

Come join us camel riding on Thursday, 16 May!

On Thursday, 16 May, interested members are going on a Big Day out to visit Summerland Camels in Ipswich.

This came out of a Feedback2Action meeting.

So far, we have about 10 members who are coming but there is room for more!

We can take you down in the van, or you can travel down yourself (but this requires a waiver).

The camel riding is at Summerland in Ipswich.

Costs will vary because you can choose your own adventure!

There is free entry into the park, and you can photograph and pat the camels for free.

For a small fee, you can feed the camels. If you wish to go camel riding, it is \$70 for 40 minutes. **We need to know if you wish to ride a camel (\$70) on the day by 10 May so we can book you in.**

If you are interested in coming, please contact your Wellbeing Coach or call us on 07 4632 4688..



**big
day out**

Choose your adventure!

Free entry.
Café on-site.

Optional camel riding
\$70.

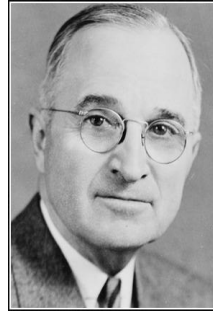


**Australia's Largest Camel
Farm & Dairy**



Mumbles from the CEO

We are looking for volunteers to help with our services



It is amazing what you can accomplish if you do not care who gets the credit.

— Harry S. Truman —

One of the most rewarding *5 Ways to Wellbeing* activities is giving back. I absolutely LOVE Harry Truman's quote about how much can be achieved when we don't care who gets the credit...normally I also mention "or money".

The world works in mysterious ways, and I have always found in my career that when I give back, eventually the person or group I gave to, returns the favour in the future.

Studies indicate that the very act of giving back to the community boosts your happiness, health, and sense of well-being.

Below is an infographic of the 10 benefits of helping others.

On the right is a QR code if you are interested in volunteering at Momentum!

Community & Member Volunteer
Expression of Interest

<https://forms.office.com/r/rDCHWV9gmZ>

10 Benefits of Helping Others



Feels good

There is some evidence to suggest that when you help others, it can promote physiological changes in the brain linked with happiness. This heightened sense of well-being might be the byproduct of being more physically active as a result of volunteering, or because it makes us more socially active.

Gives you a sense of purpose

Studies show that volunteering enhances an individual's overall sense of purpose and identity. This is because helping others can make you feel rewarded, fulfilled and empowered.

It's contagious

One study found that people are more likely to perform feats of generosity after observing another do the same. This effect can ripple throughout the community, inspiring dozens of individuals to make a difference.

Boosts your self esteem

People who volunteer have been found to have higher self-esteem and overall wellbeing. The benefits of volunteering also depend on your consistency. So, the more regularly you volunteer, the more confidence you'll gain.

Creates stronger relationships

When you help others, you give off positive vibes, which can rub off on peers and improve your friendships. Being a force for good in a friend's life can help build a lasting bond.



Creates a sense of belonging
Helping others can help us to make new friends and connect with our community. Face-to-face activities such as volunteering at a food bank can also help reduce loneliness and isolation.

Keeps things in perspective
Helping others, especially those who are less fortunate than yourself, can help to put things into perspective and make you feel more positive about your own circumstances

Can help you live longer
Regular volunteering can improve your ability to manage stress and stave off disease as well as increasing your sense of life satisfaction. This might be because volunteering alleviates loneliness and enhances our social lives.

Gives you a sense of renewal
Helping others can teach you to help yourself. If you've been through a tough experience or just have a case of the blues, the "activism cure" is a great way get back to feeling like yourself.

Become a glass half-full type of person
Having a positive impact on someone else could help you change your own outlook and attitude. Experts say that performing acts of kindness boosts your mood and ultimately makes you more optimistic and positive.

The Benefits of

GARDENING

Join Ashi and Cheryl for gardening every Thursday, 10am-12pm at Momentum!

Ashi

Cheryl

Be Active

Be Aware

We have a two-page literature review summary highlighting the fantastic benefits of gardening on mental and physical wellbeing. It is on the wall in the dining room area.

