

HAWKESBURY LIVING HEALTH & WELLBEING



KIDNEY HEALTH AUSTRALIA

The boards of both Richmond Club and Hawkesbury Living have made a major commitment to supporting the health of local residents in commissioning Kidney Health Australia for the screening of Chronic Kidney Disease. The targeted screening program for 500 patrons of the Hawkesbury Community will be coordinated under the direction of Kidney Health Australia's Medical Director Associate Professor, Timothy Matthew.

Prior to commencing the program, Kidney Health Australia will work with the Richmond Club to publicise the initiative with GP's in the local area to raise awareness of early detection and the management of chronic kidney disease in our community.

SENIORS' FITNESS CLASSES

Our Active8 Fitness centre holds classes for seniors including HeartMoves, Seniors' Strength Training and Seniors' Tai Chi and with a strong seniors focus it's not surprising to note that more than 10% of our fitness centre members are over the age of 60.

HAWKESBURY LIVING CANCER TRUST

During the last twelve months we have started to raise funds for the development of an Oncology unit for the Hawkesbury. With more than

\$118,000 raised so far, planning stages are well under way and we are looking at having the project out of planning stage and applying for DA's within the next year. Trustees will include Graeme Colless, Peter Chidgey, Kristen Gower, Dr Duncan Guy, John O'Brien and Vivienne Leggett.

We are striving to develop the unit so that residents in need of cancer treatment will not have to travel so far for treatment and additional services, such as support groups, can also be offered. Ultimately the success of this will depend upon it being a "Hawkesbury Project" with all groups raising funds towards this much needed unit.



PINK FINSS CHARITY

Richmond Club and Hawkesbury Living are aligning with the Pink Finss in their cause to support women suffering breast cancer and their families. Their goal is to have a localised network of support, whether the need be financial, emotional or practical the Pink Finss will be there to support them through it.



FITNESS CLASSES

During the past year Active8 Fitness Health & Leisure held a total of 2401 Group Fitness classes in order to help people achieve and maintain their health and fitness goals.

KIDS' PROGRAMS

Each week Active8 holds two Kids' Gym fitness classes to help fight the battle of childhood obesity while developing what we hope will be healthy lifelong habits.

WELFARE CARS

For more than 11 years Richmond Club has offered free community transport to medical specialist appointments and we have now further increased this service with the addition of another welfare car to service our members' needs.