

Getting Active in Our Neighbourhood



Rosewall Community Centre Physical Activity Consultation

Being active and moving your body is good for your physical and mental wellbeing¹. The Healthy Communities Unit and Rosewall Community Centre are working to increase physical activity of local community members. This report outlines the responses from consultation with Rosewall Community Centre (Rosewall) users to discover opportunities as to how Rosewall can support the community to be more active. An in-person consultation occurred on site over five days at the end of August and beginning of September 2023. Additionally, a survey was available online and on site during the end of September and beginning of October 2023 to provide the opportunity for all users to be engaged.

WHAT WERE WE AIMING TO ACHIEVE?



Increase awareness of local places for connection in a walkable distance from Rosewall Community Centre.



Identify opportunities to increase physical activity levels in the community through consulting with Rosewall staff and users.



Identify opportunities for Rosewall to support physical activity in their setting.



Create a resource that Rosewall can use to promote the features of the local are/neighbourhood to users, local residents and broader community.

WHO WAS INVOLVED?

- Barwon Health, Healthy Communities team from the Barwon South West Public Health Unit
- Rosewall Community Centre staff
- Rosewall Community Centre Users (any person attending the centre, and subscribers to the Rosewall newsletter mailing list and Rosewall Facebook page).

¹ Victorian public health and wellbeing plan 2023–2027, State of Victoria, Australia, Department of Health;
<https://www.health.vic.gov.au/victorian-public-health-and-wellbeing-plan>

HOW DID WE ENGAGE WITH USERS?

The consultation was designed in collaboration with Rosewall staff. The users of the centre range in age and cultural background and the need for interpreter involvement was discussed during planning, however Rosewall staff didn't feel this would be required as they felt they would be able to support users to participate.

To ensure reach to all users, plain language was used in posters, conversations and surveys. Users were invited to join consultation activities, however their involvement was voluntary, and activities were designed to minimise the interruption to their classes.



Rosewall
Community Centre

GETTING ACTIVE IN OUR NEIGHBOURHOOD.
We want to support our community to move more and feel great.

We want to hear from you
Where are the places and spaces you visit in the neighbourhood?

Tell us your ideas
How can we help you be more active?
Share your ideas by scanning the QR code or click [HERE](#) to complete the short survey.
Survey closes 5pm Friday 6th of Oct
Paper copies available at reception.

For more information, speak to staff or contact healthycommunities@barwonhealth.org.au

SCAN ME

Barwon Health

WHAT WERE THE ACTIVITIES?

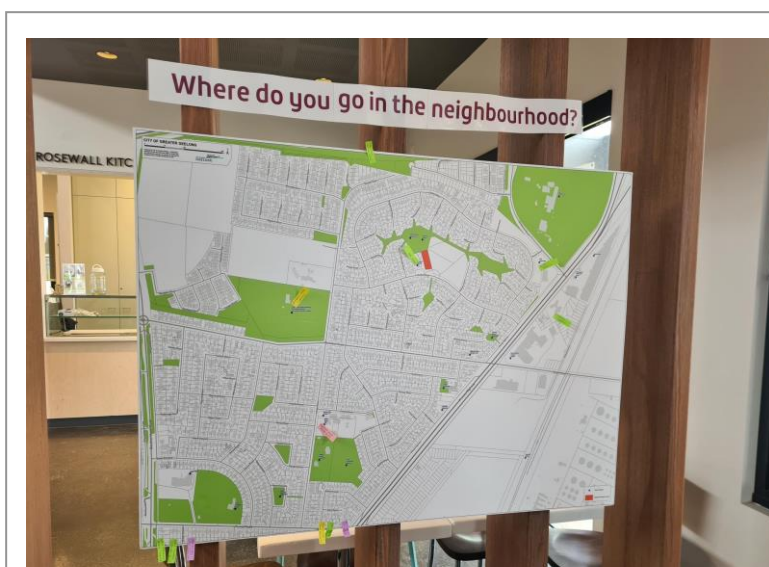
We conducted a range of activities during the consultation to better understand how users of Rosewall are active in the neighbourhood around the centre. These included a range of on-site activities over five days from August 28 to September 1 2023, and an online and hard copy survey.



