

The Alternate Leisure Initiative



What is The Alternate Leisure Initiative?

The Alternate leisure Initiative was developed to support active living and play settings that fall outside of traditional sport and recreation, to implement health promoting practices.



Example settings

This includes but is not limited to: dance studios, trampoline centres, children's play centres, children's farms, ten pin bowling centres, aerial studios, arcades, water parks, go karting, laser tag settings, boxing gyms, rock climbing centres and more.



Consultation findings

Consultation and research found the following barriers to access: a lack of inclusive practices; a lack of healthy food options; high cost of food at settings; and expensive entry costs.



Health areas

Settings can choose to focus on one of the two health areas: Healthy Eating and Inclusion.



Funding

\$10,000 of funding was secured from VicHealth to provide the community with free or low cost access to the pilot alternate leisure settings through the Incentive Voucher Program.



Evaluation

Evaluation methods of the pilot included:

- Developmental evaluation.
- Pre and post customer surveys at the involved settings.
- Voucher recipient survey.
- Voucher recipient focus group.
- Setting champion interviews.
- Analysis of voucher applicant data.

<https://monashhealth.org/services/health-promotion/the-alternate-leisure-initiative/>

Pilot Findings



4 alternate leisure settings completed

1 health area

The number of actions completed in settings ranged from **11** to **16**



1,735 voucher applications over **10 months**

From this,

300 vouchers were allocated to

126 community members from a range of backgrounds across our **3 LGAs**.



96.7%

of voucher recipient survey respondents attended the alternate leisure settings as **'families with children.'**

Pilot settings were **welcoming** and allowed for **socialisation**, with participants agreeing the settings **increased their or their children's social connection**.

98%



of voucher recipient survey respondents agreed that the **settings were inclusive and accessible**.

96%



of respondents agreed that the **settings were positive**.

96.1%

of voucher recipient survey respondents **agreed** that the settings supported their **health and wellbeing**.

Evaluation from the focus group found that the settings **positively impacted a child's emotional, physical, social, and mental health and wellbeing** from attending.



Key themes mentioned by participants in the focus group were:

- **A reduction in screen time** amongst their children from being able to access these settings.
- The settings provided a way for **sensory output and expending energy and movement**, especially for neurodiverse children.
- Parents observed an **increase in confidence** of their children.
- Alternate leisure activities provided a **continual learning opportunity for children**.
- And parent's thought that these settings also **supported their children's speech development**.

<https://monashhealth.org/services/health-promotion/the-alternate-leisure-initiative/>