The 2010 Medibank Active Tasmania Awards have once again shown the importance of Local Government involvement in healthy, active communities. At the official awards ceremony, held in Launceston on 4 November, Central Coast Council’s Opt-in. Wellbeing the Central Coast Way program was announced as the Overall Winner, receiving $11,000 in prize money.

Central Coast Council’s Opt-in. Wellbeing the Central Coast Way program has demonstrated an innovative, proactive community-based approach to improving the health and wellbeing of the local community through physical, social and health promotion activities. The program is based around the key themes of physical activity, nutrition and social inclusion, and features a range of sporting, recreation, social and lifestyle activities. It provides the opportunity to develop and pilot new and innovative ways of generating healthy behaviour change.

Glenorchy City Council was presented the Local Government – City Award for the Glenorchy Older Adults Participation Partnership Project. The project caters for changing community needs by increasing the proportion of people participating and the frequency of participation by targeting specific population groups.

A plan to make it easier for people in Hobart to ride bicycles for leisure and transport received the Collaboration or Partnership Award. The Hobart Regional Arterial Bicycle Network Plan is a collaborative project, coordinated by Cycling South Incorporated, involving Hobart, Glenorchy, Clarence, Kingborough and Brighton Councils and the Department of Infrastructure, Energy and Resources. The plan outlines a range of community benefits a bicycle network delivers including efficient and cost-effective transport, healthy and liveable communities, environmental sustainability and economic benefits.

The Encouragement Award was presented to West Coast Council for the Zeehan Skate Park which was developed due to a lack in facilities in the area for young residents. The park helps to address the social issues faced by the community by providing a healthy alternative to keep the local youth out of trouble.

For more information about the Active Tasmania Awards, visit www.getmoving.tas.gov.au.
Prevent a Drowning Disaster this Summer

With the summer holidays fast approaching, the Royal Life Saving Society Tasmania urges the community to be vigilant when around water, especially with children, and to learn life-saving skills in first aid and resuscitation.

Parents are asked to be vigilant when their children are around water and to supervise them at all times, familiarise children with water and, if they have a pool, to make sure that the fencing meets national standards and always lock the gate.

General Manager, Julia Fassina said all drowning deaths are preventable and effective fencing and supervision can reduce tragedies. Most toddler drownings are unfortunately silent deaths and if a child gets into a backyard pool or any area of water unsupervised, it can literally be a matter of seconds before tragedy strikes,” she said.

The Society also strongly promotes the importance of learning resuscitation and offers courses in Resuscitation (CPR) and First Aid including the on-line resource First Aid in a Box and CPR in a Box. These resources are self-paced, flexible training programs that allow individuals to acquire either a First Aid or CPR qualification within their own time. The resources combine DVD technology and online interactions. Candidates are able to enter and exit the system as often as they like in order to complete the theory and its online assessment.

Once candidates have completed the online content and learnt the CPR component by practising on the manikin contained in the box, they are then required to attend a two-hour practical workshop. “In the case of workplaces and groups we can come to them. These resources are ideal for organisations that are required to train staff but find it hard to release them due to time and work commitments,” Ms Fassina said.

The resources contain a personal manikin, instructional DVD for CPR and online courseware. Contact the Royal Life Saving Society on (03) 6243 7558 for more details.
Local governments have been joining primary school communities to celebrate the first recipients of Move Well Eat Well Awards in the state.

Over 140 Tasmanian primary schools are participating in Move Well Eat Well, which encourages schools to take an organised and consistent approach to the promotion of healthy eating and physical activity. Move Well Eat Well is an initiative of the Department of Health and Human Services and is managed in partnership with the Department of Education.

Schools that meet a set of positive criteria receive acknowledgement as ‘Award’ schools. By October 2010, nine schools across five municipalities had achieved a Move Well Eat Well Award.

