Expression of Interest—Cardinia
Healthy Sports Clubs



Healthy Sports Clubs **is a FREE initiative for all sports club codes in partnership with the Cardinia Shire Council, City of Casey Council and City of Greater Dandenong Council, which focuses on improving the health and wellbeing of your club community to make it a healthy and inclusive place for all!**

There are nine different health areas in *Healthy Sports Clubs*. You don't need to do all nine but can choose a health area that your club is already focusing on, or that needs improving.
The nine health areas are:

			INCLUSION
HEALTHY FOOD & BEVERAGES			SUN PROTECTION
PHYSICAL ACTIVITY & ACTIVE RECREATION			SMOKE FREE CLUBS
RESPONSIBLE ALCOHOL CONSUMPTION			INJURY PREVENTION
PREVENTING DRUG HARMS			MENTAL WELLNESS

Healthy Sports Clubs provides your club with a Health Promotion Practitioner for on-the-ground localised support when working through the initiative.

Is your club working on or looking for support to improve the health and wellbeing of your club community? If so, contact us now to arrange an initial chat!

INTERESTED? Contact Cassandra: cassandra.crothers-swensson@monashhealth.org

Expression of Interest—Cricket

Healthy Sports Clubs

Club case study: Upper Beaconsfield Cricket Club—Injury Prevention & Mental Wellness

When did you join Healthy Sports Clubs?

We were approached by Monash Health and started with Healthy Canteens. Our Canteen Manager agreed to stock more healthy items at the club to provide more variety. He also participated in a workshop.



What health area did you focus on and why?

Injury Prevention was next as the club wanted to become more conscious of first aid and ensuring players were better prepared and aware of injury prevention measures. For example, warm-up and cool-down sessions are now held in training sessions.

What area are you currently working on?

The COVID pandemic and lockdowns have focussed our attention on the Mental Health of our families.

Advice for clubs who want to register?

Clubs flourish from the ground up, so register now to join Healthy Sports Clubs!

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Expression of Interest—Cricket

Healthy Sports Clubs

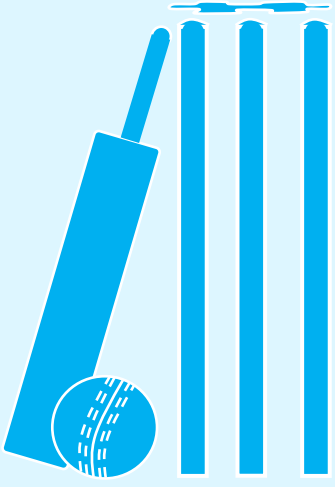
Club case study: Lang Lang Cricket Club—Smoke Free Clubs

Why did you get involved in Healthy Sports Clubs?

We wanted families to be encouraged to join our club knowing that the health of our members was important to our club.

How has it changed your club?

It has made us think about the little things that improve the health of members, it also shows the wider club the work we do behind the scenes to focus on healthy lifestyles.



What are the benefits of being involved with Healthy Sports Clubs?

It gives us an evidence base to refer to when assisting club members and their families to have a healthy lifestyle.

Advice for clubs who want to register?

Give it a go, Monash Health do the hard work and help you to set goals and collate it all together to enhance the health of both senior and junior club members and the general sporting community.

INTERESTED? Contact Cassandra: cassandra.crothers-swensson@monashhealth.org

Expression of Interest—Netball
Healthy Sports Clubs



Club case study: Nar Nar Goon Netball Club—Mental Wellness

Why did you get involved?

I was extremely interested in this area and thought I would learn something to help the people at the club during COVID.



How has it changed your club community?

It has given us a strong focus at our club that we would not have had. We have been able to source great information to better our club and members health and wellbeing.

What are the benefits of being involved with Healthy Sports Clubs?

It helps you focus on what is important to your club members and helps you move forward with other areas that can bring your whole club and community together.

Advice for clubs who want to register?

We would highly recommend other clubs becoming involved. We're sure they'd be surprised at the resources, assistance, and benefits that their club would receive. My advice would be to talk with Monash Health and make that initial contact to see what is involved.

INTERESTED? Contact Cassandra: cassandra.crothers-swensson@monashhealth.org

Expression of Interest—Netball

Healthy Sports Clubs

Club case study: Catani Netball Club—Mental Wellness



Why did you get involved?

We identified Mental Wellness as an area that we needed to make a priority, especially during the 2020 lockdown. We knew members of our club were struggling and we wanted to help them with more than just their physical health.

How has it changed your club community?

It continues to assist in changing the way our community communicates. There have been increasingly progressive conversations around our club with people feeling more comfortable in speaking openly and honestly, and reaching out for help if they need it. The overall attitude towards mental health is changing in a positive way.

What are the benefits of being involved with Healthy Sports Clubs?

Having someone to bounce ideas off, and also to get some really strong advice about what we wanted to implement. The support we received from the Healthy Sports Clubs team has been awesome.

Advice for clubs who want to register?

Jump straight in! Be open to new ideas and involve as many people in your club as possible. I think it was one of our best decisions to sign up to a program like this and we strongly believe every club would benefit by being a part of it.

INTERESTED? Contact Cassandra: cassandra.crothers-swensson@monashhealth.org