




Speech By
Joseph Kelly

MEMBER FOR GREENSLOPES

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ADJOURNMENT

Stones Corner Parkrun

 **Mr KELLY** (Greenslopes—ALP) (9.21 pm): We had a big day for hearts in this place yesterday with visits from both the National Heart Foundation and the National Stroke Foundation. I want to thank all members who took the time to have their blood pressure checked and to learn about stroke.

When nurses review their patients at the start of a shift, if we see a person under the age of 75 we say to ourselves, 'There's a young one.' This was not the case when I started my career. Simply, people are living healthier and longer. I believe that this is due to a number of important factors: declining smoking rates, increased activity rates, improved diets and fantastic support from our network of primary care general practitioners who monitor health, educate patients and have a much larger range of cardiac medications at their disposal.

In my electorate I have a constituent who, in addition to working full-time and being the president of a local kindy committee, has found the time to establish an exciting program that contributes significantly to hearth health. Ian Hay has set up and runs the Stones Corner Parkrun. The Stones Corner Parkrun is turning one this Saturday with a special run planned, and it represents an outstanding milestone for Ian and the volunteers who run this fantastic event.

On Saturday mornings at 7 am you will regularly find 150 to 200 runners preparing for a five-kilometre run or walk. The entire event is run and organised by dedicated volunteers. Parkrun started in London and launched in Australia in April 2011. Since then there are now 8,027 events each weekend—137,672 runners who have completed 1,048,536 runs—and all of this achieved by volunteers.

This is a relaxed run but you are timed. Runners, me included, use this timing to monitor progress. The run has led many people, me included, to start exercising regularly. Walkers are welcome and I greatly admire a good friend of mine who does the park run every weekend and has moved her time for five kilometres from the mid 50-minute mark to close to 40 minutes. She started walking the whole way and now runs most of the event.

The health benefit of the Stones Corner Parkrun is immense and Ian Hay is to be congratulated. While the park run is good for heart health, it is good for mental health and what I call community health. That is the health that is gained when people start to build a community of caring and like-minded individuals. I now regularly see people from our community on a regular and relaxed basis—people from my kids' school, my barber, local Councillor Helen Abrahams, the soccer coach, parents from P&Cs, and many old and new friends. I am particularly pleased to see whole families running together.

There are park runs all over Queensland, and I would urge all honourable members to find your local park run and support it. The health benefits for your community will be immense. I close by acknowledging Ian Hay, the many volunteers and the sponsors of Stones Corner Parkrun and I wish them all a happy first birthday.