

# COMMUNITY HEALTH AND WELLBEING NEWSLETTER

## LIVING WELL

## April and May 2025 Wellbeing Newsletter

You can encourage your friends, family, work colleagues and neighbours in the City of Salisbury to sign up for an electronic copy of the newsletter at [www.salisbury.sa.gov.au/CHWNNews](http://www.salisbury.sa.gov.au/CHWNNews). This edition is packed with health and wellbeing tips, upcoming events and valuable information.

### Action for Happiness Calendar – Active April



Looking to move more? The Action for Happiness calendars can help!

If you have access to a computer (or know someone who does), you can download these calendars filled with daily tips and activities. This month's theme is **Active April**, inspiring you to stay active in simple, achievable ways.

### Salisbury Aquatic Centre



The Salisbury Aquatic Centre is a great place to visit for a refreshing dip, swimming to build fitness, workout at the gym or an extended visit by the whole family.

If you haven't been we strongly encourage you to check it out. Plenty of classes and programs for all ages.

Now that we are moving into Autumn and Winter enjoy the wonderful indoor opportunities.

[www.salisburyaquaticcentre.com.au](http://www.salisburyaquaticcentre.com.au)

## Editor's Note

Welcome to our March, April and May edition.

We have plenty to explore, from fitness challenges to community events.

This edition highlights Salisbury.RUN 2025 and the Ride Her Way workshops, both great ways to enjoy the beautiful trails and paths in Salisbury. Whether you're an experienced runner, a casual walker, or building bike confidence, there's something for you.

We also celebrate two Heart Foundation Walking groups reaching their 20-year milestone—a fantastic achievement! Read on to learn more and get involved.

Enjoy this edition and take advantage of these fantastic wellbeing opportunities!



## Salisbury.RUN 2025

**Sunday 25 May**, Carisbrooke Park, Salisbury Park.

Join us for all the fun, excitement and atmosphere of Salisbury.RUN

Run, walk or shuffle - with 21.1km, 10km, 5km and 2km races available on the day.

All run from the gorgeous setting of Carisbrooke Park in the City of Salisbury.

Celebrating fun, fitness, family and our great outdoor environment, Salisbury.RUN is a running festival suitable for all fitness levels and ages. With medals for all entrants and a **record level of prizes** up for grabs join us at northern metropolitan Adelaide's premier fun run.

It might be called Salisbury.RUN but the 2km and 5km events are very suited to walkers as well.

**Pre-registrations required!**

Sign up at <https://salisbury.run>

## 'Ride Her Way'



Bike SA are creating a supportive community that connects, empowers and inspires women to be active and ride a bike.

What's included?

- ✓ Beginner-friendly workshops
- ✓ Social rides and group sessions
- ✓ Bike maintenance courses
- ✓ Bike lending service

Want to become part of it? We are looking for expressions of interest in the following areas: Onkaparinga, Port Adelaide, Enfield, Salisbury, Adelaide City and Burnside!

Register your interest at:

<https://tinyurl.com/yt2z64h3>

Come and join one of more of these options:

Weekly beginner workshops starting **Sunday 4 May** 10am to 11.30am

Weekly social rides starting **Saturday 24 May** 11.30am to 1pm

Happy Home Reserve, Salisbury North.  
Bookings and enquiries: 8406 8251 (Jim)

## Feedback

To provide feedback on this newsletter please call Jim Binder at the City of Salisbury on 8406 8251 or email [jbinder@salisbury.sa.gov.au](mailto:jbinder@salisbury.sa.gov.au)

Visit [www.salisbury.sa.gov.au/events](http://www.salisbury.sa.gov.au/events) to see a range of events coming up in the City of Salisbury.



## FREE Walking groups across the City of Salisbury.



Looking for a walking group near you? Visit [www.salisbury.sa.gov.au/walking](http://www.salisbury.sa.gov.au/walking) or call JYC on 8406 8525 to receive the local flyer with groups and times.

We are really excited that two of our Heart Foundation Walking groups (JYC Walkers and Ingle Farm) have recently celebrated 20 year anniversaries in February and March 2025.

This is a FANTASTIC achievement. Well done to all the walkers of these groups and particularly to the Walk leaders



JYC Walkers – Walk organisers Bruce Newstead, Anne Davies and Elaine Wardle



Ingle Farm Walkers – Mandy Bridgman and Ursula Klok.

## Cycle Salisbury 'We can get you back on your bike'



Looking to return to cycling or join a supportive riding group?

Check out the **Cycle Salisbury program** for free weekly rides!



- Rides held most Saturdays, some Sundays, and two Wednesdays per month
- Open to all experience levels

More details at:

[www.salisbury.sa.gov.au/cyclesalisbury](http://www.salisbury.sa.gov.au/cyclesalisbury)

## Walking Basketball



Walking Basketball is a fun, social, and low-impact way to stay active, designed for all ages and abilities. With a slower pace and an inclusive approach, players of all skill levels are welcome. Teams are formed on the day, so there's no need to be part of a team—just turn up and join in.

When: Every Tuesday, 11am to 12pm

Where: Parafield Gardens Recreation Centre

Cost: \$6 per player

To get involved in Walking Basketball, call 'The Gardens' on 8286 8800

## TreeClimb Salisbury



Explore your adventurous side and take on the treetop obstacle courses at TreeClimb Salisbury.

TreeClimb Salisbury is home to four of the longest ziplines in South Australia and has family-friendly courses for everyone to enjoy.

Carparking is available in the Harry Bowey Reserve and the Carisbrooke Park carparks.

Please avoid parking on the surrounding side streets. You can access TreeClimb from Carisbrooke Park by following the signed paths.

Find out more at [www.treeclimb.com.au](http://www.treeclimb.com.au)

## Coming up at the Jack Young Centre (2 Orange Ave, Salisbury)



Meet and Greet Friendship group for the Over 50's. Mondays 1pm to 2.30pm

Upcoming Guest Speakers – FREE

**14 April** - Kate Clements: *A Flight against all Odds*

**28 April** - Tony Ey (RAA): *Fun and interactive Road Rules Quiz*

**12 May** – Sam Brown (Epilepsy Centre): *Epilepsy Awareness*

**19 May** – Sakina ARAS: *Aged Rights Advocacy*

**16 June** – Rebecca Barr (Department of Health and Aged Care): *My Aged Care*

## Two new Heart Foundation Walking groups in Salisbury



These groups are led by the same couple – Kevin and Maria.



### Parabanks Shopping Centre - 'Life-long Movers' (indoors)

Tuesdays 9.30am (meet at the coffee shop near Coles in Parabanks).

### Carisbrooke Park - 'Little Para Nature Connect'

Wednesdays & Sundays at 10am (meet at the Carisbrooke playground zone)

Interested? Call walk organiser Kevin on 0413 282 007 to join.

## Coffee, Snack and Meals



Jack's Cafe at the Jack Young Centre (Over 50's centre at 2 Orange Ave, Salisbury) is open for lunch Monday to Friday, offering a range of delicious options.

Our April menu features dine-in or takeaway soups, mains, desserts, and a variety of frozen meals. We also have grab-and-go options, including sweet and savoury snacks.

Contact us at 8406 8525 for the menu and monthly specials, or visit [www.salisbury.sa.gov.au/jyc](http://www.salisbury.sa.gov.au/jyc)