LIGHTS ON!

Healthy Loddon Campaspe funded and coordinated the Lights On / Light up the Night initiative to encourage community members to be active after dark while promoting safety, social connection and community participation. The project provided opportunities for residents to explore local walking tracks, parks and public spaces through illuminated and themed activities designed to make physical activity engaging, accessible and fun.

The initiative was delivered in partnership with local councils, community organisations and volunteers, with promotion occurring through Healthy Loddon Campaspe communication channels, social media, newsletters, local media and community networks. Activities were designed to appeal to people of all ages and abilities, creating welcoming opportunities for families, friends and community groups to participate together.



Healthy Loddon Campaspe collaborated with local partners to identify suitable locations, coordinate activities and encourage community participation. By activating local outdoor spaces after dark, the project showcased community assets while creating a unique and enjoyable experience that encouraged residents to be physically active in a safe and supportive environment.

SUCCESSES

PARTICIPATION & COMMUNITY ENGAGEMENT

Lights On/ Light up the Night attracted a diverse range of participants from across the community. The novelty of illuminated activities encouraged people to engage with local walking spaces in a new way and attracted participants who may not otherwise have attended traditional physical activity programs.

ACCESSIBILITY & INCLUSION

The events were designed to be accessible and family-friendly, allowing people of different ages, abilities and fitness levels to participate. The informal nature of the activities created a welcoming environment where people could engage at their own pace while enjoying time with family, friends and the broader community.



LOCATIONS

- Donaldson Park, **Wedderburn**
- Inglewood Recreation Reserve, **Inglewood**
- Ewing Park, **Bendigo**
- Shadforth Park, **North Bendigo**
- Barrack Reserve, **Heathcote**
- Princes Park, **Maryborough**
- Tongala Recreation Reserve, **Tongala**
- Kyabram Northern Oval, **Kyabram**

BROADER BENEFITS

Beyond increasing physical activity, the project delivered important social and mental wellbeing outcomes. Bringing community members together in a shared experience helped foster social connection, strengthen community pride and create opportunities for positive interactions. Participating in outdoor activities can help reduce stress, improve mood and support overall wellbeing, while spending time with others contributes to a greater sense of belonging and connectedness.

The initiative also encouraged participants to become more familiar with local parks, trails and public spaces, increasing confidence to use these areas for recreation and physical activity beyond the event itself.

SUSTAINABILITY & ONGOING BENEFITS

One of the key strengths of Light Up The Night was its ability to showcase how existing community spaces can be activated in creative and engaging ways. Participants were encouraged to continue using local walking tracks, parks and open spaces as part of their regular physical activity routine. The project demonstrated that simple and innovative approaches can help create positive experiences that encourage ongoing participation in active recreation.



Healthy Loddon Campaspe | Regional Partnerships Loddon Campaspe | Victoria State Government

The Healthy Loddon Campaspe initiative is supported by the Victorian State Government