

Getting Active in our Neighbourhood

Being active and moving your body is good for your physical and mental wellbeing.¹ The Healthy Communities Unit at the Barwon South West Public Health Unit and Rosewall Community Centre are working to increase physical activity of community members. A range of activities were conducted over 5 days of consultation and an online survey, to ask users of Rosewall how Rosewall can support them to be more active.



Who did we speak to?



19 classes were invited to join the consultation.



More than 120 users engaged with the consultation.



The online survey was available at Rosewall, in the newsletter, and on Facebook. Four responses were received.

What we learned



- Many users don't live within a walkable (1km) distance of Rosewall, and most users travel to Rosewall by car.
- Concerns about personal safety stops users walking around Rosewall, so does the poor condition of paths and a person's physical ability.
- The condition of some paths and what is around the walking paths, like drinking water, lights, and being able to see clearly helps users to walk around Rosewall.
- Users of Rosewall enjoy the social connection it provides, and shared a lot of suggestions on ways to increase social connection.
- Many classes are not active and involve sitting for a long time.
- Users of Rosewall are different ages.
- Users of the centre may be coming for a block of ongoing programs or one-off programs.

How can Rosewall support its community to be more active?

More than 90 ideas were given by users, these were placed into 5 groups (here are some of the ideas):

Physical Activity:

Dance, exercise class, walking group, meditation, basketball.

Social Connection:

Weekend activities, social clubs – including for specific ages, high tea, pamper days, cultural awareness.

Recreation / Learning:

Cooking class, computer skills, crafts.

Outings:

Shopping, community outings, day trips, combined outings with other community centres.

Community Action:

Cooking for the community, Rosewall café operating daily, library / seed exchange, community clean-up.

Other:

Activities and classes for children.

Next Steps

To look at the suggestions to increase physical activity that users gave and explore if they can be done.

To explore if a walking group can or should be introduced. Users reported concerns regarding walking alone in the neighbourhood. Walking in a group may reduce some concerns and can be a social activity.

Start including activity breaks into classes creating an active movement policy to support more physical activity in Rosewall programs and activities. This was highlighted because a majority of users (76%) arrived at the centre by car, and it was observed that class participants were sitting for long periods of time during programmed activities.

Look at opportunities for advocacy with local government to upgrade facilities for areas to walk.

The City of Greater Geelong has a number of grants available, some may be useful to support new physical activity programs at Rosewall.