

Loddon Mallee Move Region It Project – Final Report Form for Funded Organisations

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Organisation	Macedon Ranges Shire Council
Project title	Back in the Game
Project start date	10/10/2019
Project end date	30/03/2021
Total amount allocated (total project grant)	82000
Total project expenditure at the project end date	47780
How much of your total project grant has been committed but not paid?	0
Remainder – grant amount not spent or committed	34220

Project delivery

Please report on the delivery of each of the planned activities listed in your funding agreement

Our team were able to deliver the Back in the Game modified sports program successfully across two localities Woodend and Romsey.

- Unfortunately when forecasting participant numbers we had not anticipated a worldwide pandemic which drastically reduced our ability to engage with some local sports clubs and activity groups and the participant numbers overall reflect the interruption to our program partly due to COVID-19. We had anticipated 270 participants attend the program however, we fell short of this forecast with 71

participants, participating throughout the duration of the funded period. 69 of these participants completed the pre program evaluation survey.

- Back in the Game was successfully delivered as a face-to-face session across two locations prior to COVID-19 from the October 2019 to March 2020.
 - o Our team effectively delivered two 1 hr sessions across Woodend and Romsey
 - o The instructor successfully offered the Back in the Game modified indoor sports program, at the beginning offering the sessions as a single sport model with a warm up/activity and cool down however then progressed to the multi sport model where more activities were offered during the session, which was popular with the participants including a warm up and cool down session
 - o Activities offered were walking basketball, netball, soccer, hockey. Table tennis, badminton and other stadium sport activities
 - o Participants were actively engaged in physical activity, whilst enjoying social connectedness and this was the positive feedback received
 - o On average Woodend sessions had between 5-9 participants attending each week and Romsey between 9-15 participants attending each week
 - o A healthy morning tea was held after each session and the participants thoroughly enjoyed this social connectedness opportunity
 - o Free transport was offered from several locations and was utilised particularly by residents travelling from Kyneton to Woodend
- Face to face, sessions ceased due to COVID-19 in March 2020. The program administrator ceased work when the program ceased and returned in September 2020 when as a team we varied the program offered to an online zoom fitness session
 - o Participants were quite unfamiliar with zoom and not all were interested in joining in with the online sessions with the intention of wanting to wait until

- o face to face classes were again permitted
- o 28 participants participated in the zoom online sessions
- o Two weekly sessions were offered
- o The instructor modified the program to offer an online session suitable for at home exercises whilst still relatable to a sports program
- Indoor sessions then recommenced from February 2021 to March 2021 in a COVID-safe manner
- o Our team did return to successfully deliver two modified 1hr sessions across two locations – Romsey and Woodend with COVID-safe guidelines adhered
- o Morning tea was not delivered, however participants arranged to catch up afterward the program

- Engagement with key stakeholders via phone, flyers and Shire Life, Facebook and local newspaper advertising were prepared throughout the funding period

- The program administrator undertook and completed a certificate 3 in Fitness as part of the project, in addition staff responsible for delivering the project attended the Healthy Active Living 2019 VAAP Forum and undertook a St Johns mental health first aid training course, to upskill

Please provide an explanation for any planned project activities not completed by the project end date

Please comment on what you see as successes and challenges in achieving your project's desired outcomes

Our team experienced the following challenges delivering the project;

- The initial challenge was delivering a project close to the end of the year, with an abundance of local activities already being offered to residents
- Participant trepidation regarding the set up on their computers for online zoom sessions
- Participants were not comfortable in using the online platform for exercising at home and who had expressed their desire to return to face to face classes.

- Appointment of two fitness instructors mid way through project
- Free bus transport was offered from several pick up locations, however some interested participants would like to have continued but didnt have access to transport and had no other method of getting to the facility
- Our inability to expend all funds due to limited storage available for sports equipment ie; indoor carpet bowls. Marketing opportunities on hold during Council election period.
- Our reduced ability to market the program as continual shift in program offered and restrictions, including facility closures, guidelines
- The administrator workload to enter the surveys
- Other local opportunities for this demographic on the same day as the program held (senior citizens, golf etc)
- Weekly participant numbers reduced after COVID closures

Our team experienced the following successes;

- Our team were able to connect with local residents offering them a modified indoor sports program
- Seeing the participants enjoy the activities and social connectdeness
- Participants gathered off site for a cuppa after the session, new friends, common interest
- As the program was nearing an end, fifteen Romsey participants signed a ' Keep Back in the Game Going' petition and sent to Council
- Extension of staff who have received training as part of the program which will assist future programs to continue reaching Council's key deliverables
- Engagement opportunities with key stakeholders nurtured
- Now the funded program has ended, Council are continuing to offer the program for a nominal fee across both facilities and have had good attendance in

the first week of the program with fifteen attendees who are looking forward to the program continuing

Participant numbers

Total number of participants who started physical activity programs **71**

Total number of participants who completed physical activity programs **24**

Total number of participants who have completed the pre-program evaluation **67**

Total number of participants who have completed the post-program evaluation **19**

Please list any reasons you are aware of for participants not completing surveys **Many participants did not return after COVID and the facility closure. Survey link was emailed to the participant with their individual participant ID number.**

Submission of evaluation data

Has all evaluation data been submitted to the Loddon Mallee Region evaluation team? **Yes**

If no, please give an estimated date of data submission

Program sustainability

Planning budget in order to continue the program

If other, please describe here

Participants were emailed an expression of interest. Council are continuing to offer the program for a nominal fee across both facilities. Good attendance in the first week of the program with fifteen attendees who are looking forward to the program continuing. Further promotion will be required to support the program to continue to engage with residents.

Other comments

Please provide any additional comments on your project that haven't been included in your previous answers

Privacy and consent

Name of person submitting this form

Shelley Knott

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Position of person submitting this form

Leisure Facilities Team Leader

I certify that the information supplied in this form is true and correct, and that I will contact Macedon Ranges Shire Council immediately should any details change.

I consent to Macedon Ranges Shire Council holding the personal information I have provided and its management under the provisions of Macedon Ranges Shire Council's Privacy Policy