

Wellness my Way

Information Pack

Overview

Wellness my Way, is a new program available in the Maranoa Regional Council area between August 2024 – March 2025. **The main goal of the Wellness my Way program is to provide a community led, streamlined approach for increasing the uptake of prevention programs and services within the community.**



There are a range of free and low-cost health programs available to those living in the Maranoa region, however these existing programs aren't well integrated across the community. This means people miss out on the opportunity to participate and improve their health. As a result, many people have limited support to improve their health behaviours, and the community experiences higher rates of diseases such as heart disease and Type 2 Diabetes.

This program offers a free, personalised approach to improve health and wellbeing across the Maranoa community. A single 'front door' to prevention programs, Wellness my Way connects the community with the health programs most suited to them.

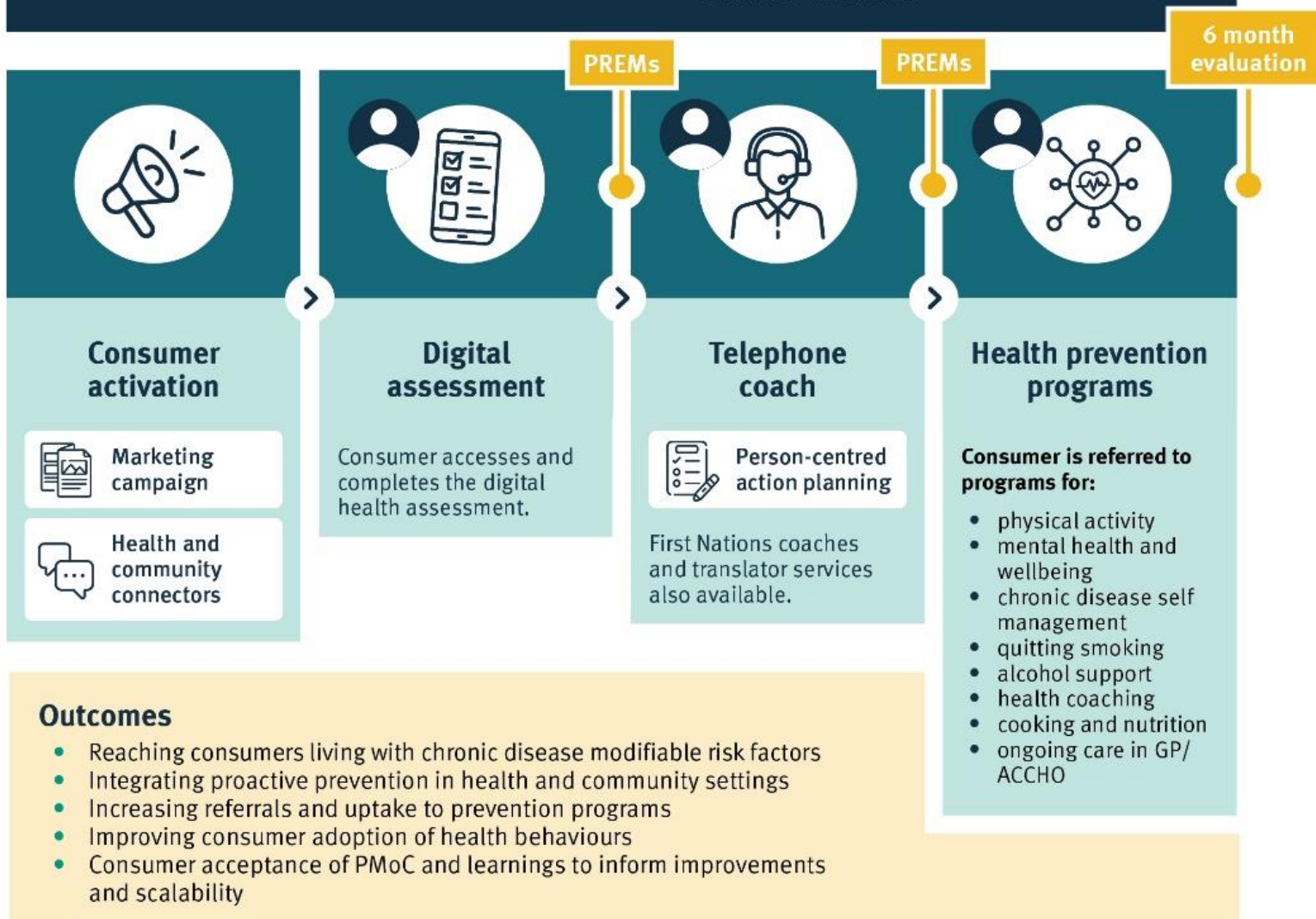
Following an online health and wellbeing assessment, Wellness my Way provides personalised support through a telephone coach. The coach supports individuals to develop a tailored health action plan, and to continue their health journey through a recommended program or resources that can be accessed online, via phone or face to face in the community.

