

Connector's guide



Updated January 2026

What is Wellness my Way?

Wellness my Way is a FREE program that connects you with health programs to help you feel better and prevent or slow diseases like heart disease and type 2 diabetes.

There are many things we can do to support our health, such as moving more, eating well, quitting smoking, reducing alcohol, and looking after our mental wellbeing. However it can be hard to navigate these changes on our own. Wellness my Way is here to support you and the community, to set you on the right path, and connect with suitable health programs.

Who is it for?

Anyone over 18 years and not currently pregnant is eligible. Consider people who can benefit from health behaviour change.

The best way to understand and promote the program to others is by completing the process yourself! We can all find ways to improve our wellbeing, and everyone can benefit from a check-in on their health and a supportive conversation.

For further information and resources, visit: hw.qld.gov.au/wellnessmyway.

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How it works

1



Take a free and private health check – online or by phone.

Complete online at any time at hw.qld.gov.au/wellnessmyway or by phone Monday – Friday, 8am-8pm by calling **13 HEALTH (13 43 25 84)** and asking for the Way to Wellness service.

2



Chat with a health coach to create a personalised health action plan.

Interpreter services also available.

3



Connect with free or low cost health and wellbeing programs.

- ✓ Eat well
- ✓ Move more
- ✓ Quit smoking
- ✓ Reduce alcohol
- ✓ Boost mental wellbeing
- ✓ And more!

Your role

Your role as a Connector is vital to the success of Wellness my Way and has the potential to change lives in your community.

The program works best when it's locally-led by people who know and care about their community. This program has its greatest impact when shared by trusted local voices.

Anyone can become a Connector – all you need is the passion to support your community's health and wellbeing. By sharing it in your everyday life – at work, in community groups, at sports clubs, or in casual conversations – you can break down barriers and guide people to the support they need.

As a Connector, your role is simple:

- ✓ Take part in Wellness my Way yourself
- ✓ Tell people about Wellness my Way: explain how it works, and how it can help
- ✓ Spot opportunities and events to promote Wellness my Way in the community
- ✓ Embed Wellness my Way where it can add value and complement existing services or processes
- ✓ Encourage people to take the first step – complete the health check, then chat with a telephone coach
- ✓ Encourage feedback and involvement in evaluation (invited by SMS or phone call).

About us

Health and Wellbeing Queensland has led collaborative efforts with South West Hospital and Health Service's (SWHHS) HOPE Team, Queensland Health's Health Contact Centre (HCC) and The Health and Wellbeing Centre for Research Innovation (HWCRI) at The University of Queensland to co-design, implement and evaluate Wellness my Way.

Wellness my Way delivers a locally adapted version of the HCC's Way to Wellness (WTW) health assessment and telephone coaching service. SWHHS leads the local stakeholder engagement and implementation within the community to ensure local relevance and sustainability. HWCRI has contributed to implementation planning, supported development of the evaluation framework and will lead research publications.



Prevention programs

Wellness my Way includes free and low cost prevention programs that help people make positive health changes. A range of statewide and local programs are all available either virtually, via phone, or face to face in the community to improve access to support close to home.

This list of prevention programs available through Wellness my Way is current as of August 2026.

For the most up to date list of programs, please visit: hw.qld.gov.au/wellnessmyway.

PROGRAM NAME	PROGRAM DETAILS	HEALTH BEHAVIOUR	LOCAL AVAILABILITY
My health for life	My health for life is a chronic disease prevention initiative with free Health Coaches that support Queensland adults, 18 years and over, to reduce their risk of developing chronic disease such as type 2 diabetes, heart disease and stroke. myhealthforlife.com.au	Multiple	Anywhere across the South-West
1800 Asthma	COACH program that supports people living with Asthma. A team of Asthma Educators empower individuals with evidence-based information and strategies to improve asthma management, at no cost. Call 1800 ASTHMA (1800 278 462) or book a call via the website: asthma.org.au/support/how-we-can-help/1800-asthma-book-a-call	Multiple	Anywhere across the South-West
Podsquad	A play-based wellbeing app helping families with children aged 5-12 years to build healthy habits together, exploring nutrition, physical activity and sleep. The program is free, self paced and tailored to the family's health goals. Download from the Apple App store or Google Play store or visit: hw.qld.gov.au/podsquad	Multiple	Anywhere across the South-West
Living Well After Stroke	Living Well After Stroke is a free group-based program that helps you to change your behaviours like healthy eating, physical activity, and taking medications regularly. The program gives you tips and tools to better your health habits and continue making healthy changes on your own. Making these changes can help you to stay healthy and reduce the chance of another stroke. strokefoundation.org.au/what-we-do/for-survivors-and-carers/living-well-after-stroke	Multiple	Anywhere across the South-West

