

# Get Active San Remo and Blue Haven

## Community Stakeholder Project Report



Office  
of Sport

Central Coast  
Local Health District



## **Introduction**

*Get Active San Remo and Blue Haven* (“Get Active”) is a community sport, active recreation and physical activity (“physical activity”) initiative led by the Office of Sport and supported by project partners Central Coast Council and Central Coast Local Health District’s Health Promotion Service. The project was also supported by numerous community organisations within San Remo, Blue Haven and surrounding suburbs.

Initial funding was provided by the Office of Sport with a view to developing projects that support innovative ways to increase physical activity participation in targeted communities in the region. Further contributions and in-kind support was provided by program partners, Central Coast Council and Central Coast Health Promotion Service.

## **Background**

San Remo was identified as an appropriate location to further promote increased physical activity given the work already undertaken in the area by COHEAL; several government agencies working together to improve healthy eating and active living in the local community.

The work of COHEAL involves collaborative efforts to strengthen community by working in partnership with local stakeholders. Prior to the Get Active proposal, numerous projects that aimed to increase physical activity, led by Central Coast Health Promotion Service (COHEAL member), had been implemented, including the establishment of San Remo Parkrun and the upgrade of the playground at John Pete Howard Reserve.

With Get Active proposing to provide further opportunities and potentially utilising this increased community capacity for physical activity, the initiative clearly aligned with the work already undertaken. Additionally, early consultation with the community demonstrated sufficient interest and support for more participation opportunities to be explored in the local area.

NB While several initiatives focused on San Remo, the Get Active project proposal also encompassed Blue Haven to reflect the proximity and shared resources of the two neighbouring suburbs.

## **Project overview**

The aim of the project was to provide awareness of opportunities for community members to be active and to encourage individuals to participate in physical activity, with a particular focus on those who are least active.

The project aimed to achieve the following medium to short-term outcomes;

1. Increased participation in physical activity by community members
2. Increased awareness of physical activity opportunities available locally
3. Increased knowledge of benefits of physical activity
4. Positive change in attitude towards physical activity
5. Increased awareness on the support available for the Active Kids program

Stakeholder consultation occurred between May and December 2021 to understand community sentiment regarding physical activity opportunities. The consultation consisted of both formal and informal opportunities including an incentivised community survey (respondents had the option to enter a draw to win a gift card/voucher), various focus groups and discussion with a wide range of community groups and individuals.

The survey was primarily completed online, however, numerous hard copy surveys were provided to community for those that preferred this method. Summarised results of the community survey are included in the infographic - appendix A.

In addition to community consultation, mapping of community facilities and service providers that enabled physical activity was undertaken, revealing a community with sufficient assets to support greater participation.

Following consultation with community and engagement with local activity providers, a more structured proposal was formalised.

The proposal included the coordination of a broad range of existing opportunities and new activities with a month-long campaign during October 2022. Activities would aim to be either free or reduced cost (dependant on provider capacity), located within San Remo and Blue Haven (or as close as possible within surrounding suburbs, e.g. Doyalson, Charmhaven) and accessible to community members of all ages and abilities.

All types of physical activity that a provider was willing to offer had the potential to be included in Get Active, however, activities identified in the community consultation survey were prioritised. While some activations were “one-off” or “come n try” style, the focus was primarily on opportunities that provided ongoing opportunities for the community to be physically active.

The community was also consulted around the naming of the project. Get Active San Remo and Blue Haven was ultimately chosen for several reasons:

- It provided a simple message that in itself also provided a “call to arms”
- Inclusion of suburb names provided clear connection to the target community
- The words “Get Active” aligned with other complementary support programs, e.g. Get Healthy Service provided by NSW Health.

## Project outputs

### Activations

Get Active involved the creation of a month-long calendar of activities to take place throughout October 2022. The calendar of activities included:

- 155 activations in total
- 76 activations in San Remo and Blue Haven and a further 56 across Charmhaven and Lake Haven
- 111 free and 28 reduced-cost activations
- 126 activations that were inclusive of people with a disability
- Around 35 different activity providers
- Activations across all days of the week and a wide variety of times
- Of the activities identified by the community:
  - 4 of the top 5
  - 8 of the top 10
  - 12 of the top 14 and
  - 14 of the top 20 most popular activities were offered as part of Get Active.