On-site consultation activities set up in the foyer at Rosewall Community Centre

DESCRIPTION OF ENGAGEMENT ACTIVITIES

Group conversations	<p>At the beginning of classes held at the centre during the 5 days, conversations with activity groups generated many ideas which were captured by the HCU staff.</p>
Travel Jar-poll	<p>Four jars were set up on the table in the reception area to identify how users travelled to Rosewall daily. Users were invited to place a token in the corresponding jar indicating their mode of transport for the day. The options were; car, scoot (skate and roll), bus, or walk.</p>
Individual conversations	<p>Conversations also occurred with users of Rosewall at an individual level.</p>
Ideas box	<p>To identify opportunities to increase physical activity levels in the community, Rosewall users were invited to write their ideas on a slip of paper and place it in the box stationed at the consultation table to identify ways that Rosewall can support users to be more active.</p>
Map	<p>A large map displaying approximately 1km around Rosewall encouraged users to identify places they like to visit within a walkable distance.</p>
Survey	<p>A survey was used to capture the experience and ideas of users not onsite during the five day consultation period. Hard copies of the survey were available at Rosewall, and posters in the centre advertised the survey via a linked QR code. The online version of the survey was also promoted via Rosewall’s monthly newsletter and Facebook page.</p>



Users interacted with the map displayed in the centre’s foyer to identify places of interest in the local neighbourhood.

**Map design was kindly supplied by Planning Department City of Greater Geelong.*

WHO DID WE SPEAK TO?



19 classes

were provided the opportunity to engage with the consultation, this included approximately



120+ centre users

*Some classes were not engaged due to the following reasons:

- No participants in attendance
- One class was after hours
- One class had a program change
- One class hadn't provided permission.

The online survey received four responses, two of which were complete, one was partially completed and one was incomplete.

HOW ARE PEOPLE TRAVELLING TO ROSEWALL COMMUNITY CENTRE?



Car 77%



Walk 11%



Bus 12%



Scoot, skate, roll 1%



101 tokens were placed in the jars,
2 responses were submitted
from the survey

WHERE ARE THE PLACES ROSEWALL USERS VISIT ON FOOT IN THE LOCAL NEIGHBOURHOOD?

Rosewall users identified the following places within a 1km walkable distance from Rosewall.

- Local neighbourhood
- Corio Bay Roadhouse
- Sporting reserve on Plantation Road

- Walking path at the back of Rosewall
- Ted Wilson Walking Track
- Aldi

A number of Rosewall users identified the following areas of interest that were outside of the 1km walkable distance.

- Eastern Beach area
- Wallington
- Corio Village Shopping centre
- You Yangs Regional Park
- Limeburner's Point (near Geelong Grammar School)
- Corio Little Athletics Centre (track)

- Torquay
- Bridge Op shop
- St Vincent's De Paul Op shop
- Treasures Op Shop (Wendover Ave)
- Lara
- Ted Wilson Walking Track (further along, behind M. C. Herds)

WHAT AFFECTS WHETHER OR NOT USERS WALK IN THE NEIGHBOURHOOD AROUND ROSEWALL?

We asked users about the enablers and barriers for walking within the neighbourhood around Rosewall and captured their experiences and opinions. Their responses are represented in the tables below.

From our conversations with users we were able to identify key themes. Users consistently reported concerns with personal safety as a barrier when walking in the neighbourhood around Rosewall. Leading enablers were the condition of paths, and availability of water and lighting.

WHAT STOPS USERS FROM WALKING IN THE NEIGHBOURHOOD?