Literature Review on the Benefits of Gardening

Full article	Objectives	Methods	Sample Size	Country	Results Summary	Conclusion	Link
Scott, T. L., Masser, B. M., & Pechang, N. A. (2020). Positive aging benefits of home and community gardening activities: Older adults report enhanced self-esteem, productive endeavors, social engagement and exercise. <i>SAGE Open Medicine</i> , 8, 2050011212000732.	This study examined relationships between home and community gardening and older adults' self-reported psychological and physical well-being, attitudes to aging relative to gardening activities and productive endeavors, social engagement and exercise.	A survey addressing (a) demographic characteristics, (b) gardening interests and sentiments, (c) activities, (d) benefits, (e) self-rated health and quality of life and (f) attitudes to aging was administered online and via mail-out.	Participants, 331 gardeners aged 60-85 years	Australia	According to multiple regression analysis, Restoration and Physical benefits were the strongest explanatory variables of Participants' positive aging self-perceptions. Members of gardening groups reported significantly more social and physical benefits than non-members.	The current study provides support for promoting positive aging through gardening. Gardening or simply being in the garden, having contact with nature was key to attaining positive therapeutic benefits for this sample.	https://journals.sagepub.com/doi/10.1177/2050011212000732
Park, S. A., Lee, A. Y., Park, H. G., & Lee, L. (2018). Benefits of gardening activities for cognitive function: An experimental study of measurement of brain nerve growth factor related to cognitive function. <i>International journal of environmental research and public health</i> , 16(5), 760.	The objective of this study was to determine the effects of gardening activities in senior individuals on brain nerve growth factors related to cognitive function.	A 20-min low-to-moderate intensity gardening activity intervention, making a vegetable garden, was performed by the subjects in a garden plot located on the Konkuk University (Seoul, South Korea) campus. The gardening involved six activities including cleaning a garden plot, digging, fertilizing, raking, planting/tropotransplanting, and watering. To determine the effects of the gardening activities on brain nerve growth factors related to memory, blood samples were drawn twice from each subject before and after the gardening activity by professional nurses. The levels of brain nerve growth factors, including brain-derived neurotrophic factor (BDNF), vascular endothelial growth factor (VEGF) and platelet-derived growth factor (PDGF), were analyzed.	Forty-one senior individuals (age 76.6 ± 6.0, 60-85 years) were recruited from the local community.	Gwangju, South Korea	Levels of BDNF and PDGF were significantly increased after the gardening activity.	Levels of BDNF and PDGF were significantly increased after the gardening activity. This study revealed a potential benefit of gardening activities for cognitive function in senior individuals.	https://doi.org/10.3390/ijerph16050760
Misses, K., Alindogan, M.A., Forrester, S., & Waller, S. (2021). Evaluating the effects of a Therapeutic Day Rehabilitation therapeutic gardening session as part of a Therapeutic Day Rehabilitation (TDR) at a non-residential intensive structured program designed for individuals. <i>Australian Journal of Primary Health</i> , 27(6), 496-502: recovering from substance misuse.	The aim of this study was to explore perceptions of participants enrolled in weekly after-schools of a Therapeutic Day Rehabilitation (TDR) at a non-residential intensive structured program designed for individuals recovering from substance misuse.	Convergent parallel mixed-method design using qualitative individual and semi-structured interviews.	Semi-structured interviews (n = 34) and longitudinal quantitative quality of life (QoL) data at three different intervals (n = 17).	Australia	The analysis of the quantitative data showed that there was a statistically significant increase in the participants' QoL scores in three of four domains (physical health, psychological, social relationships) when comparing baseline and post completion of TDR. These observed changes were maintained at the 4-week follow-up.	The key findings from the semi-structured interviews include positive effects for participants on social connectivity, structure and achievement, understanding of recovery and relaxation from contact with nature. This study shows that a combination of TDR and therapeutic gardening can improve participants' physical health, psychological health and social relationships.	https://doi.org/10.1080/14487099.2021.1984444
Palar, K., Hufstader, E. L., Hernandez, K., Chang, A., Ferguson, L., Lozano, R., & Weiser, S. D. (2019). Nutrition and health improvements after gardening and nutritional participation in an urban home education program in a population at high cardiometabolic risk. <i>Journal of Nutrition Education and Behavior</i> , 51(9), 1037-1046.	To elucidate the perceived health benefits of an urban home education program in a population at high cardiometabolic risk.	Qualitative data collected via in-depth, semi-structured interviews in Spanish or English. Community-based program offering supportive urban home gardening together with nutrition education. Bilingual researchers coded transcripts using a hybrid inductive/deductive approach. Two coders double-coded at intervals, independently reviewed coding reports, organized content into key themes, and selected exemplary quotes.	32 purposively sampled low-income participants in an urban home gardening program. Participants were primarily female (n=24) and Latino/a (n=22).	Santa Clara County, California	The most salient perceived impacts were greater food access, increased consumption of fresh produce, a shift towards home cooking, and decreased fast food consumption. Participants attributed these changes to greater affordability, freshness, flavor and convenience of their garden produce, increased health motivation due to pride in their gardens, and improved nutritional knowledge. Participants also reported improved physical activity, mental health and stress management; some reported improved weight and adherence to diabetes-healthy diets.	The most salient perceived impacts were greater food access, increased consumption of fresh produce, a shift towards home cooking, and decreased fast food consumption. Participants attributed these changes to greater affordability, freshness, flavor and convenience of their garden produce, increased health motivation due to pride in their gardens, and improved nutritional knowledge. Participants also reported improved physical activity, mental health and stress management; some reported improved weight and adherence to diabetes-healthy diets.	https://doi.org/10.1016/j.jneb.2019.06.004
Chalmers-Pul, L. S., Griffiths, A., Ross, J., Heaton, T., & Cameron, R. (2021). Why garden? Attitudes and the perceived health benefits of home gardening. <i>Cities</i> , 111, 103118.	This research explored why residents engaged with gardening and the extent to which they recognized any health benefits from the activity.	A questionnaire was distributed electronically within the UK. Data were collected on factors including garden typology, frequency of gardening and individual perceptions of health and well-being.	5765 gardeners and 249 non-gardeners responded.	UK	Significant associations were found between improvements in well-being, perceived stress and physical activity and more frequent gardening. Gardening on a frequent basis (i.e. at least 2-3 times a week, corresponded with greatest perceived health benefits. Improving health, however, was not the prime motivator to garden, but rather the direct pleasure gardening brought to the participants. There was evidence that satisfaction with one's front garden and the time spent in it increased as the proportion of vegetation was enhanced.	The data supports the notion that domestic gardens should be given greater prominence in urban planning debates, due to the role they play in providing health benefits.	https://doi.org/10.1016/j.cities.2021.103118

