

Project

Mood Active Cardio Tennis



Year

Community Grants Round 2
June 2017 – July 2018

Recipient



Purpose

Mood Active's Cardio Tennis program was designed to provide a practical and affordable opportunity to help individuals to build their confidence and get back on their feet. With mental health issues being prominent in today's society, Mood Active identified that their Cardio Tennis program could target those most at risk of depression and anxiety by offering a program for:

1. Individuals who are unemployed;
2. Students; and
3. Low income earners

The program aimed to provide a physical activity opportunity to increase physical fitness, improve mental health indicators and social connectedness of participants.

Outcome

From initial reports, the Mood Active program has made a number of positive impacts on people's lives, like for one participant Tamara:

Since I have been attending the "Mood Active Cardio Tennis" sessions, my life has turned around. I started working part time, volunteering, gave up smoking and drastically reduced my medication. Everything has been falling into place. I seem to handle what life throws at me, and I have found a new form of discipline that I thought I lost many years ago.

The program is continuing to have success with a 69% increase in participants from a three to six month period with the addition of extra classes being added to meet demand (up by 71% from first quarter to second quarter of the financial year).