

Media Release

21 August 2017

NEW GRANTS PITCHED AT GETTING VICTORIANS ACTIVE AND HEALTHY

Local sports clubs across the state will be supported to create new opportunities to get women, girls and less active Victorians playing sport thanks to \$400,000 in VicHealth grants now up for grabs.

Clubs are encouraged to apply for the latest round of [VicHealth's Active Club Grants](#), which open today, in an effort to get more women and girls involved in sport and increase social sport opportunities to help Victorians improve their physical health and mental wellbeing.

Social sport includes more flexible, fun and less-structured opportunities with a focus on social interaction, and less emphasis on performance, results and competition. Sporting programs can be modified to increase opportunities across age, disability, skill level, fitness level, lifestyle, or location.

VicHealth CEO Jerril Rechter encouraged local sports clubs to apply for the latest round of grants to help improve the health and wellbeing of local residents.

"Victorian community sporting clubs play a vital role in enabling people to play sport and keep physically healthy and mentally well," Ms Rechter said.

"We're proud to help clubs create more opportunities for women and girls as well as those who don't normally participate in organised sport to try something new.

"With these Active Club Grants, Victoria's local sport clubs will be able to provide a wider range of opportunities for everyone to get active. The grants will also provide more opportunities for people from disadvantaged communities to take part in sport."

Ms Rechter said that with less than a third of us getting enough physical activity to benefit our health it was critical that sporting clubs were supported to offer more opportunities to get people moving.

"Our research shows many Victorians are not fitting the recommended amount of physical activity into their week," she said.

"Women's participation in sport is still lower than men's. There's a number of reasons for this - including a lack of time and self-confidence, which means many women and girls find it hard to get active.

"We want to encourage sports clubs to offer new flexible and social sports programs to make it easier for people to make sport and physical activity part of their everyday lives.

"I encourage local clubs who want to get more people involved in their sport to submit an application today."

As part of VicHealth's long-term plan to get more Victorians living healthier and happier lives, Active Club Grants provide funding of up to \$3,000 or up to \$10,000 to community sport clubs. The grants form part of VicHealth's work to address the recommendations from the recent Victorian State Government's *[Inquiry into Women and Girls in Sport and Active Recreation](#)*.

Clubs should apply for the funding grants through the VicHealth website before round one closes at 4pm on Friday 22 September. For further information or to apply visit www.vichealth.vic.gov.au/activeclub.

Media Contact

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Note to editors:

In 2017–18, VicHealth’s Active Club Grants will provide funding to increase opportunities for Victorians to participate in community sport clubs.

VicHealth has prioritised two different areas of physical activity:

- **Female participation**

VicHealth knows the number of women participating in sport clubs is much lower than men. Our research shows this is due to a lack of suitable opportunities and difficulty prioritising physical activity over family, education and work commitments. These grants are designed to get more women and girls involved in physical activity, through new or recently established teams, programs, activities and opportunities.

- **Participation in social and modified forms of sport**

VicHealth will also be funding clubs to start a social or modified sport program that will attract more people to be regularly active. Social sport includes more flexible, fun and less-structured opportunities with less emphasis on performance, results and competition. Social sport can also be used to introduce someone to a new sport, or to bring people back to sport.

VicHealth is inviting Victoria’s community sporting clubs to address these priorities by either creating new sport opportunities or by implementing, within their own club, an existing program created by a State or National sporting organisation.

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