NB While the campaign promoted October as the month to start being more active, the majority of activities continue to be available to the community.

The full list of activations that were offered, is included below.

Aboriginal Go4Fun	Dance - Hip Hop/Funk	Paddleboard and Kayak Intro
Active Easy Start	Dance - Jazz	Parent/Baby Swimming Lessons
Active kids - Music and Games	Dance - Solo	Parkrun
Active Over 50s	Dance - various	Holiday Break Camp
AFL After School Auskick	DanceFit	Public Pool access
Aqua Aerobics	Dog walking group	R.P.M
Belly/Butt	Golf Driving Range	Raw Challenge
Bicycle rides	Family Walking Group	Recreational Gymnastics
Body Balance	Friday Finisher	Saturday Smash
Bootcamp	Girl's Rugby League Come & Try	Social Basketball
Boxing	Hatha Yoga	Social Half-Court Basketball
Cardio Step	Inclusive Football	Social Indoor Soccer
Come n Try BMX	Inclusive Pickleball	Social Soccer
Come n Try Parkour	Karate Classes	Social Tennis
Community Gardening	Learn to Swim Lessons	Street Gym - Blue Haven
Core Stability	Les Mills Core	Street Gym - San Remo
Cricket Blast	Line Dancing for beginners	Strength and Power
Dance - Acro beginner	Milifit	
Dance - Acro/Circus - Intensive	Nippers and Little Rippers	
Dance - Ballet	NRL League Stars	

### Physical Activity enablers

In addition to the activities identified above, several physical activity “enablers” were also offered to the community as part of the project. These enablers were important in assisting to address some of the barriers potentially experienced by community members. These enablers included:

- Nutrition & Dietetic Telehealth Clinic - University of Newcastle
- Healthy and Active for Life Online – NSW Health
- Get Healthy Service – NSW Health
- Inclusive physical activity screenings and programming – One Culture Support Services
- Community Sport and Activity Equipment Library – hosted by the Epicentre
- Family Activity Equipment Kits – Little Coast Kids and Good Start early learning centres
- Oz-Tag equipment packs – provided by Oz Tag Central Coast to all local schools (4) for their use.

### Project promotion

Project partners developed a promotional plan that utilised a broad range of communication tools and methods including the following:

#### Get Active webpage

Central Coast Council hosted the Get Active event page on their website.

The page provided a list of all the activations that formed part of the project and included activity locations, dates, times, costs, contact details of the provider and other important information.

In addition, the webpage also included;

- Links to the website of the key program partners (Office of Sport, Central Coast Council, Central Coast Health Promotion Service)
- Transport details to help link people to activities
- Information and links to Active Kids, Creative Kids and First Lap voucher programs
- Central Coast Sports Hub webpage link (details of sport and active recreation providers across the Central Coast)

## Toolkit

Central Coast Health Promotion Service led the development of a promotional toolkit to assist activity providers to promote the project and their activities. The toolkit was emailed to all providers and other relevant stakeholders.

The toolkit included:

- Key messages (copy)
- Newsletter/website copy
- Social media copy
- Email invitation
- Social media tiles
- Generic and editable posters
- Newsletter and email banners
- Social media channels



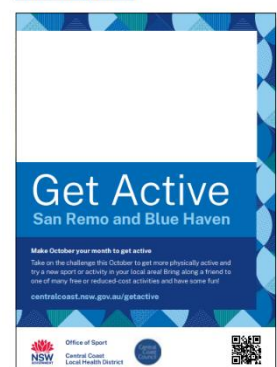
**Social post #2 – make friends and have fun**

Want to get active, connect with your community and have some fun? Join us at [insert location] on [insert date/time] where we'll be offering [insert activity details] at [insert any reduced rates] as part of the #GetActive initiative. We'll make you feel welcome, introduce you to new friends and get you feeling great!