FACTOR	EXAMPLES /COMMENTS NOTED DURING CONSULTATION
PERCEIVED PERSONAL SAFETY	<ul style="list-style-type: none"> • Feeling unsafe • Walk in other areas that feel safer • Feeling unsafe when walking alone, would feel safer walking in a group
PHYSICAL ABILITY	<ul style="list-style-type: none"> • Fear of falling and losing balance • Health conditions; physical limitations of the individual
CONDITION OF WALKING PATHS	<ul style="list-style-type: none"> • Quality of the walking paths in the neighbourhood
SCENERY	<ul style="list-style-type: none"> • Lack of attractive walking routes • Parks in the area aren't appealing for children.
AVAILABILITY OF PARKS	<ul style="list-style-type: none"> • Lack of parks in neighbourhood
PERSONAL CIRCUMSTANCES	<ul style="list-style-type: none"> • Difficulty managing to walk locally as a carer to children with special needs
PERSONAL PREFERENCE	<ul style="list-style-type: none"> • Chooses to walk outside of the local area.
PERCEIVED RISKS IN THE ENVIRONMENT	<ul style="list-style-type: none"> • Snakes • Swooping birds • Weather
FACILITIES AROUND WALKING PATHS	<ul style="list-style-type: none"> • Inadequate lighting at night

**Factors have been ranked in order of how often they were documented during the consultation*

WHAT HELPS USERS TO WALK IN THE NEIGHBOURHOOD?

FACTOR	EXAMPLES /COMMENTS NOTED DURING CONSULTATION
CONDITION OF WALKING PATHS	<ul style="list-style-type: none"> Walks at the Corio Athletics track or the sporting reserve on Plantation Road as the paths are smooth.
FACILITIES AROUND WALKING PATHS	<ul style="list-style-type: none"> Water available next to track (Ted Wilson walking track) Well lit paths
PERCEIVED PERSONAL SAFETY	<ul style="list-style-type: none"> Feeling that the areas are monitored by Police, and lighting is adequate.
SOCIAL CONNECTION	<ul style="list-style-type: none"> Walking with a friend, or to visit a friend Having someone to walk with
PERSONAL ENJOYMENT	<ul style="list-style-type: none"> Having a route or destination that is enjoyable e.g. having lunch at the local Roadhouse.

Factors have been notated in order of how often they were documented during the consultation.

HOW CAN ROSEWALL SUPPORT THEIR USERS TO BE MORE ACTIVE?

This question produced a range of ideas, with users offering over 90 suggestions from the in-person consultation and two from the survey.

Most of the responses were related to physical activity, however users also identified many ideas to increase social connection. The need for social connection was a strong theme and discussed in many of the conversations that occurred. Other suggestions from respondents categorised were recreation / learning, outings, community action, outings, and other.

The ideas can be divided into six themes which are numbered in order of volume of ideas documented:



1 Physical Activity



2 Social Connection



3 Recreation/Learning



4 Community Action



5 Outings



6 Other

NB: A list of the ideas suggested by users for areas other than Physical Activity can be found in Appendix 1.



Physical Activity ideas

The responses related to physical activity, were grouped further into themes. The most responses were for dance, exercise class, walking group, meditation / mindfulness, basketball, yoga, Pilates and Tai Chi.

Dance / hip hop / line dancing

Exercise class / exercise class for over 50's e.g., strength, chair yoga, Tai chi / group activity, weight bearing exercises / exercise groups for people have long term injuries and or conditions such as hip bursitis etc. exercise groups in the afternoon

Walking group / free walking group / form a walking group starting at Rosewall / orientation of area

Meditation / mindfulness

Basketball

Yoga

Pilates

Tai chi

Weights

Mums and bubs Pilates

Occupational Therapist to run an exercise class (affordable)

Indoor bowls

Gym

Balance class

Colour run

All abilities fun run / walk / wheel

Play dates

Treasure hunt

Exercise during class (Town Club)

Stretch / break/ walk reminders

A walking machine (treadmill)/ gym equipment and instructor

WHAT HAVE WE LEARNED FROM TALKING TO USERS ABOUT KEEPING ACTIVE IN THE NEIGHBOURHOOD?



Many users don't live within a walkable area of the centre. The majority of users travel to the centre by car.



Personal safety is a barrier to walking around the area of Rosewall, as is the condition of paths and the physical ability of an individual.



The condition of specific paths and the other features available around walking paths such as the availability of water, being a well-lit, and visibility influenced the appeal of walking tracks.



Users of Rosewall enjoy the social connection it provides and had many suggestions on ways to increase social connection supported by Rosewall.



