

ACTIVE YOUR WAY

GLENELG

MONTHLY NEWS BULLETIN

This bulletin is an initiative introduced in February 2023 by the Glenelg Shire Recreation Team, providing an opportunity for the team to share any upcoming events, opportunities and information that might assist or be of interest to Clubs / User Groups and their volunteers across the Shire.

South West Sport Community Sports Awards



South West Sport together with Ace Radio held the 'South West Community Sports Awards', on 20 March 2024 in Warrnambool.

The awards event celebrated nominated clubs and organisation's who are driving positive community outcomes through sport and recreation, as well as acknowledging individuals who contribution to grassroots community sport through volunteerism and leadership.

Glenelg Shire was well represented at this year's awards, with the following individuals and Clubs being recognised:

- **Heywood & District Basketball Association** - Winner Youth Participation Initiative of the Year
- **Clarkston Ray** - Winner of Glenelg Community Sport Volunteer of the Year
- **Tyrendarra Football Netball Club** - Nominated within the top 5 for Club of the Year
- **Narrawong District Association Bush Nippers Program** - Nominated within the top 3 for Club Innovation Award
- **Stoked Surf Therapy Cape Bridgewater Indigenous Surf Program** - Nominated within the top 3 for the Celebrating Diversity & Inclusion in Sport Award

Congratulations to all of the worthy award nominees and winners.

As this year's awards were another great success, we anticipate the awards may be held again next year and strongly encourage any local Clubs and recreation groups within the Glenelg Shire to nominate should when the opportunity arises.

A wrap up of the South West Sport Community Sports Awards event will be available on the [South West Sport facebook page](#) in the coming weeks.



Merelyn Bunworth, on behalf of Heywood & District Basketball Association, accepted the Youth Participation Initiative award sponsored by South West Tafe.



Clarkston Ray (pictured with Mayor Cr Karen Stephens), winner of the Glenelg Community Sport Volunteer of the Year, sponsored by Glenelg Shire Council.

Licenced User Groups Incentivisation Procedure

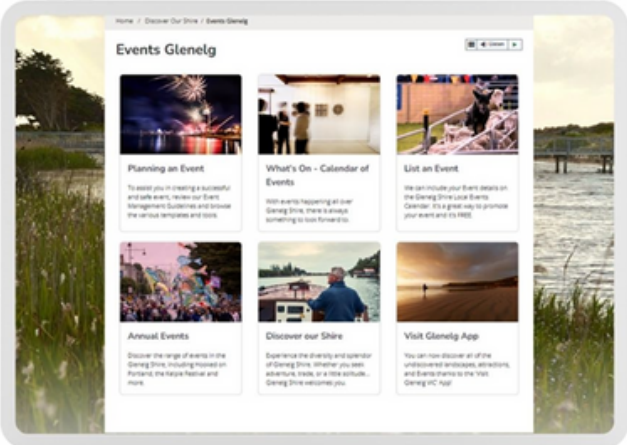
In February 2024, Council's Recreation Team introduced an Incentivisation Procedure, the aim of which is to encourage Organisations/Clubs to undertake activities and offer programs that promote inclusivity, increase participation levels, and improve Organisation/Club governance capabilities. This in turn promotes healthy lifestyles throughout our Community and assists with working towards strategies identified within [Councils Active Your Way Glenelg Recreation Plan](#).

The procedure covers 4 focus areas:

- Active Ageing
- Female Friendly
- Modified & Inclusive Sport / Recreation
- Healthy Clubs
- Club Development

What does that mean for Licenced User Group's?

The procedure provides an opportunity for Licenced User Group's to receive a partial reimbursement of the most recently paid Lease/Licence fee. To be eligible for a partial fee reimbursement, the Licenced User Group must meet the criteria outlined within the procedure and be able to provide evidence of doing so via the required measures across the 4 focus areas. Should your Licenced User Group wish to seek a copy of this procedure and further information please email recreation@glenelg.vic.gov.au



Online Events Application Process

Council's Events Unit recently released a new simplified Online Events Application process.

If your club are looking to hold a large event or community wide event visit the [Events Glenelg website](#) for further details, or start your [event application here](#).

Once your club have submitted an event application online, your club will still be required to submit a casual booking request for the relevant Recreation Reserve facilities required for the event through our IMS Reserves Manager website

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

If you require further support with submitting an event application please contact the Events Unit via events@glenelg.vic.gov.au

Events - Place of Public Entertainment Occupancy Permit

If you are organising a public entertainment event, you may need to obtain a POPE Occupancy Permit for a place of public entertainment from the Municipal Building Surveyor.

