

Groundswell Newsletter – March 2010

Welcome to the first edition of *Swell -Lines* for 2010.

This year promises to be another creative and dynamic year for Groundswell Design & Health Promotion.

On the horizon there are a number of key design projects and health promotion initiatives including and not limited to the second year of the *Enhancing Students Potential Program (ESP)*, *Anglesea Bowling Clubs 2 million dollar proposal* to build a new club house and community participation centre, the evaluation of the *Child and Family Outreach Service* delivered by Glastonbury Child & Family Services in Geelong.

Locally 2009 culminated in the successful completion of a number of graphic design projects including web sites, corporate identity and local design packages for businesses and community groups.



Two major reports were also completed for Glastonbury Child & Family Services being the *Sustainable Gardens Project* and the *High Challenge Camp* held on the Surf Coast in mid 2009.

Bendigo Bank continued their support of local community focused initiatives funding catering and health promotion for the *Family Day* held at the Botanic Gardens in East Geelong in October. The Family Day was attended by up to 500 people enjoying the many activities and events to celebrate children and families living in Australia in partnership with the City of Greater Geelong, Glastonbury Child and Family Services and many other welfare and community service organisations.

Team building initiatives have been a plenty delivered in partnership with Boiled Frog Adventures and Groundswell Health Promotion and have included Match Works Job Network which operates across the State, Making Tracks Program, Anglesea Baptists Camping and Quicksilver.

This year will also include *strengthening partnerships* with the Surf Coast Shire, Bowling Club and Anglesea Community House, Community Service Organisations and Schools across a number of health promotion, community development and community building initiatives.

Groundswell is also assisting a number of local and Geelong based businesses with strategic plans, image and identity packages and a new *Healthy Lifestyles Program*.

The Healthy Life Styles Programs will commence in late March and is a collaboration with Furio's Restaurant and Café and local legend Furio. Furio has engaged Groundswell to assist with program development and design elements. The Healthy Life Styles Program invites community members to participate in a series and healthy outings, healthy activities and healthy meals collectively demonstrating the benefits of adopting a simple and integrated health promotion plan.

The health promotion plan includes simple strategies and solutions to improve physical activity like joining a yoga class or bike club, diet management which includes healthy eating and *simple meal preparation suggestions and skills* and finally increasing community connectedness and mental health through relaxation, social inclusion and arts and recreation.



Finally in this edition Groundswell would like to thank and acknowledge the many wonderful and inspiring people that together strengthened us and our young family during the final months of 2009 whilst recovering from complications following a cycling accident on the Great Ocean Road earlier in the year.

Sincere and year felt thanks to Mark, Julie & Jake, ACCC, ABC, Camp Wilkin, Glastonbury Child & Family Services, Merv 2 Dogs, Furio et al, ACC, ACH and all our family and friends. *Long Live Living if Living Can be This!*

