LIVEABLE

A beautiful diverse City with an enviable lifestyle that is welcoming to all people at all stages of life.

City of Adelaide residents will have wellbeing above the global average

- Develop and celebrate strong and resilient City communities that are welcoming and encourage people of all ages, cultures and means to participate in City life, including through volunteer opportunities.
- Work with the State Government, community leaders and community organisations to support vulnerable members of the community.
- Work with the community and other stakeholders through a range of initiatives to activate key areas to enable people to use the City safely and seek to reduce crime.
- Support social entrepreneurs to develop business models that have a positive impact on the City’s wellbeing and resilience.
- Enhance the role of the Park Lands in increasing levels of physical activity and wellbeing through formal and informal sport and recreation opportunities.
- Deliver sport and recreation activity hubs consistent with the Active City Strategy and Adelaide Park Lands Management Strategy.

‘By measuring and building wellbeing and resilience in communities we can… give every individual the skills to flourish in their daily lives’

Martin Seligman: Building the State of Wellbeing

For more information on City of Adelaide’s wellbeing and resilience initiatives go to cityofadelaide.com.au/wellbeingandresilience or phone 8203 7203
Evidence Base

City of Adelaide will develop strategies to enable the community to increase their wellbeing and resilience.

To build, embed and measure wellbeing and resilience across the City community, we needed to first understand our starting point. We partnered with the South Australian Health & Medical Research Institute (SAHMRI) in June 2016 to deliver a survey using the PERMA+ framework. PERMA stands for Positive emotion, Engagement, Relationships, Meaning and Accomplishment. The ‘+’ encompasses optimism, physical activity, nutrition and sleep.

The survey responses provided the baseline data and insights to plan our work. This baseline data will also be used for reporting against the Adelaide 2020 Strategic Plan. The inclusion of this and other data will ensure City of Adelaide can approach its work empowering the community and promoting wellbeing and resilience from a strong evidence base.

WELLBEING AND RESILIENCE FOCUS AREAS

18–24 year olds
City Collective Impact project that increases the wellbeing and resilience of all 18–24 year olds living in the City.

The results of the resident wellbeing baseline survey undertaken in partnership with the SAHMRI in 2016 indicated that 18—24 year olds living in the City could benefit from targeted opportunities to build their wellbeing and resilience.

City of Adelaide will be working closely with a range of partners and young people in this age group to implement sustainable change.

Physical Activity and Nutrition

Leverage City of Adelaide’s businesses, grants and incentives to promote healthy eating and increase physical activity.

There is a significant amount of research showing the connection between people’s level of physical activity, nutritional intake and personal wellbeing.

City of Adelaide is already engaged in a range of initiatives to encourage physical activity in the City. Opportunities exist to broaden and strengthen what is already in place, as well as increase the focus on residents’ consumption of fruit and vegetables.

Meaning and Purpose

‘Smart’ and innovative projects shaped by research and global thought leaders.

Research has shown the importance of having a sense of meaning and purpose on people’s overall wellbeing.

City of Adelaide will work closely with research institutes and thought leaders in this area to identify opportunities for evidence based, innovative initiatives that enable residents to enhance their sense of meaning and purpose.

‘Cities are for people, so make them a priority’
Greg from Picture Adelaide 2014 online forum