Many of the classes were sedentary in nature for long periods of time.



There is variety in the age of the users.



Users of the centre may be coming for a block of ongoing scheduled programs or one-off programs that are not ongoing.

LIMITATIONS OF THE CONSULTATION

It's worth noting that this is a qualitative consultation focussed on capturing experiences and opinions of individuals and groups of the users of Rosewall.

The results were designed to support interventions within the targeted groups and may not be generalised to other communities. Additionally, given the qualitative nature of the consultation and its design, numerical interpretation of responses should be made with caution. Responses may have been made at a group level representing several user opinions e.g. several people in a class may have agreed a walking group was a good idea however as it was in a group setting this may have only been captured once, as opposed to an individual suggesting an idea and filling in an individual slip and placing in a box. In addition some statements and ideas may have been provided more than once by the same individual.

The opt-in nature of the design means the information collected isn't a true representation of the feedback of all users of Rosewall as not all the participants in each class engaged in consultation, in addition not all of the classes were engaged.

The survey engagement was low, with only 4 responses. This may be due to a number of reasons: an over surveyed population; low engagement through the newsletter; the survey was not incentivised; or the survey tool used didn't have the capacity to translate the online survey into languages other than English.

WHAT ARE THE NEXT STEPS?

- Review the range of suggested physical activity ideas provided by users during the consultation and explore the feasibility of introducing some of the suggested ideas at Rosewall.
NB. Due to the 'opt-in' design of our consultation and the method of data collection, further scoping may need to occur to clarify which suggested activities are of the most interest to users.
- Explore the feasibility of introducing a walking group e.g. Heart Foundation Walking Groups <https://walking.heartfoundation.org.au/start-group/>. Users reported concerns regarding walking individually in the neighbourhood. Walking in a group may alleviate some of these concerns and will add an element of socialisation to the activity.
- Introduce activity breaks into programming and consider implementing an active movement policy to support more physical activity in Rosewall programs and activities. This was identified as a majority of users (76%) arrived to the centre by car, and it was observed that class participants were sitting for long periods of time during programmed activities.
Make your meetings move template:
https://www.barwonhealth.org.au/images/Make_your_meetings_move_resource.pdf
- Explore 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 of which may be useful to support new physical activity programs at Rosewall. For more information visit:
<https://www.geelongaustralia.com.au/grants/default.aspx>

Appendix 1: User ideas for action in other areas

User responses that did not relate to physical activity were grouped further into the following themes.



Social Connection ideas

Weekend activities

Social club

Over 40's

Group chat for older citizens

Adult social group for 20–25-year-olds (including social outing)

Adult social group for 30–40-year-olds (including social outing)

High tea

Pamper days

Multicultural mornings

Cultural awareness and education with Aboriginal and Torres Strait Islander people

Small dog (that are passive/submissive and quiet) social group

Watch history movies (old and new)

Guest speaker to talk about history

BBQ for the outside for people to be social

Support groups for single parents

Social event for parents with special needs children e.g. carers can watch children watch a movie while parents can socialise

Trivia

Social inclusion for parents and children with special needs 'safe environment' occurring on weekends



Recreation / Learning ideas

Multicultural cooking class / cooking class

Computer skills

Christmas gifts

Any craft / Sewing / Macramé

Memory class



Outings ideas

Visit op shop / Shopping

Community outing

Day trip

Adult social group for 20–25-year-olds (including social outing)

Adult social group for 30–40-year-olds (including social outing)

Join with other community centres for combined outings

Family outings on bus e.g. canoeing



Community Action ideas

Cooking for the community (volunteering) - making discounted meals

Rosewall café operating daily

Seed exchange / library

Community clean-up

Communication around what is happening at other community centres



Other ideas

Activities and classes for children

This report was produced by the Barwon Health, Healthy Communities Unit from the Barwon South West Public Health Unit. We would like to thank our partners Rosewall Community Centre and their users for their contribution and participation in the consultation.

For more information regarding this project, contact the Healthy Communities team healthycommunities@barwonhealth.org.au or Rosewall Community Centre admin@rosewallinc.org.au.