

ACTIVE YOUR WAY

GLENELG

MONTHLY NEWS BULLETIN

The Glenelg Shire Council Recreation Team respectfully acknowledges the traditional lands and waters of the Gunditjmara people, Boandik people, Jardwadjali people and their respective cultural heritages, and the significant contribution they make to our local Recreation and Sporting organisations. Council embraces diversity and is committed to fostering an inclusive active sports community.

PLAY YOUR WAY



The Play Your Way project will provide an opportunity for approximately 350 **students within grades 3-4** (aged between 8-10) across Portland, Narrawong, Bolwarra and Heywood to try different organised sports in a safe, welcoming, fun and inclusive environment.

'Play Your Way' officially kicks off at Alexandra Park, Portland, with a Come and Try event on **Tuesday 26 November 2024** across the following two sessions:

Morning Session

9:30am-11:40am:

All Saints Parish Primary
Portland North Primary
Portland South Primary
Portland Bay School

Afternoon Session

12:30pm-2:40pm:

Heywood Consolidated
Portland Primary
St Johns Primary
Narrawong District Primary
Bolwarra Primary

5 sports will be offered as part of the Come and Try event including soccer, hockey, netball, cricket and AFL football.

The project aims to increase participation by offering assistance to students to register and participate in one of the sports offered at the Come and Try event.

This project has been funded under the Australian Sports Commission Play Well Participation grant program, which is one of the first initiatives to be delivered from [Play Well - Australia's Sport Participation Strategy](#), which aims to ensure everyone has a place in sport.

The [Play Well - Australia's Sport Participation Strategy](#) is designed to change the way participation in sport is connected, delivered and supported across Australian communities.

For further details about the Play Your Way project please visit our [YourSay Glenelg website](#).



Short Street Playground Upgrade

Over the past few months the Short Street Playground has undergone renewal. The playspace will be reopening soon, with new accessible play equipment, a slide and swingset, along with a path leading up to the playground.



Some minor delays have been experienced with this project, however in the coming months one additional piece of equipment will be separately installed, a section of concrete replaced and the shelter with table setting will also be constructed, in the front lefthand side area of the playspace.

Safe & Inclusive Sport: Preventing Gender-based Violence

The Victorian Government's Safe and Inclusive Sport: Preventing gender-based violence guide acknowledges the enormous capacity of sport to influence positive attitudes and behaviours around gender equity and the prevention of gender-based violence.

The guide provides 10 guiding principles, case studies and practical tools to support state sporting associations, regional sports assemblies, women's health and community health services, local councils, and other organisations work together to develop and implement prevention of gender-based violence projects in community sport settings.

A copy of the Safe and Inclusive Sport: Preventing gender-based violence guide, plus Club Gender Audit and Club Gender Equity Action Plan templates, are available via [Sport and Recreation Victoria's website](#).



Read the Play



The Read the Play programs aim to improve mental health literacy amongst young Australians and build the skills to recognise the additional impact cyber bullying and alcohol consumption may have on someone's mental health.

For more information on the education programs offered by Read the Play or to book an education session for your Club, visit their [website](#).



THIS GIRL CAN - OCTOBER 2024

From 7-12 October 2024, the PDH Health Promotion team coordinated a week full of free and low-cost beginner and come-and-try physical activity events and classes. The aim of This Girl Can week is to inspire women to get active – however, wherever and whenever they choose, without being judged.

The PDH Health Promotion team wish to thank the following providers for partnering to deliver this initiative: BFF Studios, Casterton Squash Club, Dartmoor Bush Nursing Centre, Iron Core 24/7, Portland Boxing Club, Portland Hockey Club, Portland Lawn Tennis Club, Portland Netball Association, Portland Soccer Club, Portland Touch Association, PT@Home, Rhee Taw Kwon Do Club, and Stronger Fit Together.

The providers mentioned (above) will be receiving an incentive from Council's Recreation Unit in the coming weeks.

Fast facts from the October Initiative:

- 13 physical activity providers were involved
- 29 free/low-cost beginner activities were offered
- 47 participants
- 21 new participants

If you're interested in being involved in another This Girl Can week in April 2025, please contact healthpromotion.pdh@swarh.vic.gov.au.

Cancer Screening Presentations

The Health Promotion Team at Portland District Health would like to extend an invitation to sporting clubs and community groups to take up the opportunity of a free interactive 20-minute Things Are Changing with Cancer Screening session.

This session can be adjusted to suit your setting, and covers:

- National Bowel, Breast, and Cervical screening programs
- Skin cancer prevention
- Upcoming lung cancer screening program
- Prostate cancer screening
- Changes regarding age limits accessing screening services, and
- Opportunities for your members to book, Bowel Cancer testing kits and Breast screen appointments

Should you have any questions or wish to schedule a community presentation, feel free to email healthpromotion.pdh@swarh.vic.gov.au

The South West Academy of Sport APEX Program (Advancing Performance to Enhance eXcellence) is designed to support high performing athletes who are well progressed in their pathway, through an athlete management process.

