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.

Active Your Way Glenelg Facebook

Stay up-to-date and connected by following our 'Active Your Way Glenelg' Facebook page for regular news, funding opportunities, events and more on all things sport and recreation.



Update Your Club Contact & Membership Details

Has your club/organisation recently held an Annual General Meeting?
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 an option to opt-in to this monthly bulletin (or opt-out if you no longer wish 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

Additonally, you can also reach out to us via email at recreation@glenelg.vic.gov.au to request for contact details to be updated.



GOOD SPORTS WORKSHOPS: GLENELG SHIRE SPORTING CLUBS

Running a local club takes a lot of hard work and Good Sports is here to help. We've put together a series of free online sessions just for Glenelg Shire sporting clubs in partnership with Portland District Health. Each one gives your committee, coaches and volunteers practical tools for a safer, more welcoming club, on and off the field.

Across the sessions we'll cover:

- **Club liquor licences:** what your licence means for your club and how to keep it in good shape.

Benefits of attending:

- Greater awareness of legal requirements
- Increased confidence in handling licensing issues
- Enhanced knowledge of issues around risky alcohol use in the club environment

Monday, 23 November 2026, 7:00pm to 8:30pm

- **Alcohol management:** simple ways to run your bar well and celebrate your wins safely.

Benefits of attending:

- Gain ideas on practical strategies for increasing the health and wellbeing of members and spectators regarding alcohol.

Monday, 18 January 2027, 6:30pm to 7:30pm

- **Safe transport:** how to help everyone get home safely after games and club events.

Benefits of attending:

- Gain ideas on practical strategies for safe transport and increasing the health and wellbeing of members and spectators.

Monday, 15 February 2027, 6:30pm to 7:30pm

- **Vaping:** training for coaches and club leaders on how to talk with young players about vaping and support them.

Benefits of attending:

- Gain tools on how to engage with young people around vaping, and strategies to start meaningful conversations.

Monday, 15 March 2027, 6:30pm to 7:30pm

Register for the sessions that suit your club, spaces are limited - All workshops are held online!

The sessions are only available for Good Sports Clubs. If you are not a Good Sports Club, please join here.

If you have any questions please email Zelda Farley zelda.farley@adf.org.au.

GOOD SPORTS

Portland District Health

MENTAL HEALTH MONTH

With October being Mental Health Month, we wanted to share some resources that may be useful for your school, workplace or organisation.

Mental Health Month is a great opportunity to encourage conversations about mental health and wellbeing, reduce stigma, remind people that support is available, and promote small, practical ways people can look after themselves and connect with others. This year there are a couple of related campaigns worth being aware of.

1. Mental Health Australia is also leading the national 2026 Mental Health Month campaign, with the theme "Together We Thrive." The campaign focuses on connection, belonging and community and includes resources for workplaces, schools and community organisations.
Mental Health Australia or Mental Health Australia – 2026 Mental Health Month resources

1. Wayahead's NSW Mental Health Month theme is "A Little Connection Goes a Long Way." The theme focuses on the everyday moments of connection that can support mental wellbeing – whether that's connecting with family and friends, colleagues, community, culture, nature, hobbies or even taking some time for yourself. Wayahead

Although Wayahead's campaign is NSW-based, I found their resources particularly useful and practical, especially for schools, workplaces and community organisations.
Wayahead has put together a range of free 2026 resources, including:

- School resources and classroom activities
- Primary and high school calendars
- Workplace resources
- Posters and colouring activities
- Translated information in a range of languages
- Social media packs
- Email signature graphics
- A Mental Health Month starter kit



You can view and download the resources here: Wayahead – Mental Health Month 2026 Resources

You don't need to run a large event to acknowledge Mental Health Month. Some simple ideas could include:

- Sharing a Mental Health Month post on Facebook, Instagram or your other social media channels.
- Sharing one of the Wayahead or Mental Health Australia graphics with your community.
- Putting up a Mental Health Month poster somewhere visible.
- Sharing a wellbeing or connection activity with staff, students, families or customers.
- Using the daily Mental Health Month calendar prompts as conversation starters.
- Encouraging staff or students to check in with someone they haven't spoken to recently.
- Including a short Mental Health Month message in your newsletter or email signature.
- Using the theme as a reminder to talk about connection, belonging and looking after our mental wellbeing.
- Acknowledging World Mental Health Day on 10 October with a post or activity.

Even something as simple as a Facebook post can help keep mental health and wellbeing on the agenda and let people know that conversations about mental health are welcome.

Wayahead®

CLUBMAP WEBINAR MINI SERIES

CLUBMAP WEBINAR - MEETINGS & CLUB OPERATIONS: LESS TALK, MORE ACTION, BETTER CLUB MEETINGS
Monday, 19 October | 7:00 PM (AEDT)
Webinar presenters: Terry Dillon, CLUBMAP CEO & Co-founder, and Jon Knudsen, CLUBMAP COO.

Webinar Mini-Series: Session Two

Too many meetings can be long on discussion and short on decsions. Explore how better agendas, clearer accountability and fewer unessecary meetings can improve volunteer experience.

Club meetings shouldn't be long, frustrating or dominated by the same few voices. We'll look at simple ways to run more effective meetings, improve decsion making, clarify responsibilities and create better systems that keep your club moving forward.

