

# Pinnacle

Projects funded by the Office for Recreation and Sport

## MOVE IT! MAKING COMMUNITIES ACTIVE PROGRAM

### 2007-08 Move It! Grantees Workshop

The latest round of Move It! was recently announced with 23 organisations offered funding this round for projects that target inactive people. Due to a new stage of the contract management process, all of these organisations were invited to attend a Grantees Workshop on Monday 26 November at ORS.

The aim of the workshop was to go through the new process (Pre-Project Plan which allows grantees the opportunity to plan their projects prior to entering into a Funding Agreement). Kane Harrison, active Communications Officer attended and provided advice about active branding and acknowledgement.

Several past grantees were also invited to attend to present information about their Move It! Projects. John Bowden from Port Adelaide Rowing Club, Kerry Frohling from Adelaide Hills (War Memorial) Swimming Centre and Margot Strelan from Sturt Badminton Club all spoke about the highs and lows of their projects.

John discussed the need to keep their Mature Aged Rowing Program in a non-competitive and social environment to encourage participation.

The Sturt Badminton Club are still conducting their Hearing Impaired Hit Up Program and Margot explained the positive influence the program has had on hearing impaired children despite several setbacks with sourcing appropriate venues and timetabling.

Kerry told how the swimming centre's main issue was there were too many people interested in participating in their Active Women's Fitness and Lifestyle Group – including men! Due to the overwhelming response and clear need, the centre have now arranged for mixed and men only activities too. Activities offered include aqua aerobics, water rescue, adult learn to swim, walking, general fitness, yoga, pilates and bootcamp.

From the 11 organisations that attended the workshop, all felt it was worthwhile and will assist them with undertaking their Move It! Projects. Future Move It! workshops for grantees will be conducted including a mid-term workshop to continue the momentum of projects and further networking with other grantees, ORS staff and key contacts.

For further details about past and present grantees, please visit the Move It! Page under Previous Rounds information.

For further information on grants available, please contact the grants branch on 84166708 or [ors.grants@saugov.sa.gov.au](mailto:ors.grants@saugov.sa.gov.au)

