

## LOCAL HEALTH AGENCIES – MURRAY BRIDGE

### INTRODUCTION

St Joseph's School, Murray Bridge has been involved in a Country SA PHN Wellbeing Schools trial project working with ACHPER SA - The Australian Council for Health, Physical Education and Recreation, South Australia. This support has provided a range of opportunities promoting active and healthy living and has included staff meetings, individual staff mentoring, work within classes and a parent forum. Our School is committed to developing a better understanding of Active and Healthy Living. Below is a range of information that offers parent access to supportive resources, local contacts, facilities and support agencies within our local area. This list is set up as a support tool, not a complete list, as at June 30, 2021.

Our School will continue to provide supportive information. We encourage you to consider this information to reduce sedentary behaviour (sitting), reduce screen time, develop good sleep patterns, eat well and be active amongst our local community. You can help by being active, promoting movement, reduce sedentary behaviour and eating well.

### GUIDELINES FOR HEALTHY GROWTH & DEVELOPMENT FOR CHILDREN & YOUNG PEOPLE (5-17 YEARS)

The 24-Hour Movement Guidelines include a picture of what a day for a child or young person should look like, including time for physical activity, limiting sedentary activities, and getting adequate sleep. For optimal health, children and young people (5–17 years) should achieve the recommended balance of high levels of physical activity, low levels of sedentary behaviour and sufficient sleep each day.

#### **BEING ACTIVE is important for children and young people to grow healthy and set good habits for life.**

For children and young people, being active every day has many social, emotional, intellectual and health benefits. Children and young people should aim for at least 60 minutes of moderate to vigorous physical activity per day involving mainly aerobic activities that makes their heartbeat faster—more is better. The 60 minutes can be made up of shorter bursts of activity throughout the day that add up to 60 minutes or longer. Activities that are vigorous, as well as those that strengthen muscle and bone, should be incorporated (in the recommended 60 minutes of daily physical activity) at least three days per week. In addition, several hours of a variety of light physical activities should be undertaken each day.

#### TIPS

- Basketball, soccer, netball, skipping or running are all great ways to add more vigorous activity to a day. They don't have to be organised, paid activities— they can be as simple as grabbing a ball or a friend and running around at the park. Anything that makes kids 'huff and puff' counts!
- Add to the daily total with moderate-intensity activities such as bike riding, scootering or skateboarding. Swap a drive to the local shops or library with a bike or scooter ride.
- Examples of light activities include leisurely walking or playing handball. Walking your dog or to school is a great way to increase light activity. Some activity is better than none.

- Great options to strengthen muscles and bones include skipping, running, yoga, jumping, push-ups, sit-ups, lifting weights, lunges, squats, climbing trees or swinging on monkey bars.
- Try to switch sitting for being active. Arrange to meet friends for a game in the park rather than spend their leisure time sedentary on a screen. These small changes will deliver health benefits.

## ENSURING GOOD SLEEP

Sleep is essential for optimal health. Children (5–13 years) should have 9 to 11 hours of uninterrupted sleep per night and young people (14–17 years) should have 8 to 10 hours uninterrupted sleep per night. To establish and maintain healthy sleep patterns, children and young people should have a consistent bedtime routine, avoid screen time before sleep, and keep screens out of the bedroom.

### TIPS

- To keep a consistent routine, try not to vary bedtime and wake-up times by more than 30 minutes.
- Establish a nightly 'wind down' routine with your child or adolescent.
- Avoid screens one hour before going to bed.
- Model good behaviours

## LIMITED TIME SITTING – REDUCING SEDENTARY BEHAVIOUR

Long periods of sitting can counteract the benefits of being physically active so should be broken up as often as possible. Sedentary recreational screen time should be limited to 2 hours per day. This does not include screen-based activities for educational uses. Encourage positive social interactions and establish boundaries by discussing time limits and age-appropriate content with children and young people.

### TIPS

- **Set the Example:** Children will always gravitate toward the modeled behaviors of their parents.
- **Be the Parent:** It is your job to encourage healthy behaviors and limit unhealthy ones – sometimes this means making unpopular decisions.
- **Give your full attention to your child** rather than reading and responding to text messages and emails
- **Set limited viewing times:** If you are not going to turn off the television completely, choose the appropriate television viewing windows for your children.
- **Value family meals and car rides:** About two-thirds (64%) of young people say the TV is usually on during meals.
- **Leave the car at home** and ride or walk together to your local activities.
- **Encourage other activities** and provide the necessary resources (books to read, board games, art supplies, and/or sporting equipment).
- **Be involved in their lives.** For many parents, it is just easier to turn on the television than to actually be involved in the lives of their children. So observe, listen, ask, and parent.