Problem statement

Current systems for identifying Queenslanders with risk factors for chronic disease and connecting them to early intervention pathways including prevention programs is leading to low program utilisation and contributing to high rates of chronic disease.

Barriers

- Fragmented system
- Time and financial pressures in primary care
- Workforce shortages
- Accessibility
- Awareness of programs/services
- Consumer understanding of chronic disease
- Consumer motivation



Who are we?

Health and Wellbeing Queensland (HWQld) has led collaborative efforts with South West Hospital and Health Service's Healthy Communities Team (SWHHS) and Queensland Health's Health Contact Centre (HCC) to bring Wellness my Way to the Maranoa region.

The SWHHS has been involved in project planning and local stakeholder engagement and will lead local implementation. This supports a place-based approach and builds capacity and sustainability in the region.

Wellness my Way leverages existing infrastructure delivered through the HCC – the Way to Wellness (WTW) service. The WTW service has been customised through this collaboration to ensure it is accessible and fit for delivery in health and community settings.

**All levels of interest are welcome.
Should organisations have any concerns
over their eligibility or capacity, they are
encouraged to submit an enquiry to
discuss options.**

Who is eligible to apply?

Expressions of interest are open to all health and community organisations located in the Maranoa Regional Council region. We are seeking interest from organisations across the health and social sector such as:

Community and social service organisations

- Maranoa Regional Council
- Workplaces
- NGOs
- Local businesses
- Community Centres
- Support Groups

Health Services and Organisations

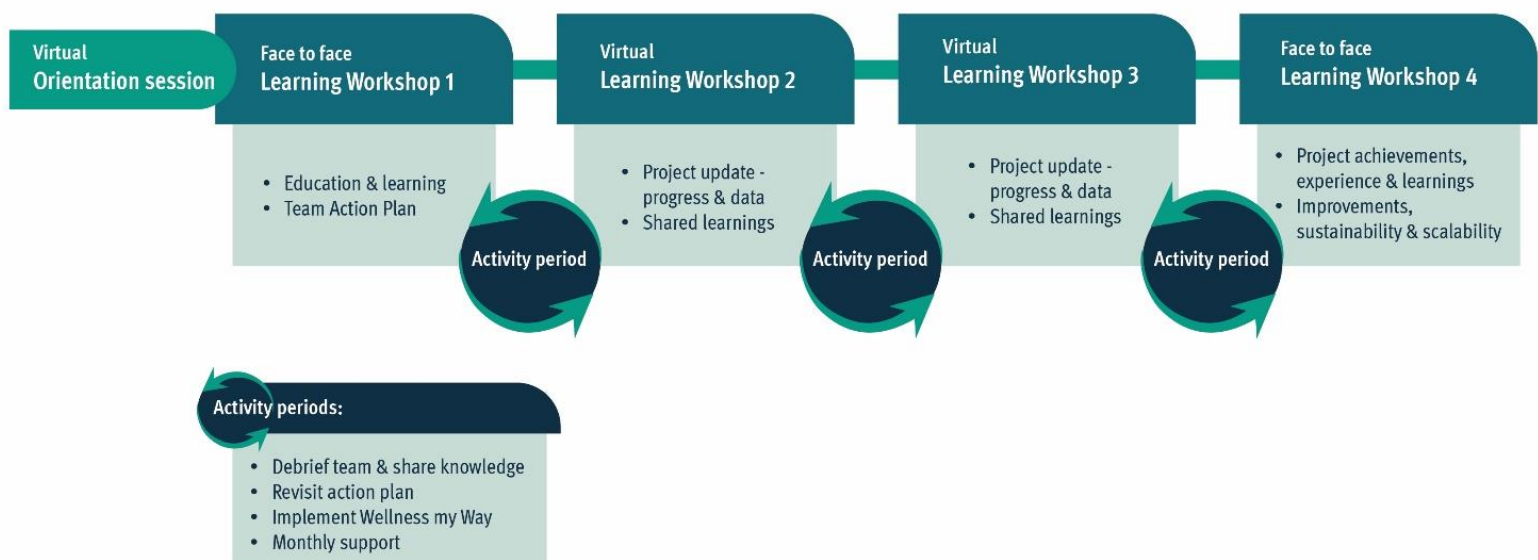
- Hospital departments
- Pharmacy
- Allied Health
- General Practice
- A&TSICCO

