



be active cockburn



www.beactivecockburn.com.au

beactive@cockburn.wa.gov.au

9411 3503



Cr Ian Whitfield and Coogee Primary students set a TravelSmart example by catching a train.

City of Cockburn residents set to TravelSmart(er)

Residents across the City of Cockburn are set to enjoy more exercise, help the environment and save themselves money, thanks to the appointment of a new TravelSmart officer. The position is the result of a partnership between the City of Cockburn and Department of Transport, designed to help people find ways of getting around without cars, improve the use of public transport and reduce traffic congestion over the next three years. "TravelSmart has proven to be an overwhelming success at many other local councils, making

an important contribution to promoting sustainability at a local level," TravelSmart Officer Gilly Street said. "It aims to reduce pollution and vehicle congestion in our City by encouraging the use of green modes of transport such as walking, cycling and public transport. The community will reap both health and financial benefits." The TravelSmart program will be linked with Be Active Cockburn, which has information and helpful hints available at: www.beactivecockburn.com.au.

Have Your Say in a Transport Study

Finger food and non-alcoholic drinks provided.

Curtin University staff and students are conducting research into public transport options that might better service the community of Cockburn. The focus of the study will be to explore rapid bus, light rail (Tram) and heavy rail (Train) services in an east west direction, aiming to link the coast with Cockburn Central. As part of the study we are seeking the opinion of the local residents and community members as to what such a system would look like. Please book and join us at:

Spearwood Primary School Hall

73 Gerald Street, Spearwood, WA 6163. Hosted by the Spearwood Community Association
21st of September 09 at 7:00pm

OR

The Ottey Family Centre

2A South Lake Drive, South Lake 6164. Phone 9417 2372
1st of October 2009 at 6:30 pm

CONTACT: Dr Shahed Khan

Email: s.khan@curtin.edu.au
Phone 9266 3276, or

Jake Schapper

Email: j.schapper@curtin.edu.au
Phone 0439 209 028



THREE NEW WALKING GROUPS to help you to Spring into Spring

Coastal walks with the Coogee Cruisers

A new Heart Foundation Walking group was launched in Coogee on 30th July. Coogee local Barbara Staines, a trained Heart Foundation Walking organiser, leads the weekly group from outside Coogee Cafe in Powell Rd meeting at 9.25am every Thursday. The group walks for about an hour with everyone walking at their own comfortable pace before meeting up for a chat and refreshments at the café. Barbara is also a member of the South Beach Friday Striders.

Heart Foundation Walking is Australia's largest network of community based walking groups and is coordinated locally by the City of Cockburn. See page 4 for details about these and other walking groups in the City of Cockburn.

Mall Walking success at Phoenix

City of Cockburn Mayor Logan

Howlett joined nearly forty seniors at the inaugural Mall Walk at Phoenix Shopping Centre in August. The group stepped out to walk laps of Phoenix Shopping Centre between supervised warm-up and cool-down stretches. The Phoenix Mall Walking program is facilitated by trained volunteer walk leaders of ICCWA and proudly supported by Phoenix Shopping Centre, the City of Cockburn and the Department of Sport and Recreation. "It is really pleasing to see people of all mobility levels participating, as this type of program brings communities and people together." says Dominique Monteleone, Marketing Manager Phoenix Shopping Centre.

Pole-walking at Cockburns Senior Centre

A fantastic opportunity for over-50s to enjoy the comfortable workout that can only be achieved by

walking with poles. This is just one of the new Senior Centre's many fun activities that focus on a healthy lifestyle. Other active sessions at the centre include tai chi, ballroom dancing lessons and line dancing.

Aubin Grove

The Aubin Grove walk can be found on page 11 of Walking in the City of Cockburn, Be Active Cockburn's walking booklet. The walk is approximately 2.1km in length and takes, on average, 23 minutes to walk at a medium pace. This walk shows off the parks and surroundings in Aubin Grove and passes through the Banksia/Eucalypt Woodland Park. There is also plenty of seating on the walk for those who wish to have a rest stop and take in the surroundings. For further details see page 3.



