



BROADER BENEFITS OF HLC ACTIVATION PROJECTS

Healthy Loddon Campaspe's activation projects deliver benefits that extend well beyond increasing physical activity and healthy eating. By bringing people together around shared interests and goals, these initiatives help strengthen social connections, reduce isolation, and foster a greater sense of belonging within communities. They create opportunities for people of all ages and backgrounds to participate, build confidence, develop new skills, and engage more actively in community life.

Many projects also contribute to improved mental health and wellbeing by providing meaningful social interaction, increasing access to local support networks, and creating welcoming environments where people feel connected and valued. In addition, activation projects often strengthen community capacity by building partnerships between local organisations, volunteers, and community groups, helping to create more resilient, inclusive, and vibrant communities.

See below for some of the examples of this from the activation projects from 2025-2026.



FEAST OF CULTURES MOUNT ALEXANDER SHIRE

While Feast of Cultures was designed to support healthy eating, its greatest impact may have been in bringing people together. The project strengthened social connections, celebrated cultural diversity, supported inclusion and belonging, reduced social isolation, supported wellbeing, and empowered multicultural community members to share their knowledge and culture. Through community-led food experiences, Feast of Cultures helped build a more connected, inclusive, and culturally vibrant community across Mount Alexander Shire.

GROWING IN THE RANGES MACEDON RANGES SHIRE

While Growing in the Ranges was designed to increase knowledge, skills, and confidence in healthy eating and growing food, the project also strengthened family and community connections, supported mental wellbeing, built confidence and lifelong skills, and increased the capacity of educators to deliver ongoing food and gardening education. Through hands-on gardening experiences, families were encouraged to grow, prepare, and share food together, while First Nations elements embedded within the workshops helped participants develop a deeper understanding of connections to Country. By combining food literacy, community participation, and sustainable garden infrastructure, the project has contributed to a more connected, resilient, and food-secure community across the Macedon Ranges Shire.



PICKLEBALL CENTRAL GOLDFIELDS SHIRE

The Central Goldfields Pickleball program was designed to increase physical activity, however the project also created a welcoming and inclusive space where people could build social connections, develop confidence, learn new skills, and improve their wellbeing. By reducing barriers to participation and fostering a sense of belonging, the program strengthened community connections and increased engagement with local recreation facilities, helping to build a more active, connected, and resilient community.



PARKRUN CITY OF GREATER BENDIGO

While parkrun is designed to encourage regular physical activity, the events also strengthen social connections, reduce isolation, support mental wellbeing, and create opportunities for volunteering and community participation. By providing a free, inclusive, and welcoming environment, parkrun helps build confidence, foster a sense of belonging, and strengthen community connectedness, contributing to healthier and more resilient communities.



COOKING FOR CHANGE TRAIN THE TRAINER CAMPASPE SHIRE

While Cooking for Change! was designed to improve healthy eating knowledge, cooking skills, and confidence among young people, its impact extended far beyond nutrition outcomes. The project strengthened social connections, developed a sense of belonging and community contribution, built valuable life skills, and increased local capacity to deliver health promotion programs. Through strong partnerships, sustainable resources, and connections to food relief initiatives, the project has helped build a more connected, resilient, and food-secure community in Campaspe Shire.



FARM TOUR SERIES LODDON SHIRE

While the Farm Tour Series was designed to increase knowledge, skills, and confidence in sustainable agriculture, its impact extended far beyond farming practices. The project brought farmers and community members together, strengthened local networks, supported peer learning and collaboration, increased understanding of local food systems, and built confidence to explore new approaches. By creating opportunities for connection and shared learning, the project contributed to a more resilient, informed, and connected agricultural community across Loddon Shire.

