



## Message from the Deputy Secretary

Welcome to the June edition of *Actively in Touch!*

In this edition we recognise the achievements of Tasmanian women in sport including reflections from the outgoing Chair of Basketball Tasmania Annette Lutwyche, and Hanny Allston's induction into Orienteering Australia's Hall of Fame.

We also feature initiatives including Surf Life Saving Tasmania's water safety programs in developing countries, Reclink Australia's *Sports Share Packs* and Paddle Australia's support package for clubs.

I hope you enjoy my young neighbour's chalk drawing of me on my paddle board - I think it's a good likeness. I look forward to your continued support throughout 2020.

Please remember to share your stories for inclusion in the next issue of *Actively in Touch* to [sportrec@communities.tas.gov.au](mailto:sportrec@communities.tas.gov.au).

Kate Kent  
Deputy Secretary, Communities, Sport and Recreation



## Tasmanian Hanny Allston Inducted into Orienteering Australia Hall of Fame

Orienteering Australia (OA) has inducted Tasmanian and multiple World Champion Hanny Allston into the OA Hall of Fame in the Athlete category.

Hanny is Australia's most successful athlete ever at the international Elite level of orienteering and made her debut on the Australian team in 2004 at just 18.

Hanny won gold at the World Championships in 2006 in the Sprint Distance and secured fourth place for the women's relay team. Earlier in the 2006 season she had won gold at the Junior World Orienteering Championships (JWOC) in the Long Distance and a silver in the Sprint Distance. She won gold again in the Middle Distance at the 2009 World Games.

Hanny has fulfilled the role of coach and/or manager at the JWOC in Dubbo, Bulgaria, Finland and Norway. She was Tasmanian Athlete of the Year for Orienteering in 2006, Tasmanian Athlete of the Year for Athletics in 2007 and Tasmanian of the Year in 2006.

Hanny is now best known for her amazing trail running achievements. She sets challenges like running Tasmania's 92 kilometre rugged South Coast Track in 12 hours and 20 minutes (most people take a full five days). Recently she completed a 19 day solo traverse for 700 kilometres across the French Pyrenees Mountain.

For a complete list of Hanny's international achievements go to the [Orienteering Tasmania website](#).



## Basketball Tasmania reflections from the outgoing Chair

Annette Lutwyche, the first ever female Chair of Basketball Tasmania (BT) has stepped aside from the role after completing her maximum allowable 6-year term on the Board. During her time, as Chair, Annette successfully presided over a period of considerable changes in the organisation. At the May annual general meeting Chris Somerville returned to the board and was elected Chair.

Annette believes that her achievements as Chair were largely driven by her commitment to bring positive change to the way basketball in Tasmania was managed. Together with the support of CEO Chris McCoy, Annette feels that perseverance in the early days was the key to success.



"A change of mentality was required from everyone to ensure strong future prospects for BT," she said. "The focus needed to be on introducing whole-state initiatives for the sport which at the time had been driven by a three-region management model."

Annette believes that the Board's talented staff were responsible for making these changes successful. "They listened to all of BT's constituent member's views and concerns, and the Board's aims were communicated well, so that helped enormously in bringing our objectives to fruition."

These aims lead to significant governance reform within BT, the introduction of a new constitution and a new organisational structure. As Chair of BT, Annette also oversaw significant changes to the organisation's financial sustainability, and this will be one of her main legacies.

Annette's skills also extended to bringing everyone in the organisation together and advocating for the recognition of the contribution of volunteers within BT. She actively encouraged people to volunteer and then ensured that these crucial workers were acknowledged and appreciated at every opportunity.

## Surf Lifesaving Legacy and Community Resilience Programs



Since the mid 1990s Surf Life Saving Tasmania (SLST) has been involved in delivering lifesaving and water safety programs in developing countries including Taiwan, India, Seychelles, Mauritius, Fiji and Samoa.



In 2009, SLST presented at the Asia Pacific Coroners Conference hosted in Hobart and subsequently members travelled to Samoa to discuss water safety with the Samoan Government. These SLST members were in the country when the 2009 tsunami hit and assisted in the recovery efforts. For several years following the tsunami, SLST volunteers have delivered Department of Foreign Affairs and Trade supported water safety programs to communities and emergency services in Samoa.

In 2016, one of these programs coincided with the filming of Season One of Australian Survivor and a partnership was formed through the Samoan Tourism Authority. SLST has worked with Endomol Shine Australia (ESA) on the television program, providing risk assessments around water environments and challenges, training and coordination of local water safety teams and provision of water safety services for all five seasons of Australian Survivor in Samoa and later Fiji.

The partnership has grown and SLST provide medical, safety and security services for other television programs including Love Island USA, Love Island Australia and Bachelor in Paradise.

With the support of the production companies, SLST has been able to deliver lifesaving and water safety programs to local villages and schools throughout each production; leaving a fantastic local legacy. Approximately 1,000 students, people from local communities and emergency service personnel such as Fire Service are part of this training each production season. With annual drowning rates of around 28 people per year, the legacy will build community resilience and capacity to reduce preventable loss of life through drowning.

