

20 April 2017

Go4Fun helping Aboriginal families have fun and get fit

South Western Sydney Local Health District is partnering with Tharawal Aboriginal Corporation to deliver the Go4Fun program, a free healthy lifestyle program for children in the District.

South Western Sydney Local Health District's Go4Fun Manager Kezia Okulicz said the 10 week program will provide nutrition and dietary advice that will be complemented with traditional games like 'Gorri'.

"We are delighted to be partnering with Tharawal Aboriginal Corporation in Airds to bring the Go4Fun program to the local Aboriginal community," Ms Okulicz said.

"The collaboration with Tharawal Aboriginal Corporation is critical to the success of the program, given their strong community links and extensive range of culturally appropriate health services."

Kicking off in Term two, Tharawal Go4Fun has been developed with extensive consultation from the local community to ensure the program is both effective and culturally appropriate.

Tharawal Aboriginal Corporation Chief Executive Officer, Darryl Wright said, "This program is essential for our community in closing the gap in health outcomes through helping young people aged seven to 13 years build and maintain healthier lives," she said.

Campbelltown mother and Wiradjuri tribal area descendent Dawn Potts, said she hopes the program will help her grandson find fun in fitness and enable him to learn more about his culture.

"Zachary already plays sports but I'm hoping he'll go for healthier food options and that he'll get more enjoyment from being physically active," Ms Potts said.

A point which was reaffirmed by Ms Okulicz who said a balanced diet also helped children concentrate at school.

"We see many kids like Zachary finishing the program with improved self-esteem and confidence, newly developed fitness levels and sporting skills, and an all-round improvement in their mental and physical health," Ms Okulicz said.

The program provides parents with advice on healthy weight, role modelling and nutrition information including food serving sizes and label reading.

Go4Fun runs for 10 weeks during the school term at the following venues however families and their children are able to enrol in the program up until 8 May 2017 (week three of term):

- Tharawal Aboriginal Corporation in Airds, Wednesday 26th April, 4.30-6.30pm
- Eagle Vale Central, Corner Of Emerald Dr & Feldspar Rd, Eagle Vale, Monday 1st May 5-7pm

- Oran Park Podium, Saturday 29th April 1:30pm-3:30pm
- PCYC Liverpool, Cartwright Ave, Miller, Monday 1st May 4-6pm
- PCYC Bankstown, Wednesday 26th April 4:30-6:30pm
- Macquarie Fields Leisure Centre, Thursday 27th April 4:30-6:30pm

For more details, visit www.go4fun.com.au or free call 1800 780 900.

For more information on Gorri, visit

<https://sportandrecreation.nsw.gov.au/clubs/training/elearning/tiq/Gorri>