### Social media tile with provider text 1



### Editable poster



## Communication and promotion methods

Get Active was communicated through a wide variety of media including;

- Get Active Prospectus for potential activation providers
- Social media sites of project partners, i.e. Facebook, Twitter and Instagram
- Get Active event page on the Central Coast Council website
- Community Facebook and social media pages, e.g. schools, early learning centres, community centres, activity providers
- Three promotional videos (60sec, 30sec, 15sec)
- Local newspapers



- Corflute signage (25 signs placed in strategic locations around the community)
- Emails to local householders (San Remo and Blue Haven)
- Posters at various community organisations

NB Community feedback, post event, suggested that greater and ongoing promotion by the schools would have resulted in further reach. Additionally, options such as providing hard-copy information to parents at schools and letterbox drops would have also been beneficial. While this is noted, these options, particularly letter box drops, are costly and/or resource intensive. It is recognised however, that the community still values some “old school” promotion methods.

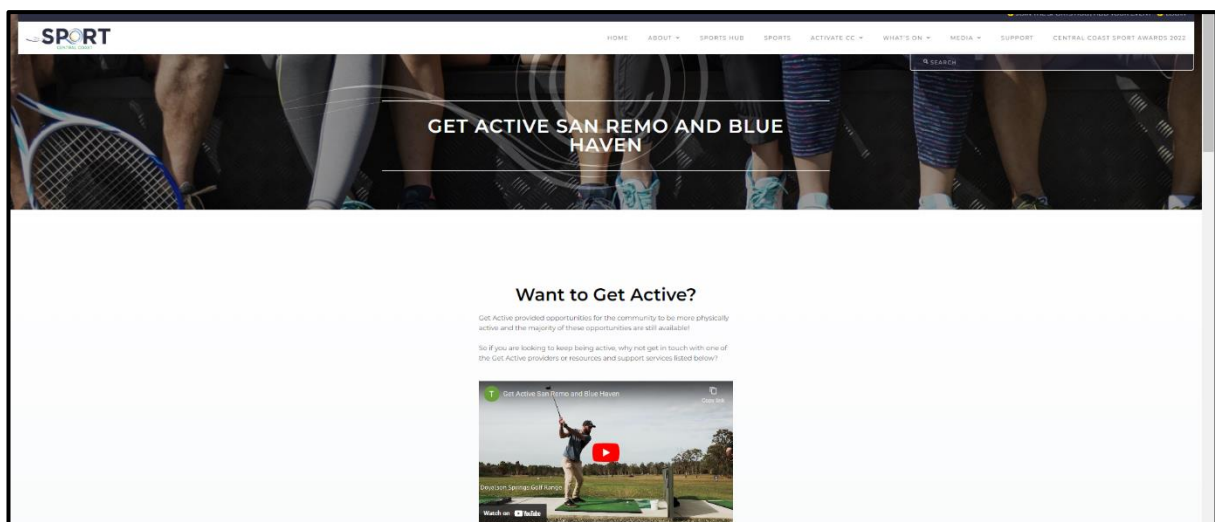


### Post-campaign information

The Get Active webpage hosted by Central Coast Council was an event page and therefore not able to be maintained and active beyond the campaign. However, recognising that it is important for the community to be able to access information about ongoing opportunities, two pieces of content were developed to provide a project legacy.

- 1) A PDF document listing all activities and provider details, emailed to all stakeholders.
- 2) A dedicated Get Active page on the Sport Central Coast website, where all Get Active providers are listed: <https://sportcentralcoast.org.au/elementor-3952>.

While information about physical activity opportunities is accessible at any time by usual communication media (e.g. search engines for specific activities), having Get Active provider information available in one place through the content above may help to facilitate ongoing participation.



## Results and feedback

Following the end of the campaign period, the community was invited to provide feedback about Get Active via a community survey. The survey link was distributed through social media, websites, email, newsletters of community organisations, as well as hard copies provided to several community stakeholders and groups.

