

Expression of Interest

Healthy Sports Clubs



Does your club want to support the health and wellbeing of your club community and gain positive community exposure?

If so register for *Healthy Sports Clubs* — a FREE initiative for sports clubs in partnership with the Cardinia Shire Council, City of Casey Council and City of Greater Dandenong Council, focusing on improving the health and wellbeing of your club community to make it a healthy and inclusive place for all!

There are nine different health areas in *Healthy Sports Clubs*. Choose a health area that your club is already focusing on, or choose a another that needs improving.

		INCLUSION	
HEALTHY FOOD & BEVERAGES			SUN PROTECTION
PHYSICAL ACTIVITY & ACTIVE RECREATION			SMOKE FREE CLUBS
RESPONSIBLE ALCOHOL CONSUMPTION			INJURY PREVENTION
PREVENTING DRUG HARMS			MENTAL WELLNESS

A Health Promotion Practitioner will provide on-the-ground localised support to help your club with health and wellbeing actions and to build stronger networks and partnerships.

Contact us now to arrange an initial chat!

INTERESTED? Contact Cassandra: cassandra.crothers-swensson@monashhealth.org

Club Case Study: Catani Netball Club

Mental Wellness

Why did you get involved in Healthy Sports Clubs?

We identified Mental Wellness as an area that we needed to make a priority, especially during the 2020 lockdown. We knew members of our club were struggling and we wanted to help them with more than just their physical health.

How has it changed your club community?

It continues to assist in changing the way our community communicates. There have been increasingly progressive conversations around our club with people feeling more comfortable in speaking openly and honestly, and reaching out for help if they need it. The overall attitude towards mental health is changing in a positive way.

What are the benefits of being involved with Healthy Sports Clubs?

Having someone to bounce ideas off, and also to get some really strong advice about what we wanted to implement. The support we received from the Healthy Sports Clubs team has been awesome.

Advice for clubs who want to register?

Jump straight in! Be open to new ideas and involve as many people in your club as possible. I think it was one of our best decisions to sign up to a program like this and we strongly believe every club would benefit by being a part of it.



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Club Case Study: Lang Lang Cricket Club

Smoke Free Clubs

Why did you get involved in Healthy Sports Clubs?

We wanted families to be encouraged to join our club knowing that the health of our members was important to our club.

How has it changed your club community?

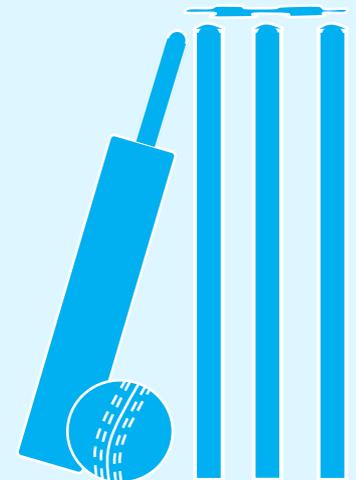
It has made us think about the little things that improve the health of members, it also shows the wider club the work we do behind the scenes to focus on healthy lifestyles.

What are the benefits of being involved with Healthy Sports Clubs?

It gives us an evidence base to refer to when assisting club members and their families to have a healthy lifestyle.

Advice for clubs who want to register?

Give it a go, Monash Health do the hard work and help you to set goals and collate it all together to enhance the health of both senior and junior club members and the general sporting community.



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