Section 49 of *the Building Act* states, entertainment in a public place must not be conducted unless an Occupancy Permit has been issued for the place of public entertainment. Public entertainment is defined as an event/meeting/assembly to which admission may be gained by members of the public.

A 'place of public entertainment' is defined as an area greater than 500m² which is used for public entertainment and is either:

- Enclosed or substantially enclosed; or
- Is a paid admission event.

POPE permit applications must be submitted 30 days prior to an event.

Further details and information is accessible via the [Council website](#).

If you have any queries relating to a POPE Occupancy Permit or unsure if one is required please contact Council's Building Unit via phone 1300 453 635 or email building@glenelg.vic.gov.au.



Healthy Canteens

Does your Club or Organisation need help with providing healthy canteen or catering options?

Portland District Health's Health Promotion's Team are available to provide recreation and sporting clubs or organisations with assistance on canteen and catering options that offer healthy alternatives.

If your club or organisation are interested in seeking a review and suggestions on your canteen or catering menu please email promotions.pdh@swarh.vic.gov.au.

This Girl Can - April 2024

This Girl Can is a VicHealth initiative all about inspiring women and girls to get active with beginner/come and try classes and sessions. This Girl Can is also about women embracing physical activity in any way that suits them. For some, this could be joining a structured sport or attending group fitness classes, but for others it could be something more casual such as getting in to walking, dancing or bike riding.

This year, the campaign will be run twice within the Glenelg Shire, with the first week of events being held between 15 to 21 April 2024, and the second week likely to occur in October. The two This Girl Can weeks' will provide a great opportunity for recreation clubs and organisations to run some come and try sessions whilst also promoting your regular activities.

Whilst the event schedule for the April This Girl Can week has been finalised (on the following pages), if you are interested in holding a come and try or beginners session as part of another future This Girl Can week please contact promotions.pdh@swarh.vic.gov.au.

Further information on the upcoming events for the April This Girl Can week will be available on the [PDH facebook page](#) in the coming weeks.

THIS GIRL CAN: CALENDAR OF EVENTS



	MON 15 APRIL	TUE 16 APRIL	WED 17 APRIL	THU 18 APRIL	FRI 19 APRIL	SAT 20 APRIL	SUN 21 APRIL
AM	6:30am: Mat Pilates (Pilates with Kez) 9:30am: Semi Private Reformer Pilates (BFF Studios) 10/11am: Yoga/Chair Yoga (Dartmoor Bush Nursing Centre) 11:15am: Pole Fitness Foundations (Stronger Fit Together)	9:30am: Exercise Rehabilitation Class (PT@Home)	6am: Barre Attack (BFF Studios) 9am: Walking Group (Dartmoor Bush Nursing Centre) 9:15am: Pilates Basics (Nettique Pilates)	6am: Boxing for Fitness (BFF Studios) 9:30am: Enchanted Forest Walk (Friends of the Great South West Walk)	9:30am: Semi Private Reformer Pilates (BFF Studios) 10:30am: Healthy Your Way, Dietitian Q&A (Portland District Health)	8am: Parkrun 9am: Small Group Training (BFF Studios)	10am: Mat Pilates (Pilates with Kez)
PM	5:30pm: Yoga (Satsang with Shae) 6pm: Pilates Basics (Nettique Pilates) 6:30pm: Circuit Class (PT@Home)	4:30pm: Healthy Your Way Dietitian Q&A (Mara Tan, Portland District Health) 4:30pm: Come & Try Tennis and Pickleball (Portland Lawn Tennis Club) 5:30pm: Pilates ARC Small Group Session (BFF Studios) 6:30pm: Boxing for Fitness (PT@Home)	5:30pm: Just Weights (BFF Studios) 5:30pm: Come & Try AFL Umpiring (SW District Football Netball League) 6pm: Come & Try Women's AFL Footy (Tyrendarra Football Netball Club) 6pm: Come & Try Women's Soccer (Portland Soccer Club) 6:30pm: TRX and Kettlebells (PT@Home)	6pm: Stretch and Relax Class (PT@Home)	7:30pm: Pole Fitness Foundations (Stronger Fit Together)	MORE INFORMATION: For more information on each event/class, including cost and registration details, please see following pages. For any other questions, contact promotions.pdh@swarh.vic.gov.au	



EVENT INFORMATION:



BFF STUDIOS

Location: BFF Studios (36 Percy St, Portland)

To Register: Call 0417 341 510 or Text 0485 868 490

Ages: 15+ (Parent/caregiver will need to attend if under 18)

Cost: Semi Private Reformer Pilates are \$5. All other classes are FREE.

