

tion there full-time to protect it," he said.

A spokesman for the Prime Minister made no comment on Mr Abbott's security arrangements.

Nearby businesses expressed no specific concerns and said the main disruptions were occasional peaceful protests.

Mick Outthred, who runs Northside Runners, a shop beside Mr Abbott's office, said the current security detail seemed sufficient.

"Before he became PM you'd see (Mr Abbott) just walking past by himself, but now his entourage gets here before him," he said.

A bicycle thief was foiled outside Mr Abbott's office on Wednesday morning, when an alert customer in a convenience store yelled at him.

The Australian Federal Police were contacted for comment but did not respond before deadline.

Members of the public can report suspicious activities to the National Security Hotline on 1800 123 400 or directly to local police.

Want a body like Wolverine? Tony Ashcroft and Gerry Marshall (inset) are offering the same program that got Hugh Jackman into shape. Picture: JEREMY PIPER

Tom Westbrook

THE 45-minute workout that keeps Wolverine in shape has hit Dee Why with the opening of the F45 Training gym.

F45, short for Functional 45, is a program based on

NORTHERN BEACHES

Abuse victims seek help

Cayla Dengate

A SPATE of high-profile sexual abuse cases are encouraging northern beaches survivors of abuse to come forward and seek treatment, a private clinic says.

Curl Curl-based mental health rehabilitation facility South Pacific Private co-founder Loorraine Wood said

high-intensity 45-minute group classes and gym co-owner Tony Ashcroft, of Balgowlah, said bookings have been filling fast since Saturday's grand opening.

It is essentially circuit training and the regime is the brainchild of eastern suburbs trainer-to-the-stars Luke Istomin, who has a gym in Paddington.

He's trained celebrities such as Ricky Martin, Nicole Richie and Hugh Jackman, putting them through the same punishment dished out in the Dee Why classes.

Participants could exert themselves for a little as 20 seconds, resting for 10 seconds and then back in to it for another 20 seconds.

Do you have a better way to stay in shape? Let us know on Facebook

HIGH-PROFILE CASES ENCOURAGE SURVIVORS

there was a silver lining to coverage surrounding the trials of Rolf Harris and Robert Hughes.

"As a result of the publicity, we've noticed an increase in inquiries," Ms Wood said.

"The more this subject of

abuse is discussed in a healthy and productive manner, the more the survivors of sexual abuse can arrive at a place where they can talk about it.

"We're seeing a correlation between the recent publicity and clients being

able to speak openly and freely about it."

Ms Wood said it was important to keep the conversation going about the subject of sexual abuse.

"They are able to let go of the feelings of worthlessness or feelings that somehow it

was their fault," Ms Wood said.

"They begin to understand that the shame they feel was actually the shame that should be felt by the perpetrator."

The centre has been operating in Curl Curl for 22 years and is expanding from 41 beds to 53 beds to keep up with demand.

CRINITIS

COME TO YOUR LOCAL MANLY CRINITIS AND TRY OUR NEW SENSATIONAL CRONUT

Shop 1, 54 West Esplanade, Manly NSW 2095
1300 274 648 | crinitis.com

