

# Find Your Fit Kwinana



City of  
Kwinana

## FIND YOUR FIT KWINANA GUIDELINES

### What is Find Your Fit Kwinana?

Find Your Fit Kwinana is a social prescribing program to help people of all ages connect with local programs and activities tailored to suit your interests and needs. Referrals are accepted all year round.

Find Your Fit Kwinana provides vouchers, where needed, to eligible community members which covers the cost of local group activities.

- Eligible participants can access one voucher per financial year up to the value of \$180
- All vouchers must be redeemed within fourteen days (14) from date of issue
- Please be aware that activities included in the program have been carefully selected to promote social connection and physical health and while we will make every effort to find a suitable activity for each participant we cannot guarantee a match
- Please check with the activity venue for any relevant terms and conditions of purchase including expiry dates for passes, etc.

### Eligibility

A person participating in Find Your Fit Kwinana:

- Lives, works or studies in the City of Kwinana
- Is willing to participate in a group activity once a week for 8 – 10 weeks
- Has submitted a referral form
- Has read and understands the program guidelines
- Can have the cost of 10 weekly group activity sessions covered up to the total value of \$180 if required
- Can change activities once in consultation with a Program Coordinator and use their remaining number of sessions to attend the new activity
- Must attend two (2) co-design sessions with a Program Coordinator, once before the commencement of the program and once at its conclusion
- Can meet with Program Coordinators on three (3) occasions
- Must agree to complete a wellbeing survey at the commencement and completion of the program

### Ineligibility

Find Your Fit Kwinana vouchers cannot be used for:

- One-on-one activities
- Activities that can be covered by Kid Sport
- Activities for school aged children that occur during school hours or as part of the school curriculum
- Activities outside the City of Kwinana

### How to Apply

Community members can apply:

- Through the online referral form on the City of Kwinana's website or Love My Kwinana website
- By requesting a hardcopy referral form – to be posted or picked up from the City of Kwinana's Main Administration building
- By requesting support from Program Coordinators to complete the referral form (either online, in person or over the phone)