



CHAIRPERSON'S ADDRESS

We have passed through our second year of Covid with significant interruption to Active Geelong's programs. While we have been unable to facilitate small or larger group activities, or develop our workplace initiatives for city office workers, we have adapted to find new ways of encouraging exercise for individuals or for families.

Action in 2021

While Covid was hampering some plans, we built a suite of accessible online resources, and programs that are ready to go. Communication has been a key focus so we can provide information that everyone can access, even during isolation or when working from home. Our digital resources have been enhanced with exercise guides, tools and information, while our collaboration with PlaySport has offered more guides to sporting clubs and organised programs. Fluid Branding has supported our digital presence with design innovations that bring our messages to life. Craig Nossel has used his international experience developing reward apps to create Active Geelong's Movement Motivator which is ready to be piloted in workplaces and medical clinics before rolling out more extensively across our region. We have developed an exciting relationship with the Amy Gillet Foundation to explore Geelong's safe cycling and commuting opportunities. Our GP clinic walking programs have been dormant through Covid but we have built connections with Moving Medicine and Exercise is Medicine to create tools to be used in both hospitals and GP clinics. Community events have been mostly absent for two years now but we have been able to sponsor Run4Geelong and The Female Athlete conference. Our list of Ambassadors of elite athletes and ordinary citizens have increased and provide energetic role models.





Future Plans

But now we look to 2022 to get back to our community action. We will use our Movement Motivator App to support new community action. We will bring together GPs and Exercise Physiologists to get our stalled GP walking groups busy. We will provide a new focus on the benefits of physical activity in Mental Health, for well-being as well as the management of anxiety and depression. When our city offices open up again we have programs to enliven physical activity across our CBD, together with encouragement for even the most reluctant business through demonstrating how an active workforce brings financial rewards.

Personnel changes

Active Geelong farewelled our administrator Amy Gillet, but her knowledge and expertise was too great to lose, and we have welcomed her onto our board. Michelle Hemley took over her role and has actively engaged with many Geelong and regional organisations with any affinity to physical activity, increasing opportunities for collaboration and support. We are grateful for the contributions of Board members who have retired, Rowena Clift, Simon Guthrie, Steve Allender and Gary Rogers, while we welcomed new members Claire Dagley, Clare Amies, and Renee Owen. Sarah Leach moved from her role as head of Health People and Community at GMHBA but remains on our executive and board. Sarah facilitated the creation of Active Geelong five years ago through her role at GMHBA and remains one of our guiding founders. Matt Vagg has incorporated GMHBA Health and Community in his executive portfolio and has joined our board.

As we hopefully leave the restrictions of Covid behind, the future for Active Geelong is bright with an enthusiastic Board, a willing Advocacy Committee and a smart Knowledge Committee to ensure we have the science supporting our work, as we work to bring a new level of activity to the community of Regional Geelong.

Dr Hugh Seward AM (Active Geelong Chair)





EXECUTIVE SUPPORT REPORT

Active Geelong made a subtle change to its articulated vision of Geelong becoming Australia's most physically active city, to the Geelong region becoming Australia's most physically active region. This change was implemented to demonstrate that our movement included the surrounding population centres throughout the region.

Active Geelong entered into a pilot partnership agreement with the Amy Gillett Foundation to promote safe cycling in our region. Active Geelong believes that the built environment is a significant factor in encouraging the public to be more physically active. This pilot partnership initiative advocates for the construction of 50 kilometres of protected bike lanes throughout our region, which will make our region a model for other regions around Australia to copy.

Michelle Hemley joined Active Geelong, replacing Amy Gillett, who thankfully agreed to stay involved with the movement as a director. I sincerely thank both Michelle and Amy for their fantastic contributions to all of the company's programs.

Pat Murnane (Active Geelong Executive Support)

