

Marketplace Movers News

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BACKGROUND

Marketplace Movers is a walking group established approximately 10 years ago as part of social support group Commonwealth Home Support Program. Participants undertake walking exercise within an enclosed shopping centre early in the morning prior to commencement of business hours. Participants benefit from both exercise and social support. Marketplace Movers is not currently operating due to COVID-19 and clients are self-isolating at home, some on their own. For some, high risk of isolation and loneliness may result.

AIM

To ensure continued social connectedness amongst Marketplace Movers participants while they Stay At Home during COVID-19.

METHOD

Marketplace Movers participants (44) consented to participate in Marketplace Movers News. Participants submitted a paragraph sharing updates about their thoughts and experiences during COVID-19. Responses were collated into newsletter format and allied health team contributions were added. The newsletter was posted or emailed to all group participants on a monthly basis.

RESULTS

Following the third Marketplace Movers News edition, feedback was collected via survey. Only one participant didn't read the newsletter, two thirds contributed to the newsletter, and all but one felt connected to the Marketplace Movers during COVID-19 though the Marketplace Movers News. Overall the feedback was very positive.

PARTICIPANT FEEDBACK

"It is an excellent service that is being provided"

"Made me feel connected, wanted, that somebody cares about us"

"Lovely to read what others have been up to"

FUTURE DIRECTION

Marketplace Movers News is expanding to include extra content such as recipes and photos. To extend this social support initiative, a 'ZOOM Cuppa' will be introduced, allowing real time connection with each other with contributions from the allied health team. A limitation is that not all participants have the technology to participate.

Planning is in progress to implement similar initiatives to other exercise groups within the service.