

## **MEDIA RELEASE**

### **10 Years Of Walking And Talking**

19 August 2016

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August marks the anniversary of the Mildura Central Walking Group and this year it is a major milestone, 10 years, which will be celebrated during the SCHS 40th Year Celebration week. The local community has appreciated the great partnership between Sunraysia Community Health Services and Mildura Central to provide such a great initiative. Edward Lloyd a keen Mildura Central Walker said that it is the well lit and safe smooth floor which is a great benefit to the group, no flies and climate control is also a bit of a winner, and he also appreciates the opportunity to window shop.

Over the years of the walking group there have been many adventures, including the walkers recording their steps to trek around Australia last year and New Zealand earlier this year. Linda Curran, Mildura Central Walking Group co-ordinator found it really rewarding to hear about the participants memories when the group were going through different locations. "Whilst one of the sad aspects of our 10 year celebration is that we have lost many members along the way, we are really looking forward to remembering them and sharing memories at the 10th birthday lunch on Thursday 25th August 2016 at the Mildura RSL" said Mrs Curran.

"Many businesses in Mildura Central, along with Mildura Central management, have been very generous in providing new group members with a coffee voucher when they join the Mildura Central Walking Group and on their birthday, which is great encouragement for walkers to sit down and have a chat with other participants" acknowledged Mrs Curran. To celebrate the 10th Anniversary of the Mildura Central Walking Group SCHS will be supporting Mildura Central traders and 'shouting' every walker with a coffee on Tuesday 22 August 2016.

The Centre comes alive every Tuesday and Thursday morning, with walks around the Centre commencing at 8am and concluding and 9am. Many members of the group often then stay and socialise over a coffee and morning tea. One walking group member really appreciates the companionship, knowing that you don't have to find someone to walk with is a great bonus.

SCHS Physiotherapist Felicity Schiller spoke to a few group members about the upcoming 10th Birthday milestone and there were three things that kept coming up: how great the group was to assist with rehabilitation and mobility; the friendships and companionship made along the way; and the climate controlled, flat and fly free environment. Noelene Grandi who has been attending the groups for 8 years remembers when she first attended the group she had just moved to Mildura and was waiting for hip replacement surgery. Noelene found that being able to walk at her own pace in such a safe environment with support from Physiotherapists, really assisted with her recovery from the hip replacement.

Kevin Green also a regular attender has a great story to share. When Kevin first attended the Mildura Central Walking Group he was mainly getting around in a wheelchair and crutches. He



remembers that his first lap of the Mildura Central took him 25 minutes. Now some 8 years later he is able to complete a lap in 12.5 minutes and clocks up 15km per week, not bad for someone who has had 5 hip replacement surgery's, one knee replacement and a lower leg tendon transfer.

So if you would like to come and join the Mildura Central Walking Group just come along to the Mildura Central food court on Tuesday and Thursday mornings. Registration starts at 7.45am at the food court and a gentle warm up commences at 8am. It is a free activity, open to all ages and abilities. Anyone interested in participating in any of the Mildura Central Walking Group 10 year celebrations including coffee and cake on Tuesday 23 August and lunch on Thursday 25 August or the SCHS 40th Year Celebrations including Open Days on Tuesday 23 August at John St and Friday 26 August at Thirteenth Street. To find out more, please contact Sunraysia Community Health Services on 5022 5444.

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Media enquiries to:

For Photo Opportunities Please Attend At Mildura Central Between 8am And 9am On Tuesday 22 August, Alternatively Contact Linda Henderson, SCHS On 0438 853 116