

Make a rural women's wellbeing diary

Our Riverland wellbeing diary was designed to share local women's stories and experiences, highlight community events and services for mental health and wellbeing and prompt women to engage with wellbeing activities

Establish an approach

There are many ways to approach building ideas into a women's wellbeing diary format. You might include quotes and stories from local women, recipes inspired by local produce or cultures, key dates for community events, illustrations of the region, journaling prompts or suggestions for activities that may support wellbeing. You may decide to use photographs or memes. The key thing is that the content resonates for rural women and is useful in supporting their wellbeing.

Content generation

- Decide on what information you would like in the wellbeing diary. Much of this will depend on the approach,
 - Identify key dates for local community and health/ wellbeing events.
 - Decide whether the diary will share women's stories , who you might approach and how you will gather and write those.
-

Design

- Consider whether the diary will use photography or illustrations for visual content.
- Decide on design software or a professional to produce the layout.
- Identify any printing parameters such as size of the diary, how many pages, paper quality, how it will be bound and the cost of various print options.

Distribution

- Will you sell the diary or will it be free?
- How many will you print/distribute?
- Who will support distribution? Consider businesses, health settings, agricultural groups.
- Where will people be able to access a copy? e.g. local events, council office, online, through community groups?

Funding

- Once you have made decisions on the above, then you will be able to obtain a quote.
- Consider community grants or local business sponsorship for funding the creation, printing and distribution of the diaries.
- Ensure funders and any other contributions are acknowledged in the diary

Printing

- Liaise with printers to ensure the timeline of the diary production can be completed in time for distribution in December/January.
-