

Organise wellbeing activities to support self-care and create connection

Wellbeing activities offer opportunities for rural women to nurture themselves, engage with self-care practices and create meaningful connection with others.

Establish an approach

Decide which wellbeing activities are a good 'fit' for the women in your community. Examples include meditation, breathwork, yoga, sound baths, hair/makeup styling, foot spas, massage.

Consider a range of options or the opportunities available through practitioners in your local community.

Reflect on how the activities can provide an opportunity for self-care and also social connection.

Is there a theme or other inspiration that will attract women and support meaningful conversations and engagement?

How will you organise the activities? A suite of options across a day, focus on one for a few hours, offer a monthly program with different activities?

Ask these questions

Who will you target? And then, how can you make it accessible to your target group? (e.g. by having it during school hours, offering child minding, supporting car pooling, central location).

Are there local practitioners in your community who offer wellbeing services?

What would be a suitable venue for the activities you wish to offer?

What are the costs associated with the activities and venue?

Organisation

- How will you promote the activities in a way that will reach your target group/s?
- How will you manage sign-ups and if required, payments?
- What will be your policy for cancellations?
- Will you arrange catering or invite participants to BYO?
- What would be good timing for the activities?
- Who will book / organise / set-up / tidy up the venue?
- How will you create a comfortable and welcoming space for women?
- Who will welcome participants, introduce practitioners and support women's inclusion and participation?
- Do you wish to gather participant's feedback and how might you collect that information?

Funding

- Consider community grants or local business sponsorship to support the costs of running wellbeing activities.
 - Ensure funders and any other contributions are acknowledged.
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