The survey was open from 30 October to 28 November 2022 and was incentivised to encourage increased response rate. Survey respondents had the option to go into a draw to win a range of gift cards/vouchers.

There were 212 completed surveys with a further 39 incomplete surveys. Only data from completed surveys is included in this report.

Activation providers were also offered the opportunity to complete a survey to share their experience of Get Active. Of the 35 providers who were involved in the project, 15 completed the survey.

In addition to the surveys, community organisations were offered the opportunity to share their feedback in a face-to-face interview. Nine organisations provided feedback in this way.

### Community survey results

#### Location

- Almost two thirds (65.4%) of survey respondents were from San Remo (34.6%) and Blue Haven (30.8%)
- 22.7% were from surrounding suburbs (Budgewoi, Charmhaven, Buff Point, Doyalson and Lake Haven)
- 11.8% were from suburbs outside this catchment indicating unintended but welcome reach beyond the focus communities

#### Gender

Almost three quarters (73%) of survey respondents identified as female, 26.1% identified as male.

#### Culture, Aboriginality and disability

- Almost one fifth (18.5%) of survey respondents identified as Aboriginal or Torres Strait Islander
- 10.9% reported having a disability
- 5.7% reported being from a culturally diverse background
- 6.2% preferred not to say



### Age:

- The age of survey respondents ranged from under 5 to 70 and over
- Almost a quarter (23.1%) of survey respondents were children (under 5 to 17)
- Just over three quarters (76.9%) of survey respondents were adults (18 to 70 and over)
- Almost one third (32.7) of adult survey respondents were aged 35-49
- The largest age groups were:
  1. 35–39-year-olds (12.3%)
  2. 10–14-year-olds (11.8%)
  3. 45–49-year-olds (10.9%)



### Awareness of Get Active

Prior to completing the survey, 61.1% of respondents had heard about Get Active while 38.9% had not.

### Physical activity during October (answered by 83 respondents)

Of those who said they had not heard about Get Active prior to completing the survey, 83.1% did some physical activity during October.

### Change in physical activity levels from September to October

Of the 137 adult survey respondents:

- 43.06% increased activity
- 49.63% maintained activity
- 7.29% decreased activity

Of the 47 children:

- 27.65% increased activity
- 59.57% maintained activity
- 12.76% decreased activity



### How the community heard about Get Active

(answered by 129 respondents)

The San Remo Neighbourhood Centre Facebook page (24%) and corflute signage around the local area (24%) were the two most frequently reported Get Active awareness raising mediums, followed by:

- Central Coast Council Facebook page (17.8%)
- Word of mouth (17.8%)
- Blue Haven San Remo Community Noticeboard Facebook group (15.5%)
- Northlakes High School Facebook page (10.9%)
- Blue Haven Public School Facebook page (10.9%)
- Posters at a local venue/organisation (10.9%)



### Participation in Get Active (answered by 129 respondents)

Of those who reported how they heard about Get Active, 61.2% said they did not participate in any Get Active activities whilst 38.8% said they did.

### Get Active activities people participated in

(answered by 90 respondents)

- Respondents participated in 37 of 67 (55.2%) activities offered.
- Among respondents, the most popular activity was bicycle rides (16%), followed by Family Walking Group (12%), AFL After School Auskick (10%), Dog Walking Group (10%), Hatha Yoga (10%) and Public Pool Access (10%).

### What prompted people to participate in Get Active

(top 5 answers – answered by 50 respondents – multiple responses could be submitted)

1. I was reminded of the importance of being active (48%)
2. Ability to try new activities I hadn't tried before (46%)
3. A variety of free/inexpensive options available (38%)
4. Increased awareness of opportunities to be active (28%)
5. Positive messages around being active helped to motivate me (28%)



### Participation in other types of physical activity that weren't listed as part of Get Active (answered by 129 respondents)

- 71.3% did other types of physical activity that were not part of Get Active;
  - 11.6% only did Get Active activities; and
  - 17.1% didn't do any physical activity at all.
- The most popular "other" type of activity was walking, being primarily reported by 67 people, which represents 41.8% of all (160) responses.
  - Additional reports of walking such as beach walks (2), bush walks (1), daily walking (1), hiking (1) or where walking was reported as a secondary activity, accounted for further 31 instances.
  - 88.1% (141) of respondents (160) said they had done these activities before, while 11.9% said they had not.