Internet resources on the benefits of gardening:

- [How Gardening Benefits Physical and Mental Health - Botanical PaperWorks](#)
- [10 Benefits of Gardening \(Infographic\) - Urban Garden Gal](#)
- [Growing Health in the Garden - Ask The Scientists.](#)
<https://askthescientists.com/gardening/>

10 BENEFITS OF GARDENING

1 Exercise

Gardening involves a lot of different activities including bending, squatting and digging, which helps to tone the muscles, improves flexibility and burns up to 300 calories per hour.

2 Relieves Stress

Gardening decreases levels of the stress hormone cortisol, leading to a decrease in stress and anxiety, helping you to feel more relaxed.

3 Increases Happiness

Mycobacterium vaccae, a type of bacteria found in soil, has been shown to boost the feel-good chemical serotonin, which helps to improve mood and decrease symptoms of depression.

4 Better Brain Health

Studies have shown that gardening can boost brain health by improving cognitive function and memory. Regular gardeners also have a reduced risk of developing dementia later in life.

5 Boosts Vitamin D

Gardening in the sunshine several times a week can help boost vitamin D levels, which benefits your bones, muscles, heart and immune system.

6 Encourages Healthy Eating

Studies show that home gardeners typically consume more fruits and vegetables than non-gardeners.

7 Increased Nutrients

Home grown produce is typically richer in vitamins and minerals than produce that is grown through intensive farming practices and then transported long distances.

8 Mindfulness

Gardening has a calming, meditative effect, helping you to forget about your worries and be present in the moment.

9 Less Food Miles

Growing your own food reduces the amount of fossil fuels consumed to transport food over long distances.

10 Saves Money

Homemade fruits and vegetables cost a fraction of the price of store-bought produce, especially organic produce.