PROGRAM NAME	PROGRAM DETAILS	HEALTH BEHAVIOUR	LOCAL AVAILABILITY
Kidney Health 4 Life	Kidney Health 4 Life is an online program provides practical tools, expert advice, and a supportive community to help you live well and feel your best. Once you register, you receive a recommended personalised learning pathway relevant to your current kidney health profile. If you update your health profile to reflect a change in your kidney health situation, you will receive a new learning pathway. You also have access to the other courses and resources available on the Kidney Health 4 Life Hub. kidneyhealth4life.org.au	Multiple	Anywhere across the South-West
SWHHS Community Dietitian Program	The SWHHS Community Dietitian delivers a free program and individual consultations to promote and enable healthy eating. Tailored to the South West, the program empowers those at risk or with diagnosed chronic disease with nutrition knowledge and skills for lasting health improvements. Contact: SWHHS-HOPE@health.qld.gov.au	Nutrition	Anywhere across the South-West
Vital Health Dietitian Program	Vital health delivers a dietitian service to the South West community, providing tailored nutrition advice to the unique needs of the individual. Contact: info@vitalhealthqld.com.au	Nutrition	Anywhere across the South-West
Cook & Connect	The SWHHS HOPE Team delivers a free local program that builds cooking skills and nutrition knowledge with a focus on budget friendly recipes and ingredients. Contact: SWHHS-HOPE@health.qld.gov.au	Nutrition	Anywhere across the South-West
Vital Health Exercise Physiology Program	Vital health delivers an Exercise Physiology service to the South West Community. This service uses clinical exercise prescription and the delivery of exercise and lifestyle modification programs to improve health and wellbeing. Contact: info@vitalhealthqld.com.au	Physical activity	Anywhere across the South-West

PROGRAM NAME	PROGRAM DETAILS	HEALTH BEHAVIOUR	LOCAL AVAILABILITY
Yoga Partnerships	The Yoga Partnership offers free weekly online yoga classes people living in rural Queensland. Yoga builds strength, flexibility and balance, and incorporates movement, breathing and meditation benefiting both physical and mental health. Everyone is welcome - no experience necessary. Occasionally short courses are also available in addition to weekly classes. Register at: theyogapartnership.com.au/qldrural	Physical activity	Anywhere across the South-West
SWHHS Community Exercise Physiology Program	The SWHHS Community Exercise Physiologist delivers a free program that allows access to supervised exercise support. The program builds self-management skills, using physical activity as a tool to prevent and manage chronic conditions and maintain a good quality of life. Face-to-face sessions take place in a gym, health clinics and community spaces throughout the South West. Telehealth can be from the home or health clinic. Contact: SWHHS-HOPE@health.qld.gov.au	Physical activity	Anywhere across the South-West
10,000 Steps	A free, evidence-based program that encourages and supports people to increase their awareness and participation in physical activity by tracking steps, setting goals, and finding ways to be active as a part of their everyday lives. 10000steps.org.au	Physical activity	Anywhere across the South-West
Adis 24/7 Alcohol and Drug Support	Free 24/7 counselling, information and support for people in Queensland with alcohol and other drug concerns. Call 1800 177 833, chat via web or request a call back: adis.health.qld.gov.au	Alcohol & other drugs	Anywhere across the South-West
Quitline	Free tailored support and counselling service to help people quit smoking and vaping Call Quitline for free on 13 7848 or request a call back on quithq.initiatives.qld.gov.au	Smoking & vaping	Anywhere across the South-West
Medicare Mental Health	Connects consumers who are experiencing stress, anxiety and other mental health issues to appropriate, locally accessible mental health programs and services, at no cost. Call 1800 595 212 (8.30am-5pm weekdays) or visit medicarementalhealth.gov.au	Mental wellbeing	Anywhere across the South-West

