

22 July 2020

## Wet a line and win with Palmerston's fishing competition

City of Palmerston is looking to encourage residents to embrace the Top End fishing lifestyle through a new recreational catch and release fishing competition with great local prizes up for grabs.

Council has called for a report to consider the implementation of a catch and release fishing competition. With Council offering an array of monthly prizes consisting of vouchers purchased from local Palmerston businesses.

Palmerston's easily accessible and well stocked lakes provide the perfect destination for this competition for all recreational fishers, from the beginner to the avid angler. This initiative is part of Council's existing programs designed to improve lifestyle, well-being and health.

City of Palmerston made all its lakes available for recreational fishing on a catch and releases basis in 2019, and several fishing platforms have been installed for anglers. Fishing at Palmerston's picturesque lakes provides an easy introduction to the sport, especially for children and families.

Encouraging young children, teenagers, adults and families to fish offers a cost effective and healthy outdoor recreational activity that can be enjoyed through life.

A study by Curtin University of Technology, Centre of Excellence for Science, Seafood & Health (CoESSH) found considerable health and well-being benefits can be gained through involvement in recreational fishing. It was also found that recreational fishing was noted to provide significant benefits to children and youth with behavioural and mental health issues.

Council supports outdoor lifestyles and activity in open space areas and encourages people to try recreational fishing.

### Quote from City of Palmerston Alderman Lucy Morrison

*"Palmerston is home to 15 beautiful lakes, many stocked with prized barramundi. The catch and release fishing competition will encourage young children, teenagers, adults and families to embrace active outdoor lifestyles. We are excited at getting residents outdoors and improve the overall lifestyle of Palmerston as an active and enthusiastic community."*

– ENDS –

### Media Contacts

Samantha Abdic - 0419 824 731

Richard Iap - 0458 889 950

[media@palmerston.nt.gov.au](mailto:media@palmerston.nt.gov.au)