

3 December 2019 – International Day of People with Disability

Letter to editor

VicHealth funding helps local sports clubs cater for Victorians of all abilities

In recent years, we've seen a fantastic boom in women's sport and a shift from traditional sporting programs to more social and modified ones. This means there are more opportunities for Victorians to become physically active and improve their health and wellbeing.

However, today on International Day of People with Disability (3 December) I want to recognise how much more we need to do for people in our community who are living with disability and to support clubs and programs that offer more accessible options.

Not everyone has the same opportunity to take part in regular physical activity. Australians with disability are 40 per cent less likely to be physically active than people without disability. Too often I hear how cost, limited access to appropriate equipment and a lack of trained staff contribute to people with disability not getting the same go. This isn't acceptable.

Our research has found that Victorians with disability also experience significantly lower mental wellbeing, resilience and life satisfaction than people without disability.

That's why VicHealth is funding more local sporting clubs to offer programs for Victorians living with disabilities. Every Victorian should be able to participate in sport and reap the benefits of an active lifestyle.

We have funding available right now for local sports club who are looking to develop their social sporting opportunities, particularly for those experiencing disability, available on the funding page of VicHealth's website www.vichealth.vic.gov.au/funding/partnership-grants.

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