PROGRAM NAME	PROGRAM DETAILS	HEALTH BEHAVIOUR	LOCAL AVAILABILITY
Mindspot	A free online mental health service that provides screening assessments and internet-delivered cognitive behavioural therapy courses for Australians troubled by stress, worry, anxiety and depression. mindspot.org.au	Mental wellbeing	Anywhere across the South-West
eheadspace	eheadspace is a free, anonymous and confidential service that provides short-term support to help young people aged 12-25 with their mental health and wellbeing. headspace.org.au/online-and-phone-support/connect-with-us	Mental wellbeing	Anywhere across the South-West
headspace Roma	headspace Roma is a free and confidential service that helps young people in South West Queensland aged 12- 25 with their mental health and wellbeing, including alcohol support. Call 07 4523 6262 or visit headspace.org.au/headspace-centres/roma	Mental wellbeing	Services entire South West Queensland region via telehealth
1800 4 Women	1800 4WOMEN is a free, confidential helpline providing women with free mental health and wellbeing counselling and support on topics such as: • General health and navigating local services • Non-crisis mental health and emotional wellbeing • Midwife advice and pregnancy support • Grief and loss counselling following miscarriage, stillbirth and neonatal death • Domestic, family and sexual violence counselling Call: 1800 4WOMEN (1800 496 636)	Mental wellbeing	Anywhere across the South-West
Cervical screening	The Cervical Screening Test detects human papillomavirus (HPV) and looks for early changes in the cells of the cervix if HPV is detected. This test is for people aged 25-74 years who have a cervix and have ever been sexually active, every five years unless otherwise advised. Contact usual general practice or Aboriginal and Torres Strait Islander Community Controlled Health Organisation	Cancer screening	Anywhere across the South-West

PROGRAM NAME	PROGRAM DETAILS	HEALTH BEHAVIOUR	LOCAL AVAILABILITY
BreastScreen Queensland	BreastScreen Queensland invites women aged 50-74 years who haven't noticed any changes to their breasts to have a free breast screen every two years, unless otherwise advised. It is recommended that women aged 40-49 years, and over 75 years, consult their GP about whether breast screening is right for them. Call 13 20 50 or book an appointment with the visiting mobile van at: breastscreen.qld.gov.au/find-a-location	Cancer screening	Anywhere across the South-West
Bowel Cancer Screening	Men and women aged 45-74 can participate in bowel cancer screening every 2 years by completing a simple, free home test kit. If symptoms are present or there is a family history of bowel cancer, individual screening needs to be discussed with GP. Visit: ncsr.gov.au/information-for-participants/order-a-replacement-bowel-test-kit	Cancer screening	Anywhere across the South-West
Lung Cancer Screening	Are you a smoker or have you quit in the past 10 years? If you're aged between 50 and 70, you may be eligible for free lung cancer screening. Early detection can make cancer easier to treat. For more information speak with your GP, or call 1800 654 301.	Cancer screening	Anywhere across the South-West
Parkrun	A collection of 5-km events for walkers, joggers, runners and volunteers that take place every Saturday morning. parkrun is free and you only need to register once. parkrun.com.au/register	Physical activity	Roma St George, Charleville, and Surat.
Heart Foundation Walking	Australia's largest free walking network, offering Australians multiple ways to start walking and keep walking, including social walking groups and digital personal walking plans. hrt.how/walking-maranoa	Physical activity	Roma St George, Wallumbilla, and Charleville.
Hydrotherapy	Vital Health delivers a group hydrotherapy class, led by an Exercise Physiologist, targeted at decreasing pain and swelling, and increasing function, strength and range of motion. This class is ideal for those experiencing muscle, bone and joint pain. Contact: info@vitalhealthqld.com.au	Physical activity	Mitchell

