

SUNBURY

# Stepping out for award

Group hailed for healthy connection

Barry Kennedy

A WALKING group in Sunbury spawned out of the successful Sons of the West program is changing lives.

Dubbed the Sunbury Sons and Daughters Walking Group, up to 30 people are taking part in several social strolls each week.

With many members previously little engaged with walking or other organised social events, the get-togethers are providing connection and inclusiveness.

It has also attracted the attention of the Heart Foundation, which judged it the best of the many walking programs to come out of the Sons of the West men's health programs in Melbourne's West.

The award will see 25 members of the group walk around Etihad Stadium before the Western Bulldogs versus Hawthorn game on July 7.

Sunbury man Andrew Spencer, 58, said his wife, Lorraine, had encouraged him to go to the Sunbury Sons of the West last year, operated by Sunbury Commu-

**“ I felt this was a brilliant fit for me**

- ANDREW SPENCER

ity Health and the Western Bulldogs Football Club.

“She thought I'd only go once, because at that time my nights were about settling into a book,” he said.

“But I felt this was a brilliant fit for me and now I want to bring a mate along.”

Mr Spencer, who has experienced depression, said the walking group promoted communication and positive interactions.

Organisers of the walking group soon found restricting it to just men involved in the Sons of the West group was too closed—female members and family groups have also joined.

The group has also entered as a team in events such as the Melbourne Marathon and the Great Ocean Walk.

**Details: Adam or Amanda on 9744 4455 or: info@sonsofthewest.org.au**



Group members Paul Campbell, Andrew Spencer and Phil Edwardes. Picture: ROB LEESON

MACEDON RANGES

# New trail a 'major asset'

THE Campaspe River in Kyneton is set to be admired by more with a new 1km walking trail under construction.

The \$550,000 Campaspe River Walking Trail will see a 2.5m wide concrete trail between Piper St and the end of Wedge St.

Macedon Ranges Mayor Jennifer Anderson said the upgrade would be a major asset for the entire community, especially walkers, runners, cyclists and parents pushing prams.

The Taungurung Clans Aboriginal Corporation has been consulted in the path upgrade.

Further upgrades could also soon be in place with the Campaspe River and Land Management Group to explore installing outside exercise equipment along the route.

Meanwhile, feedback on footpath priorities is now on display ahead of more consultation. To view the maps and have your say on the draft priorities, visit [mrs.vic.gov.au/yoursay](http://mrs.vic.gov.au/yoursay)



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