



EQUALLYWELL

2023 Symposium

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WALKING TOWARDS WELLNESS

Wellways Australia

Presented by Matthew Fluder and Elena Walker



Acknowledgement to Country

*We Acknowledge the Lands we Meet on Today and Pay our
Respects to*

The Gadigal people of the Eora Nation, the Boorooberongal People
of the Dharug Nation, the Bidiagal People and the Gamaygal
People.



Introduction to speakers

- Matthew Fluder – Creator of Walking towards Wellness
- Elena Walker – Peer Facilitator for Walking towards Wellness Pilot.

*Wellways is Very Proud to Work towards Improving Physical Health
for All of our Participants.*

The Time for Implementation

“We have clear evidence that exercise is beneficial. What we do not have is a program that has efficacy in the local context and subsequent data on its implementation”.

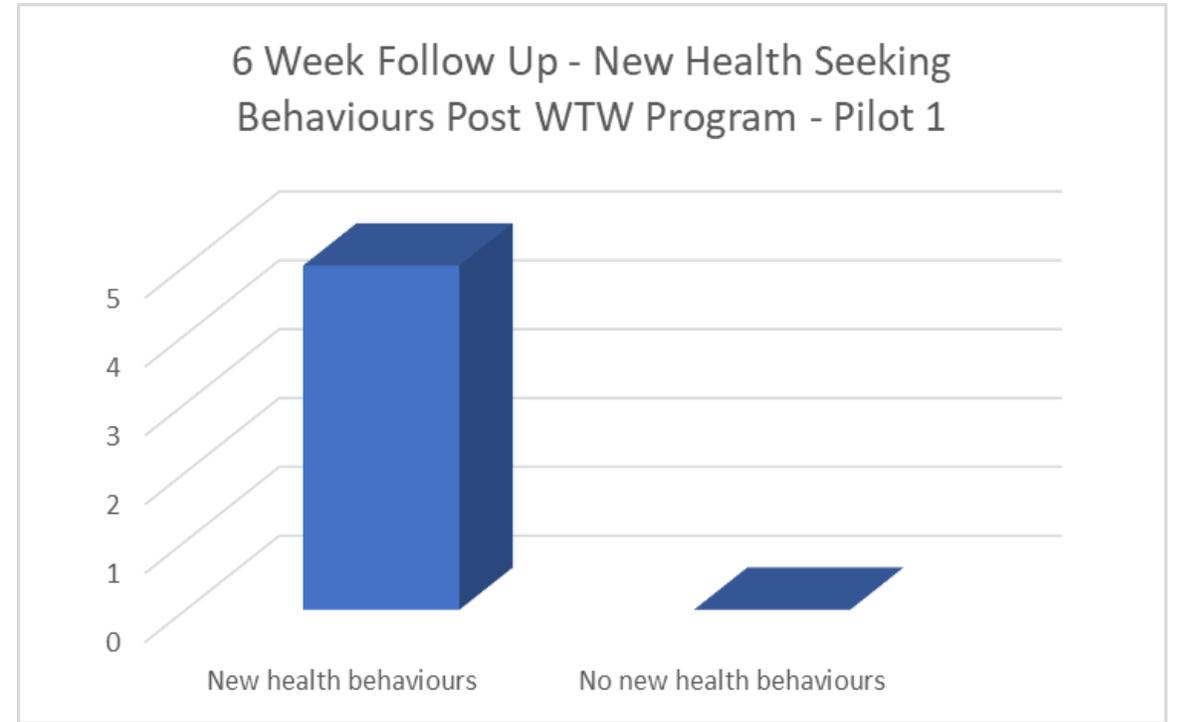
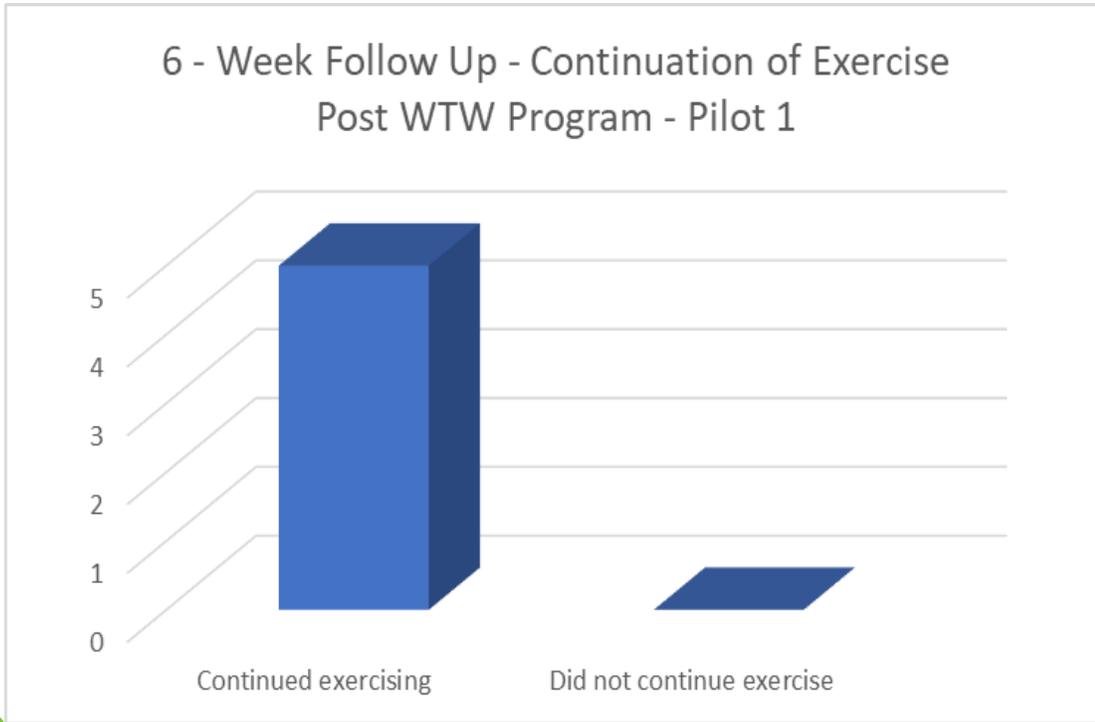
(Simon Rosenbaum 2019 Equally Well Conference)



