more deeply to each other, and helping them to connect inwards with their own strengths, hopes and ideas too..

Everyone has strengths and when we recognise them in ourselves and each other we can help to create a community that we all love.

This report was compiled by Leah Page, Break O'Day Council Mental Health and Wellbeing Coordinator.