

LOCAL CLUBS GETTING MORE OF THE COMMUNITY INTO THE GAME

Victorians will have more opportunities to take part in community sport and improve their health and wellbeing thanks to over \$737,000 in funding from VicHealth's latest funding round.

263 local Victorian sports clubs will get a share in Active Club Grant funding to provide more female teams and programs, as well as social sport options for less active Victorians.

The grants will also support social, flexible and accessible sports programs to encourage more people in the community to give sport a go, regardless of their ability, gender or cultural background.

As part of this grants round, VicHealth is funding a wide range of popular sports and activities, from grassroots football and netball, to less traditional sports like weightlifting, BMX biking and hang gliding.

Trailblazing sports programs include a junior sports program for children who use powerchairs and a soccer program designed for refugee children to learn how to play the game while also supporting them to connect with their new community.

Minister for Health Jenny Mikakos said the grants are a vital way to support more women and girls to get involved in community sport.

"We need to ensure our community sporting clubs are welcoming and inclusive places because every Victorian should have the opportunity to enjoy the benefits of healthy, active lives," she said.

VicHealth CEO, Dr Sandro Demaio said Active Club Grants are designed to give Victorian sporting clubs the boost they need to ensure they can support their community to be more active.

"We know that for many sporting clubs new equipment, a subsidised membership or funding for coaches could be the difference between having a team or not," Dr Demaio said.

"While there is a growing number of women who are looking to step onto the field and join a club, there are still less opportunities for women and girls to play and participate in sport, which is why we're supporting as many clubs and teams as possible to provide these important opportunities.

These grants will help get Victorians more active by offering modified or social versions of traditional sports, where your age, ability, background, lifestyle or gender isn't a barrier to taking part."

VicHealth research also shows many women feel intimidated to get involved in sport.

Fifty clubs will receive extra funding to promote VicHealth's [This Girl Can - Victoria](#) campaign as part of a state-wide movement to empower women to get involved regardless of how good they are or how they look while getting active.

"Last year our *This Girl Can - Victoria* campaign encouraged over 400,000 Victorian women to get more active. These grants will help even more Victorian women to feel safe and confident to get out there and give sport a go."

Dr Demaio said VicHealth was proud to support grassroots clubs and volunteers across Victoria to get more communities active and healthy.

"Playing sport is so good for our physical and mental health but we know not everyone in our community has the same opportunity to get involved," he said.

"Active Club Grants create more opportunities to find a sporting activity you love, so we encourage everyone to check out what's on in their local area and give it a go."

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For more information on VicHealth's Active Club Grants or the full list of local clubs receiving grants, please visit www.vichealth.vic.gov.au/activeclub

Local case studies, statistics and interview opportunities are available on request.