

'Go for your life' Community Walking Grants  
Resource Sharing Information

<b>Go for your life' Community Walking Grants - Resource Sharing</b>				
<b>PCP</b>	<b>Lead Agency</b>	<b>Project Name</b>	<b>Resource</b>	<b>How to access</b>
<b>Banyule Nillumbik</b>	Nillumbik Community Health Service	Central Highlands Walking Strategy	Walking Groups in Banyule and Nillumbik	<a href="http://www.bnppca.org.au/publications/health/physical_activity.shtml">http://www.bnppca.org.au/publications/health/physical_activity.shtml</a>
			Bridges to Better Health Report	<a href="http://www.bnppca.org.au/publications/health/physical_activity.shtml">http://www.bnppca.org.au/publications/health/physical_activity.shtml</a>
<b>Barwon</b>	Leisure Networks	10,000 Steps	10,000 Steps Barwon 'Take the Next Step': Adolescent Resource Package-Benefits of walking, pedometer info, integrating pedometer into the curriculum, lesson plans, setting up a walking group, non school based activities, reproducible material.	Email SRV to request this resource.
			Setting Up a Walking Group	Email SRV to request this resource.
			Take the Next Step-Resource Package	Email SRV to request this resource.
<b>Brimbank Melton</b>	Djerriwarrh Health Services	Walking for Wellness	Online Resource - Walking groups directory, how to start a walking group, newsletters for walking groups and upcoming walking events.	<a href="http://www.melton.vic.gov.au/Page/page.asp?Page_Id=735&amp;h=0">http://www.melton.vic.gov.au/Page/page.asp?Page_Id=735&amp;h=0</a>
			Planning a Safe Walk-template	Contact SRV
			Walking Group Attendance record template	Contact SRV
<b>Central Hume</b>	Centre for Continuing Education	Pathways Walking Kits	Pathways Log Book and 'My Pathways' localised supplement (including maps etc)	<a href="http://www.thecentre.vic.edu.au/index.php?option=com_content&amp;task=view&amp;id=40&amp;Itemid=26">http://www.thecentre.vic.edu.au/index.php?option=com_content&amp;task=view&amp;id=40&amp;Itemid=26</a>
<b>Central Victorian Health Alliance</b>	Mount Alexander Shire Council	Walk It	Race Around the Ranges kit 2005 .(Funding from Community Walking grant)	SRV (have a copy, can email out)
			Mount Alexander Community Pedometer Challenge kit (2005) (funding from Community Walking grant.)	Hardcopy only-Contact Elizabeth Rider from CVHA <a href="mailto:erider@netcon.net.au">erider@netcon.net.au</a>
			Workplace Pedometer Challenge Manual (2007) (funding from CVHA Primary Care Partnership funds)	Hardcopy only-Contact Elizabeth Rider from CVHA <a href="mailto:erider@netcon.net.au">erider@netcon.net.au</a>

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			WALK IT in Macedon Ranges Shire (2005, Funding from Community Walking Grant)	Contact SRV.
			Guidelines for Central Goldfields Primary Schools Pedometer Challenge (2007, Funding from Walk Together Grant)	Contact SRV.
			Companion Walkers Referral path.(2007, funding from Seniors 'Go for Your Life' grant.)	Contact SRV.
			Companion Walkers-Wheelers and Walkers	Contact SRV.
<b>East Gippsland</b>	Gippsport	East Gippsland Walking Strategy	East Gippsland Walking Resource Kit-Getting started, why walk, stretching, motivation, involved in the community, contacts	Contact Morgan Cameron from Gippsport morgan@gippsport.com.au
<b>Frankston Mornington Peninsula</b>	Brotherhood Community Care	Rosebud and Rye Coastal Walking Group	Walking Group Flier (Frankston Mornington Peninsula region)	Contact SRV.
			Rye Coastal Walk Poster	Contact SRV.
			Physical Activity Directory - Fifth Edition	Contact SRV.
			Rye Coastal Walk Registration Form	Contact SRV.
			Walking Guidelines Template	Contact SRV.
			Memorandum of Understanding Template	Contact SRV.
<b>Grampians Pyrenees</b>	Grampians Community Health Service	Walk the Walk and Talk the Talk	Walk the Walk and Talk the Talk - localised guides for Northern Grampians, Pyrenees and Ararat-includes list of walking groups, different walks etc.	<a href="http://www.grampianspyreneesp.org.au/">http://www.grampianspyreneesp.org.au/</a> -click 'resources' link, scroll down to 'Walk the Walk and Talk the Talk' document to download
<b>Inner East</b>	City of Whitehorse	Walking for Wellness	Walking Whitehorse Brochure-9 maps. Being updated with new versions available in early 2009.	Limited hard copies available. Contact Amberlee Feely, City of Whitehorse. Amberlee.feely@whitehorse.vic.gov.au

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			Heritage Trails in Whitehorse-6 brochures with maps and heritage info.	Limited hard copies available. Contact Amberlee Feely, City of Whitehorse. Amberlee.feely@whitehorse.vic.gov.au
			City of Whitehorse: Public transport, cycling, walking brochure	Limited hard copies available. Contact Amberlee Feely, City of Whitehorse. Amberlee.feely@whitehorse.vic.gov.au
			Bushland Brochure-walking trails in bushland parks. Available Nov 2007.	Limited hard copies available. Contact Amberlee Feely, City of Whitehorse. Amberlee.feely@whitehorse.vic.gov.au
<b>North Central Metro</b>	Darebin Community Health Service	Movin' Around	Walking Guide for Whittlesea, Yarra and Darebin Areas	<a href="http://www.ncmpcp.org.au/news/items/2007/01/130737-upload-00001.pdf">http://www.ncmpcp.org.au/news/items/2007/01/130737-upload-00001.pdf</a>
			Ready, Set, Stride	<a href="http://www.ncmpcp.org.au/library/list.html?folder=Integrated%20Health%20Promotion">http://www.ncmpcp.org.au/library/list.html?folder=Integrated%20Health%20Promotion</a>
			Translated participant handouts	Contact Jan Lewis jlewis@ncmpcp.org.au
<b>South Coast Health Services Consortium</b>	General Practice Alliance, South Gippsland	Walk for Your Life	Step Out, Walk On - Walking Training Kit for Leaders/Motivators (resource booklet and workbook)	Contact Vicki Bradley v.bradley@gpasouthgippsland.com.au
<b>South West</b>	South West Healthcare	South West Walking Groups and Walking Tracks Initiative	Terang & Mortlake Walking Map Project,	Kathryn to email details.
			The Port Fairy Walking Map project &	
			The Timboon - Cruising Corangamite Walking project	
<b>Southern Grampians Glenelg</b>	Portland District Health	Glenelg Walking Strategy	5 x maps of walks	<a href="http://www.pdh.net.au">www.pdh.net.au</a>
			Walking Track Assessment Tool	Contact SRV.

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<b>Upper Hume</b>	Centre for Continuing Education	Pathways Walking Kits	Pathways Log Book and 'My Pathways' localised supplement for 7 areas (including maps etc)	<a href="http://www.thecentre.vic.edu.au/index.php?option=com_content&amp;task=view&amp;id=40&amp;Itemid=26">http://www.thecentre.vic.edu.au/index.php?option=com_content&amp;task=view&amp;id=40&amp;Itemid=26</a>
<b>Wellington</b>	Gippsland Regional Sports Assembly	Taking Steps	Discover Walking Around Wellington Shire (pre-existing map/flyer)	<a href="http://www.tourismwellington.com.au">www.tourismwellington.com.au</a>