**GoDoActive**

Members of the Physical Activity Strategy Implementation Group have launched their GoDoActive initiative in the café area at the National Sports Centre.

GoDoActive is set to give guidelines on exercise for all age groups – providing locals with the physical and psychological benefits of regular exercise.

The website is a one-stop shop for information on activities taking place on the Island.

Strategy coordinator Dawn Henley says it’s important for people to be educated from a young age:

**Poppy Campaign**

President of the Royal British Legion in the Isle of Man says the Poppy Appeal raises more money per head of population than any other region in Britain.

The Poppy Appeal Campaign has now been launched – the funds of which provide care and support to serving members of the Armed Forces, veterans of all ages and their families.

Steve Rodan told us that conflict around the world does not appear to be diminishing - as the need for financial aid is greater than ever.

Mr Rodan says people on the Isle of Man are very generous in their support:

**Langness**

An MHK says that resident’s associations should be more involved in the planning process.

The Douglas West MHK tells us he is in support of the Langness Resident’s Association – who are an interested party in the upcoming court case concerning development at Langness.

The court was petitioned by Heritage Homes and FI Developments to have a proposal removed from the Southern Area Plan on the grounds that the Department of Infrastructure (DOI) didn’t follow due process.

Derbyhaven residents asked a number of MHKs – including Chris Thomas - to write letters in support of their position as interested parties in a court case.

Mr Thomas says the outcome might have profound implications for future development Island-wide: