

Exercise grant hard at work

COUNTRY SA PHN Rural Health Innovation Fund co-ordinator Trudi Penrose-Starr joined the Port Vincent exercise class at the town institute on Wednesday, September 27.

The visit came after Port Vincent Progress Association received funding from the organisation in September.

This was an opportunity for Ms Penrose-Starr to meet exercise co-ordinator Jo Minks and the participants who attend the class each Wednesday at 10.30am.

Attendees shared morning tea and socialised after class, and thanked Country SA PHN and the Rural Health Innovation Fund for supporting the community project.

The Rural Health Innovation Fund was launched in December 2022 to provide funding opportunities through grants for community-led programs to drive health and well-being initiatives which support positive outcomes for country South Australians.

"I had the absolute best day, everyone was so friendly and welcoming," Ms Penrose-Starr said.

"It was so nice to hear from the participants and how important the classes are to them; Jo Minks is incredible.

"They have a very special community and the Rural Health Innovation Fund is very proud to have been able to support them with a grant."



FUN AND FUNDING... Port Vincent exercise class co-ordinator Jo Minks with Country SA PHN Rural Health Innovation Fund co-ordinator Trudi Penrose-Starr at a recent class.

Another year for U3AYP



NEW COMMITTEE... Members of the U3AYP management committee Joyce Yeomans, Corinne Stephens, Jean Wheare, Heather Simpson, Wendy Loveridge, Dorothy Bradshaw, Gloria O'Rourke, Peter Thomas after the annual general meeting. (Absent: Irene King, Pauline Foy.)

UNIVERSITY of the Third Age YP held its annual general meeting, with pleasing attendance, at Maitland on August 28.

The organisation continues to present a wide range of courses, including ongoing courses and one-offs.

Members were once again encouraged to be proactive and to support their organisation in whatever way they can, remembering the group's motto is member owned, member driven.

Life member Margaret Woods presented a short talk reminding us how important keeping in touch with one another is, whilst guest speaker, state-wide online organiser John Travers, encouraged attendees to approach online activities with the knowledge everyone is a learner and having a go is how we learn.

Robert Martin presented a selection of photographs highlighting a bus trip to Dhillba Guuranda- Innes National Park.

Nancy Rawlings was awarded life membership for her devotion and dedication to U3AYP since its inception in 2004.

The management committee for 2023-24 is president Heather Simpson, secretary Jean Wheare, treasurer Dorothy Bradshaw, program coordinator Gloria O'Rourke, Pauline Foy, Irene King, Wendy Loveridge, Corinne Stephens, Peter Thomas and Joyce Yeomans.

Contributed

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