Seniors Embrace the Opportunity to Get Going

On 9 October, around 85 seniors attended the combined annual Senior’s Week walk and launch of the new Clarence City Council Get Going Guide.

Deputy Mayor and Chairman of the Clarence Positive Ageing Advisory Committee, Ald Doug Chipman, said it is the fourth year that Clarence has held a Senior’s Week event, which continues to be refined in response to feedback from Clarence residents. “After we hosted our first Senior’s Week walk, we were advised by a number of our fit and active senior residents that it was too short, so now we offer two options for the event,” Ald Chipman said.

The Get Going Guide is comprised of activities and contacts with five themes: Get Healthy; Get Creative; Get Learning; Get Meeting and Greeting; and Get to Work Outdoors. It also contains a handy listing of activities by local suburbs and another section listing transport options for the city.

“We look forward to continuing to work collaboratively with our senior residents to provide the best support we can for the needs and aspirations of our older population,” Ald Chipman said. 


Riverside Primary Gets off to a Healthy Start

Over 100 young people aged 10-12 and their parents participated in the first of three planned Move Well, Eat Well breakfasts in the West Tamar municipality.

The event, held on 27 October at Riverside Primary School, was coordinated by West Tamar Council Youth Development Officer, Stewart Bell, to promote healthy eating and a healthy lifestyle among Primary School aged children. West Tamar Council received a grant from Move Well, Eat Well to hold the breakfast events and promote the key Move Well, Eat Well messages: tap into water every day; plant fruit and veg in your lunch box; limit occasional foods; move, play and go; turn off, switch to play; and stride and ride.

Everyone was treated to a healthy menu which included fresh fruit, pikelets, yoghurt, cereal, water, fruit juices and smoothies. The event aimed to educate young people about the importance of eating a healthy breakfast, making healthy eating choices and engaging in regular physical activity. Participating students also received a show bag containing a drink bottle, stickers and healthy snack recipes.

The breakfast featured a presentation by a Family Food Patch representative on the importance of eating a well-balanced diet, regular exercise and quick and easy healthy snack options. Students also had the opportunity to pot up a cherry tomato plant to take home and to discover the benefits of getting out in the garden.

Move Well, Eat Well is a statewide initiative, funded under the Australian Better Health Initiative (ABHI) and managed jointly by the Department of Health and Human Services and the Department of Education.

The 2009 Medibank Private Active Tasmania Awards have once again shown the importance of Local Government involvement in healthy, active communities.

Initiated in 2004 by the Premier’s Physical Activity Council, the awards recognise Local Government, schools and community organisations for their valuable role in developing and maintaining community health, with $31,000 in prize money awarded this year.

The overall winner of the awards, receiving $11,000, was the University of Tasmania’s Active Launceston project, involving the Launceston City Council as a major partner. The project aims to build social connections and improve overall health and wellbeing by providing greater access to physical activity opportunities.

Category Winners

The Whole-of-Community Award was awarded to Flinders Council for the Flinders Island Youth Program, a collaboration of youth activities. With team sport, surfing and snorkelling on offer, the program is engaging and encouraging young people to participate in physical recreation.

Clarence City Council received the Local Government - City Award for the Clarence Mountain Bike Park, a purpose-built facility offering a variety of riding options for enthusiasts. With growing interest in the sport, the park engages cyclists in an environmentally-friendly, risk managed arena.

Brighton Council was awarded the Local Government - Other Award for the 100 Days of Summer initiative, focusing on the concept of health as physical, social and mental wellbeing. The program broadens the lifestyle choices of the Brighton community with a range of activities from the active - with boot camp, gym sessions and walking, to the relaxing - with yoga, cooking, and nutrition classes.

For more information about the Medibank Private Active Tasmania Awards, visit www.getmoving.tas.gov.au.