What is Walking towards Wellness?

- A 6 Week Physical Health Intervention – Theory and Reflection.
- Peer and Consumer Lead.
- Co-designed with our Frontline Staff.
- Collaboration with Indigenous Voices and Indigenous Peers.

Our First Pilot - Results



Supported Behaviour Change not Prescription

- Emotional Connection Forged by Sharing Experience.
- Exploring Instead of Prescribing.
- We Explore a Good Life.
- Use the Foundation Aspects of the Transtheoretical Models of Change and Work on Physical Self-Efficacy.

Training the Why!

- The Walking towards Wellness Training Package goes further than just Outlining Facilitation of the Program.
- Exercise and it's Role in Depression and Mental Health.
- The Application of our Australian Physical Health Guidelines.
- How Behaviour Change Research Works in Application.

Collaboration with Illawarra LHD - Results

- A Second Pilot with the Illawarra Local Health District has shown Amazing Outcomes. 6 Participants Attended.

RESULTS -

- All Attendees Started to Exercise Outside of the Program
- Increase in Self-Efficacy - *Post*
- Increase in Understanding of Physical Health Concepts - *Post*

A Peer Voice

Changing the Story we Tell Ourselves

Visualising a Good Life and the Role of Exercise



Acknowledgement of Lived Experience

“Let’s Start with Acknowledging the Stories that Matter and the People who Share their Stories”



Physical Health – Peer Perspective



My Experience of Facilitation – Walking towards Wellness



Feedback from Participants

“This is the first walk I have been on in 6 months”

“I felt anxious about attending the group today but came because exercise is good for my mental health. I feel comfortable in the group now and am happy I came”

“I didn’t want to leave the house today, but I pushed myself to come. I am happy I came.”

Thanks for Listening – Q&A

- Wellways is proud to present Walking towards Wellness at the Equally Well Conference.
- Our Equally Well Pledge is Very Important to the Culture of our Service Delivery.

• Any Questions?