### What prompted people to do other activities

(answered by 160 respondents – multiple responses could be submitted)

1. 66.9% of survey respondents said they wanted to feel better by being more active
2. 23.1% said they don't really know, they just felt like it
3. 22.5% said they were prompted by Get Active
4. 20.0% said a family member encouraged them to be more active
5. 16.3% said a friend(s) encouraged them to be more active

### Benefits experienced by being active during October

(answered by 175 respondents – multiple responses could be submitted):

1. 54.9% of respondents said they just generally felt better
2. 37.7% said they slept better

3. 36% said their mood improved
4. 34.9% said they felt fitter
5. 34.9% said they had more energy

**Intention to continue to be active after October** (answered by 175 respondents):

94.9% of respondents said they were likely to continue to be active on a regular basis after October and 4.6% said they might.



#### **Intention to start being active after October**

(answered by 45 respondents who initially said that they weren't active at all during October):

- 60% of respondents said they might start being active on a regular basis after October
- 28.9% said they would start
- 11.1% said they wouldn't

#### **Things that stopped people being more active during October**

(top 5 answers - answered by all 211 respondents – multiple responses could be submitted):

1. 51.2% of respondents said bad weather
2. 30.3% said lack of time – because of work
3. 26.1% said the cost
4. 25.6% said lack of time – because of family commitments
5. 12.3% said they just weren't motivated to be active

#### **Community comments**

As part of the feedback survey, community members were also offered the opportunity to provide general comments about the project. These comments are provided in appendix B.

#### **Activity provider statistics**

Providers of activations were also given the opportunity to provide feedback via a survey and interview.

Of the 35 activity providers, 15 responded to the online survey (open from 9 November 2022 – 15 February 2023) and a further three provided data via email.

Feedback from the 18 providers who responded to the evaluation process indicated that a total of 308 **new** participants, participated in the Get Active activities that they collectively delivered.

#### **Promotional toolkit feedback**

To assist with promotion of activities, a toolkit was developed to support providers. Providers were given the opportunity to provide feedback on promotion strategies and use of the toolkit.

Feedback indicated:

- 93% of providers did their own promotion as part of Get Active
- 90% of providers used the Get Active promotional toolkit

### Elements of the toolkit that providers used:

- 60% used social media copy
- 50% used social media tiles
- 30% used the general poster
- 30% used the key messages

### Toolkit satisfaction

- 90% of providers rated the look and feel of the toolkit resources as either excellent or very good
- 73% of providers rated the ease of use as either excellent or very good
- 63% of providers rated the effectiveness as either excellent or very good

### Most used promotional methods (top 3 responses)

- Organisational Facebook page 78.6%
- Poster or flyer (hard copy) 42.9%
- Word of mouth 35.7%

### Ongoing participation

80% of providers indicated that they would continue to offer their activities beyond the campaign period



## Summary

The Get Active project aimed to create more awareness amongst community members of the opportunities available to them, provide further opportunities to be more active and encourage community to take part in these activities.

Data from the evaluation surveys provide indications of progress towards project objectives, but statistics alone cannot fully explain the impact of the project on the community.

When considering this impact, it is important to recognise several factors:

- The positive response from community (as evidenced in the comments provided by community in the survey).
- Ability for the community to access information about physical activity opportunities in a central location.
- New and renewed relationships that will likely support further efforts to increase participation.
- The increased capacity of the community to lead and deliver future opportunities.

The table below provides a summary of data findings that provide an indication of progress towards the objectives of the initiative.