With almost 3 000 volunteer members, SLST has significant pool of skilled resources that can provide safety, medical and security support using a combination of their roles and professional careers. Being able to generate discretionary revenues streams from its consulting services makes a tremendous difference to the programs SLST, as a charity, can offer the community and its volunteer members. It provides development opportunities for members, employment opportunities and supports its developing country water safety programs.

SLST advises it greatly values the partnerships with ESA, ITV, Warner Bros to support the positive programs it delivers in these countries.

**Head to Health - Are you looking after your mental health?**

*Head to Health* is a mental health initiative provided by the Australian Department of Health which brings together apps, online programs, online forums, and phone services, and a range of digital resources.

If you're trying to improve your own mental health, or support somebody else with mental health issues, *Head to Health* provides links to trusted Australian online and phone supports, resources and treatment information.



Here are some suggestions and strategies from Head to Health on how to look after your mental health and wellbeing.

**Stay as physically active as you can** - try to get at least 30 minutes each day.

**Drink plenty of water** - hydration increases circulation and cleanses the organs of the body.

**Get outdoors** - sunlight, fresh air and outdoor active recreation are important for mental health.

**Eat a balanced diet** - eat a range of fruits, vegetables, grains, lean protein and dairy and minimise processed foods.

**Cut back on smoking, alcohol and drug use.**

**Get a good night's sleep** - go to sleep and wake at a regular time and avoid electronics before bed.

**Stay connected** - stay connected to family, friends, colleagues.

**Keep learning** - like your body, your brain needs exercise. Be active, learn a new skill and find a hobby that interests you.

Visit the [Head to Health](#) website to find out more.

## Get Moving Tasmania Activity Award

Communities, Sport and Recreation are proud sponsors of the Get Moving Tasmania Physical Activity Award, presented annually at the Tasmanian Community Achievement Awards.

Being physically active on a regular basis creates a wide range of benefits for individuals and the communities in which they live. Regular physical activity is a major contributing factor in preventing a number of



chronic diseases and can benefit both physical and mental health. Physically active communities are inclusive, healthier and happier.

The Get Moving Tasmania Physical Activity Award acknowledges the important role not-for-profit community organisations play in keeping Tasmanians active. The award is presented to community organisations providing programs, services and projects that increase, improve or provide physical activity participation opportunities in communities.

The 2019 Get Moving Tasmania Physical Activity Award recipients were Risdon Vale Bike Collective. The collective works with young people from Risdon Vale to restore, sell and ride bikes with the aim to increase social cohesion, work readiness skills and recreational opportunities and provide a place to grow in character and life skills.

If you know of a community organisation providing positive physical activity opportunities in your community, [nominate here](#) for the Get Moving Tasmania Physical Activity Award.

**Nominations Close:** Wednesday 22 July 2020

*\*Please note this Award is not open to individuals.*

## Reclink Connect - engaging members through COVID-19

Reclink Australia's national program provides sport and recreation opportunities to the most hard to reach people in the community including multicultural communities, people with a disability, individuals engaging in risk behaviours (such as drug and alcohol abuse, gambling etc), homeless, youth offenders and Aboriginal and Torres Strait Islander populations.



Reclink Tasmania works with more than 200 individuals per week across its structured sporting programs - The All-Abilities Super League, a Tenpin Bowling League, round-robin cricket competition, croquet at Government House and the 30 plus affiliated sporting groups who subsidise activities for Reclink members.

The impact COVID-19 and the suspension of sport and recreation activities has removed an important social network for many people in the Tasmanian community. To stay connected to the most vulnerable, Reclink Australia has launched a national initiative - *Reclink Connect*.

*Reclink Connect* provides sports share packages to each of its 66 member organisations around Tasmania. Sports share packages include balls from a variety of sports, yoga mats, yo-yo's, indoor sports games, cricket bats, table tennis equipment and tennis racquets, and online Yoga/Thai Chi and Personal Training sessions presented by a body movement specialist. Member organisations were able to distribute the sports share packages across their most at-risk participants, helping them to remain physically and mentally active at home.

Social engagement will be key as we recover from COVID-19.

Reclink will continue to play its part and is thankful for the bond it has with its member organisations and affiliated sporting bodies to provide support to those most at risk from the changes to our social lives.

## Aboriginal communities Share a Yarn with elite athletes

The Australian Institute of Sport (AIS) community engagement initiative, *Share a Yarn*, connects athletes with Aboriginal communities to learn about country, culture, history and the traditional owners of the land to support athletes as role models for the Australian community.

*Share a Yarn* ambassadors took part in National Reconciliation Week, #NRW2020, from 27 May - 3 June 2020. Activities included virtual visits to Arlparra, a remote community 200 km from Alice Springs. Through a video platform, athletes were able to ask questions of youth in Arlparra to learn about culture, land, history and peoples and how they can contribute to achieving reconciliation in Australia.