## HEALTHY EATING

With all the information out there, it can be hard to know what's really important when putting it into practice. To make it a bit easier, and get the lowdown on the "how" of healthy eating, here are some helpful tips and ideas that will soon have you well on the way to bursting with health and vitality:

- getting more [fruit and veg](#) in your day
- understanding [kilojoules](#)
- [eat less saturated and trans fats](#)

- [eat less salt](#)
- [eat less sugar](#)
- choose [water](#) as a drink
- [portion sizes](#)
- healthy [shopping on a budget](#)
- a guide for healthy lunchbox ideas- healthy [lunchbox ideas](#)
- healthy choices when [eating out](#)
- [healthy recipes](#)
- [understanding the Health Star Rating System](#)

For more information on healthy growth & development visit:

<https://www.health.gov.au/sites/default/files/documents/2021/05/24-hour-movement-guidelines-children-and-young-people-5-to-17-years-brochure.pdf>

## LOCAL HEALTH SERVICES -A LIST OF KEY USEFUL LOCAL AGENCIES

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### ABORIGINAL COMMUNITY CONNECT – UNITING COMMUNITIES

0477 662 2274 (Bill Wilson) | [enquiries@unitingcommunities.org](mailto:enquiries@unitingcommunities.org) | <http://www.unitingcommunities.org.au/>

Aboriginal Community Connect provides 'one-stop' support for people needing help with multiple issues. As well as treatments to address substance misuse, the service offers support for problems associated with social isolation; poverty and vulnerabilities; the effects of other trauma; and physical and mental health.

ACC offers a range of treatment services including:

- counselling / case management
- community residential rehabilitation housing
- links to drug and alcohol withdrawal support
- therapeutic group work sessions
- cultural connection activities
- emergency relief
- Kurlana Tampawardli Return to Country and Housing support
- clean needle program
- Harm minimization information and education
- outreach support, (including prison support)

We recognise the integral role that cultural connection activities play in lapse / relapse prevention and rehabilitation. Therefore, ACC offers group work and linkages to Aboriginal cultural healing activities.

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### AMBULANCE SERVICE – SA AMBULANCE SERVICE

Please dial 000 in an emergency. Customer Service 1300-136-272 | <http://www.saambulance.com.au/>

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### AUDIOLOGY – CONNECT HEARING

Shop 11, 23-51 South Tce, Murray Bridge 5253 | 8213 5630 | <http://www.connecthearing.com.au/>

Connect Hearing is a national network of healthcare hearing centres across Australia. Our network includes the very best hearing care professionals and hearing centres in Australia by focusing on customised care, technical superiority, service excellence and trust. Services include: Hearing assessments, pre-employment and industrial audiometry assessments, hearing aid fitting, assistive listening devices, custom ear plugs and WorkCover assessments.

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### AUDIOLOGY – SA COCHLEAR IMPANT CENTRE

96-104 Swanport Rd, Murray Bridge 5253 | 8379 4500 | <http://sacic.com.au/>

Hearing Implant and Hearing Rehabilitation Service

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## CHILD & FAMILY HEALTH SERVICES (CAFHS) – WOMEN'S AND CHILDREN'S HEALTH NETWORK

11a West Tce, Murray Bridge 5253 | 1300 733 606 | [www.cyh.com](http://www.cyh.com) |

Child and Family Health Services provides free health checks for South Australian children at key developmental ages between birth and 6 years.

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## COMMUNITY CENTRE – MURRAY BRIDGE COMMUNITY CENTRE

18 Beatty St, Murray Bridge 5253 | 8531 1799 | <http://murraybridgecommunitycentre.com.au/>

The Murray Bridge Community Centre acts as a central, accessible hub with a welcoming and supportive environment for our local community.

The Centre provides a range of responsive programs and services to people in the community who are disadvantaged, eg socially disengaged or isolated, unemployed, or need to develop literacy, workplace or language skills.

Our facilities include meeting rooms, kitchen facilities, office space and a beautiful community garden.