Objective	Indicator(s)
Increased participation in physical activity by community members	43% of adult survey respondents increased participation levels from September 2022 to October 2022 27% of child survey respondents increased participation levels from September 2022 to October 2022 308 new participants in activities (reported by providers)
Increased awareness of physical activity opportunities available locally	61% of survey respondents heard about Get Active Community participated in 55% of activities offered as part of Get Active. 28% of respondents indicated that “increased awareness of opportunities to be active” prompted them to participate in Get Active
Increased knowledge of benefits of physical activity	48% of respondents indicated that being reminded of the importance of being active prompted them to participate in Get Active 28% said that positive messages around being active helped to motivate them to participate in Get Active For those that did activities other than Get Active activities, 67% said they wanted to feel better by being more active.
Positive change in attitude towards physical activity	95% of those who were active during October said they were likely to continue to be active (4.6% said they might) Of those who weren’t active in October, 29% said they would start and 60% said they might. 55% of respondents said they generally felt better by being active
Increased awareness on the support available for the Active Kids program	Not directly measured through the evaluation process. Active Kids data did not reveal an increase in uptake or redemption of vouchers during the last quarter of 2022, compared to the same period in 2021.

## **Recommendations**

1. Future efforts to improve participation in physical activity continue to be based on collaborative effort and partnerships.
2. Future projects in this community should consider promotion of less structured forms of participation e.g. walking, cycling, swimming which appear to be popular.
3. Consider additional ways to raise community awareness of future initiatives and implement community suggestions about how best to promote, e.g. more hard copy options.
4. Greater community promotion of physical activity enablers and support options (e.g. Active Kids funding, Free Health Services) that are available to support participation.
5. Develop project outcomes that more closely meet the needs of project partners and community stakeholders.
6. Refine the evaluation process to achieve a greater understanding of project impact.
7. Further focus on strengthening the relationship between community partners (e.g. schools) and activity providers, which will assist to build capacity and support ongoing participation.
8. Further effort towards making physical activity opportunities even more accessible and sustainable for community members.

### **For further information contact:**

Matt Sawyer – Project Officer, Office of Sport  
Regional Delivery – Central Coast  
[matt.sawyer@sport.nsw.gov.au](mailto:matt.sawyer@sport.nsw.gov.au)  
02 4348 6702

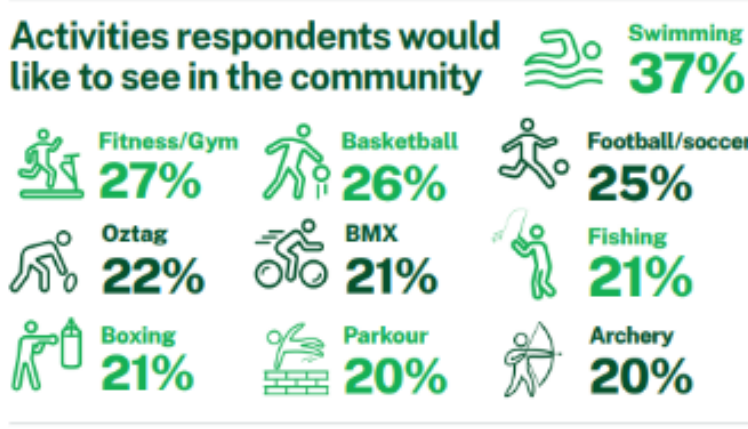
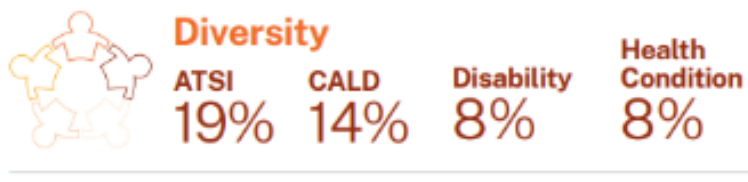
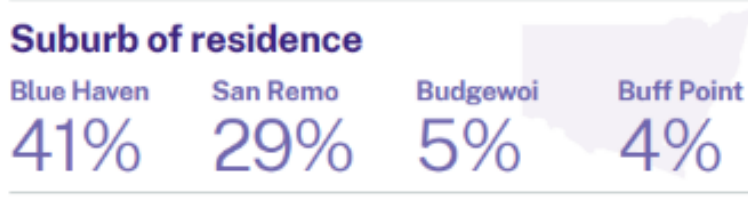
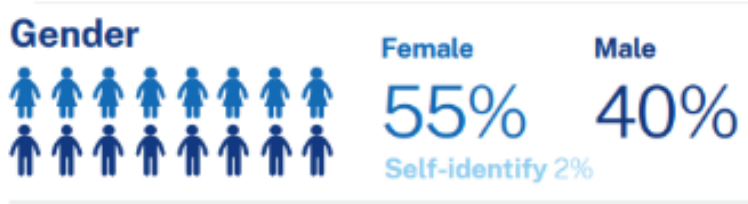
31 March 2023