AIS Director of Athlete Wellbeing and Engagement Matti Clements said the initiative and National Reconciliation Week, was an opportunity to help athletes gain a better understanding of different Aboriginal culture within Australia. "We wanted to help athletes gain the knowledge they need to empower them to role model cultural understanding and inclusivity and help to prevent racial divisions in sport" said Clements.

"The theme for this year's National Reconciliation Week was 'in this together' and I don't think anyone realised how this would resonate throughout the community given the current circumstances we are all facing. When restrictions lift, athletes involved in this program will be given the opportunity to immerse themselves in the culture of an Aboriginal community by spending time with them, learning from the locals in the area and creating ongoing, real relationships through an online video platform."

The athlete ambassadors selected for *Share a Yarn* were a mix of both Aboriginal and Torres Strait Islander (ATSI) athletes and non-ATSI athletes and will be involved for a 12 month period.

Olympian Beki Smith says she has been proud to be a part of the initiative from the beginning. "As a proud Aboriginal woman, I am excited to see the AIS develop the *Share a Yarn* initiative and prioritise the importance of learning and engaging with the different Aboriginal cultures within Australia" said Smith.

The AIS partnered with organisations that are already delivering programs to youth in these communities to open up channels for ongoing communication and learning between participants and athletes.

For more information and full athlete ambassador biographies - visit [Share a Yarn](#)

## Paddle Support Package and Paddle On Foundation announced by Paddle Australia

Paddle Australia along with its six-state member associations have rallied together to introduce the Paddle Support Package and launch the Paddle On Foundation, to support clubs and members during the COVID-19 crisis.



The Paddle Support Packages provide:

- 25 percent discount on 2020-21 State and Paddle Australia fees for club members on renewal and new memberships to help retain current members and help attract new ones,
- Free Club member access to an online Introduction to Coaching course to upskill members. Members who complete all course elements by 30 September 2020, will receive 12 month free registration as an Introductory Coach,
- A three month extension for all current Paddle Australia qualification holders.

The Paddle On Foundation will assist by paying all or part of 2020-21 membership fees for clubs adversely impacted by COVID-19.

Paddle Tasmania said "we want to help overcome the financial barrier to being part of the paddling family for people whose lives have been turned upside down, but who will really benefit from involvement in and the support for our paddling community."

More information on the Paddle Support Package can be found at [Introducing the Paddle Support Package](#).

Donate to the Paddle On Foundation at [Paddle On Foundation - Donate](#)

## Bloke's Book Launch

The second edition of the Bloke's Book has been launched via Zoom by Jeremy Rockliff MP - Liberal Member for Braddon with representatives from the men's health sector.



The resource was developed by Men's Resources Tasmania, a community based, volunteer run, not-for-profit organisation which supports and promotes the health and wellbeing of men and boys. The organisation contributes a male voice to community conversations and public sector policy, particularly around social, health and wellbeing issues relevant to men.

The updated Bloke's Book features information and current contacts to help men support each other - particularly those struggling with challenging life situations or thoughts of suicide. Funding from the North West Suicide Prevention Trail, Rural Alive and Well, the Tasmanian Men's Shed Association, Launceston City Council and the Tasmanian Government for supported the reprint of the book. Information from the Stop Male Suicide project is included to help men find the words to



safely and confidently have difficult conversations with their mates when they are worried about them.

10,000 copies of the Bloke's Book have been distributed since 2017 and another 7,500 are available throughout the state. An online version of the Blokes Book can be accessed [here](#) and hardcopies are available by contacting MRT at [info@mrtasmania.org](mailto:info@mrtasmania.org).

## Volunteer Engagement in Community Clubs

Clubs Tasmania, in partnership with Fetching Events and Communications, recently hosted a webinar for community clubs and organisations on *How to Adapt Your Volunteer Engagement in 2020*.



Key take home messages and strategies for community clubs to engage volunteers, included ensuring volunteers feel connected to the club, providing a safe environment for volunteers, and recognising and rewarding volunteers who make a difference in your club or community.

Kingston Beach Life Saving Club members who joined the webinar live commented 'excellent...I can't wait to share this recording with others in our club, [it's] so energising to be reminded of all this'.

The webinar recording has been made available on You Tube [here](#).

Community clubs and their volunteers play an essential role in keeping our communities strong and connected. For more information on how Clubs Tasmania can assist your club, contact Clubs Tasmania on 1300 125 827 or at [andrew@tha.asn.au](mailto:andrew@tha.asn.au)

## Coronavirus disease (COVID-19) website

The Tasmanian Government website provides up to date details and information about the coronavirus restrictions and the latest news for all Tasmanians.

On the website you can find information about:

- coronavirus facts,
- keeping yourself and your family safe,
- sport and recreation,
- businesses and employees,
- travel advice,
- stimulus and support programs.



You can access the website at [www.coronavirus.tas.gov.au](http://www.coronavirus.tas.gov.au)

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