

## Healthy Eating and Active Living grants: Case Study

### Lethbridge Recreation Reserve Come Try Fishing Day



*Congratulations to the Lethbridge Recreation Reserve, who received a nominee for 2019 Citizen of the Year following this excellent community initiative*

**Funding category (Eat Well or Be Active):** Be Active

**Target audience:** Local families of Golden Plains Shire (both children and parents)

**What was the aim of the project?**

The event was designed to give local children the opportunity to learn a lifelong skill, while also promoting outdoor activities and encouraging families to be more social and active.

**What was the \$500 HEAL grant spent on?**

The grant contributed to the cost of purchasing fishing rods, bait and tackles which were given to families who attended on the day at no cost.

**Project Overview:**

In September 2018 the Lethbridge Recreation Reserve successfully held a community 'Come Try Fishing Day', which was greeted by over 120 children and adults.

The event was a carefully planned and delivered, providing families the opportunity to get outdoors, be active, and learn a new skill. The event demonstrates strength through the use of collaborative partnerships, with input from 3 community groups (including the Bannockburn Angling Club), as well as excellence in planning, community development and community leadership.

**How did the Lethbridge Recreation Reserve contribute to the day?**

In addition to planning and coordinating the day, the Lethbridge Recreation Reserve provided 'in-kind' contributions with 12 volunteers, and contributed a significant financial contributions for the event, which funded Public Liability Insurance, Ambulance Services and other materials essential for the event.