PROGRAM NAME	PROGRAM DETAILS	HEALTH BEHAVIOUR	LOCAL AVAILABILITY
Mums and bubs pilates – Mitchell	Vital Health offers Mums and Bubs pilates to the Mitchell community, delivered by an Exercise Physiologist. The class is targeted at creating a safe environment for mothers post-partum to reintroduce movement into their lives. Providing 45 minutes to focus on themselves and moving their bodies in ways that promote deep breathing, core strengthening and safe movement. There is a space for bubs to play if Mums prefer to complete the class solo, or variations of exercises that the bubs can join in on. Contact: info@vitalhealthqld.com.au	Physical activity	Mitchell
Exercise group – Surat	Vital Health delivers a free exercise group class, led by an Exercise Physiologist, emphasising the improvement and maintenance of activities of daily living and chronic health conditions through a strength-based exercise program using gym equipment. Contact: info@vitalhealthqld.com.au	Physical activity	Surat
Tai Chi	U3A Roma delivers a weekly Tai Chi class. Tai Chi is a gentle, low-intensity, slow-motion form of exercise that increases strength, flexibility and balance. It is also a form of meditation bringing mental health benefits. Must be aged over 50 to access services through U3A membership. u3aroma.com	Physical activity	Roma
Exercise group – Roma	Vital Health partners with U3A Roma to deliver a free weekly Exercise Group. The class builds strength and balance to improve and maintain activities of daily living and help manage chronic health conditions. Led by an Exercise Physiologist, participants use 1-2kg dumbbells and a step. Must be aged over 50 to access services through U3A membership. Contact: info@vitalhealthqld.com.au	Physical activity	Roma
Hydrotherapy & exercise class	Vital Health offers a free, year-round movement program designed to support strength, mobility, and overall wellbeing. During the warmer months, participants can join group hydrotherapy sessions focused on reducing pain and swelling while improving strength, function, and range of motion. When the pool closes for winter, the program transitions to an exercise class, starting with a short, self-paced walk followed by a gentle, tailored exercise circuit. Contact: info@vitalhealthqld.com.au	Physical activity	Charleville

PROGRAM NAME	PROGRAM DETAILS	HEALTH BEHAVIOUR	LOCAL AVAILABILITY
Charleville Cycling and Triathlon (CRABS)	An informal group who meet regularly to run, swim, and cycle; suitable for all fitness levels. The social club encourages and supports anyone that wants to train for social and health benefits. Community members can participate on their own terms and are welcome to join any or all sessions. Spare bikes are available to loan for the first couple of sessions for members interested in trying cycling. Community members can join the Facebook group for updates and meeting locations. Visit CRABS Facebook Group or contact: charlevilletriathlon@gmail.com	Physical activity	Charleville
Healthy Ageing (Walking group, boxercise, Tai Chi) – Charleville	The Charleville Healthy Ageing program offers a range of activities to support social, emotional and physical wellbeing for seniors in the community. Activities include walking groups, Tai Chi, and boxercise and are appropriate for various fitness levels and interests. These activities can support strength, flexibility, balance and mental wellbeing. Charleville: Monday to Friday, 8:30 AM to 3:00 PM. Augathella: Tuesdays, 9:00 to 12:00 PM. Morven: Thursdays, 9:00-12:00 PM e: SWHHS_HealthyAgeingProgram@health.qld.gov.au	Physical activity	Charleville, Augathella, Morven
Blue Light Boxing – Charleville	Blue Light delivers boxing classes to community members aged 10 and over. Led by a trainer, boxing classes are suitable for all fitness levels. Boxing is a moderate to high intensity workout that combines cardiovascular endurance with strength building, making it an effective way to improve overall fitness. Tuesday and Thursday afternoons at Charleville Showgrounds Contact Charleville Police Station on 07 46505500	Physical activity	Charleville
Let's Dance – St George	An informal, welcoming group for anyone who wants to move their body, enjoy music, and connect with others. Participants learn to dance a range of different dance styles in a fun and supportive environment, no experience needed. Just come along, have fun, and enjoy the benefits of movement and social connection. Everyone is welcome! Friday Night's 6-7.30pm at St George Community Wellbeing Centre Contact via Facebook group: "Let's Dance St George"	Physical activity	St George

