

# HUME WHITTLESEA PRIMARY CARE PARTNERSHIP GRANTS PROGRAM

2019

## Starting April

**Hume City  
Council  
HumeXplorer**

**For 3-8 yo &  
their families**

Outdoor, nature based play is important in supporting optimal growth and development in children

**Increased  
physical  
activity**

In Hume, 37% of children and almost 60% of adults do not get enough physical activity. Let's change that together!

**Mental Health  
& Wellbeing**

Good physical health is essential for good mental health. While the kids explore, parents can make new social connections too!

INNOVATIVE

XPLORER  
PASSPORTS

RIGOROUS  
EVALUATION

WALK WITH  
WORDS

SUSTAINABLE

NATURE  
PLAY

*Are you  
ready to  
HumeXplore?*

## GROWING IDEAS LOCALLY