

Media release Thursday 14 September 2023

The Rural Health Innovation Fund is proud to announce its successful inaugural grant round recipients. The Rural Health Innovation Fund (RHIF) has been overwhelmed with the level of interest and the breadth and ideas in the applications received. We have been honoured to hear from people all over country South Australia and listen to the needs of our individual communities. We are thrilled to be able to provide this opportunity to support communities to achieve their goals and positively impact the lives of country South Australians.

The successful Rural Health Innovation Fund Community Grant 2023 recipients included:-

- The Port Vincent Progress Association Community health and wellbeing initiatives, the extension of weekly community exercise classes with additional equipment run by a trained, locally based coordinator.

The Port Vincent Progress Association is thrilled their Rural Health Innovation Fund grant will enable them to continue their community exercise classes for free and buy new equipment.

“We are so grateful to the Rural health Innovation Fund for this grant,” said Port Vincent Progress Association Assistant Treasurer Sue Hall.

“It enables the extension of our popular community exercise classes allowing participants to continue on their health and well-being journey and achieve their goals.”

“This is an amazing initiative,” said exercise class participant Rosemary Button.

“It is wonderful to feel connected with others and our instructor Jo knows exactly how to keep us motivated”.

The Rural Health Innovation Fund was officially launched in December 2022 to provide funding opportunities through grants for community led programs to drive health and wellbeing initiatives that support positive outcomes for country South Australians. “We are passionate about supporting rural communities by strengthening and encouraging innovative programs that will have lasting impacts,” said Doctor Simon Lockwood, Country SA PHN, Chair of the Board of Directors. “The Rural Health Innovation Fund will create positive change through supporting community-based programs that address the diverse health and wellbeing needs of the rural community.” RHIF is a stand-alone charity made possible by Country SA PHN who enables RHIF to accomplish their vision for better health and wellbeing for all country South Australians.

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Editor’s Comment: This is an amazing initiative, first mooted by our well known locals, Pam Hickman and Jo Minks, a qualified instructor. A huge thank you to RHIF, and in particular, to Trudi Penrose-Starr, for ensuring that our community can continue with these classes in the weeks ahead. Come and join the class - **no bookings required, just turn up, and have some fun while exercising!**

PORT VINCENT EASY MOVES EXERCISE CLASSES

EVERY WEDNESDAY 10.30 - 11.30AM
Port Vincent Institute

- QUALIFIED EASY MOVES INSTRUCTOR
- FRIENDLY, SOCIAL ENVIRONMENT
- NO PRIOR KNOWLEDGE OR FITNESS LEVEL REQUIRED!

These sessions are now offered free of charge

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For all enquires: Jo Minks (EM instructor) 0437 425 008
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