Cockburn celebrates being healthy with the Heart Foundation Local Government Awards

The City of Cockburn has won a 2009 WA Heart Foundation Local Government Award and will compete for the national award for the Cockburn Tobacco Action Plan. The award recognised Cockburn's ongoing commitment to reducing tobacco-related harm in the City with the introduction of Smokefree policies, quit smoking initiatives and health education. The City was also received a High Commendation Award for the Be Active Cockburn project.



September is Fruit & Veg Month Go for 2&5®

The fruitiest (and veggiest) story sent in to beactive@cockburn.wa.gov.au could win you a prize pack and have your story featured on the Be Active Cockburn website. To learn more about the Go for 2&5 campaign visit: www.gofor2and5.com.au

Upcoming Events:

WALK WEEK EVENT:

The Fremantle-Cockburn TravelSmart Trek:

Monday 2nd November 9.20am at Pioneer Park, opposite Fremantle train station. Celebrate Walk Week and be TravelSmart – arrive by public transport. Join walkers from Heart Foundation Walking groups and walk to Left Bank Café for refreshments, information and prize draws, then back again. This is a combined City of Cockburn/City of Fremantle event. To register ring Gilly on 9411 3503 or Aaron on 9432 9957

Pedometer Challenge at Cockburn Rotary Spring Fair



Enter the Pedometer Challenge at Cockburn Rotary Spring Fair at Manning Park on 25th October to win one of

hundreds of prizes.

Special section for seniors this year to celebrate Seniors Week

SENIORS WEEK SPECIAL



Everything you wanted to know about public transport

Staff from the Public Transport Authority will have

information and demonstrations at Cockburn Rotary Spring Fair at Manning Park on 25th October to show how easy, convenient and enjoyable public transport can be. Come along and see many myths dispelled!

Get Wild About Wetlands



School holiday activities - learn how to design a habitat garden, discover amazing water creatures, enjoy a raptor or snake encounter

and explore our natural Cockburn wonders with your family! @ Cockburn Wetlands Education Centre, Hope Road, Bibra Lake. Registrations are essential, contact 9417 8460 or email denise@cockburnwetlands.org.au

Mountain Designs Bibbulman Team Challenge

Information available at: www.bibbulmuntrack.org.au
E events@bibbulmuntrack.org.au
Phone: 9481 0551

Groups can register online at bibbulmuntrack.org.au/Events/Team-Challenge.aspx will be in the running to win hundreds of prizes including a family walking break holiday on the Bibbulmun Track, camping equipment from Mountain Designs and backpacks. One sporting or active recreation group can also win \$1000 to support their club, courtesy of the Department of Sport and Recreation.

Stroll around Settlers Hills

Sunday 20th September - 3 designated walks past historic commemorative Tuarts. 2km, 6km or 7km - you choose! Start point: The Rose Garden, Arpenteur Drive (near village shops) Between 8am and 11am. Water and suncream provided, spot prizes on completion

Active Family Challenge

The Challenge is simple. Just register a family team (you can even register your sport or community family!), track your activity over spring and send it back to us to win some great prizes. It is that easy! <http://www.activefamilychallenge.com.au/>

Walking in the City of Cockburn walk trail booklets

Booklets are available free of charge at libraries, City of Cockburn Administration and the Senior Centre

WALK
there today

Schools, workplaces and community groups are invited to register for

Walk Week - Walk There Today 2 - 8 November 2009

Register your event online by **Friday 25 September** at www.transport.wa.gov.au/walking to receive an event kit and **FREE** giveaways including water bottles, stickers and more!



OPENING OF THE COCKBURN SENIORS CENTRE



The new Cockburn Seniors Centre, located at the former Civic Centre next to the City of Cockburn's administration building, officially opened its doors on August 1. With a focus on providing a healthy lifestyle to maintain mind, body and soul, the Seniors Centre is a fantastic place for over 50s to visit and

Be Active. Other activities include intellectually-stimulating workshops, leisure activities, arts, crafts, clubs, talks, healthy meals, outings and social events. For more information or to register as a member, call the Cockburn Seniors Centre on 9411 3877.





Walk Leader Profile:
DIANNE BLACK

My name is Dianne ‘Di’ Black – a Registered Nurse - now retired. It is an honour to be the leader of our ‘trusty band’, the Yangebup Striders and we are now into our fourth year of walking. I am a member of Heart Foundation Walking as are all our members and I have just completed updating my knowledge in first aid.

