

MEDIA RELEASE

United Way Glenelg allocates funds to worthy community projects.

DATE

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UNITED WAY GLENELG ALLOCATES FUNDS TO ENRICH THE COMMUNITY

United Way Glenelg is thrilled to announce the allocation of funds from both the Community Fund and Lewis Court Fund to support an array of community projects in the Glenelg Shire.

With the support of independent Volunteer Allocations panel members, Anna Impey Portland Aluminium and student at Bayview College Charley Thorp, United Way Glenelg has endorsed a range of projects that address various community needs, keeping in mind their commitment to creating a more inclusive and supportive environment for all.

United Way Glenelg Executive Officer, Nicole Carr, said, "The Community Fund, established with the aim of supporting local initiatives, has pledged financial support to projects that really support local people to thrive."

"From aiding an environment of early literacy and fostering an inclusive environment for young people to participate in lawn bowls."

Simultaneously, the Lewis Court Fund, next year marking a significant 10-year milestone, has thoughtfully earmarked projects dedicated to enhancing the lives of elderly individuals in the community.

"We believe in championing the well-being of our seniors, ensuring that their older years are enriched with care, companionship, and meaningful activities," said Ms Carr.

"We're directing resources towards education, healthcare, and community involvement, encompassing initiatives like chair yoga, companionship and social activities, and technological resources."

"We take pride in addressing the diverse needs of our community, spanning from the very young to the elderly. We firmly believe in creating opportunities for learning, growth, and companionship for the well-being of the entire Glenelg Shire community."

Making a contribution to United Way Glenelg is a simple yet impactful way to support our community. You can choose to participate in workplace giving programs where donations are deducted from your salary, or you can visit our website to make a one-time or recurring donation.

The projects will be rolled out in the coming months. For live updates on their success, connect with us on our social media channels.

2024 BENEFICIARIES

Portland Neighbourhood House - Big TV for Vision Impairment.
Days for Girls Portland - Making Sustainable Feminine Hygiene Kits
Portland Bay Ladies Probus - Bus trip for 2024
Heywood Rural Health - Accessible Chair Yoga
Heywood Rural Health - Music/Media Package
Portland Bowling Club Inc - New Kitchen Oven
Portland Neighbourhood House - Celebrating community at Christmas
Heywood Kindergarten INC - Educational library and health support
Portland RSL Memorial Bowling Club - All-inclusive on the Green: Ready Set Go

CHAIR YOGA SESSIONS FOR THE ELDERLY AT HEYWOOD RURAL HEALTH

Thanks to the generous allocation of funds from the Lewis Court Fund, Heywood Rural Health has partnered with certified and experienced Yoga Teacher, Shae Spry, to introduce accessible chair yoga sessions to older residents at Heywood Rural Health.

These chair yoga sessions conducted fortnightly, are thoughtfully designed to cater to a diverse range of residents. Each one-hour session comprises elements of meditation, mindfulness practices, breathing exercises, and gentle chair-based physical movements.

"Through the soothing practice of chair yoga, we aim to create a space where everyone, regardless of their physical abilities, can experience the joy of movement, mindfulness, and the profound connection between body and mind," said Shae Spry, Certified Yoga Teacher.

"The benefits of chair yoga extend beyond the physical realm," she said.

"Regular practice can lead to a more regulated nervous system, improved lung capacity, cardiovascular fitness, enhanced balance, increased muscle strength, and improved bone density."

"The mental well-being aspect of chair yoga is particularly impactful, as it promotes resilience and a greater sense of mindfulness that can positively influence everyday life."

According to a national survey conducted by Yoga Australia, many individuals begin practicing yoga for its physical benefits but continue due to the profound positive impact on their mental health.

"Chair yoga is not just an exercise; it's a gift of well-being that can be embraced by individuals of all abilities, enriching their lives and contributing to a healthier lifestyle," said United Way Glenelg Executive Officer, Nicole Carr.

"We look forward to the positive impact this program will have on the lives of the residents," concluded Ms Carr.

United Way Glenelg | Media Release



For media inquiries or additional information about the community projects and initiatives supported by United Way Glenelg, please contact:

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