Register for free to receive the link to join us live.
Register here to save your spot

CLUBMAP

PORTLAND DISTRICT HEALTH - FRESH FOOD SWAP

Got more growing in your garden than you can use? Bring along your extra produce to the Fresh Food Swap and share the goodness with your community!

Each week is a little different, with plenty of surprises to discover. You might take home fresh herbs, flowers, homemade preserves or seasonal produce — and you'll often leave with more than just something delicious. Swap a recipe, pick up a gardening tip, find some inspiration or simply enjoy a friendly chat with someone new.

Come along, bring what you have, take what you'll use, and enjoy the simple pleasure of sharing what we grow.

Every Thursday, 10am - 12pm, at the Portland Library.



Portland District Health

UPCOMING EVENTS

OCTOBER

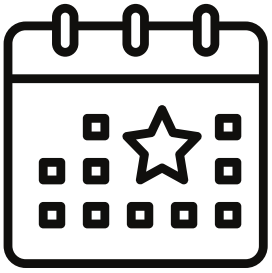
- Kyeema spring Fair - Saturday 3 October
- Casterton Memorial Hospital Colour Run - Sunday 4 October
- Nelson Spring Market - Saturday 10 - Sunday 11 October
- 3 Bays Running Festival - Saturday 31 October - Sunday 1 November

NOVEMBER

- Portland and District Kennel Club Dog Show - Thursday 5 - Sunday 8 November
- Emergecy Services Expo - Saturday 7 November
- Casterton P&A Show - Saturday 14 - Sunday 15 November

For more information on local events, visit our website.





ACTIVE HER WAY 2026

The Recreation Team are excited to announce that our active her way program is back in 2026!

The week of activities is set to run from monday 23 - friday 27 of november and we cannot wait to share more details as they become available. Watch this space!!!

We will once again be looking to partner with local businesses to provide a platform encouraging the active participation of women and girls within the Glenelg Shire.

As more details become available, we will promote the initiative across our available channels. We kindly encourage clubs, organisations and individuals to share the information and promotional posts through their own networks to help us reach as wide an audience as possible. Your support in sharing the initiative will be invaluable in helping to maximise participation and contribute to the program's success.

SOUTH WEST ACADEMY OF SPORT (SWAS)

Do you know anyone 18 years or younger who are keen to take their skateboarding to the next level?
Check out these plaques at skate parks around the shire (Portland, Heywood, Casterton), and scan the QR code to register your interest to the South West Academy of Sport.



Do you or someone you know have what it takes? South West Academy of Sport is "the home of developing, emerging, and talented athletes in South West Victoria. They provide a platform that helps aspiring and talented athletes to reach their goals through Talent Identification, Athlete Preparedness, and Pathway Progression.

APEX Program: The 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. The 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.

ASCEND Program: The ASCEND Program (Accessing Skilled Coach Educators to Nurture Development) works with State Sporting Associations, National Sporting Organisations and the Victorian Regional Academy of Sport Network (VRAS) to provide opportunities for athletes to train with similarly motivated athletes and gain insights into achieving at a higher level in their sport. Where SWAS does not have a sport program partner, athletes may consider applying to the APEX program.

Commitment to Child Safety
South West Academy of Sport (SWAS) is committed to ensuring that young people who participate in its activities have a safe and happy experience. SWAS supports and respects children, young people staff, volunteers and participants.

Child Safety explanation for Young People

For more information on the South West Academy of Sport, visit their website.
https://www.swas.org.au/

Grants & Funding Opportunities

Clubs / User Groups often ask us about where they can go for assistance with Grants or what funding opportunities are available.
Our search platform, SmartySearch, has been added to the Glenelg Shire website.
SmartySearch is a customised grants search database, highlighting hundreds of government, philanthropic, corporate and foundation grant opportunities from across Australia.

Grant seekers can conduct quick, localised searches for the grants most relevant to them from the convenience of Council's website. It provides anyone in the community with a 'one-stop-shop' of available funding sources.

Council are able to recommend this search tool when approached by not-for-profits, businesses, individuals, schools and more or for funding requests that fall outside of the scope of the Community Grants Program.
To access SmartySearch, visit: www.glenelg.vic.gov.au/Our-Community/Grants/SmartySearch

Current Funding Opportunities Through Sport and Recreation Victoria

Aboriginal Sport Participation Grant Program **- Closing 30 June 2027**
The Aboriginal Sport Participation Grant Program provides grants to assist First Nations communities in Victoria to participate in Aboriginal sporting carnivals, buy sports uniforms and equipment, as well as funding for travel and accommodation expenses for athletes to compete in state and national competitions.

Emergency Sporting Equipment Grant Program **- Closing 31 May 2027**
This 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.

Significant Sporting Events Program **- Closing 15 October 2026**
The Significant Sporting Events Program is a Victorian Government funding program that assists event organisers to enhance the delivery of national or international level sporting events in Victoria.

Get Active Kids Voucher Program **- Closing 13 October 2026**
The Get Active Kids Voucher Program provides vouchers up to $200 towards the cost of membership, sports equipment or uniforms.

For more information follow this link to the Sport and Recreation Victoria website.





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://apps.imscomply.com.au/glenelgrm/index.php

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 us at recreation@glenelg.vic.gov.au.





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.