

395 TOTAL ATTENDANCE

63% COMPLETING FOR THE FIRST TIME
37% RETURNING TO THE PROGRAM
28% REFERRED BY FAMILY OR FRIENDS
SIGNIFICANT IMPROVEMENT IN MENTAL WELL-BEING FROM START TO FINISH

DIVERSITY

49%

BORN OUTSIDE, OR AT LEAST ONE PARENT BORN OUTSIDE OF AUSTRALIA

TOP 5 PLACES OF BIRTH:

1. INDIA
2. UK
3. MALTA
4. VIETNAM
5. GERMANY & NEW ZEALAND

21%

SPEAK ONE OR MORE LANGUAGES OTHER THAN ENGLISH AT HOME

LOCALITIES

MELTON

BALLARAT

MARIBYRNONG

HUME

HOBSONS BAY

BRIMBANK

WYNDHAM

HEALTH

72%

REPORTED HAVING 1 OR MORE HEALTH CONDITIONS

13%

RECEIVING EITHER 1 OR BOTH OF NDIS OR DISABILITY SUPPORT PENSION

KEY OUTCOMES

96%

BETTER UNDERSTAND SERVICES OFFERED BY LOCAL HEALTH ORGANISATIONS

91%

KNOW MORE ABOUT OPPORTUNITIES TO BE INVOLVED IN THEIR COMMUNITY

90%

UNDERSTAND MORE ABOUT GENDER STEREOTYPES

77%

MADE NEW FRIENDS

70%

FELT CONNECTED TO THEIR COMMUNITY BY THE END OF THE PROGRAM (15% INCREASE)



“

I LIVE WITH LONG TERM DEPRESSION... THE CONNECTION TO THE COMMUNITY WAS MOST IMPORTANT, FEELING PART OF THE WESTERN BULLDOGS COMMUNITY AND HAVING THE OPPORTUNITY TO FEEL INCLUDED MEANS A LOT TO ME..

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“The SOTW is not only a physical thing, but a mental health thing. Just by talking about it [mental health] in an open form gets rid of some of the stigmas... it stops it from being a hidden away thing to be ashamed of.”

“Looking at my weight it was time to hit the gym after 5 years absence and thinking better look after myself. Thanks to this program”