PROGRAM NAME	PROGRAM DETAILS	HEALTH BEHAVIOUR	LOCAL AVAILABILITY
SQRH Strength and Balance Program	Southern Queensland Rural Health (SQRH) delivers a free strength and balance program for residents over 50yo or those otherwise at risk of falling. The program offers exercise and education to improve strength and balance, assisting with the prevention and management of a number of age-related issues including sarcopenia, osteoporosis, malnutrition, functional decline, cognitive decline and increased falls risk. sqrh.com.au/strength-and-balance-program-st-george	Multiple	St George
SQRH Healthy Lifestyle Program	Southern Queensland Rural Health (SQRH) deliver a free Healthy Lifestyles program. The program assists participants to make healthy lifestyle choices, increase their physical activity levels and improve their future health outcomes. sqrh.com.au/health-lifestyles-program-st-george	Multiple	St George
SQRH Stronger Together	Exercise classes with a mix of cardio and resistance training delivered by Exercise Physiologists and students. Held in an airconditioned gym with new equipment and a very supportive and friendly environment. A variety of class times held throughout the week, including after hours and women only sessions. Call 0467 836 514 for more information.	Physical activity	St George
Active Seniors - Care Balonne	The Active Seniors Program works with senior community members to reduce social isolation and encourage active lifestyles. They hold regular activities in all the towns within the Balonne Shire, all at no cost. To get involved you can ask to receive the monthly newsletter to be informed about upcoming activities by: • Visiting Care Balonne at 32 Henry St, St George or • Calling 07 4626 5450	Mental Wellbeing, Physical Activity	St George and surrounding towns in Balonne Shire

Community facilities

FACILITY TYPE	LOCATION & COST
Free and low cost local pools Communities across the South West Queensland Region have free or low cost access to local pools some of the year, offering a great whole body, low impact option that is suitable for all fitness levels. Subject to seasonal opening times. Contact your council for latest price and opening times.	Maranoa Regional Council: <i>Roma, Surat, Injune, Mitchell, Wallumbilla = Free entry</i> Quilpie Shire: <i>Quilpie, Eromanga = Free entry</i> Paroo Shire: <i>Cunamulla = \$2 entry</i> Murweh Shire: <i>Charleville = \$4 entry</i> Balonne Shire: <i>St George = \$4 entry</i> <i>Dirranbandi = \$2 entry</i>
Free gyms and publicly available equipment	Injune: <i>Publicly available equipment at the Injune Lagoon</i> Mitchell: <i>Free gym at the Mitchell Spa</i> Roma: <i>Public equipment along Adungadoo Pathway</i> Surat: <i>Public equipment along Surat Riverwalk</i> <i>Gym available via the Timber Crate for a gold coin donation (collect key from Timber Crate)</i> Wallumbilla: <i>Public equipment on the creek walkway near the skatepark</i> Thargomindah: <i>Thargomindah Community Centre provides a gym to the community for a one-off payment of \$20. Visit the centre at 15 Dowling Street or call Bulloo Shire on (07) 4621 8095</i> St George: <i>Public equipment along the River walk and at Rowden Park.</i> Charleville: <i>Free gym equipment at Charleville Healthy Ageing (treadmills, rowing machine, exercise bike) available for over 40s.</i>

Encouraging participation

Not everyone feels ready to make changes to their health in the moment.

For some people, change can feel uncertain, scary, too hard, or simply not a priority right now. And even when someone does feel ready, that motivation can go up and down over time.

That's where Connectors can make a real difference. Through supportive conversations and gentle encouragement, you can help break down barriers and motivate people towards being ready for change.

Every conversation is a chance to plant a seed, build confidence, and make taking that first step easier.

This script can support you to start a conversation about Wellness my Way:

- Wellness my Way is a FREE service now available to South West Queensland.
- There are many things we can all do to improve our health: eating well, moving more, quitting smoking, and improving our mental wellbeing.
- Making changes can be hard, but Wellness my Way helps you find what's available in your community – and gives you the support so you don't have to do it alone.
- Can I give you the link for the health check? It takes about 15mins to complete.
- You can then work with a telephone coach who will connect you with free or low-cost programs that support you to make small changes that can have big impacts on your health and wellbeing.

