

The Alternate Leisure Initiative



Elemental Aerial Studio

Elemental Aerial Studio is an all-inclusive studio that prioritises safety, injury prevention, and longevity for aerial training. They are community focused and their experienced trainers provide a supportive environment for all skill levels.



Health area

Elemental Aerial Studio worked through the **Inclusion health area** of The Alternate Leisure Initiative. Within this health area they completed **11 actions**.



Key actions

- Creation of a **children's program**.
- **Inclusive changes** made to the **website and communications**, including adding an **Acknowledgement of Country** and **LGBTI+ flags**.
- **Inclusive practices** further incorporated into the studio including posters.

Vouchers



24 vouchers

were used by community members to access Elemental Aerial Studio.

00 City of Casey

13 City of Greater Dandenong

00 Cardinia Shire

Evaluation

Families acknowledged that aerial supported their physical and mental health and wellbeing:

- "I started aerial as a respite activity to support my mental and physical health and wellbeing as a carer for a child with a chronic health condition, and it has been an absolute game changer for me. When I come away I feel energised and refreshed. It has been the best thing that I could have done, and I find Elemental trainers and students very positive, supportive and encouraging. I find it a very calm, positive and inclusive space to be."



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