



PROJECT UPDATE 3

FROM THE UNIVERSITY OF TASMANIA

DATE: 5TH AUGUST 2008

WRITTEN BY: LUCY MARSHALL (ACTIVE LAUNCESTON PROJECT COORDINATOR)

The Active Launceston (AL) project was successfully launched at the University Sports Centre on July 3. There were approximately 60 school children, health workers and community members in attendance. The launch was covered by Southern Cross and WIN news, the Examiner Newspaper and ABC radio.

AL will be seeking further funding to support the project through DHHS Health Promotion Funding, Tasmanian Community Fund, Get Active Program funding and in partnership with Conservation Volunteers, Sport and Recreation Tasmanian Community Grant Scheme.

Western Australia's Premiers Physical Activity Council is coordinating a Guinness World Record attempt for the most number of people walking at least 1 kilometre simultaneously (multi-venue). On September the 1st at 2pm AL will coordinate 3 **Giant Walks** at different venues in Launceston. Community groups, workplaces, schools and individuals are encouraged to join an AL walk site or coordinate their own. More information is available on the event on www.thegiantwalk.com.au. Further details of Launceston walk sites will come soon.

The **AL Sports Ability Hub**, is open and ready for business! University Sports Centre staff have undergone training in the use of the specialised equipment aimed to provide opportunities for those that have a disability to be physically active. Sessions are to be held on Thursday mornings. For bookings please call 63 243092.

Footy fans at Aurora Stadium on Saturday August 9 will be encouraged to get up out of their seats and get moving when the Active Launceston project's website goes officially live. The promotion will include a big screen advertisement starring local Tasmanian Hawthorn Football Club players and then some local fitness instructors will join Coyote Event's Rick Martin on the centre of the ground and will encourage the crowd to get moving.

www.activelaunceston.com.au has been developed to act as an ongoing resource to support access to and participation in physical activity, as well promoting self-management of health and wellbeing.

The AL website is free to become a member and easily accessible. It provides handy information on upcoming local events and programs plus there are groups to join, and lots of resources on local physical activity opportunities. The website also enables you to track your own physical activity progress.



Active Launceston
Office of the Pro Vice Chancellor (Teaching and Learning)
C/O University Department of Rural Health
Level 3, Anne O'Byrne Centre
Cnr. Charles & Howick Sts (Locked Bag 1372) Launceston Tas 7250
Phone +61 3 63 24 4047 Fax +61 3 6324 4040
Email Lucy.Marshall@utas.edu.au
www.activelaunceston.com.au



OFFICE OF THE PRO VICE-CHANCELLOR (TEACHING & LEARNING)

Community groups are encouraged to log on to the website and create a group for their activity. Creating a group is a fantastic way to communicate with members of your sporting club, school class or walking group. You can send messages, upload rosters or timetables and stay fully informed of what is happening in your favourite activities around Launceston.

The clash between the Brisbane Lions and the Tassie Hawks is a great opportunity to promote the website to a large crowd.

The Active Launceston website was developed by local designers Walker Designs and Software and Web Development Company C9. It has been funded through Sport and Recreation Tasmanian Community Grant Scheme.

TAFE film students will be working with the AL project to capture many of the exciting initiatives on film.

Active City Park will be back with the edition of a new program **Active Northern Parks**. AL have been working with local community neighbourhood houses to develop a similar Active Parks program in the northern suburbs of Launceston. Additional sites of Rocherlea, Ravenswood and Mowbray will have free physical activities in the outdoors for the daylight savings period of October 2008 – April 2009. Through the process of coordinating a new program an Active Parks Resource Kit has been developed (soon to be available online) to assist other local governments and community groups to develop a similar program across the state.

AL was a proud supporter of the **B&E Launceston 10 Fun Run and Walk**. This event held on the 20th of July was a great success with over 1900 participants. Congratulations to all involved! www.launceston10.com.au

Active Launceston is partnering with the Active After Schools Community (AASC) program to bring you **Active Launceston Moving Classrooms**.

The AASC program has been running in Tasmania since the beginning of 2005 and is a national initiative that provides primary school-aged children with access to free, structured physical activity programs in the after-school timeslot of 3.00pm to 5.30pm.

For *Active Launceston Moving Classrooms*, ASSC Community coaches will take classroom sessions in schools to provide students with a 15 minute physical activity break. While these sessions will give teachers plenty of new ideas for movement in the classroom, it will provide schools with a taster of the AASC program and encourage their students to enrol. While it is understandable that many schools are hesitant to take on more responsibilities, and especially when the program is an 'unknown', the *Active Launceston Moving Classrooms* program will introduce teachers to the AASC concept, help value add to the existing skill sets of their teachers and help to keep kids active in a classroom setting. One of the goals of this program is to engage students enough for them to join the AASC program after school hours.

AL and Women's Health North have been consulting with community groups about the **AL Activate Your Life** project. There have been very few, if any, successful programs to engage completely sedentary adults in physical activity. A partnership has been developed with the Launceston Bowls club where the program will be held and discussions are being had with the Community Nursing Unit and Family Based Care about the referral of participants. This program is set to commence in March 2009.



Southern Cross Television will commence AL advertising on August 9. There will be 10 weeks of promotional air time as part of their sponsorship for the project. Numerous different advertisements will be developed over the 18 month project period, featuring local community members recommending AL initiatives.

Launceston City Council launched a new Active Launceston endorsed initiative today to get people working in the CBD active in their lunch breaks. **'Trex in the City'** will take place every Tuesday and Thursday and are open to anyone who wants to take part in a free 30 minute walk around a set course, starting at Town Hall in Civic Square. The walks will be lead by Council's Recreation Officer Kristy Bracic, starting at 12.30pm sharp and finishing back at Town Hall at 1.00pm. To get your program or event endorsed visit www.activelaunceston.com and download the endorsement guidelines.

Safe Work Tasmania Week will be held between the 19 – 25 of October. AL in partnership with the Launceston Chamber of Commerce and the Premiers Physical Activity Council (PPAC) will make a presentation on the importance of health and wellbeing programs in the workplace. Prior to this week a forum will also be held for local fitness instructors on the market that exists within local business for workplace programs. They will be introduced to the PPAC's Get Moving at Work Kit.

A **Fitness Industry Forum** will be hosted by AL at the University on August 6 to discuss the opportunities for the local fitness industry to become involved in the AL project.

AL has been promoted through meetings with and presentations at; the Growing Futures Conference, Diabetes Week, University Department of Rural Health's Interface meeting, Get walking Tasmania week. Furthermore AL will be meeting with Minister for Sport and Recreation Michelle O'Byrne in mid August.

The Spotlight is on: AL Inveresk Park and Walk

Sick of paying for parking? Cant find a park? Don't have enough time in your busy schedule to do any exercise? Well *Inveresk Park and Walk* is for you!

Active Launceston is providing 192 FREE spaces at the roundhouse car park off Churchill Park Drive, Inveresk. It is a 15 minute walk into the CBD via the Inveresk Spine – this is fully lit and you can even get a coffee on the way. If you are keen for a longer walk you can utilise the Inveresk Trail or take to the streets straight up Invermay Rd. Inveresk Park and Walk is a great way to get your 30 minutes of physical activity a day that we all need to maintain good health. The Inveresk Park and Walk car park will be open between 7am and 7pm every weekday (excluding public holidays) and the area will be covered by the precinct's security team.

For more information on any of the initiatives in this update please contact, Lucy Marshall, Active Launceston Project Coordinator on 63 244047.