

# CASE STUDY: Health Impact Project



**The Health Impact Project is a grassroots program improving the health and wellbeing of children under five and their parents through the Community Hubs.**

## AT A GLANCE



### Target Participants

Multicultural children under five years old and their parents



### Aim

Improving the health and wellbeing of children under five and their parents through health related services implemented in the safe environment created by the Community Hubs.



### Organisations Involved

Multicultural Youth Queensland, Access Community Services



### Location

Logan based Community Hubs



### Funding

Health Impact Project is funded through multiple sources

## Health Impact Project

Health Impact Project is a grassroots program aimed at improving the health and wellbeing of children under five and their parents through the Community Hubs. The project provides health related services implemented in the safe environment that the Hubs create. Programs offered include:

- Trauma informed yoga
- Oral health sessions
- Pediatric first aid
- Music therapy
- Clinical psychology parenting information
- Speech pathology
- Many more linkages to services in the community

## Successful Outcomes:

On 23rd November 2017, together with the Multicultural Youth Queensland, Health Impact project had a wellbeing day out in the local community. In total, 38 mums and 50 children came from the Logan based Community Hubs to the Berrinba Wetlands to enjoy an active day out exploring the bushland with a bush bingo and circus games. This was followed by relaxing with mindfulness sensory games, music therapy, and First 5 Forever storytelling.

The day encouraged mums and children to explore the wider community, get active, meet new people and demonstrate the great outdoor activities that they can replicate during the school holidays. Many of the mums described the day as a much-needed opportunity to get out of the house and connect with other mums over games with their children and a great lunch.

## Program learnings:

Access Community Services through Health Impact Project hopes to continue introducing the broader community spaces with more wellbeing days out in the future.

*Many of the mums described the day as a much-needed opportunity to get out of the house and connect with other mums over games with their children...*

**Participants,**  
Mums from Health Impact Project, Logan.

## For More Information Visit:

Access Community Services Ltd  
[www.accesscommunity.com.au](http://www.accesscommunity.com.au)

