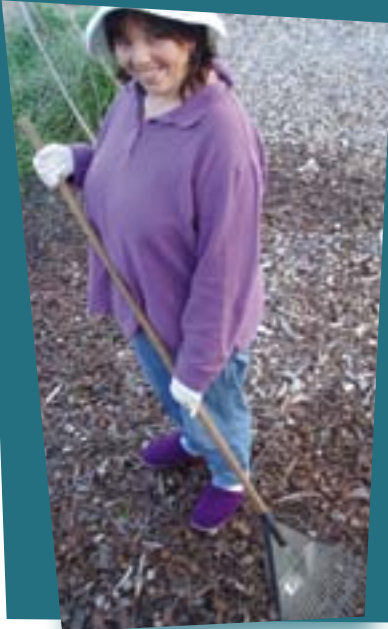


The impact of Active Launceston...



NAME: Tina
AGE: 43
SUBURB: Rocherlea

DEMOGRAPHIC PROFILE:
Person with a disability, suffers from chronic conditions

PROGRAMS PARTICIPATED IN:

- Activate Your Life
- Active Parks
- Active Garden

TESTIMONIAL:

"Active Launceston has helped to turn my life around! I have lost about 40kg and feel like I can finally make a useful contribution to the community. From being a single mum in a poor community (Rocherlea) I have now just completed a year at University and do lots of volunteering. I don't use my mobility scooter anymore and have many more friends and contacts than I did before the Active Launceston programs started. They have introduced me to so many people and so many activities. I have a disability and suffer from a few diseases so I didn't think I could participate in many fitness activities but Active Launceston has taught me that it doesn't have to be pumping weights or going to the gym – we even went caving! They have helped me to manage by diseases so that I have an improved quality of life – the activity really helps!

I have even done a talk to a group of professional physical activity providers on what it is like as a community member to be involved in these programs – that was pretty scary to stand up in front of them all but it felt great, I am now so much more confident.

Active Launceston made me realise that just because I have a disability doesn't mean I have to sit at home and hide. I really hope the governments, the uni and other groups keep funding Active Launceston as there are so many more people out there like me that need help and support and we just need a 'hand up' not a 'hand out!' Once we get that 'hand up' we can use our new confidence and new contacts to look after ourselves better. Active Launceston gives the perfect 'hand up' that some people in Launceston need."



NAME: Albert
AGE: 83
SUBURB: South Launceston

DEMOGRAPHIC PROFILE:
Older person

PROGRAMS PARTICIPATED IN:

- GOLD (Aqua Fitness, Tennis, Zumba, Pilates, Ballroom Dancing, Kick Boxing)
- Active Walk Run

TESTIMONIAL:

"I've been attending Active Launceston for about 3 years and found it to be beneficial both physically and socially. The classes are diverse and interesting things that I wouldn't do if left to my own devices. I congratulate the organisers for making it possible."



NAME: Jeanette
AGE: 58
SUBURB: Mowbray

DEMOGRAPHIC PROFILE:
Physical and intellectual disability, several chronic conditions

PROGRAMS PARTICIPATED IN:

- Activate Your Life
- Active Parks
- Active Launceston Expo

TESTIMONIAL:

"Active Launceston has helped me get stronger and healthier and lose weight. I learnt how to eat more healthily and walk better. I made some friends and had a good time. I always go in the Active Parks every year and now that it's finished I walk with me dog. I have lost a lot of weight and I am going to get rid of my mobility scooter."

Ongoing funding and support is required...



Elizabeth (far right) with her walking group setting off from Dover village to do the Rocherlea trail.

NAME: Elizabeth
AGE: 62
SUBURB: Launceston

DEMOGRAPHIC PROFILE:
NO previous physical activity apart from a brief 3 month stint of Pilates 10 years ago at which I failed miserably. Commenced with Active Launceston in 2009 and haven't looked back since.

- PROGRAMS PARTICIPATED IN:
- Active Parks –Stretch and Strengthen
 - Active Parks – Fun and fitness
 - Active Parks – Gentle Exercise
 - GOLD
 - PCYC – Senior's Class – Endorsed Activity
 - WISE – Fit n Kicking – Endorsed Activity
 - Walking Group – The people we met in the active parks program all still meet once a week without support from Active Launceston to go walking.

TESTIMONIAL:

"I really feel Active Launceston has changed my life! My strength has increased beyond belief and I find I am able to do things which were beyond my capability in the past, and it continues to increase. I really look forward to the different classes, enjoying the social aspect as well as the physical side. I have formed some wonderful friendships at these groups - the classes are bringing like-minded people together. As a follow on from Stretch and Strengthen and Gentle Exercise finishing with the end of Daylight Saving, some who met at these classes have commenced regular walking groups, one at Heritage Forest on a Monday night and the other on a Friday morning where we are working our way through the Launceston Trails booklet. We're all very conscious of keeping up our exercise through the winter months and are looking forward to resuming the Active programs when they start again. I would do anything if I thought it would help the active program continue - it is such a great concept, and it really opened my eyes at the GP forum as I had no idea how many different areas it covered."



NAME: Tasmanian Polytechnic – START
AGE: 12 - 20
DEMOGRAPHIC PROFILE:
Disengaged / Disadvantaged Young People

- PROGRAMS PARTICIPATED IN:
- Active and Alive

TESTIMONIAL:

"The Tasmania Polytechnic strongly values the partnership with Active Launceston as their programs provide invaluable experiences for our students. There have been numerous outcomes from the Active and Alive program over the past few years including the following;

A group of three students who attended the Judo sessions last year joined the club and continued to go the club meets. None of the students had ever attempted Judo before. Two of the students who attended the skating session were reminded how much fun skating was and went with friends on Friday nights instead of drinking at home with mates. One boy who attended caving had such a great experience and connected with the instructor that later in the year he asked if he could contact him to see if he could be an assistant for helping him with his role at PCYC. He was able to complete work experience with the instructor for one week.

Active Launceston provides a unique experience that these disengaged young people would not have access to otherwise and they are now able to make a valuable connection with their community."

Alistair Strating – Teacher Tasmanian Polytechnic



Pictured are Malati, Yamaya, Baiindu and Asha. This is the first time we have ever worn life jackets!

NAME: Tasmanian Polytechnic – Migrant Connect
AGE: 17 – 58
DEMOGRAPHIC PROFILE:
Students are from a culturally and linguistically diverse background

- PROGRAMS PARTICIPATED IN:
- Active Swim

TESTIMONIAL:

"We took part in the active swimming lessons; we learned water confidence and water safety.

We enjoyed the aquatic centre and the swim instructors who were very kind, helpful and gave us a lot of self confidence and trust in the water. We enjoyed the experience and feel that we have gained a lot of water confidence and would like to continue with more swimming lessons in the future.

Active Launceston helped give us a great introduction to swimming in Tasmania; This will help us to continue to learn a skill for life."

Move More, Live More with Active Launceston