Semi Private Reformer Pilates: Up to 4 participants so you get the attention you need.

Pilates ARC Small Group Session: Core strengthening sessions that focus on functional fitness. We utilise the Pilates ARC (AKA Spine Corrector), a versatile piece of equipment that offers a multitude of exercises catering to a diverse range of fitness levels and goals.

Barre Attack: A dynamic fusion of Pilates, Ballet, and Fitness. An all-body workout using the classic Ballet Barre that attacks the legs, butt, thighs and arms.

Just Weights: Progress each week, toning muscles, building strength and endurance using weights.

Boxing for Fitness: This is a total body workout focusing on cardio, strength and balance for an ultimate Functional Fitness HIIT class.

Small Group Training: Get fit and healthy, challenge your mind and body. This class combines strength, cardio, muscle endurance, flexibility, core and functional movement.

AFL UMPIRING (SWD FOOTBALL NETBALL LEAGUE)

Location: Tyrendarra Football Netball Club

To Register: 0417 353 673. Bring comfortable clothing and runners.

Ages: 12+ **Cost:** FREE

Event Info: Come and Try AFL Umpiring. Participants will also get access to a FREE virtual event on Mon 22 April, run by female AFL umpires.

DARTMOOR BUSH NURSING CENTRE

Walking Group: Meet at Dartmoor General Store for a 30min walk around the Dartmoor walking track. All welcome, mums & bubs, prams, and dogs.

Yoga/Chair Yoga: Yoga at 10am, followed by Chair-based yoga at 11am. All ages and abilities welcome. Held at Dartmoor Bush Nursing Centre.

To Register: Call Dartmoor Bush Nursing Centre 5528 1381

Cost: Walking Group (FREE), Yoga (\$15)

FRIENDS OF THE GREAT SOUTH WEST WALK

Location: Enchanted Forest Carpark (Norman Wade Scenic Drive)

To Register: Call 0488 629 163 or email friends@greatsouthwestwalk.com

Ages: All ages **Cost:** FREE

Event Info: Bushwalking through the Enchanted Forest (2.2km/1-1.5 hours). Easy, but some steep bits and steps.

HEALTHY YOUR WAY - DIETITIAN Q&A

Location: Tues 16th (Fawthrop Community Centre, Hood Street Portland), Friday 19th (Neighbourhood House Office, Pioneer Plaza, Percy Street Portland).

To Register: email promotions.pdh@swarh.vic.gov.au

Ages: 18+ **Cost:** FREE

Event Info: Join Mara Tan one of Portland District Health's Dietitians for a 45min Q&A session: Healthy Your Way - A Virtual supermarket tour including smart shopping hints and tips.

NETTIQUE PILATES

Location: Nettique Pilates (24 Barkly St, Portland)

To Register: Scan the QR code below, or head to:

<https://app.squarespacescheduling.com/schedule.php?owner=26714315>



Ages: 13+ **Cost:** FREE

Pilates Basics: An introduction to Pilates, at a level suitable for everyone. Exercises are layered to enable everyone to work at their level.

PORTLAND SOCCER CLUB

Location: Portland Soccer Club, Friendly Societies Reserve (13 Glenelg St)

To Register: No need to register. Any questions, please contact portlandsoccerclub@hotmail.com

Ages: 15+

Cost: FREE

Event Info: Come and Try Women's Soccer.

PT@HOME:

Location: PT@Home Studio (4 Blair St, Portland)

To Register: No need to register, just rock up.

Ages: 15-85 years

Cost: FREE

Circuit: 40 minute circuit.

Exercise Rehabilitation: Light weights, balance, coordination, social interaction. All levels and ages welcome. 45 minutes.

Boxing for Fitness: 40 minute boxing session.

TRX and Kettlebells: TRX, Kettlebell and slam ball circuit. 40 minutes.

Stretch and Relax: 40 minutes.