Free and low-cost classes/programs are available and include: • Sewing Classes • Mosaics • Design Basics • Learn how to Crochet • Games Galore • After School and Holiday Programs • Cooking 101 • Health and Wellbeing Programs • Volunteer Program Access to services include: • A 2-course community lunch held every Tuesday for \$8 • Free General Legal • Free Tax Help • Relationships Australia Counselling Services

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## COUNSELLING – CARERS SA

92 Swanport Rd, Murray Bridge 5253 | 1800 422 737 | <http://www.carers-sa.asn.au/>

Support for carers who provide unpaid care and support to family members or friends who have a disability, mental illness, chronic condition or are frail aged. Carers can be of any age and may live with or away from the person they care for.

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## COUNSELLING – FIONA MEADE COUNSELLING & GROUP WORK

23 Mary Tce, Murray Bridge 5253 | 0452 040 997 | [fionameade@outlook.com](mailto:fionameade@outlook.com)

Counselling, group work, external clinical supervision, employee assistance services, worker training

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## COUNSELLING – REGIONAL ACCESS

Call the Regional Access helpline on: 1300 032 186 or register for online counselling.

<https://saregionalaccess.org.au/>

Regional Access is a free online and phone counselling service for people who are feeling the pressures and stresses of everyday life. The Regional Access counselling service is available for anyone who lives or works in regional, rural or remote South Australia (i.e. outside of the Adelaide metropolitan region). Professionally trained counsellors will listen and help you to develop strategies to manage what is causing you to feel stressed or overwhelmed. We can help with:

- Anger management
- Anxiety
- Financial worries
- Grief and loss
- Hopelessness
- Isolation and loneliness
- Low self-esteem
- Relationship issues and family problems
- Sadness
- Short-term depression
- Stress
- Wellbeing
- Work stress

You can call us 24 hours a day, seven days a week. You don't need a referral, so you can make the call at a time that suits you. The counselling service is free (local call charges may apply).

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## COUNSELLING – VICTIM SUPPORT SERVICE

2/1 First St, Murray Bridge 5253 | 1800 842 846 | [www.victimsa.org](http://www.victimsa.org)

VSS offers a unique service through its provision of trauma counselling as well as support to navigate the criminal justice system. Crime affects people differently and we are able to adapt our support to meet the specific needs of each victim of crime.

We provide victims with supportive counselling that includes psycho-education, normalising trauma responses and coping strategies. Our counsellors also focus on ensuring victims of crime are aware of their rights and how to navigate the criminal justice system.

From this first response, victims of crime are offered an initial appointment where a more comprehensive assessment is completed to identify their specific needs, including connection to one of our qualified trauma counsellors to work with them over time to develop skills to cope more effectively with the impact of crime, as well as to help them to develop personal resources and skills to enhance their safety and recovery. Call the VSS Helpdesk on 1800 VICTIM (1800 842 846) or email [helpdesk@victimsa.org](mailto:helpdesk@victimsa.org) to get help from a counsellor.

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## COUNTRY SA PHN

08 8565 8900 | Primary Health Network for Country South Australia. <https://www.countrysaphn.com.au/>

Country SA PHN is the primary health network covering the country regions of South Australia. Established by the Federal Government, PHNs are now operating Australia-wide. The key objectives of the PHNs are to increase the efficiency and effectiveness of medical services for patients, particularly those at risk of poor health outcomes, and to improve the coordination of care to ensure patients receive the right care in the right place at the right time.

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## DENTAL – BRIDGE DENTAL CLINIC

34 Bridge St, Murray Bridge 5253 | 8532 2511 | <http://www.bridgedental.com.au/>

At Bridge Dental in Murray Bridge, we offer a wide range of professional dental services to clients throughout Mannum, Tailem Bend, Karoonda, Meningie and Bordertown. Whether you need dental implants, fillings, crowns or any other dental services, we can help. Our expert team is highly skilled in delivering restorative treatments for our clients, but we also believe that prevention is the key to good oral health.

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## DENTAL – RIVERVIEW DENTAL CLINIC

6 Standen St, Murray Bridge 5253 | 8532 5700 | [riverviewdentalclinic@hotmail.com](mailto:riverviewdentalclinic@hotmail.com)

We are a family dentist located in Murray Bridge, South Australia. Come in for all your dental needs. We provide dental care for the whole family.

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## FAMILY AND RELATIONSHIP COUNSELLING – UNITING COMMUNITIES

Swanport Rd, Murray Bridge 5253 | 1800 800 110 | <http://www.unitingcommunities.org.au/>

It can take effort to develop safe and respectful relationships. We can support you with confidential individual counselling if you would like to improve relationships in your life. We can also provide family law counselling services. Our services are available to adults, couples, children and young people, and we welcome people from all backgrounds. We can also provide you with interpreter and translation services if you need them.

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## FAMILY AND RELATIONSHIP COUNSELLING SERVICE – CENTACARE

6/2 Sturt Reserve Rd, Murray Bridge 5253 | 8215 6320 | <http://www.centacare.org.au/>

Counselling for adults, children, youth and families regarding relationships, parenting, personal issues and grief and loss. Couples counseling (including separated relationships). Voluntary service.

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#### GENERAL PRACTICE – BRIDGEVIEW FAMILY PRACTICE

3-5 Bridge St, Murray Bridge 5253 | 8532 2536 | <http://www.bridgeviewfp.com.au/>

We are a bulk billing clinic with a team of dedicated friendly doctors and health care professionals who provides a full range of general practice services.

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#### GENERAL PRACTICE AND OTHER HEALTH SERVICES – BRIDGE CLINIC

8 Standen St, Murray Bridge 5253 | 8539 3232 | <http://www.bridgeclinic.com.au/>

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#### HEADSPACE – MURRAY MALLEE GENERAL PRACTICE NETWORK

3-5 Railway Tce, Murray Bridge 5253 | 8531 2122 | <http://www.mmgnp.org.au/>

Headspace Murray Bridge is a youth-friendly, community-based health service for young people aged 12-25 and their families.

At headspace Murray Bridge, young people can receive help for a range of issues, including:

- General health
- Mental health and counselling education and employment
- Drug and alcohol problems
- Youth Activities and events

Our centre is staffed by youth workers, psychologists, a telepsychiatrist, vocational workers, an alcohol and other drug worker and general practitioners who have specific expertise in working with young people.

At headspace Murray Bridge you'll be treated with respect and receive quality healthcare at all times. Note: outreach services may be provided within the Murray Mallee region as required/dependent on availability.

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#### INTEGRATED TEAM CARE (ITC) - MOORUNDI ABORIGINAL COMMUNITY CONTROLLED HEALTH SERVICE

1 Wharf St, Murray Bridge 5253 | 1800 023 846 | <http://www.moorundi.org.au/>

##### **About This Service**

Moorundi Aboriginal Community Controlled Health Service Inc. delivers a comprehensive range of primary health care services to our communities.

The ITC program is designed to help you take control of your chronic disease so you can enjoy your life.

A chronic disease is a disease that you have for a long time (present for at least 6 months) which may affect your ability to do your daily tasks makes it harder for you to enjoy your life. Chronic disease is unfortunately very common in our community due to changes to our lifestyle over the last 100 years.

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#### MEN'S SHED – MURRAYLAND COMMUNITY MEN'S SHED

156 Old Princes Highway, Murray Bridge 5253 | 0418 862 661 | <http://www.murraylandsmensshed.org/>

The group's aim is to provide a suitable venue to engage men of all ages, youth, indigenous, veterans and other groups in the Murraylands district to share, disseminate and preserve skills, abilities and other interests that benefit themselves and the community.

The group will assist men and women to be sociable and share each other's company whilst feeling productive.

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## MENTAL HEALTH – BEYOND BLUE

If a life is in danger, call 000. Beyond Blue Support Service 1300 22 4636. Chat online <https://www.beyondblue.org.au/> or email <https://online.beyondblue.org.au/email/#/send>

Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

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## MENTAL HEALTH – HEADSPACE

If you are in an emergency situation or need immediate assistance, contact mental health services or emergency services on 000. If you need to speak to someone urgently, call Lifeline 13 11 14 or Suicide Call Back Service 1300 659 467. If it's not an emergency, find your nearest headspace centre and you can speak to one of our counsellors or create an account to access online support. <https://headspace.org.au/>

headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds. headspace can help young people with mental health, physical health (including sexual health) alcohol and other drug services, and work and study support.

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## MENTAL HEALTH – LIFELINE

If a life is in danger, call 000. Call 13 11 14 for 24/7 crisis support. Text Lifeline on 0477 13 11 14 (available 12pm-midnight AEST). Chat online <https://www.lifeline.org.au/> 7pm to midnight AEST.

Lifeline provides compassionate support for people in crisis. No judgement. No conditions. No agenda. Just a human connection to help people get through their darkest moments.

