

NEW GRANTS TO HELP LOCAL SPORTS SCORE MORE GOALS

Grassroots sports clubs across the state can now apply for a share in around \$500,000 in VicHealth funding to get more Victorians active and playing sport.

[VicHealth Active Club Grants](#) of up to \$3,000 or \$10,000 are available to help local clubs capitalise on the huge demand in the community for women's sport by creating new women and girls' teams.

The funding can also be used by clubs to offer social sport programs, such as modified sports for people with disability or beginners' teams.

VicHealth Acting CEO Dr Lyn Roberts encouraged Victorian sports clubs to apply for funding to help locals live healthy and active lifestyles.

"Getting involved with your local sporting club is a fantastic way to connect with your community and boost your physical and mental health," Dr Roberts said.

"We want to support clubs right across the state to create new opportunities for women and girls and less active Victorians to get involved with sport."

Dr Roberts said Active Club Grants have helped a wide variety of sports clubs get more Victorians active over the years.

"Sports clubs are at the heart of their communities, providing opportunities for people to have a go at sport while also being a great opportunity to make new friends and meeting like-minded people," she said.

"We know costs can be a burden – particularly for grassroots clubs. Our Active Club Grants can help clubs with a range of costs including uniforms, equipment and instructor training."

Dr Roberts said with nearly half of all Victorians not doing enough physical activity to benefit their health it was critical that sporting clubs were supported to offer more opportunities to get people moving.

"Our research shows most Victorians aren't doing enough physical activity to stay healthy and well," she said.

"Victorians love our sport but it can be really intimidating to give it a go, especially if you're a newbie. These grants can help local sports clubs offer more social or modified options that are less competitive so that everyone, regardless of their age, ability and gender can take part.

"Building on our [This Girl Can – Victoria](#) campaign, we also want to encourage community sports clubs to offer new programs, teams and activities that make sport less intimidating for women and girls to get involved."

Clubs applying for Active Club Grants funding can also request an additional \$2,000 grant to promote VicHealth's *This Girl Can – Victoria* campaign to encourage women in their local community to get active.

Clubs can apply for Active Club Grants through the VicHealth website before 4pm on Friday 30 August 2019.

For further information and to apply visit <https://www.vichealth.vic.gov.au/funding/active-club-grants>.

Media Contact

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