



Media release

For immediate release

Date: 17 October 2014

Subiaco resident wins top prize for a mentally healthy life

Subiaco resident Clyde Goddard has placed first in the seniors category of the annual Act-Belong-Commit Awards this month, in recognition of his efforts to lead a mentally healthy life.

Mr Goddard, born in Subiaco in 1926, has lived locally for most of his life. He was nominated by the City of Subiaco and received his award at a ceremony hosted by Mentally Healthy WA earlier this month.

For the past thirty years Mr Goddard has been involved in a number of community groups including the Shenton Park Senior Citizen's Association, the Shenton Park RSL and the Subiaco Football Club.

Mr Goddard is the secretary, treasurer and a membership officer of the RSL committee, and is involved in organising the Shenton Park ANZAC Day celebrations and Poppy Day. He also volunteered for the City of Subiaco's Meals on Wheels service for almost thirty years.

Mayor Heather Henderson said: "Mr Goddard has been an active contributor to our community for many years and this award is extremely well-deserved. He should be commended for his achievements and the example he sets to other members of the community."

Mr Goddard said his favourite part about living in Subiaco was the people, and the support he received in the community.

He said: "I do this (work) for the community because I've had wonderful people in my life who have helped me, and now I'm just paying them back."

Aside from volunteer work he stays mentally active by doing cryptic crosswords every day, Sodoku and also trying to solve nine-letter word puzzles.

Sarah Graham from Mentally Healthy WA added: "Clyde has an unwavering passion for his community, and goes above and beyond to make sure the City of Subiaco thrives."

The award recognises efforts of community members to live a mentally healthy life by doing things they enjoy (Act), getting together with family and friends and



participate in community organisations (Belong), and to do things that help others or require effort and dedication (Commit).

Thirty-nine nominations for the Act-Belong-Commit awards were received across eight categories.

For more information on Act-Belong-Commit visit www.actbelongcommit.org.au

For information about getting involved the City of Subiaco community, including volunteering opportunities, visit www.subiaco.wa.gov.au

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Photo/Interview Opportunity

A photograph and interview with Mr Goddard can be arranged.

Notes to Editor

The City of Subiaco is recognised as a local government leader in a range of areas such as environmental and social initiatives, and long-term planning for the future. It is located in the inner metropolitan area of Perth and includes the suburbs of Subiaco, Daglish and parts of Nedlands, Shenton Park, Crawley and Jolimont. A major centre for employment with a diverse and growing business sector, the city provides important services including waste collection, town planning and public recreation facilities, to more than 19 000 residents. The city aims to maintain its vibrant sense of community and enhance the lives and well-being of everyone who lives, visits and works in Subiaco. For more information about the City of Subiaco, visit www.subiaco.wa.gov.au