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## MENTAL HEALTH SERVICES/SUICIDE PREVENTION SERVICE – MURRAY MALEE GENERAL PRACTICE NETWORK

64 Adelaide Rd, Murray Bridge 5253 | 8531 1303 | <http://www.mmgnp.org.au/>

For people aged 12 years and older with an increased but not imminent risk of suicide or self-harm, Intense unlimited support for up to 2 months. Outreach services provided to Tailem Bend, Karoonda and Meningie.

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## MENTAL HEALTH SUPPORT – SKYLIGHT

1 Narooma Blvd, Murray Bridge 5253 | 8378 4100 | [www.skylight.org.au](http://www.skylight.org.au)

At Skylight, we are inspired by the resilience of the human spirit and the potential in all of us to live well.

We create environments of understanding, connection, optimism and courage and share a journey to empowerment with individuals, their friends and family and their carers.

Skylight Murraylands offers both group programs and 1:1 support for people with Mental illness, and/or disability.

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## PHARMACY – CHEMIST WAREHOUSE

165 Adelaide Rd, Murray Bridge 5253 | 8531 3732 | <http://www.chemistwarehouse.com.au/>

Retail pharmacy service providing chemist services.

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## PHARMACY – TERRY WHITE CHEMMART SOUTHSIDE

159 Swanport Rd, Murray Bridge 5253 | 8532 1812

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## PODIATRY – FOOT FREEDOM PODIATRY



9 Verdun Road (in Murray Bridge Physiotherapy Clinic), Murray Bridge 5253 | 8532 5925 | [footfreedompodiatry@gmail.com](mailto:footfreedompodiatry@gmail.com)

Podiatry service providing foot care and pain management services

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#### PODIATRY – FOOTMED FOOT AND ANKLE CLINIC

18 Standen St, Murray Bridge 5253 | 8532 5744 | [www.footmed.com.au](http://www.footmed.com.au)

Podiatrist / Podiatric Surgeon. All facets of general podiatry PLUS surgical Podiatry

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#### PODIATRY – PROACTIVE PODIATRY

74 Adelaide Rd, Murray Bridge 5253 | 8531 0499 | <http://www.propod.com.au/>

We are experienced in all areas of podiatry including diabetes, sports injuries, paediatrics, nail surgery, orthotics, gait analysis, dry needling, foot mobilisation therapy and aged care.

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#### PSYCHOLOGY – LAURENCE FIELD

74 Adelaide Rd, Murray Bridge 5253 | 0416 309 017 | [laurencefield60@icloud.com](mailto:laurencefield60@icloud.com)

Clinical Psychology services for anxiety, phobias, behaviour problems, bipolar disorder, couples therapy, depression, employee assistance program, grief, loss, life transition, adjustment issues, life/personal coaching, mental illness, parenting, personality disorders, post-traumatic stress (PTSD), relationships, self-esteem, self-development, sexual abuse, stress management, work stress, workplace bullying

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#### SUICIDE BEREAVEMENT SUPPORT – SILENT RIPPLES

27 Joyce St, Murray Bridge 5253 | 0417 741 888 | <http://www.silentripples.net/>

Provides support and resources to those who have been impacted by loss through suicide.

The main area of focus is to raise and maintain community awareness about suicide with the aim of reducing its incidence.

Provides services to all those in the community seeking support regardless of gender, age, religion or cultural background.

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#### SUPPORT FOR CHILDREN AND YOUNG PEOPLE – COMMUNITY LIVING AUSTRALIA

Level 1, 6 Third St, Murray Bridge 5253 | 8536 5888 | <http://www.claust.com.au/>

- Support specifically tailored for children and young people aged from 8 – 18 years of age.
- Support for Children and Young People ensures that all activities are age appropriate and provide an opportunity to make friends and socialise with peers of similar ages and interests.
- We develop the confidence of families and provide children with plenty of opportunities for fun and adventure as well as learning new skills and trying new experiences.
- This is managed in a safe and caring environment with the support of highly trained and passionate staff.
- Your supports can include:
  - Group activities to learn social skills, have fun and provide adventures
  - Short term respite care, including weekends and school holidays
  - Specialised support for self-care and daily living at home
  - Support for skills development and experiential learning
  - Support to access and connect with community activities, learning opportunities and cultural events
  - Coaching, mentoring and peer support
- Assistance with communication and developing alternative communication methods
- Positive behaviour support and other specialist supports.