Move Well Eat Well Member schools are enjoying wide-ranging support from Local Government. Many councils are assisting schools to promote the key Move Well Eat Well messages beyond the classroom. This has included support for walking events and walking buses, bike trails, healthy lunchboxes and school community gardens.

For more information about Move Well Eat Well, visit www.education.tas.gov.au/movewelleatwell.

Clarence City Council has released an expanded Get Going Guide - Council’s guide for senior residents.

The popular guide features a wide range of activities and opportunities for senior residents and has been expanded and reprinted as more not-for-profit organisations realise the guide’s potential to support Tasmania’s ageing population.

At the October launch, Clarence City Council Mayor, Ald Jock Campbell, said as a very active person who is over 60, I appreciate that opportunities to contribute and remain engaged are very important. “Clarence is proud to be responding to the lifestyle needs and aspirations of our senior residents through this guide,” he said.

With sections including Get to Work Outdoors, Get Creative, Get Learning, and Get Meeting and Greeting, the Get Going Guide offers a huge range of things for seniors to do in the community. The guide also includes a handy listing of activities by local suburbs, and a third section listing transport options for the city.


Clarence City Council’s Get Going Guide provides seniors with a wide array of activity options to enjoy.

Clarence Seniors Get Going

Clarence Mayor, Ald Jock Campbell, presents the Move Well Eat Well Award to South Arm Primary students (L-R) Zoe Sellers, Bailey Horne, George Van Der Kelen and Sarah Morris.

Photography by David Bellamy

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What motivates you to be physically active?

I am aware that in general terms, those who are physically active live longer. With this in mind, I stay active so as to participate in the lives of my wife, children and grandchildren for as long as possible.

How do you like to keep active?

I walk the family dog early in the morning, walk 5.6kms to work about once a week and occasionally back home again! As a keen recreational cyclist, I cycle about 20kms each weekend. I also visit a gym once or twice a week. Gyms provide the opportunity for vigorous aerobic exercise.

How do you incorporate exercise into your busy work day?

I occasionally walk or cycle to work. If at a meeting in the city where a lift is necessary, I am usually to be found hunting for the stairwell.

What does Kingborough Council do to promote physical activity amongst employees?

Kingborough Council runs a Working Well program for staff that incorporates both physical and mental health. October was devoted to walking. Employees joined a lunchtime walking club led by a qualified fitness trainer, heading out along streets all around Kingston. Consideration is being given to the walks continuing permanently.

Staff recently participated in the HydraWalk Challenge which aimed to get employees walking more and to increase their water intake. Each participant was given a water bottle. The Kingborough Sports Centre team came first with team leader, John French, walking an amazing 4,698.97km in three and a half months!

Past and future ‘taster’ activities include butts, abs and thighs classes, pilates sessions and barefoot bowls. Kingborough Council also hold motivational talks on a variety of health issues, run a martial arts fitness program once a week, conduct free hearing checks and offer immunisations such as influenza injections. Employees are sent a monthly update of Working Well activities and can readily access the program. Council encourages staff to attend the variety of sessions on offer to socialise, stay fit and maintain good staff morale.

What does Kingborough Council do to promote physical activity among community members?

We are continually enhancing and adding to our already extensive network of tracks and trails throughout the municipality. Our tracks and trails committee has wide community representation. Improved provision is made for pedestrians and cyclists on all significant road upgrades and new roads wherever possible. We are just about to embark on a major upgrade of the Channel Highway through Central Kingston, where the speed limit will be reduced to 20kph and increased space will be provided for cyclists and pedestrians. Council also provides assistance to a number of community organised events such as ‘A Day on The Beach’, the Life. Be in it Junior Triathlon and the Ultra-Marathon on Bruny Island.

The Premier’s Physical Activity Council (PPAC) was established in June 2001 to provide a coordinated approach to the promotion and provision of opportunities for physical activity in Tasmania. In 2004, PPAC established a Local Government Sub-Committee as part of its strategy to achieve the goals of the Tasmanian Physical Activity Plan: LIVE LIFE Get Moving.
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