



2016 Finalists – Health & Wellbeing

Armidale City Bowling Club **Kids with Cancer Day**

Armidale City Bowling Club has been recognised for its innovative Kids with Cancer Charity Fund, which supports local families struggling with medical and travel costs associated with their child's cancer treatment. The Kids with Cancer bowls day has become a centrepiece of the Club's calendar with some bowls days involving over 150 bowlers. The success of these days has seen \$189,000 raised over the last 15 years.

Armidale Ex-Services Memorial Club **Riding to Inspire Communities to Cure Cancer**

Armidale Ex Services Club has been named as a finalist for its partnership with Tour de Rocks Riding, part of the Club's fight against cancer. Last year, this fantastic initiative held a special place in the hearts of SerVies staff who lost a fellow employee to cancer. In 2016, the Ride will remember Dusty who was only seven when he lost his battle with leukaemia.

Bankstown Sports Club **Love Thy Neighbour**

Bankstown Sports Club have been a strong supporter of Little Wings since the early days of the charity's inception. The support extends far beyond a financial contribution with the Club taking a vested interest in the success of Little Wings as a free flight service offered to seriously ill children and their families from regional NSW. One of the most valued offerings of facilities offered by Bankstown Sports Club, is the Club's generous commitment to provide complimentary accommodation for families that Little Wings flies.

Bathurst RSL
A Long & Leisurely Lunch – For a Good Cause!
Bathurst RSL was nominated for its commitment to bringing together local businesses to raise funds for a cancer treatment facility in the community. The Club

hosted the Long and Leisurely Lunch which raised \$18,878 for the local Daffodil Cottage. The Club engaged well known Australian Comedian Anthony Ackroyd, to perform his signature 'Kevin Rudd' impersonation as key note speaker for the event. The event included canapés and a complimentary drink on arrival, followed by main course and dessert as well as an auction and raffle with some highly sought after items.

Campbelltown Catholic Club **Campbelltown Catholic Club 24 Hr Fight against Cancer**

The 24 Hour Fight against Cancer Macarthur is a home-grown fundraising movement that exists to provide Macarthur Cancer Therapy Centre, the Oncology Ward and the Paediatric Ambulatory Care Unit at Campbelltown Hospital and the Palliative Care Unit at Camden Hospital with extra services and equipment. The Club has backed this annual charity event since it began in 2005, but in 2015 the Club's health, fitness and wellbeing facility created a range of fun events to help raise more funds. These included a charity bike ride, a duck dive, a BBQ breakfast and a raffle. These events meant the Club one of the annual event's major individual donors last year.

Canterbury Hurlstone Park RSL Club **iSAIL Clinic**

In early 2015, Canterbury Hurlstone Park RSL Club became Royal Prince Alfred Women and Babies principal partner in establishing the first clinic in NSW to provide an integrated support system for families who have experienced pregnancy and infant loss. iSAIL Clinic is a multidisciplinary best practice service to facilitate management, care, support, and education to bereaved families. Each family is offered an initial appointment 6-8 weeks after their loss. The clinic is located away from general antenatal clinics allowing families to discuss their physical and emotional health, have questions answered, and organise ongoing referral and support.



Club Taree

Le Tour de Taree

Club Taree has been nominated for its inaugural fundraising event “le Tour de Taree”, which benefits Ronald McDonald House Northern NSW. Management and staff volunteered themselves to raise funds for this special initiative. The Club’s \$17,556.15 donation was the largest single donation made to Ronald McDonald House last year.

Dapto Leagues Club

Learn Healthy, Live Happy

Dapto Leagues Club has been nominated for the development of its Learn Healthy, Live Happy staff program, which promotes healthy living and wellbeing in the workplace, as well as the greater community. All staff members were given the opportunity to sign up for a ten-week program which included gym membership, nutrition sessions, personal training sessions, and health and fitness assessments. Positive outcomes of the program included: reduced blood pressure, significant reduction in weight, reduced waist circumference, and improved cardio-vascular fitness.

DOOLEYS Lidcombe Catholic Club

Auburn Together 4 Hope

DOOLEYS has partnered Salvation Army and Hope for Life to assist in delivering a unique community capacity building program which aims to address the diverse challenges of the local community and promote discussion and education about suicide, mental health and other related issues. The Club’s integrated partnership approach includes project funding, community facilitation and training and direct staff engagement.

DOOLEYS Lidcombe Catholic Club

Tackling Childhood Cancer

DOOLEYS is a proud community partner of The Children’s Hospital at Westmead’s Cancer Centre for Children. DOOLEYS commitment to the Cancer Centre for Children spans from vital research funding right through to clinical trials projects as well as direct support for children and their families. DOOLEYS current funding contributions to the Cancer Centre for Children total \$967,137.

Ettalong Diggers

Ettalong Diggers War on Drugs

Ettalong Diggers has been recognised for its impressive commitment to educating the community about the dangers of illicit drug use. As part of its campaign, the Club partnered with community groups and leaders to host youth forums and extend the “barred from one, barred from all” program administered by the Brisbane Water Liquor Accord.

Moama Bowling Club

Supporting Community Groups

Moama Bowling Club was a major sponsor of a community forum on the illicit drug ICE in June 2015, which targeted business, schools, sporting clubs, parents and community leaders. The event, attended by 400 people was organised by local body - Community Against Drugs (CAD). Moama Bowling Club hosted the forum and contributed \$5000 to assist in staging and promoting the event.

Revesby Workers’ Club

Young at Heart Health and Fitness Program

Revesby Workers’ Club has established the Young at Heart health and fitness program to help local seniors sustain and improve their quality of life. The program is created around each participant’s needs and goals, with an exercise regime created and customised to a suitable fitness level for each individual. Over 600 seniors have participated in the program over the past eight years.

Toronto Diggers

Toronto Diggers Moves the Community

Toronto Diggers has been named a finalist for its inspiring 12-week healthy lifestyle program, featuring television personality Larry Emdur and celebrity personal trainer Cameron Byrnes, to help combat obesity and inactivity in the community. With the Newcastle and Lake Macquarie region ranking 4th worst in the state for obesity and physical activity, the Club played a big part in helping 250 local participants drop more 832kgs between them.