## **Appendices**

- A. Consultation survey infographic
- B. Project feedback: community comments and suggestions

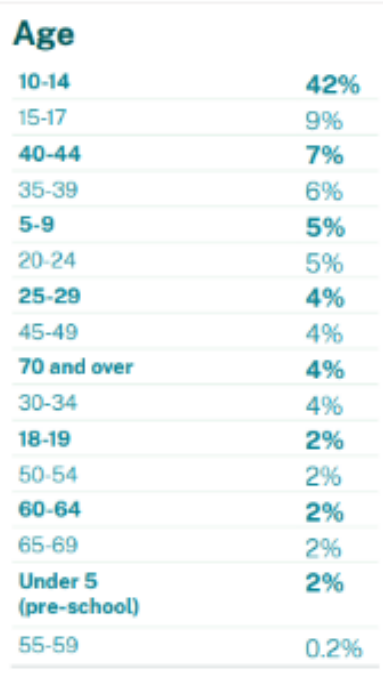


APPENDIX A – Initial community consult infographic summary (July 2022)

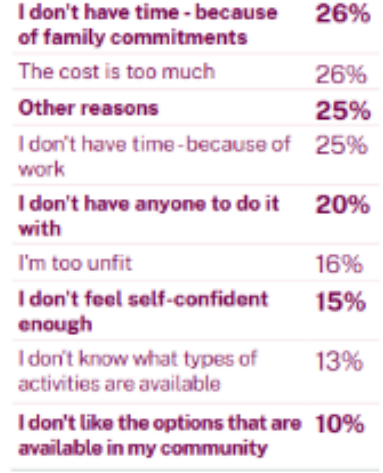


### Preferred times and days when respondents would prefer to participate in activities

	Any time	3pm-6pm	6pm-9pm
Saturday	60%	14%	
Sunday	61%	12%	
Monday		30%	22%
Tuesday		30%	21%
Wednesday		30%	21%
Thursday		28%	22%
Friday		27%	21%



### Main barriers to being active that respondents identified



### Key general comments from respondents

- More adult types of exercise need to be promoted
- More family-oriented activities please
- More organisation for physically active events especially for kids' afternoon time.
- Opportunities accessible to the various areas of the suburb
- Stuff that is fun and you can make friends

## APPENDIX B – Community comments

### Community survey comments

#### Positive

- A fantastic community project, well done.
- A great plan to get active.
- A terrific program would like to see more focusing on health.
- Although I didn't do any of your program my son did the cricket and the NRL program on the after-school program at Blue Haven and loved it.
- Brilliant idea to get people interested in physical activities.
- Fantastic initiative and need more of it!
- Good for the community, thanks.
- Great initiative - inspired me to be more active. Hopefully I'll keep going!
- Great to keep people motivated.
- Great to see so many opportunities available in the community. I didn't realise there were so many.
- Great to see something like this in our community. Inspired my ageing body to keep active!!!
- I didn't do any of the activities on the website, but just seeing the info about it made me start doing some of the things I did before like weight training at home.
- I felt the incentives to get active during the program was an excellent idea! So many different and fun activities. Love.
- I found it positive and encouraging to see a lot of advertising for our local community to become active and it motivated me to want to become fit and try and achieve my goals.
- I had fun playing more games with friends.
- I love the dog walking group I am a part of! Incredibly friendly and welcoming and so supportive!
- I think it was a fabulous program there was definitely something to cater to everyone and a great way to make friendships and bring the community together to be more active and also have fun doing it with others so many things I wanted my kids to be involved with but I work afternoons would love to see this more for the community and more for the kids in the school holidays there's not a lot for the kids to do up in this area Such a fab initiative I really hope you all got great successful feedback and I hope all involved are really proud well done.
- I was impressed with some of the items offered.
- It reminded me to be a good role model for my kids. Thank you!
- It was great to be around in the community seeing all the signs up to remind me it was Get Active month.
- It's helped me to start doing more exercise. Wasn't easy but feel better for it.
- Keep doing things like this as it makes stop and think about trying to priorities being active even if it's once a week it's more than being inactive.
- Please continue with these type of activities as they really help our community.
- Really good for the community.
- The get healthy program is fantastic so happy I found it. Thanks.
- The great part of Get Active was a lot more families were out, and I felt safer taking the grandchildren out.
- The programs run after school were amazing. I really enjoyed them and learning new skills.
- Very inclusive.