Participants of the Active Launceston project - overall winner of the 2009 Medibank Private Active Tasmania Awards
Rural Alive and Well Program Extended

The Glamorgan Spring Bay Council is delighted with the recent appointment of Garry Sharp as the municipality’s Rural Alive and Well Outreach Worker. Statistics released by the Australian Bureau of Statistics reveal that between 2003-07, the rate of suicide in Tasmania was 29% above the national figure. The Rural Alive and Well (RAW) program aims to make a difference to the lives of individuals, families and the community, with a focus on suicide prevention. The program has been operating across the Southern Midlands and Central Highlands areas and, with a $10,000 contribution from Glamorgan Spring Bay Council and a vehicle donated by Roberts Limited, the program has been extended to the Glamorgan Spring Bay municipality.

Since July 2008, the RAW program assisted over 70 families and more than 120 individuals in rural Tasmania. The success of the program can be attributed to a simple strategy - being available 24/7, going where people live and work, and demonstrating genuine caring, with a proactive approach to providing ongoing physical and emotional support. This, combined with a range of events and activities such as educational programs, mentoring programs and bush buddy programs, creates a greater level of social inclusion and provides opportunities to promote suicide awareness and prevention education.

Rural Alive and Well staff conduct regular farm and house visits, making contact with those who traditionally have been isolated or overlooked, or who are simply doing it tough right now. RAW staff take the time needed to connect with people, providing ongoing counselling, support, or referral to other crucial services.

Mayor Bertrand Cadart said whilst the drought appears to be over, the impact it has had on our community will be felt for a long time and recovery can be slow. “We cannot overestimate the importance of having a Rural Alive and Well worker in our area to provide essential support services for our community,” he said.

Rural Alive and Well Inc can be contacted on (03) 6259 3014, or e-mail admin@rawtas.com.au.
Heart Foundation Local Government Award Winners Announced

Three Tasmanian Councils have been recognised at the Heart Foundation’s 2009 Local Government Awards, celebrating the work of local governments to promote and improve heart health in their communities.

Clarence City Council was named the Tasmanian Overall Winner and was Highly Commended nationally in their category for the Clarence Tracks and Trails Action Plan. The Tracks and Trails Action Plan aims to provide easily accessible opportunities to enable residents and visitors to pursue outdoor physical activities at their doorstep. As the state’s Overall Winner, Clarence City Council received $2,000 to further develop their initiative.

Category Winners
As a major partner of Active Launceston, Launceston City Council was named the Tasmanian winner of the Healthy Weight category. The project was also Highly Commended at national level. Active Launceston, managed by the University of Tasmania, aims to improve the health and wellbeing of Launceston residents through increased participation in physical activity.

Central Coast Council was announced as the winner of the Employee Health and Wellbeing category. The program has shown success in creating a work environment for staff to have the opportunity to adopt healthy living practices.

The Heart Foundation Local Government Awards recognise the outstanding achievements of local governments in the continuing fight against cardiovascular disease - Australia’s leading cause of death.  

For further information, contact Sally Bush on (03) 6222 7328, or visit www.heartfoundation.org.au.

Scarecrow Trail Delivers Healthy Messages

The Scarecrow People...Get the MSG! project, a joint initiative between Glamorgan Spring Bay, Sorell and Tasman Councils, was developed with the aim of promoting awareness of health and safety in rural communities throughout the south-east region during Rural Health Week, held from 9-15 November.

The aim of the project was to: promote and raise awareness about a range of rural health and safety issues; engage community groups, individuals, families, schools and businesses; to foster social cohesiveness and reduce isolation; and to foster the development of partnerships between community, Local Government and State Government across the three regions.

As part of the project, community members were asked to make scarecrows which also displayed a health or safety message. Scarecrows were erected on properties, roadsides, and at visible locations in towns spanning from the Tasman Peninsula to Bicheno.

Glamorgan Spring Bay Mayor Bertrand Cadart pictured with the life-like Bertrand Cadart scarecrow at Runnymede, one of many scarecrows displayed on Tasmania’s East Coast during Rural Health Week.