Urban Garden Gal

SOURCES

- <https://lifestyle-choices.com/sport/gardening>
- <https://pubmed.ncbi.nlm.nih.gov/30822608/>
- <https://www.medicalnewstoday.com/articles/66840#1>
- <https://pubmed.ncbi.nlm.nih.gov/30832372/>
- <https://journals.ashg.org/horttech/view/journals/horttech/20/4/article-p171.html>

What's On



Book Club

Reading and books are great for improving mental wellbeing. This session is part of the "keep learning" component of our 5 Ways to Wellbeing

Every second Friday
1:30pm – 2:20pm



Meditation

Meditation can benefit us physically, by decreasing blood pressure and increasing our immune system and energy levels.

Every second
Wednesday
2:30pm – 4pm



Momentum has a stall at this event

momentum
MENTAL HEALTH

Join us
Thursday 2nd
May at
Momentum
for our
OPEN HOUSE
BBQ!

12pm-1pm
112 Russell Street,
Toowoomba

Come join us Thursday for
Feedback2Action from
11:30am – 12pm
(before the Open House)

Tomorrow (Wednesday) is the
Domestic and Family Violence
Remembrance Day March at the
Village Green
(near City Hall). Starting at
4:30pm

Please join us

Domestic and Family Violence Remembrance Day March and Candle Lighting Ceremony

A community event to raise awareness
and to bring an end to domestic violence

Wednesday 1 May 2024
4:30 to 7:00pm

Village Green (beside City Hall), 541 Ruthven Street, Toowoomba

Join us at 4:30pm at the Village Green
Paint posters for our Walk Against Violence
Bring along your own posters and banners
Walk down Ruthven St will begin at 5:30pm

- Community stalls/poster painting starting at 4:30pm
- Sausage sizzle and coffee van
- March starts 5:30pm
- Candle lighting vigil starting at 6pm
- Speeches

RSVP and register your attendance by 26 April to infotwba@dvac.org.au

This is an inclusive family friendly community event. All welcome.

Write an article for us!

If you would like to contribute to the next edition of this newsletter, please complete the online form!

<https://forms.office.com/r/tPxXNjhPwa>



Member Feedback, Compliments and Complaints

We love getting feedback from members so that we can continually improve our services.

We have a number of ways that you can tell us what you think:

- Feedback to Action meeting every month on the first Thursday of the month from 11:30am to Noon.
- Member Satisfaction Survey: This survey tells us how well you rate the services we are providing on the whole. We use your ratings to review our programs and try to better meet your needs.
- Complaints, Compliments and Feedback Form: This form is designed if you have a more specific piece of feedback for us. For example, to draw our attention to a staff member who did something great, or feedback on how we can improve. It can also be used if there is a specific example of something we did not do well.

Both of these forms are available electronically or in paper form at the Momentum main building. Our Wellbeing Coaches can assist you with completing the forms if you need them.

Member Satisfaction Survey



Compliment and Complaint Form



Member Satisfaction Survey Results April 2024 n=16



Member NPS April 24
31 FYTD 48

Promoters (9-10) = 77%
Passives (7-8) = 23%
Detractors (1-6) = 0%

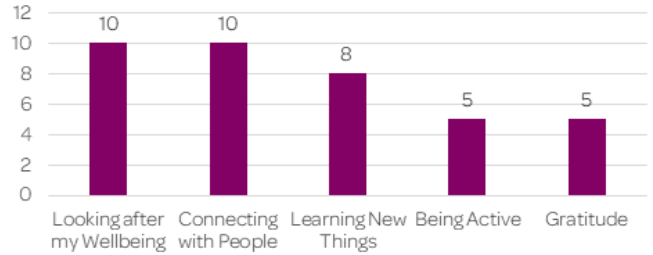
NET PROMOTER SCORE



On a scale of 1 to 10, how much has your wellbeing improved since being at Momentum?



What are the most valuable things Momentum provides for you?



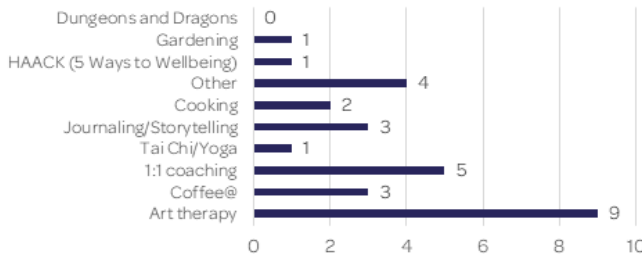
How likely are you to recommend Momentum to a friend or colleague?
75% of members rated Momentum >8 out of 10

How do you rate the service you get from Momentum?

