

# Launceston group actively seeking funds

Report and picture:  
MICHAEL LOWE

GET active and give to Active Launceston, as the popular lifestyle group has launched a public appeal to stay financially fit and healthy.

Active Launceston manager Lucy Byrne yesterday launched the public appeal, saying the group was only fully funded for this year.

Ms Byrne said after November, only funding from the Launceston City Council and the University of Tasmania was locked in, so another \$170,000 a year was needed to maintain its activities.

"We are trying to spread the funding burden so everyone is contributing," Ms Byrne said.

"It is not going to be there forever if people do not give back."

Two people gave back yesterday to open the campaign.

Rotary Club of Central Launceston representative Peter Milne gave \$2000 from the club's participation in the youth mental health initiative Sally's Ride.

Janice Phillips, 73, of South Launceston, gave \$5.

Mrs Phillips said she had attended Active Launceston exercise classes for several months to relieve arthritis pain and it had changed her life.

"This group has taught me about how important it is to exercise," Mrs Phillips said.

"I used to sit down and dwell on the pain . . . but moving takes your mind off how how bad the pain is . . . you are making yourself walk and it is great for your whole body.

"And you realise when you come here just how many of us have health problems."

Donate at [www.utas.edu.au/foundation/donate](http://www.utas.edu.au/foundation/donate) or call 6324 4027.



Active Launceston participant Janice Phillips, of South Launceston, and Rotary Club of Central Launceston representative Peter Milne donated to the well-being group at its Northern Integrated Care Service office yesterday.