

PROJECT DETAIL REPORT



**Healthy Living
Communities Inc**



PROJECT SUMMARY

APPLICATION00007

2020 Program

Community Round

RUNNING SOCIAL

This project aims to improve the fitness and social connectedness of people aged 50-64 in the city of Whittlesea through a social running program

Primary Focus Area

> Exercise

Primary Beneficiaries

> People aged 65 - 84

Start date

01/02/2021

End date

28/02/2021

Amount Requested

\$500,000.00

Total Project Cost

\$550,000.00

Amount Allocated

\$50,000.00

APPROVED

OUTCOMES

IMPROVED PHYSICAL HEALTH

ALIGNMENT NOTES

The running social program will improve the physical health of participants through a Couch to 5km program. At the end of the program, participants will be able to run 5km without stopping and will have learned healthy lifestyle habits and built social connections which will endure after the program has finished.

PROGRESS NOTES

Participants are already reporting health benefits of regular exercise

MEDIUM-
TERM



POSITIVE
SHIFT

IMPROVED MENTAL HEALTH

ALIGNMENT NOTES

The running social program will help participants to build social connections which will endure after the program has finished, This will improve their mental health

PROGRESS NOTES

Participants are forming friendships and becoming less socially isolated

MEDIUM-
TERM



UNINTENDED OUTCOME

IMMEDIATE

One participant tripped over a hazard and broke his wrist.
Mitigation: We now inspect the course for hazards before each session.

EVIDENCE

GOODTOWN COUNCIL METRICS

Outcome goal:
Improved physical health

100

Number of people engaged in sport and recreation activities funded by Goodtown Council grant

Outcome goal: Improved mental health

65%

Percentage of people surveyed who report an increase in confidence or self-esteem

PROJECT METRICS

40%

Percentage of participants who improve their score on a beep test.

75%

Percentage of participants who report an improvement in social connectedness

ACTIVITIES

Activity	Start date	End date	Status
Walk to Run sessions	23/03/2021	28/02/2022	Completed (fully)
Social Run / Walk to Run Sessions	23/03/2021	28/02/2022	Completed (fully)
Initial Project launch event	22/03/2021	22/03/2021	Completed (fully)
Final results testing and celebration	15/03/2022	15/03/2022	Completed (fully)

EVIDENCE

CASE STUDY

Joe, Bill and Darryl were all previously very socially isolated and suffering from poor health. Thanks to our program they are improving their fitness and have become great friends.

MEDIA APPEARANCE

Sunrise came to one of our sessions and did a story on our program.

LESSONS LEARNED

Through this project we provided yet further evidence of the importance of exercise and social inclusion to good physical and mental health outcomes.