I have an keen interest in observing nature and take great delight in observing the multiple birds and plants in all seasons as I join our group in frequent walks around our local lakes. Armed with my camera I delight in being able to capture those special moments such as the sun rise, the colour of a rainbow, raindrops on a spider web and birds nesting. I enjoy the friendship and special bond that we have formed chattering and walking with everyone in our group. I also enjoy with our group going on special outings about once a month to places like Kings Park and Coogee Beach.

New members are always welcome. Please come and join us on our early morning walks. We walk three days a week, Monday, Wednesday and Friday meeting near the post box at the Yangebup Shopping centre in Moorhen Drive and walk from 7-8am.

Walking groups in Cockburn and Fremantle

Walk Leader/ Organiser	Organization	Meeting point	Day and Time	Phone	Email
Barbara Staines (sometimes away please ring to check)	HFW	Outside Coogee Café, Powell Rd, Coogee	Thursday 9.25am	9418 1897 0415 402 450	
Bernie Dierks	HFW	South Lake Primary school, cnr Mason Ct and Foxall Place, meet at the 2nd carpark	Monday 5.30pm Thursday 5.30pm	9418 1535	bdierks1@dodo.com.au
Coral Wickham (SENIORS POLE- WALKING GROUP)	City of Cockburn	Cockburn Senior Centre 9 Coleville Crescent Spearwood	Monday Morning 10am	9411 3871	cwickham@cockburn.wa.gov.au
Fred Mason Hamilton Hill	HFW	Phone for details	Can walk 7am and 7pm any day except Thursday	9434 1545	
Dianne Black (Yangebup Striders)	HFW	Yangebup Shopping Centre, Cnr Moorhen Dr and Swallow Dr, meet next to postbox	Monday, Wednesday and Friday 6.50am for 7am start	9499 4143 0429 109 992	Tblack5@bigpond.com
Ken, Val and Damien Norris Olympic Fun & Fitness Jandakot	Olympic Fun & Fitness	Olympic Fun & Fitness, cnr Berrigan Drive and Lakes Way	Wednesday 9.15am Friday 9.15am Friday 10.15am Saturday 10.15am (coinciding with kids gym classes, but open to other walkers)	9417 2153	
Leanne Gledich (Phoenix Shopping Centre Mall Walking)	ICCWA	Phoenix Shopping Centre, meet outside Coles, enter near Post Office	Wednesday 7.45 for 8am Friday 7.45 for 8am	9420 7212	lgledich@iccwa.org.au
Lilly Jackson (walkers and wheelchairs welcome)	HFW	Southwell Crescent Hamilton Hill	Mornings 8am – ring to discuss	0401 037 672	
Wendy Hegarty & Wendy Hogan Smith Atwell Community Nurse (pram-walking for mothers)	HFW	Cockburn Gateway Shopping City	Tuesday 8.15am	9414 6304 9417 4927	Wendy.Hegarty@health.wa.gov.au Wendy.Hogan-Smith@health.wa.gov.au
City of Fremantle Walking Groups	HFW & others	Various	Various	9432 9957	aaronk@fremantle.wa.gov.au

HFW = Heart Foundation Walking **ICCWA** = Injury Control Council of WA

Heart Foundation Walking is Australia’s largest network of free community based walking groups coordinated locally by City of Cockburn and City of Fremantle. Heart Foundation Walking is funded by the Australian Government Department of Health and Ageing.

FREE Pedometer Loans are available at all libraries in the City of Cockburn

If you would like to walk at another time or place, please consider starting your own Heart Foundation Walking group – it only takes two to start a group and you will get free training, hat and t-shirt, and others can then be referred to your group. Contact Heart Foundation Walking Area Coordinator (for Cockburn) Gilly Street on 9411 3444 or email gstreet@cockburn.wa.gov.au (Cockburn)

WANTED: Volunteer walk organiser for Cockburn Gateway Heart Foundation Walking Pram Walkers – need not have baby – Free Training Given. Contact Gilly Street on 9411 3444 or email gstreet@cockburn.wa.gov.au

Supported by:

