



Message from the Deputy Secretary

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

In this edition we feature croquet being played at Government House with Reclink Australia and the Eastern Shore Croquet Club, New Horizons teaming up Tennis Tasmania for the Launceston International Tennis event, Squash Tasmania launching their Squash Girls Can national program targeting women and girls. The 2020 Tasmanian Volunteers Awards are now open, so get your nominations in.

The Evonne Goolagong Foundation is returning to Tasmania to run its 'Come and Try Day' in Burnie, Play by The Rules has commenced its Child Protection Online Training Course to keep sport inclusive, safe and fair. Community grants (Hydro Tasmania and the Tasmanian Community Fund) are now open. The National Bike Week of events and activities begin in March for a whole week for all to join in.

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.

Kate Kent

Deputy Secretary, Communities, Sport and Recreation



World Surfing Champion - the Dara Penfold Story

The Change Room, a display currently at TMAG and featured in the February edition of *Actively in Touch*, celebrated the contribution and achievements of Tasmanian sporting women and girls and brings to light the lesser known stories of sporting excellence and the people behind the games.

One such story is that of World Surfing Champion, Dara Penfold.

Dara joined her local boardrider club, the South Arm Surfing Club, as a youngster and has never looked back. In 1995, Dara competed in her first junior state championship and over the next five years went on to win every junior and open women's state title. During this time, she represented Tasmania at the Junior and Open National titles every year and was selected in the Australian Schools Surf team three times.



Dara mostly trained and surfed with men which ultimately proved to be her greatest asset as she became recognised nationally for her more aggressive powerful style, something that stood her apart from the other competitors.

In 1998-98, Dara won the Australian Open Women's Title and continued to travel interstate and overseas as regularly as she could afford, competing in the World Tour and pro events making many finals.

In 2004, Dara won the SunSmart Classic at Margaret River in Western Australia, against a world class field with her powerful style. Her top ride of 8.67 being the highest scoring wave of the final.

Dara continued to compete in selected events but found the costs prohibitive and, without industry sponsorship, dropped out of the professional scene, still surfing and competing at home in state rounds. Dara began mentoring other girls and coaching for Surfing Tasmania. She occasionally competes in selected state events.

The popularity of Surfing Australia's Australian Boardrider Battle eventually drew Dara back into competition where she represented her local boardriders club in the national finals several times, still displaying the same powerful intensity and style she is renowned for.

Dara now focuses her time on her nursing career and cafe business, and of course still finds time to chase down regular waves.

Photo: Dara Penfold catching a few waves at South Arm.

Inclusion both on and off the court at Tasmanian Tennis Internationals

For the second year running, New Horizons Tasmania has worked in partnership with Tennis Tasmania and the Launceston International Tennis committee in providing inclusive volunteer work experience at the State's major tennis tournament.

Interested New Horizons members (people with disability and their families) were recruited to volunteer at the Hobart and Launceston international tennis events, working on the gates and in player services.



"This was a fantastic example of inclusion in action, where sports-mad members were able to gain experience in working at major sporting events alongside other volunteers, as well as being able to contribute in a really meaningful way" said Edwina Dick, acting CEO of New Horizons Tasmania.

Pip Leedham, Chair of the Launceston International Tennis organising committee, said that inclusion is a key part of the group's planning - and that volunteers, staff and players had really enjoyed working with, and getting to know the New Horizons members.

New Horizons Tasmania was the recipient of all gate-takings from the Launceston International event, totalling over \$3,000.

"We're very grateful for this significant donation, and most importantly, our members have had an exceptional experience through this partnership." said Edwina.

As well as the volunteer opportunities available, New Horizons athletes Kelly Binns and Jess Holmes played a demonstration match in Launceston on centre court on final's weekend.

"It's been a thrill for everyone involved at New Horizons to see our crew in action and it's certainly inspired more interest in our tennis program - it's certainly been a win/win" said Edwina.

Photo: LST International winner, Mohamed Safwat of Egypt, Jacque Spencer of New Horizons Tasmania and Darren Sturges, CEO of Tennis Tasmania.

Ticket to Play tips off for 2020

Ticket to Play 2020 was launched by Minister for Sport and Recreation, Hon. Jane Howlett MLC at Brighton Primary School on Thursday 23 January 2020.

Ticket to Play provides vouchers of up to \$100 in value towards club membership for children aged 5-17 years who are listed on a Centrelink Health Care or Pensioner Concession Card or in Out of Home Care. The voucher can be used towards the cost of club membership fees.



The Tasmanian Government aims to increase the number of young Tasmanians joining clubs and being active in their communities through reducing the cost barrier for children and their families.

There are several new sports involved in 2020 including judo, boxing, karate and ice hockey.

To find out more about Ticket to Play or to apply for a voucher, please visit the [Communities Tasmania website](#).

Photo: Hon Jane Howlett MLC, Minister for Sport and Recreation, Deputy Mayor Brighton Council, Barbara Curran and members of the Brighton Junior Football Club.

Croquet on display at Government House

Reclink Australia, in partnership with President Ian Smith from Eastern Shore Croquet Club, was hosted by Her Excellency Professor the Honourable Kate Warner AC and Mr Warner AC on the Croquet Lawns of Government House for a three-week program of game craft, skill development and tournament play.



Member organisations Bethlehem House (Mental Health & Housing) and the Salvation Army Bridge Program (Drug & Alcohol Rehab, Mental Health & Housing) enjoyed the harmony of the lush surrounds in the company of Her Excellency Professor the Honourable Kate Warner AC and Mr Warner AC.

One of the participants who struggles with severe anxiety commented to Reclinks Sports Coordinator, Brett Geeves, "This place and this activity just make me happy. It's quiet, pretty and gentle that I feel anxiety free for the first time in months."

"Whilst Reclink aims for this type of response from its participants via its sport and recreation programs, it is rare that complete mindfulness is achieved, making this event uniquely special" commented Mr Geeves.

On the final week of the program, participants enjoyed a tour of Government House where they learnt about the rich history of the building and Tasmania's leaders and guests who have enjoyed the culinary delights of the menu. But perhaps the highlight for Reclinks participants was the trek to the top of the tower where a 360 view of Hobart is on offer. The feedback was unanimously positive from all involved.

Photo: Her Excellency Professor the Honourable Kate Warner AC and Mr Warner AC (centre) surrounded by Reclink Australia, Eastern Shore Croquet Club and participants from The Salvation Army Bridge Program.

Launch of Squash Girls Can national Program in Hobart

Squash Girls Can is a new way for women and girls to get on court and use squash to boost fitness and wellbeing. The program introduces the core elements of squash to participants for 6 weeks. At the end of the program, it is hoped women and girls are confident in their abilities as social squash players. Pathway options for further development will then be offered so that participants can advance their skills.



The program is free and will run from Wednesday 4 March from 5.30pm - 7.30pm at the Unigym Hobart UTAS campus in Grace Street, Sandy Bay.

The objective will be for participants to work on skills and fitness in a social and light-hearted setting. This will give women the opportunity to learn to play, develop their skills and meet other women of a similar playing standard. After completing the program, the women can decide to continue to play in a capacity of the choosing (socially or competitively). It will also allow women the opportunity to "fall back" to a more social level of the game if they choose to play competitively and then do not enjoy the experience.

Interested in joining? Register your interest at utas.sprot@utas.edu.au or contact Keegan Popowski, Sports Leader at UTAS on (03) 6226 2084.

Clubs Tasmania

Community clubs play an essential role in the health and wellbeing of Tasmanians and are important hub that create social interaction and promote community cohesion, especially in our smaller towns and rural communities.



Commencing in 2019, Club Tasmania delivered 10 regional forums that identified what the barriers to participation are in regional areas, brainstormed how regional clubs might work together, to share resources, increase participation and reduce volunteer workload and the tipping point for many community clubs, highlighted the need for shared strategies to reduce costs and increase revenue.

Committed to engaging with community clubs so they can play an active role in increasing participation and promoting healthy lifestyle, Clubs Tasmania are helping build capacity in community clubs with invitations to more regional club forums across the state in 2020.

With tailored sessions on cashless clubs, reducing costs, marketing, inclusive clubs, family friendly clubs and social media, why not come along to one of the following forums and listen to some support and advice on how to help your club **"thrive and survive"**.

All forums run from 6.00pm - 8.30pm and includes a range of guest speakers and light refreshments. There is no cost to attend the forums and for more information or to register, reach out to Clubs Tasmania Project Manager, Andrew Moore at andrew@tha.asn.au or phone 1300 125 827.

More information can be found on the [Clubs Tasmania](#) website .

2020 Tasmanian Volunteer Awards - Nominate Now

Volunteer Tasmania is pleased to announce the launch of the fifth annual Tasmanian Volunteering Awards, recognising volunteers across the state who make a difference within their community.



Chief Executive Officer of Volunteering Tasmania, Lisa Schimanski encourages people to nominate a volunteer. "Volunteering has long been a driver of individual and community wellbeing, with it contributing to more than \$4 billion to our state every year" she said.

"Not only does it contribute significant economic value but volunteering also gives us so much more in social and cultural benefits. The Tasmanian Volunteering Awards celebrate those amazing people contributing across Tasmania and every aspect of life - every contribution is significant. Volunteers are often hiding in plain sight; they are literally everywhere."

"We are asking that people take a look around and really see the amazing work being done across so many areas of our community."

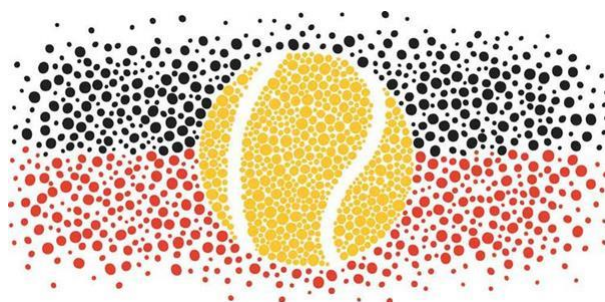
"Not every volunteer wants to be recognised, but it is important that we celebrate what volunteering means to our state and the way to do this is to tell the stories of our volunteers and thank them through these awards."

Nominations are open until 30 March, with category finalists announced on 1 May and the Awards will be held at Government House on 18 May 2020.

To nominate someone you know, visit the [Volunteering Tasmania website](#).

Come and Try Tennis Day with Evonne Goolagong-Cawley

The Evonne Goolagong Foundation's program is designed to identify 'kids who display enthusiasm, determination and a willingness to improve themselves given half a chance.' The program invites all children aged between 5 to 15 years of age, to specifically give tennis a go.



The Come and Try Day is a one-off program that targets youngsters and teaches them the finer points of playing tennis, enjoying the game and joining in with friends along the way. They are put through their paces with skills and drill sessions, activity stations with the program directors and tennis coaches focussing on game development and keeping a keen eye on each participant, looking for the next Ashleigh Barty or Alex de Minaur.

The next 'Tennis Come and Try Day' for Tasmania, will be held at the Burnie Tennis Club on Monday 16 March 2020.

For more information, please contact the Burnie Tennis Club on 6431 3402.

Child Protection Online Training Course

Play By The Rules is an organisation devoted to making sport inclusive, safe and fair. A new free, interactive online Child Protection Training Course has been developed by Play By The Rules, suitable for coaches, administrators, officials, players, parents and spectators.

The course covers topics such as:

- what child abuse is,
- your rights and responsibilities under child protection laws,
- how the laws apply to sporting organisations, clubs, their employees and volunteers,
- when, where and how to report incidents, and
- how to establish a welcoming and inclusive environment at your club or organisation.

The course is short, user-friendly and feature the latest interactive technology, including case studies, practical scenarios and a quiz. The course may be done in part, or all at once.

Users who successfully finish the course and the assessment quizzes can print a certificate of completion.

To access and register for the course, visit the [Play by The Rules website](#).



Fitness in the Park - Clarence

Held each week until the end of March 2020, and while the weather is accommodating, there will be FREE summer programs to get people of all ages active and moving about.

These group fitness sessions include; HIIT classes, circuit training, strength and boxing sessions. People of all fitness levels are welcome to join in or bring friends and family members.

All programmed sessions will run unless deemed unsafe due to extreme weather conditions.

Bookings are not taken for the sessions, so just go along and see for yourself and join in the fun of being active while enjoying yourself.

For more info visit the [Clarence City Council Facebook](#) page.



Community Grant Program - Now Open

Hydro Tasmania offers grants of up to \$5,000 for not-for-profit (NFP) community organisations based in Tasmania to help fund projects that make real difference for people and communities.

Hydro Tasmania wants to support community groups to achieve great outcomes. The program is now in its fourth year and so far, Hydro Tasmania has funded 20 projects.



The closing date for applications is Friday 27 March 2020.

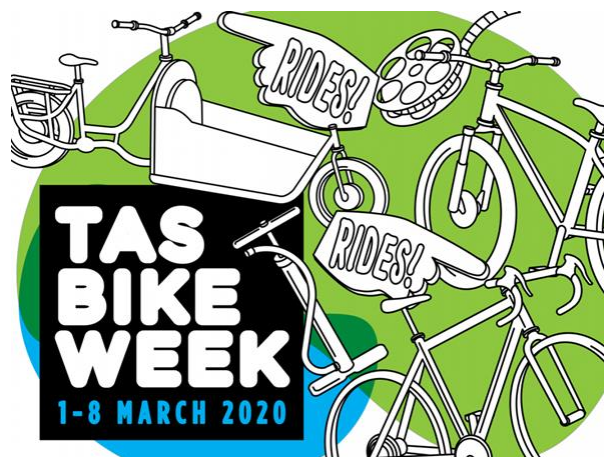
To submit an application visit the [Hydro Tasmania website](#).

Tasmanian Bike Week 2020

Bike Week is a state-wide celebration of the bicycle held in the first week of March every year.

It's a great time to remind yourself of why you ride, help other people to ride or ride if it's been a while since you've been on a bike.

From easy-going free social rides to 300km long Audax Challenges, there's something for every rider in the Bike Week calendar. Events begin on Sunday 1 March from 7.00am.



Check out the schedule of all Bicycle Network's events during Bike Week for events with other groups and people via the [Bicycle Network Tasmania website](#).

Tasmanian Community Fund Open

The Tasmanian Community Fund aims to support a broad range of projects and organisations. This means the size of individual grants can range from a few hundred to hundreds of thousands of dollars. There is around \$1.2 million dollars for the small and medium grants in Round 40. The total amount awarded each round can vary, depending on the merits of the applications submitted.

In small and medium component of grant Round 40 the Tasmanian Community Fund is seeking;

- Small - Applications between \$1,000 - \$20,000
- Medium - Applications between \$20,001 - \$70,000

Applicants seeking more than \$20,000 must include a minimum ten percent cash of the amount being sought from the Tasmanian Community Fund from their own funds or from another funding source.

The [Tasmanian Community Fund website](#) has a full list of grants, recipients and information on how to apply for grants that are specific to your needs.



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