



HEALTHY LODDON CAMPASPE ACTIVATION PROJECT WRAP UP 2024/25

Loddon Shire

PYRAMID HILL PARKRUN

With support from the Pyramid Hill Progress Association, Loddon Shire, and Healthy Loddon Campaspe, the Pyramid Hill Golf trail parkrun was created as a fun and free way for people to get active close to home.

The Pyramid Hill Golf Trail parkrun came to life thanks to the enthusiasm of the Pyramid Hill Progress Association, who saw the potential for a free, weekly fitness event to bring people together and boost community wellbeing.

With support from Loddon Shire and HLC, the group worked through course planning, safety upgrades, and funding opportunities to establish the parkrun.

Following approval from parkrun Australia, the event officially launched with great success on 5 April 2025, with 73 people taking part and many staying to celebrate afterwards.

There have been hundreds of entrants since the launch event, with statistics showing that more than 60% of attendees have come from out of the region, including as far afield as England, France and New Zealand.

Additionally, the introduction of the parkrun has shown significant economic benefits for Pyramid Hill - Spendmapp data for the area shows at least a 5% increase in economic activity on the previous year.





HEALTHY LODDON CAMPASPE ACTIVATION PROJECT WRAP UP 2024/25

Loddon Shire

OUR SPACES ARE OPEN PROJECT

The Our Spaces Are Open project delivered three community-focused initiatives aimed at increasing physical activity and activating public spaces across Loddon Shire. Each initiative was designed to be low-cost and inclusive.

Light Up The Night project

The Light Up the Night project aimed to improve access to recreation reserves in Wedderburn and Inglewood by turning on the lights in the evenings during winter. This made the spaces safer and more inviting, especially for walking and informal activity. Survey results showed increased use and a strong intention among participants to be more active ongoing.



Aqua Aerobics Pilot

The Aqua Aerobics Pilot introduced structured, low-cost fitness sessions in Pyramid Hill and Mitiamo, attracting older adults and providing both physical and social benefits. With over 100 attendances across both towns, the pilot filled a local gap and was well received – leading Belgravia Leisure to commit to continuing the program in future pool seasons.



Sports Equipment Libraries

Sports Equipment Libraries provided free access to sports gear in Tarnagulla and Pyramid Hill, supporting spontaneous and informal activity for all ages. Tarnagulla, in particular, saw strong uptake, especially among school children, with many students using the equipment weekly. The model is now being considered for expansion to other towns.





HEALTHY LODDON CAMPASPE ACTIVATION PROJECT WRAP UP 2024/25

Loddon Shire

HEALTHY SCHOOLS PROJECT

The Healthy Schools Project was delivered across East Loddon College, Pyramid Hill College, and St Mary's Primary School Inglewood, aiming to improve healthy eating and physical activity within the schools and their communities. The project reached over half of the student population across the three schools and engaged staff, families, and volunteers.



Each school implemented actions tailored to their specific needs:

East Loddon College

- Developed a new healthy eating policy.
- Installed wicking garden beds.
- Improved outdoor learning spaces through landscaping.



Pyramid Hill College

- Introduced policies on healthy eating and physical activity.
- Added garden beds.
- Installed bike racks.
- Promoted active transport to their students.



St Mary's Primary School, Inglewood

- Created a school healthy eating policy.
- Installed school kitchen garden beds.
- Worked with council contacts to improve walking path safety.



Outcomes included increased student knowledge of nutrition, improved access to healthy food, and greater confidence to be physically active.



HEALTHY LODDON CAMPASPE ACTIVATION PROJECT WRAP UP 2024/25

Loddon Shire

HEALTHY SPORTS CLUBS AND REWARDS

Four junior cricket clubs across Loddon Shire participated in the Healthy Sports Clubs and Rewards project, supporting clubs to provide healthy, locally sourced rewards.

The project was delivered across four cricket clubs in Loddon Shire and provided fresh fruit boxes and healthy reward vouchers. HLC worked with Loddon Shire to connect with the Upper Loddon Cricket Association, who supported the project by engaging individual clubs to be involved. Rewards and healthy support varied by club depending on club needs, voucher availability and local business support:

Boort Yando Cricket Club

- Fresh fruit boxes from Boort IGA.
- Godfrey and Bear café vouchers for healthier menu options (HEAS Food Checker Green and Amber categories).

Bridgewater Bulls Cricket Club

- Family pool passes from Belgravia Leisure.
- Fresh fruit boxes from Inglewood IGA.

Kingower Cricket Club

- Family pool passes from Belgravia Leisure.
- Café 3571 vouchers for healthier menu options (HEAS Food Checker Green and Amber categories).

Wedderburn Band Cricket Club

- Family pool passes from Belgravia Leisure.
- Fresh fruit boxes from Randall's Food Works, Wedderburn.

Locally sourced rewards

Local businesses played a key role in supporting the project. Boort IGA, Champions IGA in Inglewood, and Randall's Food Works, Wedderburn supplied fresh fruit boxes, while Café 3571 and Godfrey & Bear provided vouchers for healthier menu items. Their involvement helped make healthy options more accessible for the clubs involved.

The project helped local clubs learn more about healthy eating and try new ways to reward junior players. People enjoyed the changes, especially the vouchers and healthy snacks, and clubs have expressed interest in continuing their involvement next season.