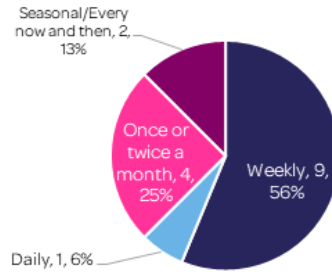


75% of members rated Momentum's service >8 out of 10

What programs do you attend at Momentum? (Number of responses)

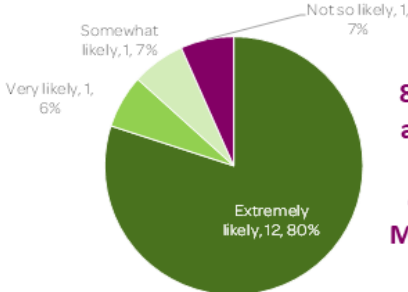


How often members attend Momentum



62% of members attended Momentum at least weekly

How likely are you to continue to come to Momentum in the future?

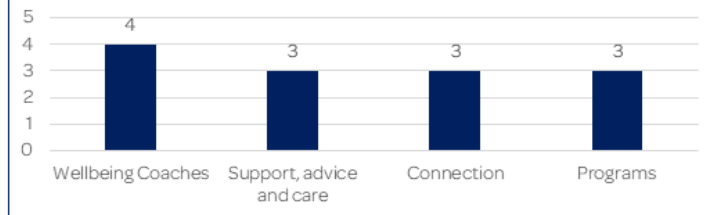


86% of members are extremely or very likely to continue to use Momentum in the future

Member Satisfaction Survey Results April 2024 n=16



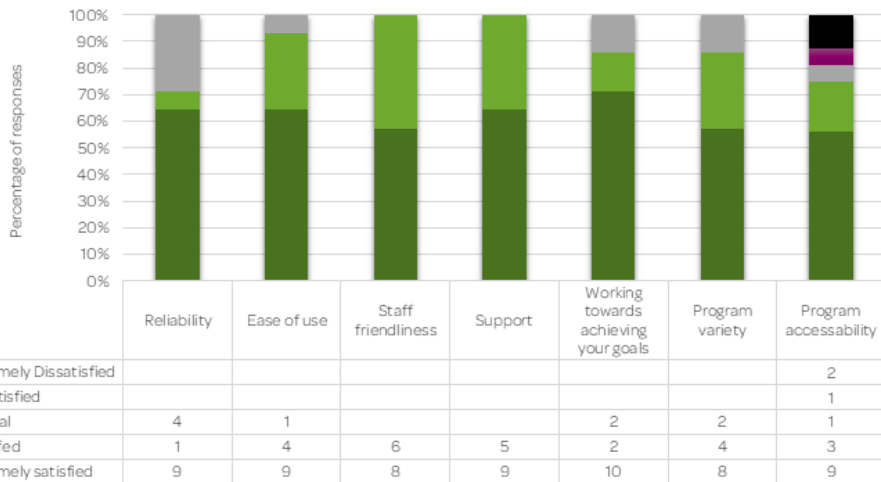
What do you like most about Momentum? (Themed responses)



Comments and Feedback from Members

- I would love to do 45min of Tai Chi on Tuesdays if possible. And if there could be 15min between each class that would help do much (to set up & to conserve my energy). there is currently no gap between Journaling & Tai Chi & 1.5hrs between Tai Chi & Art Therapy.
- The members toilet needs to be cleaned much more often.
- I believe people should connect with other people, even if that you are on the outside looking in.
- David is amazing
- Can't wait till Warwick has 3 days.
- Excellent. Looking forward to further programs starting in Warwick.
- How about peer support groups of members for people with shared circumstances/issues, rather than a top-bottom approach?
- Connecting with people and the staff
- Gentle approach. Not want your sessions are done now go away and be normal.
- Great space for community.
- I feel the gardening is okay and fine, however would like to know more on computers.
- Kind and encouraging staff.
- Momentum provides a multitude of social connections as well as access to local facilities and services.
- My coach she helps me learn new ways to understand and process