STRONGER FIT TOGETHER

Location: Stronger Fit Together Studio (49 Benbows Road, Gorae)

To Register: Spaces are limited. Secure your spot via direct message Stronger Fit Together on Facebook www.facebook.com/StrongerFitTogether

Ages: 16-99+

Cost: FREE

Class Info: Pole Fitness Foundations. 45min of fun. Gain confidence, flexibility, strength and coordination, on a static or spinning pole. Suitable for beginners.

PORTLAND LAWN TENNIS CLUB

Location: Portland Lawn Tennis Club, Henty Park

To Register: Text 0408 758 973

Ages: 8+ (children will need a parent with them)

Cost: FREE

Event Info: Come and Try Tennis and Pickleball.

PARKRUN

Location: Fawthrop Lagoon, Hood Street

To Register: Register on the Parkrun website: www.parkrun.com.au/portland/

Ages: All ages **Cost:** FREE

Event Info: A free, fun, and friendly weekly 5km community event. Walk, jog, run, volunteer or spectate – it's up to you!

PILATES WITH KEZ

Location: Virtual (Zoom link provided on registration)

To Register: Email your name and session you'd like to book to hello@pilateswithkez.com

Ages: 18+ **Cost:** FREE

Mat Pilates: Join Kez on the mat for 45 minutes of Pilates. Start with movements that everyone can do, and progress through layers based on your ability.

SATSANG WITH SHAE

Location: Sankalpa Mandir Yoga Studio (46 Francis St, Portland)

To Register: Direct message @SatsangwithShae on Facebook or Instagram, or email Shae at sprys@hotmail.com. Please advise Shae upon arrival if you are managing any conditions or injuries, or if you are pregnant.

Ages: 16+

Cost: FREE

Class Info: Yoga with Shae involves a mix of asana (physical postures and flows), pranayama (breathing practices that influence the physical and energetic bodies) and dharana (meditation and mindfulness practices). Absolute beginners welcome. Arrive a little early to settle in. Bring a yoga/exercise mat or towel. Wear comfortable clothing that offer you a full range of movement.

TYRENDARRA FOOTBALL NETBALL CLUB

Location: Tyrendarra Football Netball Club

To Register: Turn up with a drink bottle and a smile.

Ages: 18+

Cost: FREE

Event Info: Come and Try Women's Footy

Grants & Funding Opportunities

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

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

- [***Round 2 of Sport and Recreation Victoria's Sporting Club Grants Program***](#) is currently open for grants that assist clubs to address barriers in participation, develop safe and sustainable practices and build social and active local communities.
Applications are invited for one of the following categories:
 - On-field Uniforms or Equipment;
 - Volunteers and Officials;
 - Access and Engagement; or
 - Competitors.*Applications close 24 March 2023*
- [***Cricket Australia***](#) are offering funding for minor infrastructure grants of up to \$15,000 and major infrastructure grants of up to \$40,000 that focus on growing cricket participation and/or providing welcoming and inclusive environments for all participants - *applications close 24 March 2023*
- [***Youth Aquatic Accreditation Program***](#) is being offered through Sport and Recreation Victoria for young people aged 16 to 25 years to undertake accreditation to ensure they are qualified to teach swimming and water safety - *applications close at 5pm on 31 May 2023*
- [***Australian Sports Foundation***](#) provides a platform for tax deductible fundraising

There are also some [quick links on our website](#) for organisations that regularly release different grant opportunities as well as [VicSport](#) offering some helpful links on their website.

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

[Clubhelp](#)

[Grant Writing for Dummies](#)

[The Grants Hub](#)

[Funding Centre](#)

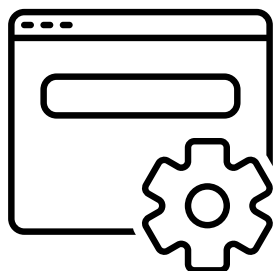
[Sports Community – How to win a grant](#)

[GrantGuru – grant search portal](#)



We would also like to seek 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 further once details are confirmed. Please submit your interest via email to recreation@glenelg.vic.gov.au including how many representatives may like to attend.

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.

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

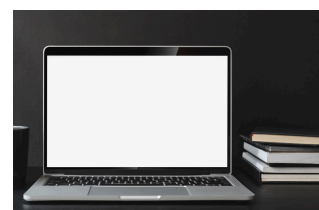
Did you know that most of Council's Recreation Reserve pavilions and facilities can be casually booked by organisations, schools or individuals for private recreation, fundraising or private events (subject to eligibility)?

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.



[GSC Club Committee Kit Resources](#)

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

Need Help?

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



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