

'CELEBRATE' SEA Change #2



The second of regular SEA Change updates about what's happening in your community.

PT&Home's Carrie Templeton found a novel, healthier, fete or community market activity. It's called 'Make the piggy squeal' and is lots of fun. This involves doing a push up. If you press low, you squeeze a plastic toy piggy, which emits a loud squeal! Participants won a free week of group training if they attempted to make piggy squeal.

Portland Squash and Racquetball Club fundraised to purchase an exercise bike to enable members to warm up/cool down, reducing the likelihood of injury.

Portland Scouts held a parent and child workshop where families made stilts. They then had fun using them. Lindy borrowed them for the Portland District Health community market. About thirty kids aged 7-14 had a ball trying them out!

Portland Safeway provides a free piece of fruit for children to snack on while their parents shop in its store.

Portland South Primary School has launched 'Cooking up a Storm', their healthier meals and 'sometimes' snacks recipe and healthy eating tips book.

Portland District Health will fund ABA membership for new mothers, mums holding Health Care Cards and second time mothers who have had difficulty breast feeding previously (and want to try again).

Portland Cycling Club provides community bike rides for mixed abilities, which are open to the public. An example is a 40km ride around the Bridgwater lakes (average speed should be a round 25-27kph), teamed with a shorter ride of around 20km (average speed around 18-20kph).

Portland Safeway provides all food for Portland Primary School's 'Kidz in the Kitchen' cooking program.

The Portland branch of the Australian Breast Feeding Association is working with South West Health Care to increase promotion and support of breast feeding by distributing the Australian Breast Feeding Guidelines to GPs and health facilities in the South-west.

Portland's Touch Footy Club is introducing healthy BBQ options.

The Australian Breastfeeding Association's Portland group of 'Walk and Talks' includes mums, bubs and toddlers who meets weekly for exercise and as a support network. They try to walk side by side in 3s and 4s. Decisions about where to go to have something to eat and drink.

If you would like to include an update of your SEA Change activity, please forward to Lindy at lindy.stuchbery.pdh@swarh.vic.gov.au