Satisfaction With Our Services - April 2024



Our Programs in May

Momentum Mental Health - What's On **MAY 2024**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1 Baking
10am - 12:30pm

Basic Macrame
12:30pm - 2:30pm

Meditation
2:30pm - 4pm

2 Open House BBQ 12noon - 1pm
Feedback 2 ACTION Meeting
11:30 - 12pm

Art Therapy Basics 9:30am - 11:30am
Gardening 10:00am - 12:00pm
Journaling & Storytelling Basics
1:30pm - 3:30pm

3 Cooking
10am - 12:30pm

Coffee @
1:00pm - 2:30pm

Tai Chi
3:00pm - 3:30pm

6

Public Holiday

7 Journaling & Storytelling
9:30am - 11:30am

Art Therapy
1:30pm - 3:30 pm

8 Baking
10am - 12:30pm

Dungeons and Dragons
1:00pm - 4:00pm AT LIBRARY

Hope Brewed Here Members
Afternoon Tea 2pm - 3pm

9 Art Therapy Basics
9:30am - 11:30am

Gardening
10:00am - 12:00pm

Journaling & Storytelling Basics
1:30pm - 3:30pm

10 Cooking
10am - 12:30pm

Trivia
1:30pm - 3:30 pm

Tai Chi
3:00pm - 3:30pm

13 HAACK Your Wellbeing
10am - 12noon
Rituals and Routines
AT LIBRARY

Cooking and Menu Planning
10am - 12:30pm

14 Journaling & Storytelling
9:30am - 11:30am

Art Therapy
1:30pm - 3:30 pm

15 Baking
10am - 12:30pm

Basic Macrame
12:30pm - 2:30pm

Meditation
2:30pm - 4pm

16 Summerland Camels Trip
8:00am - 3:00pm

Art Therapy Basics
9:30am - 11:30am

Gardening 10:00am - 12:00pm
Journaling & Storytelling Basics
1:30pm - 3:30pm

17 Cooking
10am - 12:30pm

Coffee @
1:00pm - 2:30pm

Tai Chi
3:00pm - 3:30pm

20 HAACK Your Wellbeing
10am - 12noon
Stress Management
AT LIBRARY
Sound Bathing 1pm - 2pm
AT LIBRARY
Cooking
10am - 12:30pm

21 Journaling & Storytelling
9:30am - 11:30am

Art Therapy
1:30pm - 3:30 pm

22 Baking
10am - 12:30pm

Dungeons and Dragons
1:00pm - 4:00pm AT LIBRARY

Hope Brewed Here Members
Afternoon Tea 2pm - 3pm

23 Art Therapy Basics
9:30am - 11:30am

Gardening
10:00am - 12:00pm

Journaling & Storytelling Basics
1:30pm - 3:30pm

24 Cooking
10am - 12:30pm

Momentum Mental Health
Book Club 1:30pm - 2:30pm

Tai Chi
3:00pm - 3:30pm

27 HAACK Your Wellbeing
10am - 12noon
Sensory Awareness
AT LIBRARY

Cooking
10am - 12:30pm

28 Journaling & Storytelling
9:30am - 11:30am

Art Therapy
1:30pm - 3:30 pm

29 Baking
10am - 12:30pm

Basic Macrame
12:30pm - 2:30pm

Meditation
2:30pm - 4pm

30 Art Therapy Basics
9:30am - 11:30am

Gardening
10:00am - 12:00pm

Journaling & Storytelling Basics
1:30pm - 3:30pm

31 Cooking
10am - 12:30pm

Coffee @
1:00pm - 2:30pm

Tai Chi
3:00pm - 3:30pm

Quote of the week (From Wellbeing Coach Sarah Hazelhurst)

May your life be like
a wildflower, growing
freely in the beauty
and joy of each day.

- Native American Proverb



Positivity

Funny of the week

I DID A PUSH-UP TODAY.



WELL, ACTUALLY
I FELL DOWN, BUT
I HAD TO USE MY
MY ARMS TO GET
BACK UP, SO ...
CLOSE ENOUGH

NOW I NEED CHOCOLATE



momentum
MENTAL HEALTH