



Wellbeing
Foundation

CLUB HOST PACK GUIDE



WELCOME

Dear Lions Members,

This October, during Mental Health Month, the Australian Lions Wellbeing Foundation is proud to launch ***Roar for Wellbeing*** – a national campaign designed to inspire, support, and unite Lions Clubs in promoting positive mental health and wellbeing across our communities. This campaign also actions the Lions International Service Initiative of Mental Health & Wellbeing.

Whether your club is large or small, city-based or regional, you can play a vital role in raising awareness, encouraging connection, and supporting wellbeing.

This pack provides ideas and resources to help you get involved in a way that works for your club from the simple to more event based ideas.

Together, let's make a meaningful impact – one conversation, one event, one act of compassion at a time.

In service and wellbeing.

The ALWF Board

Roar for Wellbeing campaign supports Lions International service initiative by helping create Awareness - Education - Advocacy.

Special Offer

Receive a FREE Wellbeing Resource Pack valued at \$100!

Thanks to the generous support of
Ashgrove/The Gap Lions Club (201Q3)

in memory of Lion Ross and Wendy Smith,

we have 50 FREE Wellbeing Resource Packs, each valued at \$100 for the first 50 clubs that register an event with us. Visit alwf.org.au/roar to claim your pack.

WHY MENTAL HEALTH AND WELLBEING IS IMPORTANT

Mental health facts

The following information is from Lions International.

Mental health is made up of a variety of factors, including our emotional, physical, psychological and social well-being. To best address the need for improved mental health, we must first understand the facts* – and challenges – surrounding mental health.

25%

Increase in rates of anxiety and depression since 2020.

1 in 7

Youths age 10-19 experience mental health conditions, though many are unrecognized and untreated.

14%

Of adults aged 60+ live with a mental health disorder. Loneliness and social isolation are key risk factors.

And our overall wellbeing is also linked to our mental health, which is why as a Foundation we look at improving overall wellbeing alongside mental health.

Your wellbeing is made up of many areas:

- **Physical:** Your overall health, including how you eat, sleep and exercise.
- **Mental:** Your emotional and psychological wellbeing, including your mood, self-esteem and the ability to cope with stress.
- **Social:** Your relationships with others, feeling connected and supported.
- **Emotional:** How you understand and manage your feelings.

This pack aims to provide some inspiration for ways your club could participate in the Mental Health and Wellbeing Service Initiative during October 2025.

NON-EVENT BASED IDEAS

Below are some suggestions for simple ways your club can play a role in helping spread key messages and information.

Social Media

Download our social media pack and share some info and resources

Club Newsletter

In the lead up to, and during October post some wellbeing content in your club newsletter - see our resource section for some we've prepared

Book a TINO Tour

An ALWF member can virtually attend your club meeting and provide you with a tour of TINO, our youth health and wellbeing website

tuneinnotout.com

Participate or Support

An initiative that supports wellbeing

Join ALWF

Not currently an Constituent Club? Why not join us and support the wellbeing work we do?

Show Us Your Wellbeing Roar

Share photos of club members doing things that boost their wellbeing

EVENT IDEAS TO GET INVOLVED

The following pages detail some event ideas to help start conversation and raise awareness - you might have your own great ideas too.

Roar for Wellbeing Morning Tea

Host a wellbeing morning tea. Download resources at alwf.org.au/roar to theme your event, including decorations, or purchase a host pack.

Could you invite a local service or guest speaker?

A guest speaker can be a great way to open up conversation

Order a host resource pack

Includes stickers, brochures, handouts and decorations



Downloadable resources also available



Wellbeing Walk & Talk

Gather a group together for a wellbeing walk and talk - combining wellbeing essentials such as movement and connection.

Apply for our free \$100 event pack that includes wellbeing reflection cards perfect for this type of event.



Download our reflection cards which you can use to inspire wellbeing conversation along the way.

Maybe enjoy a morning tea together after?

Wellbeing Fair

An event for Club members, family and community to find out about local services and activities, the local health centre, chair yoga demonstration etc - have a brainstorm and see what your fair could include.



