



WEBINAR SUMMARY

Creating welcoming and inclusive environments

Relationships and social connections provide us with a sense of belonging, which is essential for our mental health and wellbeing.

Social September aims to encourage people to connect with others in a variety of ways.

In our most recent webinar, Rory Murray, Operations Lead of [Town Team Movement](#), discussed with Partners how they can create engaged, connected and supportive communities that promote belonging.

Rory emphasised the importance of creating an inspiring and enabling environment. This involves allowing people to put their own stamp on things and considering what activities burn and generate energy.

He also provided some tips about recruiting new members. These included adding a human element to recruitment, such as a phone call or a personal invite. Incentivising members and their friends/family to events and activities was also a suggestion for naturally increasing membership.


Another suggestion was developing an Organisational Charter and Purpose that allows your message to be clearly communicated to new members.


Act Belong Commit Campaign Manager and Volunteer [parkrun](#) Event Ambassador, Rodney Glossop, also discussed initiatives parkrun Australia have implemented to create welcoming and inclusive environments and remove barriers to participation.

These included a first-timers welcome at each event, strong promotion that parkrun is for all ages, fitness levels and abilities, a focus on celebrating participation and milestones rather than athletic achievements/run times, and volunteer roles to promote walking.

Partners are encouraged to use the resources below to promote the benefits of social connections for mental wellbeing.

Key websites

 actbelongcommit.org.au/my-mental-health/belonging

 townteammovement.com

Key resources

- [Act Belong Commit Social September resources](#)
- [Town Team resources & how-to guides](#)