

MEDIA RELEASE

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\$10,000 sporting equipment boost tackles alcohol demand in Ngukurr

A Roper Gulf Regional Council alcohol action initiative in Ngukurr will use a \$10,000 Northern Territory Government grant to further promote the benefits of healthy lifestyle choices for youth through the purchase of new sporting equipment.

The initiative was launched in a bid to stop youth in Ngukurr being drawn to alcohol and other drugs as a form of entertainment, and instead turn their attention to a range of physical activities co-ordinated by the Council.

Youth Development, Sport and Recreation Co-ordinator John Hickey said the funding would allow the Council's Community Services team to continue its success in the remote community.

"What we're trying to do is continue the momentum we already have in these guys improving their health and fitness on a daily basis," he said.

"We need equipment to do that."

He added that youth had embraced the initiative and were revelling in the opportunity to participate in activities they had not previously had exposure to, including mountain biking, weight training and agility courses.

"It's about making sure that drugs and alcohol aren't their entertainment," Mr Hickey said.

"We're helping to change their lifestyle to one of exercise and looking after themselves, and it's making a big difference already.

"It's a matter of them having a better image of themselves and who they are."

Community Services Regional Manager Annalisa Bowden thanked the NT Government for recognising that combatting alcohol and other drugs often needed a unique approach.

"This funding means the Council will be able to buy more equipment for youth in Ngukurr to engage with as a form of entertainment, which means they will be kept active and make better life choices," she said.

“That will lead to a decline in the demand for alcohol and other drugs in the community, and provide a flow-on effect for service providers in that field, as well as Ngukurr as a whole.”

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For further information, please contact the Communications Co-ordinator on 0419 891 666 or at roper.governance@ropergulf.nt.gov.au.