We can help
create a fair
poster to
advertise -
contact us to
arrange

ALWF Community Grants

Check out our grant info
on page 6 - you may be
eligible for support to run
an event like this

Could you partner
with a local health
service for this
idea?

Wellbeing Poster/Photo Competition

Invite the local schools to enter a poster/photo competition on the theme “**How I Tune In, Not Out to Wellbeing**”. Your club could offer a student and school based prize for items such art supplies or wellbeing books for the library.

Encouraging Discussion

This activity inspires conversations in multiple ways

Tune In Not Out

Also informs schools and students about our youth health & wellbeing website tuneinnotout.com

Download

Our sample letter and poster to approach local school/s





FREE \$100 RESOURCE PACK

Thanks to the generous support of Ashgrove/The Gap Lions Club (201Q3) in memory of Lion Ross and Wendy Smith, we have 50 free Wellbeing Resource Packs, each **valued at \$100**, to the first 50 clubs that register a wellbeing event with us.

Visit alwf.org.au/roar to find out more and claim your pack.

The pack includes:

- Wellbeing bunting - 6 meters
- What is Wellbeing Brochures
- ALWF project info cards
- 20 Wellbeing reflection cards
- 48 Wellbeing stickers
- ALWF youth projects flyer
- Cupcake flags



ORDER AT ALWF.ORG.AU/ROAR

DOWNLOADABLE RESOURCES

As well as our host event packs, we have a range of free downloadable resources. Including:

- Posters
- Factsheets
- Activities
- Social media pack
- Newsletter articles
- Morning tea invites
- Bunting
- Wellbeing reflection cards
- School art competition
- & more

Plus more head to alwf.org.au/roar to download

PURCHASE RESOURCES

You can also purchase individual resources. **Order at alwf.org.au/roar**



Roar for Wellbeing – Reflection Cards

Spark Conversations. Build Connections. Promote Wellbeing.

Designed to make it easy for your Club to host meaningful conversations about mental health and wellbeing in a friendly, relaxed setting. Perfect for morning teas, club meetings, community events, or wellbeing activities, these cards encourage people to share stories, reflect on their experiences, and learn from each other.



Wellbeing Stickers

Perfect to decorate any event or handout to generate conversation and promotion.



50 'What Is Wellbeing?' Brochures

Answering 'what is wellbeing?' introducing the wellbeing scale, wellbeing boosters and even a self care planner.



Wellbeing Bunting

Decorate your event with 6 meters of professional bunting

ALWF COMMUNITY WELLBEING GRANTS

Did you know that ALWF has a Community Wellbeing Grant Program?

This funding aims to help bring community wellbeing ideas to life. Clubs can apply for an ALWF matching grant of up to \$1,000 to fund an activity in their community.

If you're planning on running a community event during October or at any time during the year, find out more to see if you may be eligible.

A photograph of three children in a community garden. A boy in a red striped shirt holds a basket of cherry tomatoes. A girl in a purple shirt holds a wooden sign that says 'Community Garden'. A girl in a pink shirt and pink gloves holds a basket of bell peppers. They are standing in front of raised garden beds filled with various plants and flowers.

**Matched
Grants of up
to \$1000
available**

ALWF AWARDS

As a key service initiative of Lions International, mental health and wellbeing provides the perfect opportunity to recognise wellbeing leaders in your community.

James McLardie Award

Recognises outstanding service to the community. Ideal for a Lion who has consistently supported others through their time, compassion, and dedication.

Dr Harry Jenkins Fellowship

Honours long-term service to Lions or promotion of wellbeing. A meaningful way to thank someone for years of impact.

