

Heidi Victoria MP

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LOCAL CLUBS IN BAYSWATER DISTRICT RECEIVE FUNDING BOOST

A number of local sporting organisations in the Bayswater Electorate have been awarded grants up to \$2,500 from the Victorian Health Promotion Foundation (VicHealth) to train volunteers, purchase essential sports equipment, for injury prevention and management equipment, and portable sun shade.

Heidi Victoria said the grants were designed to get more people in the community physically active and to support smaller regional and rural clubs that sometimes need extra support.

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

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

"Sometimes it's as easy as going for a walk to the local park and enjoying your surroundings", Mrs Victoria said.

Boronia Cricket Club and Ringwood Spiders All Abilities Sporting Club will each receive funding under this years grants.

This year's grants were prioritised to support clubs that cater for older people, clubs in rural and low socio-economic areas, Aboriginal Victorians, people with a disability, people from culturally and linguistically diverse backgrounds and juniors.

More than 9,700 sporting clubs across Victoria have received Active Club Grants over the 23 years that VicHealth has provided this support.

VicHealth CEO Jerril Rechter said it was vital to continue to support local sporting organisations.

"Because of our annual Active Club Grants round, more than one million club members in Victoria have been able to access safer and better equipped clubs with more experienced volunteers," Ms Rechter said.

"VicHealth's Active Clubs Grants recognise the important role local clubs play in increasing physical activity and helping communities stay connected.

"Sports clubs provide a valuable service in Bayswater district, not just for sport and fitness, but for getting people together as well. Friendship and a strong sense of community are important for good health.

We hope these grants will encourage people to join a club, renew their membership, or continue playing their favourite sport."

For information about VicHealth's Active Clubs Grants, go to www.vichealth.vic.gov.au/activeclub