

RESPOND

Community Led Action for Healthier Children

Theme: Physical Activity

What's already happening:

- Walking and bike paths (rail trail)
- Fitness track around Leckie Park
- Ride Dindi, Bounce Back, Tennis coaching (juniors)
- Football and Netball clubs
- This Girl Can local promotion (MSC)
- School holiday programs encouraging physical activity (MSC)
- Basketball Comp
- Sporting sponsorships to local clubs
- Swimming clubs
- Walk to School campaign (VicHealth)
- Park run/walk
- Mother Goose - movement to music at Alexandra PS
- dance groups

Actions:

- Family friendly physical activity programs
- Support nature based programs that promote healthy outdoor activity
- Local exercise groups focusing on physical activity (not just traditional sports)
- walking and riding 'bus' to school
- Park Run/Walk (Eildon Pondage)
- After school care - increasing access to a range of physical activities

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Theme: Knowledge
and Communication

What's already happening:

- local radio promotion (UGFM)
- school newsletters/social media
- local papers
- Community House/local clubs promotion and information sharing
- sporting club newsletters and promotion
- local hospitals Health Promotion
- Local council (MSC) website, programs and supports

Actions:

- 'Where does my food come from?' - education for kids
- Healthier choices advertising in store
- increase food knowledge and healthy living through social media and local papers
- Nude Food days at school
- Promote better portion size and food choices (schools and kinders)
- education about food 'miles', waste and packaging
- welcome pack from council for new residents/families

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Theme: Social Inclusion

What's already happening:

- Soup kitchen (CWA)
- Pot Luck dinner (Embassy of Ideas)
- Food Groups - recipe sharing, bulk buying
- The Shed skill sharing
- School holiday program (MSC)
- sporting/social clubs
- community house activities/programs
- scouts

Actions:

- Try It days at sports clubs
- free gym classes to try out
- Park Run for the community at Eildon Pondage
- Planned community free play (monthly)
- Support clubs to provide low cost access to membership
- Daniher Drive - physical activities and promote local produce
- Emergency relief packs for vulnerable families

For more information please email respondlhpcp@gmail.com

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Theme: Food/Produce Co-Op

What's already happening:

- **Food Group - bulk buying and recipe sharing**
- **Grow Food Network - open vegie gardens event, permaculture workshops**
- **Community gardens (education and access)**

Actions:

- **local social enterprise market garden**
- **Food buying group providing access to local healthy and affordable produce with minimal packaging**

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Community Led Action for Healthier Children

Theme: Infrastructure

What's already happening:

- Walking and bike paths - upgrades
- Accessible toilet in Leckie Park
- Skate parks
- local sporting and gym facilities
- swimming pools
- skiing and boating facilities
- dance and yoga facilities
- Recreation Reserves
- Community gardens

Actions:

- Fitness track - encourage and support specific groups to use the track (young mums, parents and toddlers, older people)
- share garden spaces for growing produce (public and private)
- improve lighting in public areas to encourage increased physical activity and public access
- increase access (pathways) to community gardens
- school kitchen garden development (Alexandra Sec.)

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Theme: Education and Building Capacity

What's already happening:

- Good Foods Great Kids Program - through Eastern Health
- Walk to School (VicHealth)
- Local organic produce providers sponsoring sports groups
- Kids Teaching Kids - Landcare
- Sporting sponsorships to local clubs
- This Girl Can local campaign (VicHealth)
- Local food group

Actions:

- free cooking classes - affordable, easy meals for families
- healthy lunch boxes in schools
- provide families with recipes for healthy options (school newsletters)
- coordinated program/curriculum in schools covering micro and macro food production
- healthy canteens in sports clubs
- kids cooking and food knowledge
- combine Garden Guru (reinvigorate) and school kitchen garden programs

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