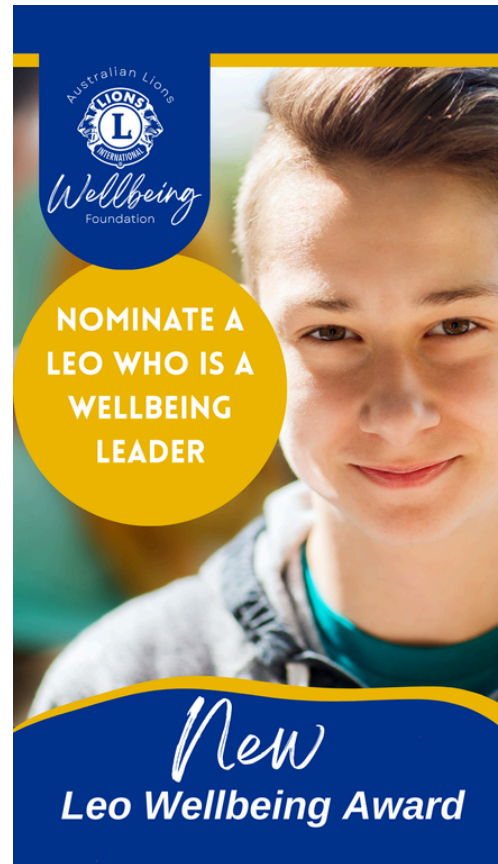
Both these awards include a framed certificate.

Leo Wellbeing Award - NEW

This new recognition celebrates the leadership, compassion, and wellbeing impact of young Leos across three key areas:

- Community impact
- Leadership and initiative
- Involvement in wellbeing areas

The Leo award receives an engraved trophy.



TUNE IN NOT OUT

Tune In Not Out (TINO) the Foundation's health and wellbeing website full of information to help young people navigate life's challenges from mental health, school stress, relationships, body image, identity and more.

Features

- Content on over 50 health and wellbeing related topics aimed at 14-25 year olds.
- A simple and easy website to navigate from a mobile, tablet or desktop computer.
- Content from across Australia delivered in one central location (we've done the searching for you!)
- Information in a range of mediums; videos, factsheets, stories & even music!
- Options for young people to leave their own stories or music playlist.
- Dedicated area for Indigenous created content
- A teachers and youth educators section with worksheets full of activities across a range of topic areas.

HELPING YOUNG PEOPLE NAVIGATE LIFE'S CHALLENGES

MENTAL HEALTH

ALCOHOL & OTHER DRUGS

BULLYING

MANAGING RELATIONSHIPS

SEX & SEXUAL HEALTH

YOUR IDENTITY

SCHOOL, WORK & MONEY

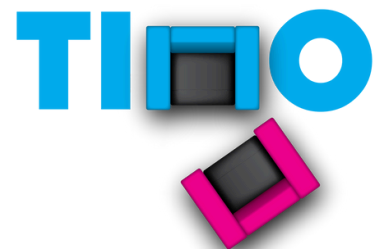
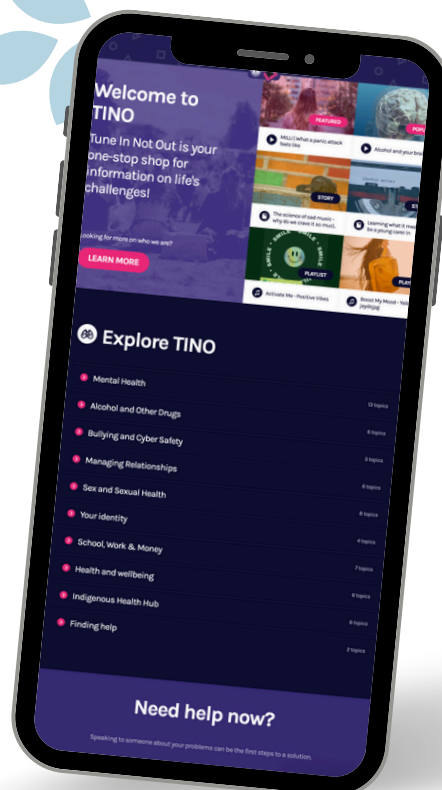
HEALTH & WELLBEING

INDIGENOUS HEALTH HUB

FINDING HELP

FEATURING
VIDEOS, FACTSHEETS
STORIES, MUSIC &
LINKS TO SERVICES

[TUNEINNOTOUT.COM](https://tuneinnotout.com)



NEW
Explore the
website using our
TINO guide who
will help you find
information.

TINO is a fantastic resource you can recommend to schools, young people, youth organisations etc