What does participation involve?

Collaborative methodology

This project will use 'Collaborative Methodology' as a framework to guide implementation. This will see each participating organisation form a team who will plan and implement actions. These teams from across all organisations will come together to enhance peer learning and spread new ideas.

Collaborative Methodolgy Design



Responsibilities of participation

Organisations will participate in Wellness my Way for the duration of the 8-month pilot. Participation will involve the following responsibilities:

1. Identify a Team

Each organisation will establish a dedicated team of 2 staff members to drive implementation of Wellness my Way in their workplace. Teams will be provided with resources, learning and support throughout the pilot.

2. Attend all project events

Teams from participating organisations are required to attend and engage in all project events as outlined below. A proxy must be assigned if a team member cannot attend.

- Project events include:
- Virtual Orientation (approx. 60 minutes)
- Face to Face Workshop 1 (approx. half day kick-off event in Roma)
- Virtual Workshop 2 (approx. 60 minutes shared learnings)
- Virtual Workshop 3 (approx. 60 minutes shared learnings)
- Face to Face Workshop 4 (approx. half day wrap up event in Roma)
- Virtual monthly 30-minute check-in meetings with project team (SWHHS and HWQld).

3. Use an action plan to guide implementation

Participating organisations will develop and implement an action plan to explore ways they might embed Wellness my Way into existing systems, processes, workflows and events.

This time is estimated to be 1-2 hours per week.

4. Motivating consumers to engage in behaviour change

Staff from participating organisations will play a critical role in encouraging and motivating community members to engage in behaviour change via Wellness my Way.

5. Participate in, and encourage consumer participation in evaluation

Teams from participating organisations will participate in the evaluation of the Wellness my Way pilot by sharing their frontline experience throughout implementation and more formally at the conclusion of the project.

Teams will also encourage community members to participate in the program evaluation surveys which they will receive by SMS.

6. Identify and upskill local individuals ("Connectors")

Participating organisations play an active role in identifying and establishing partnerships with individuals in the community who can advocate for and raise awareness of the project. These are the local 'connectors'. This method allows for a place-based approach to collaboration and activation across the broader community.

Teams are responsible for identifying and upskilling local 'connectors' within and outside of the organisation and are encouraged to be innovative and relevant to local context. Examples of 'connectors' for consideration are included on the following page.

Examples of Connectors:

Community Connectors	Health Connectors 4
Local Council Staff	Nurses
NGO Staff	Aboriginal Health Workers
Community Engagement Officer	GPs
Health Promotion Officers	Allied Health Professionals
Workplace health/safety coordinators	Diabetes Educator
Local businesses e.g: barbers/hairdressers, agriculture	Social Workers
Elders	Pharmacists
Support group facilitators	Dentists
Community network members	ATSI Liaison Officers
Volunteers	Practice Managers and Receptionists

How Can I Apply?

To register your interest, please complete and submit the [Expression of Interest Registration Form](#).

For any questions, or to discuss the opportunity further, contact the project team on **07 4505 1565** or swlhs-healthy-communities@health.qld.gov.au