

Monday 7 November 2011

VICHEALTH'S \$660K FUNDING FOR LOCAL SPORTS CLUBS NOW OPEN

In a bid to get more people active, the Victorian Health Promotion Foundation (VicHealth) has launched its **2012 Active Club Grants** funding round, which assists with the purchase of essential sporting equipment, injury prevention and management equipment, portable shade and volunteer training.

A total of \$660,000 in grants of up to \$2,500 each are available via VicHealth to local sporting clubs, regional sporting leagues and associations and local active recreation clubs across Victoria.

VicHealth CEO Jerril Rechter said this year's grants would continue to focus on people aged over 60, who traditionally had low rates of sports participation and young people aged five to 17-years-old.

"The grants aim to make it easier for clubs to fund items or activities that help them to improve safety and to reach out to new participants," Ms Rechter said.

"We are keen to encourage the involvement of people who are currently inactive, or who face barriers to taking part in sport.

"This may include Indigenous communities, people from culturally diverse communities, people with disabilities and those who live in rural or low socio-economic communities.

"This year's grants also focus on people aged over 60, who traditionally have low rates of sports participation and young people aged five to 17-years-old and sports, who are vulnerable to on-field emergencies.

"Regular physical activity not only protects against many illnesses, it also makes us mentally healthy, alert and resilient against the stresses of modern life."

Ms Rechter added more than 8,800 sporting codes and clubs across Victoria have received Active Club Grants over the 22 years VicHealth has provided this support. Over this period, more than 1 million club members have been able to access safer and better equipped clubs with more trained volunteers.

Minister for Sport and Recreation, the Hon. Hugh Delahunty endorsed the grants. Mr Delahunty said physical inactivity costs the health system at least \$400 million each year.

"In Victoria, half of all adults do not get enough exercise. As well as the physical benefits, research also shows that sport builds community pride and loyalty and offers people the chance to get involved, providing them with a positive sense of self-worth.

"Evidence suggests that habits are established early in life, and physically active children are more likely to mature into physically active adults."

Eligible sport and recreation organisations are invited to apply for this grant online at www.vichealth.vic.gov.au/activeclub or to post completed applications to:

VicHealth, 15-31 Pelham Street, Carlton, VIC 3053.

The funding round closes Thursday 8 December, 2011.