**Staying Healthy Stayin' Deadly**

**SUSTAINABLE**
- Flexible
- Utilise existing resources/staff
- Rolling program
- No need for formal referrals
- Resource/Cost sharing

**CULTURALLY SAFE**
- Community Guided
- Culturally competent staff
- Venue
- Family
- Connectedness
- Informal pathway to services

**ACCESS**
- No formal referral required
- Affordable
- Bring a friend/family
- Venue
- Informal linking to other services
- Transport with service providers

**PHYSICAL SOCIAL/EMOTIONAL WELL-BEING**
- Pre exercise screening Activity tailored to individual needs
- Risk stratification
- Social interactions and connections as family/group/team.

**‘YARN-UP’**
- Informal education component
- Guest speakers
- Cooking class and Recipes
- Exercise at home
- Networking with Colleagues

**COLLABORATION**
- Community
- GP’s
- Multiple Service providers
- Minimise duplication of services
- Nursing/Health Students
- Different resources

**HEALTHY, BLACK AND DEADLY**

**ACCESS**
- No formal referral required
- Affordable
- Bring a friend/family
- Venue
- Informal linking to other services
- Transport with service providers

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