As APEX athletes have specific and personalised needs to enhance their performance trajectory, SWAS supports APEX athletes through examination of their current training and competitive load, their goals, their perceived limitations, and subsidising their access to personalised services.

"I love the initiative SWAS is taking with thinking outside the box on how they can help assist their athletes. The APEX program is an excellent introduction to a more specialised and personalised method of aiding each athletes unique journey to success. By addressing specific individual needs, the program aims to provide critical support necessary for athletes to evolve into international competitors. I would love to see more sporting programs take this approach, as I see it as a huge step in the right direction."



Laetisha Scanlan
Dual Olympian
Commonwealth Games Gold Medallist
VIS Scholarship Holder

SWAS APEX athletes are required to achieve three behavioural or educational milestones to access their desired services.

A limited number of positions exist in the APEX program and therefore the criteria to enter the program is more stringent than the SWAS ASCEND Program. Typically athletes are required to be competing at a State or National level.

Applications may be received by SWAS at any time of the year, however a waitlist may be required if the APEX program is at full capacity.

SWAS currently has positions available and interested athletes are encouraged to review the APEX Prospectus that is available via swas.org.au/apex

For further information, contact:

Joshua Driscoll – Program & Athlete Coordinator
programs@swas.org.au
0412 167 478

Andrew Sloane - CEO
ceo@swas.org.au
0425 758 261

Grants & Funding Opportunities

Clubs / User Groups often ask us about where they can go for assistance with Grants or what funding opportunities are available.

[VicSport](#) often update their website with links to various grant opportunities some helpful links on their website. There are also some [quick links on our website](#) for organisations that regularly release different grant opportunities.

Some externally funded grants and fundraising opportunities that may be of particular interest to your club that are currently advertised include:

- [**Emergency Sporting Equipment Grant program**](#) provides assistance to grassroots sport and active recreation clubs and organisations to replace or repair essential sporting and first aid equipment that has been lost or destroyed as a consequence of fire, flood, significant storms, theft or criminal damage - *applications are being accepted until 31 May 2025*
- [**Get Active Kids Voucher Program**](#) provides vouchers of up to \$200 to Victorian children who are listed on a current Australian Government Health Care Card or Pensioner Concession Card and named on a valid Australian Government Medicare Card - *applications are being accepted until the budget for this program has been exhausted.*
- [**Australian Sports Foundation**](#) provides a platform for tax deductible fundraising

Below are some online resources that may assist with grant writing:

[Clubhelp](#)

[Grant Writing for Dummies](#)

[The Grants Hub](#)

[Funding Centre](#)

[Sports Community](#)

[GrantGuru – grant search portal](#)



We also welcome any expressions of interest from Club representatives that may be interested in participating in a Grants Writing Workshop. Should enough club representatives express interest then we will advise of further details if a workshop can be confirmed. Please submit your interest via email to recreation@glenelg.vic.gov.au including how many representatives may like to attend.

Update Your Club Contact & Membership Details

Has your club/organisation had an Annual General Meeting recently?

So that our Recreation Team can ensure they maintain an up-to-date contact database for clubs, we have introduced a simple online form for a Club committee representative to complete.

There is also the option to opt-in to this monthly bulletin (or opt out if you no longer want to receive the emails).

Click below to access the form, which is also accessible via the Glenelg Shire Council website:

<https://au.openforms.com/Form/6f1550ca-22ee-42e0-9124-61278e834dc5>

Council Recreation Reserve & Pavilions Casual Bookings

Did you know that most of Council's Recreation Reserve pavilions and facilities can be casually booked by other organisations, schools or for private recreation events (subject to availability)?

If your club or another organisation or an individual wish to casually book a Council recreation facility this can be done through our IMS Reserves Manager website

<https://www.imscomply.com.au/glenelgrm/>

For further details regarding Council's Recreation facilities casual hire conditions as well as a risk assessment template required for all bookings [click here](#).

If you require further support with submitting a casual booking or have any queries please contact the [Recreation Team](#).

Maintenance Requests for Council Recreation Reserves & Pavilions



Did you know that all maintenance items/requests can be submitted online via [Council's website](#)?

All maintenance items/requests for Council recreation facilities must be submitted in writing either via the [online request form](#) or alternatively submitted via email to enquiry@glenelg.vic.gov.au.

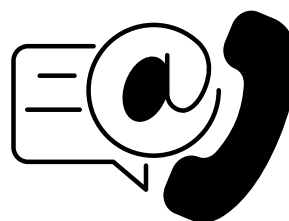
Submitting any maintenance requests via this process ensures the issues are correctly lodged into Council's maintenance system. We appreciate user groups continued co-operation and understanding with this process.

[GSC Club Committee Kit Resources](#)

Follow Us at [Active Your Way Facebook](#)

Need Help?

Contact Us via recreation@glenelg.vic.gov.au



If you no longer wish to receive this bulletin please [email us](#).