- Wonderful initiative for our local area, please continue, we have many families in this area with lower economic resources, so anything the government can do to make activities more affordable and freely available would be welcome.
- Would like to see this keep going - it is a good idea.
- Would love more.

### **Suggestions and areas for improvement**

- Didn't know about it.
- I didn't feel like information was readily available. I had no idea so many activities were available until this survey.
- I feel like there could have been a flier that had gone in post, outlined events with location and times so those who aren't attached to their social media, could plan so they could attend with the local community otherwise great program and much needed for this community and families in our area PLEASE NOTE THAT SOME OF OUR LOCAL PARKES AT THE MOMENT ARE OUT OF ACTION DUE TO REVAMPING OR EXCESS WATER LYING AROUND.
- I hadn't heard of it before this survey, a bit more promotional awareness of what's happening and where would be good and might encourage more people to get involved.
- Known about the Get Fit October but no advertised info on what activities available for what day unless I purposely went looking for it.
- Needs to be promoted more.
- Needs to be put out there more so everyone knows about it.
- There were not enough activities taking place outside of weekday business hours to make this an inclusive initiative. It is unlikely that people will take time out from earning a wage to then pay for services. It would be nice to see some of the time slots in the evenings or on the weekends.
- This program would have been amazing if it continued and wasn't just for the month of October, I was excited to do the activities and sign my kids up for activities but most of them fell on days I had medical appointments as we had a lot of them in October so I was hoping to do some in November but I didn't realise it was only for 1 month so we missed out on most activities.
- I didn't know about it, but it seems like a good thing now that I am aware.
- I think it is a great initiative. I looked into the free class held at my local gym but the times didn't suit me.
- I think it's harder for mums to get active because of not feeling like they can bring kids.
- I would love for this initiative to happen again, however the advertising was spread thin and the Neighbourhood Centre posted about this scheme way too late to participate which was disappointing.
- I would like more information about it.
- I'd love more picnic spots and open spaces in the area for family activities. I'd also like some more team and club sports activities to be more available and accessible via advertising and local notifications.
- It was just a shame about the weather really, we would have attended more of the activities if it weren't for the rain.
- It would have been great if more dates were offered for the Point Wolstoncroft activity and if it was open to children 10+. Overall, I think it was a great initiative that saw more people get out and about and enjoy the local community.
- It's great community initiative that needs more advertising so more people can get involved.
- It's hard to find time to exercise, but it's good when you do.

- It's hard to find time, but I'm more aware that I have to for me and my kids.
- More after school activities needed in San Remo either at the high school grounds or the oval behind ...To many kids hanging around doing nothing each afternoon.
- My children attend Little Coast Kids, Northlakes. It was great to see them involved in the media campaign and also participate in Bike Week. Perhaps I missed something in the schedule, but it would have been good to have some activities on in the late morning/early afternoon (e.g. 1030am and 2.30pm) to engage much younger children.
- Open the oval.
- There should be fitness equipment at San Remo park or even the oval, not many things to do here unlike other suburbs.

- End of report -