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## VACCINATION SERVICES – MURRAY BRIDGE DAY AND NIGHT SERVICES

35-37 Adelaide Rd, Murray Bridge 5253 | 8531 2988 | <https://www.murraybridgemedical.com.au/index.html>

We are a family oriented bulk billing Doctors Medical Practice in the centre of Murray Bridge, South Australia. Our medical centre is dedicated to providing you and your family with personalised, professional, and quality healthcare. Our purpose designed facility enables us to provide you with care in modern and comfortable surroundings. We also offer same day appointments.

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## YOUTH AND FAMILY ALCOHOL AND OTHER DRUG SUPPORT – MISSION AUSTRALIA

1a McHenry St, Murray Bridge 5253 | 8187 0707 | [YAFAODS@missionaustralia.com.au](mailto:YAFAODS@missionaustralia.com.au)

Support for young people and their families/carers who are affected by alcohol and/or other drug concerns

## LOCAL FACILITIES (PARKS, OVALS, CENTRES)

For a comprehensive list of parks, trails, reserves and playgrounds, please visit <https://www.murraybridge.sa.gov.au/discover/parks-reserves-and-ovals>.

- Anne Street Reserve
- Baker Reserve
- Christian Reserve
- Homburg Park
- Irene Hughes Park
- Johnstone Park
- LeMessurier Oval
- Long Island Reserve
- Magpie Drive Reserve
- McNamara Park
- Monarto Sporting Complex
- Oak Avenue Reserve
- Parkview Reserve
- Riverglen Marina Reserve
- Rolland Reserve
- Skate Park
- Sturt Reserve
- Thiele Reserve
- Tim Overall Reserve
- White Park

Rural City of Murray Bridge also have PDF flyers which show the location of these outdoor spaces and their facilities.

OUTDOOR SPACES: [https://www.murraybridge.sa.gov.au/\\_data/assets/pdf\\_file/0021/342606/G175-Outdoor-Spaces-Brochure-Murray-Bridge\\_INTERNAL.pdf](https://www.murraybridge.sa.gov.au/_data/assets/pdf_file/0021/342606/G175-Outdoor-Spaces-Brochure-Murray-Bridge_INTERNAL.pdf)

PARKS AND PLAYGROUNDS:

[https://www.murraybridge.sa.gov.au/\\_data/assets/pdf\\_file/0026/340586/G172-Parks-Playgrounds-Brochure-Murray-Bridge\\_INTERNAL.pdf](https://www.murraybridge.sa.gov.au/_data/assets/pdf_file/0026/340586/G172-Parks-Playgrounds-Brochure-Murray-Bridge_INTERNAL.pdf)

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LAVENDER FEDERATION TRAIL | <HTTPS://LAVENDERFEDERATIONTRAIL.ORG.AU/WEBBGAP/>

The Lavender Federation Trail is a linear walking trail of 325km through diverse countryside traversing the eastern flanks of the Mt Lofty Ranges. The trail begins at Murray Bridge and traverses the Barossa, Goyder, Mid North and the Clare Valley regions to Clare. The trail's serpentine course takes it into the townships of

Murray Bridge, Tungkillo, Dutton, Eudunda, Waterloo, Manoora, Mintaro, Watervale and Clare. The trail also connects to 96 kms of additional loop and spur trails. The Murray to Clare Lavender Cycling Trail (M2C) is a 300 kilometre cycling route inspired by the Lavender Federation Walking Trail. The M2C follows dirt roads & tracks from Murray Bridge to Clare. Brochures providing additional information including a detailed map of the trail are available from the Murray Bridge Visitor Information Centre.

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## MURRAY BRIDGE SWIMMING CENTRE

Corner Adelaide Rd & Flavel Tce, Murray Bridge 5253 | 8532 2924 | [pool@murraybridge.sa.gov.au](mailto:pool@murraybridge.sa.gov.au)

Murray Bridge Swimming Centre offers a heated 50 metre pool with accessible ramp and also boasts a medium sized learner's pool half covered by shade cloth and a small toddler's pool fully covered with shade cloth. A Water Play Park with five waterslides for children and toddler's water features, as well as a 48 metre Supaslide for teenagers and adults is open daily.