For links to further resources on conversation skills, including Motivational Interviewing, visit the resources section of our website at hw.qld.gov.au/wellnessmyway.

Promotional resources

Resources are available to help you spread the Wellness my Way message.

The SWHHS HOPE Team has flyers and posters, as well as an Event Kit to borrow to support you with taking Wellness my Way to places and events where locals gather. This includes:

- Pull up banner
- Media wall banner (large backdrop)
- Branded tablecloths
- Printed flyers and promotional material



For resource enquiries please contact the SWHHS's HOPE Team at SWHHS-HOPE@health.qld.gov.au

Opportunities for connectors

There are many ways you could integrate Wellness my Way into your own context. These are examples only.

PASSIVE ACTIVITIES

- Posters on walls
- Brochures at reception, workplaces, staffrooms, local businesses
- Videos on waiting room TVs
- Opportunistic conversations

PLANNED ACTIVITIES

- Submit stories to local publications (bulletins, newspaper)
- Post in community Facebook groups
- Emails to staff, clients, community networks
- Upskill staff / team in opportunistic conversations (receptionists, assistants)
- Bring Wellness my Way to events (e.g a stand at sports, community, school events)
- Bring Wellness my Way to workplaces (e.g. a workplace wellness day)
- Post in workplace intranet, or workplace newsletters
- Encourage participation while attending for a flu shot
- Embed into GP recalls (e.g. health assessments, pathology, chronic disease management)
- Encourage participation when attending pharmacy to fill a script
- Encourage participation while waiting for, in conjunction with, or at discharge from local services.

Wellness my Way is for everyone. We also recognise that some people may experience barriers to engaging in health initiatives. This can include groups such as men and First Nations peoples. Making a considered effort to reach a broad range of community members will help ensure the program is accessible and inclusive.

Below are some groups and locations that may support more diverse promotional approaches. These are examples only. You know your community best and what opportunities might exist for you.

- **Workplaces** – *Hospital and Health Service, council, trucking companies, mechanics, mining and gas, government departments, agriculture*
- **Volunteer groups** – *Rural fire brigade, SES, Zonta*
- **Stores and local businesses** – *Cafés, Hairdressers*
- **Health services** – *GPs, pharmacies, allied health clinics, Aboriginal and Community Controlled Health Organisations*
- **Outreach services** – *Services Australia, Mobile screening buses*
- **Local councils** – *Libraries, events, recreational facilities*
- **Community groups** – *Neighbourhood centres, Men's sheds, School P&Cs*

Connectors in action

Stay connected with other Connectors in your region — it's the collective effort that makes a real difference. Staying connected allows you to continue to share learnings, ideas and reflect on what works.

To stay connected/to join the Connectors Network, please contact SWHHS's HOPE team at SWHHS-HOPE@health.qld.gov.au

Below are some examples of what our Connectors have already achieved together:



Surat Medical Practice have integrated Wellness my Way into their health service. Examples include promoting Wellness my Way to their patients within their practice newsletter; sending out promotional material to patients homes with pathology requests and other correspondence; and incorporating Wellness my Way within their patient care planning.



Mayor Zorro introduced Wellness my Way to Murweh Council staff at a wellbeing event, encouraging them to take the first step by completing the health check.



The HOPE team at SWHHS hosted a workplace event at Maranoa Regional Council Roma depot. They engaged with a high number of our hard-to-reach population at an early morning breakfast, and encouraged involvement with the health check on the spot.



Nikki Thompson wrote an article on her personal experience participating in the Wellness my Way program and submitted it to Maranoa Today – a newspaper covering the Maranoa Regional Council. Personal stories and local voices can have a strong impact in promoting trust and encouraging engagement!

Wellness my Way is an initiative of the Queensland Government, delivered in partnership by Health and Wellbeing Queensland, Queensland Health's Health Contact Centre, South West Hospital and Health Service and The Health and Wellbeing Centre for Research Innovation at The University of Queensland.