

*Welcome to*

Session 14:

# Connecting People and Parks





# Active in Parks

A Healthy Parks Healthy People program

## Development of an online resource



**Active in Parks**

A Healthy Parks Healthy People program

## *A Healthy Parks Healthy People partnership*

People and Parks Foundation

Medibank Community Fund

Barwon Medicare Local

Parks Victoria



Healthy Parks  
Healthy People®



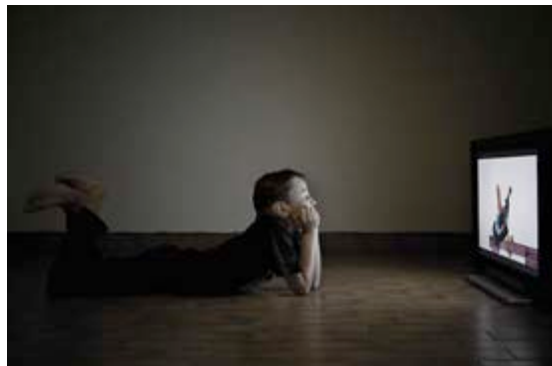


## Active in Parks

A Healthy Parks Healthy People program

# Why Active in Parks?

- Australians of all ages have never been so inactive
- Three in five Australians are overweight or obese
- Only one in five Australian children get the recommended one hour of physical activity every day
- For every hour Australians' spend on outdoor recreation, we spend over seven hours in front of screens watching television or accessing the Internet





# Active in Parks

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## Active in Parks programs



Adolescent Education  
Program



Youth Ambassadors  
Program



Green Referrals



Storytime in the park



Bush Groups



New Migrants  
Program



Green Rehabilitation





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# The process...

- Exploring the space
- Stakeholder engagement
  - ✓ Workshops
  - ✓ Conferences and forums
  - ✓ Face to face
- Marketing the idea
- Listen and adapt





Connecting people with parks for their health and wellbeing



#### WHAT'S ON OUTDOORS

Search for outdoor activities happening near you



#### GET INVOLVED

Learn how your family, school, organisation or workplace can get outdoors and active



#### BENEFITS OF GETTING INVOLVED

How Active in Parks can support your organisation

## Featured

### Events and Activities



Carlton Farmers' Market



Bakara Swimming Pool



Echuca Farmers' Market



Albert Park Skate Ramp

◀ ▶ ⏪ ⏩

## News

#### [Medibank Community Fund 2014 Annual Review](#)

Active in Parks are proud to be a partner with the Medibank Community Fund to help get people more active outdoors in natural settings. Medibank #GetBetter People and Parks Foundation Through the visual storytelling of the Medibank Community Fund 2014 Annual Review you will see better health community projects come to life in images & [...]

#### [Getting Wild!](#)

Australia has been lucky over the past months to have opportunities to view Project Wild Thing at various events across the nation. Project Wild Thing is a film led movement to get more kids (and their folks) outside and reconnecting with nature. The film itself is an ambitious, feature-length documentary that takes a funny and revealing [...]

#### [IUCN World Parks Congress](#)

We are excited to be part of the IUCN World Parks Congress in Sydney this week where we are not only launching this website but presenting at a session and hosting a stand as well as daily walks for the over 4,000 delegates! Keep an eye on our Twitter and Facebook for updates as we go!

## What people are saying



Dr Bill Jackson, Chief Executive Parks Victoria

'Parks Victoria is a proud partner of Active in Parks, which is an innovative approach to community health that supports the Health Parks Healthy People approach.

Active in Parks represents a strong working relationship between community,



New Horizons Respite

'Thank you for a very enjoyable day for all the clients and staff from New Horizons Respite. They arrived back at the centre utterly relaxed and tired after a day outdoors filled with activities and sunshine.'



Barwon Medicare Local

'Jane had never taken part in anything like the Green Referrals Program and she is now exercising at home every day. Jane even completed the 2013 6km Run Geelong charity event, which she never thought she could! Jane feels much more connected and has enjoyed the social





## Fitzroy Swimming Pool

✕ Reservation not required

📍 Fitzroy Swimming Pool, Alexandra Parade, Fitzroy 3065, Fitzroy VIC

Home > Fitzroy Swimming Pool

## Fitzroy Swimming Pool

### Description

Outdoor swimming pool

### Useful Information

Premier 50 meter outdoor heated pool.

The Fitzroy Swimming Pool is located on Alexandra Parade, Fitzroy. The Centre is open every day of the week, and on most public holidays.

Standard opening times: Monday to Thursday 6am-9pm, Friday 6am-8pm, Saturday to Sunday 8am-6pm.

See website for full range of prices.

### Contact

- Swimming Pool Manager
- Phone: 9205 5180
- Email: [YarraLeisure@yarracity.vic.gov.au](mailto:YarraLeisure@yarracity.vic.gov.au)
- Website: <http://www.yarracity.vic.gov.au/Services/Yarra-Leisure/Fitzroy-Swimming-Pool/>

\$ Cost: \$5.50

✕ Booking not required

📍 Fitzroy Swimming Pool, Alexandra Parade,  
Fitzroy 3065, Fitzroy VIC  
Alexandra Parade, Fitzroy, Victoria, Australia

**NOV** Wednesday, 12 Nov. 2014  
**12** End Date:  
Thursday, 12 Nov. 2015



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# Thank you

[www.activeinparks.org](http://www.activeinparks.org)