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## THE MURRAY BRIDGE DISCOVERY TRAIL |

[HTTPS://WWW.MURRAYBRIDGE.SA.GOV.AU/ DATA/ASSETS/PDF FILE/0020/341930/DISCOVERY-TRAIL-PDF.PDF](https://www.murraybridge.sa.gov.au/data/assets/pdf_file/0020/341930/discovery-trail-pdf.pdf)

Murray Bridge is a place rich in river history, railway heritage and Ngarrindjeri culture. Set amongst the heart of town the Murray Bridge Discovery Trail is a 1 ½ hour trail that loops around the central business district, historic transport precinct and includes the Historic Round House, bridges, river front and wharf precinct.

Brochures providing additional information including a detailed map of the trail are available from the Murray Bridge Visitor Information Centre and participating outlets.

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## THE STATION (RURAL CITY OF MURRAY BRIDGE)

3-5 Railway Tce, Murray Bridge 5253 | 8539 1100 | <http://www.murraybridge.sa.gov.au/>

The Station is a drug and alcohol-free venue. Safety and connection to wellbeing activities, services and programs for youth are our primary focus.

A range of programs from a range of organisations is run from The Station (the venue) as the spaces are provided at no cost to youth-focused organisations as a part of council's contribution to youth in the area. Primarily the programs facilitated by the council are music orientated.

Band Connections is a program run 5pm-7pm Wednesdays for young musicians of all abilities wanting to learn skills and join a contemporary rock/pop band for live performances.

Facilitated by a full-time music industry professional young people are mentored in how to learn songs, practice and ultimately perform on stage at regular community events.

There is also an advanced group 7pm-8:30 pm Wednesdays for those that want to take it to the next level of professionalism.

## LOCAL SPORTING CLUBS

Imperial Football Club <http://impfc.com.au/> | 8532 3790

Murray Bridge Basketball Association [https://websites.sportstg.com/assoc\\_page.cgi?client=0-4263-0-236426-0&fbclid=IwAR1M0h5e7Ap3tdkloZ9SWIXb0Rt-FnK5n4RaZ83XNWkatx0YwaqURJvZMhs](https://websites.sportstg.com/assoc_page.cgi?client=0-4263-0-236426-0&fbclid=IwAR1M0h5e7Ap3tdkloZ9SWIXb0Rt-FnK5n4RaZ83XNWkatx0YwaqURJvZMhs) | Club contacts:

**FALCONS**

Shirley Hartman - shirleyhartman@live.com.au

**GALAXY**

Patrick O'Brien - galaxybasketballclub@outlook.com

**REBELS**

Karen Bockman - rebelsbasketballclub@outlook

**SAINTS**

Chris Webb - saintsmb@hotmail.com

**RAVSTASS**

Nicholas Huxtable - nicholasbhuxtable@gmail.com

Murray Bridge Bowling Club Inc <https://www.murraybridgelawnbowls.com.au/> | 8532 1312

Murray Bridge Golf Club <https://murraybridgegolfclub.com.au/> | 8531 1388

Murray Bridge Lawn Tennis Association <https://www.tennis.com.au/mblawntennis/> | 8532 4338

Murray Bridge Little Athletics Club

<https://registration.resultshq.com.au/CentreRegistration/CentreInfo/c9962ac6-6621-42d2-a2ac-df6fd4182ae8/> | [daleamanda1@bigpond.com](mailto:daleamanda1@bigpond.com)

Murray Bridge United Football Club (Soccer) <https://murraybridgeutd.com.au/> | [murraybridgeunited@gmail.com](mailto:murraybridgeunited@gmail.com)

Murray Towns Cricket Association <http://mtca.sa.cricket.com.au/common/pages/public/iv/clubs.aspx?>  
(see this page for club contacts)

Rambler Football & Netball Club <https://www.ramblerfootballclub.com.au/>

## GOOD LUCK WITH YOUR IMPORTANT ROLE TO ENCOURAGE OPTIMAL HEALTH

For optimal health, children and young people (5–17 years) should achieve the recommended balance of high levels of physical activity, low levels of sedentary behaviour and sufficient sleep each day.

Children and young people should participate in a range of physical activities such as active play and recreation, sports, hobbies, chores and jobs while maintaining good quality sleep and limiting screen time and prolonged sitting. Whether at home or school, indoors or outdoors, on the field or in the water, moderate to vigorous physical activity can provide health benefits.

We hope this resource is useful to educate, encourage activity, offer local contacts and opportunities.

For any feedback or information please contact the School or [info@achpersa.com.au](mailto:info@achpersa.com.au).