

SUNBURY

Starting with healthier living

Barry Kennedy

STEPPING UP TO PROMOTE BETTER COMMUNITY LIFESTYLES

THE BATTLE to promote better lifestyles in Hume has been stepped up, with the launch of the Start With campaign this month. Sunbury Community Health Centre, Dianella Health and Hume Council are partnering on Healthy Together Hume, a \$3 million

preventive community model aimed at promoting better health in workplaces, schools and groups. Over the next two months the Start With campaign will roll out, including advertising and information kits promoting healthy lifestyles

and supporting the Healthy Together Hume initiative. Sunbury Community Health Centre chief executive Phillip Ripper said the program had already seen community health strategies rolled out. "Healthy Together Hume works with

whole communities about supporting people in places where they spend much of their lives, whether it's a child in school or employee in the workplace," he said. Funded until 2015, the program's success will be born out by findings in the Victorian Population Health

Survey, which measures factors such as smoking, exercise levels and fruit and vegetable consumption by municipality. In Hume, 53.5 per cent of adults are above the healthy weight range, while less

than 10 per cent eat the recommended five servings of vegetables a day. Over 25 per cent of adults smoke; 25.9 per cent of men and 36.4 per cent of women do not meet daily exercise levels. "Small steps are good steps if they are in the right direction. We are trying to affect a long-term change in the community," he said.

SUNBURY

Pedalling a new way to be healthy at work

SUNBURY Community Health Centre is leading by example in creating a healthier work environment. The health service has bought a bike which can now be booked for staff to attend meetings. A standing desk is also used for meetings while other units regularly hold walking meetings where issues are discussed on the move. As part of the Healthy Together Hume initiative, the Sunbury Community Health Centre will also help support ideas from community members such as the recent establishment of the MamaBake cooking collective. Population health team leader Bernadette Hetherington said the next phase of the Healthy Together Hume campaign will see individuals and organisations appointed as health champions where they will work informally as positive role models. Health promotion staff from the organisation are also available to consult on making other organisations healthier, she said. Details: 9744 9554.

SUNBURY



The recently established MamaBake has brought together a group of Sunbury mothers.

Picture: KRIS REICHL

Yummy mummies share taste for cooking

THERE'S a flurry of flavours cooking inside the Sunbury Memorial Hall kitchen every Tuesday. Seven mothers have established a wholesome and creative collective, the Sunbury MamaBake, the latest in a national movement of group cooking.

The weekly kitchen catch up allows the women to bring home a booty of meals, from lasagne and fried rice to casseroles to health bars, for their young families. Roslyn Leyden said she had been keen to see a MamaBake start in Sunbury, taking the idea to the Sun-

bury Community Health Centre. A month after starting, the group has added a grocery store and butcher to its list of supporters. "It's a really fun get together and I'm finding there are a lot of things I am trying out, like different ingredients and recipes," Ms Ley-

den said. "At the moment we are concentrating on cooking three meals but its great as they are big and its six meals we don't have to cook at home." MamaBake is part of the community health centre's commitment to the Healthy Together Hume program.

ONLINE News, views & competitions



RAINFORST ADVENTURE COMES TO AQUARIUM
VISIT the Melbourne Aquarium to see its latest exhibit, Rainforest Adventure. You'll be amazed by some of the unique creatures including bizarre bugs, aquatic reptiles and the world's largest display of archerfish. The interactive adventure features expert presentations, animal feeding and pool experiences. Leader has 25 aquarium passes for two adults and two children (valid until December 31) to give away. To enter, go to heraldsun.com.au/leader/com-petitions by 5pm on Wednesday, July 17.

HERE ARE HEAPS OF HOLIDAY THINGS TO DO
ARE the kids climbing the walls? Download and print our school holiday activity guide at leadernews.com.au for some ideas to keep them occupied.

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Department of Transport, Planning and Local Infrastructure

POLL REGARDING A NEW SUNBURY SHIRE COUNCIL

Comments invited on ballot paper question

In October this year, Hume City Council residents and ratepayers will vote on whether a separate Sunbury Shire should be established.

Comments are now invited on the proposed ballot paper question located at: www.localgovernment.vic.gov.au and close Sunday 21 July 2013. Further information on the poll will be announced in August.

Community Crime Prevention
Your Community. Your Say

Graffiti Prevention & Removal Grants

Applications Closing Soon

Victorian councils are invited to apply for grants of up to \$25,000 to partner with community groups to deliver local graffiti prevention and removal initiatives.

Applications close 5:00pm 2 August 2013

How do I find out more?

Links to the application form and details about the Program and Application Guidelines are available at: www.crimeprevention.vic.gov.au/graffitigrants

Auction ~ On Site Clearing Sale
Sunday 14th July 10am
184 Hargraves St Castlemaine

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1920 Rolls Royce Silver Ghost
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View Friday 12th July 12noon - 4pm
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