



ANNUAL REPORT

2020/21





Our vision:

To build active local communities

Healthy Clubs, Healthy People

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Organisation details:

120 Numurkah Road, Shepparton VIC 3630
PO Box 1361, Shepparton VIC 3630

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CHAIRPERSONS REPORT

What a year Valley Sport has had. Focusing on supporting community sport and recreation and its 15,000+ volunteers across the Goulburn Valley to navigate the effects of the COVID-19 pandemic on their club operations and competitions. Whilst continuing our work to improve Gender Equality in Sport and Recreation clubs across the Goulburn Valley. We also worked hard on developing appropriate support for the mental health of our local sport and recreation communities as a key finding of our local guided conversations report. Again, it has been a busy, yet productive year for Valley Sport.

I would like to take this opportunity to thank my fellow board members and staff for their contributions over the past 12 months, you have all provided excellent strategic direction and support to the organisation over a continued challenging period for the Victorian Community and especially the many disruptions to community sport and recreation. I look forward to continuing working with you all to lead the recovery and assist the local community sport and recreation sector navigate its way through the current environment. To emerge in better shape than we all came in hopefully.

Valley Sport have welcomed some new faces to the team; Nick Ludington and Tristan Zito to our club development team and Jacqui Napolitano to our inclusive participation team. Valley Sport also said goodbye to our Project Officer's Michael Dann and Hannah Symes. We thank all the resigning staff members for their contributions to our organisation and wish them well in their future endeavours.

Unfortunately, the second half of 2020 continued to cause major disruptions to our lives and community sport and recreation until late October and we found ourselves in and out of shorter and sharper circuit breaker lockdowns that caused the summer sports some distress in the lead up to the end of their seasons. Add to that winter sport and recreation competitions were again disrupted on and off in May and June and were likely to continue through the remainder of the winter season. We had hoped for a more stable 2021 for community sport and recreation but unfortunately, we were served up with another dose of history repeating itself as it did in 2020.

Despite the financial year operations being affected Valley Sport were still able to maintain a strong financial position at years end. Revenue fell by \$47,729 in line with business investments and were able to maintain staffing levels and stabilise expenses to mirror the previous years result. This saw a net profit invested back into the business of \$63,426.

The coming year will see Valley Sport investing significantly increased time and effort to support the local sport and recreation sector to get back on its feet. We welcome the Working For Victoria program investment which will see a surge workforce to support these activities over the coming year. This will ensure that local sport and recreation can thrive and provide all the benefits to the local community for many years to come. Valley Sport will also continue its lobbying for the establishment of a Sports Academy for the region, providing greater levels of support to our clubs and increasing physical activity across the region.

Healthy Clubs, Healthy People.

Natalie Irvine
Chairperson



STATISTICS

on our programs,
events and workshops



5 CLUBS
Engaged in Mental Health Programs

7 Physical Activity Programs delivered
255 Active participants



2 Large AAA events planned but cancelled due to COVID-19
4 AAA Needs Analysis Activities
159 All Abilities participants

117 PARTICIPANTS
Club Development Workshops

92 PARTICIPANTS
Mental Health Workshops

3 Club Development Workshops cancelled due to COVID-19



WORKSHOPS



14 Responsible Service of Alcohol Courses delivered



206 Club volunteers trained

SCHOOL SPORTS PROGRAMS



2,848

School Sports Program Participants

10 CLUBS involved in School Programs



190,516

People reached through our online platforms

18

E-newsletters and COVID-19 updates sent

187

Clubs Provided with one-on-one club support



6 Funding Agreements with Stakeholders



OUR ORGANISATION

Board Members

Natalie Goodall
Chairperson

Jo Breen
Board Member

Colin Gleeson
Vice Chairperson

Belinda Conna
Board Member

David Booth
Executive Member

Staff Members

David Quinn
Executive Officer

Nattalie Joinbee
**Business Development
Manager**

Kayla Ryan
Program Manager

Jacqueline Napolitano
(Commenced Nov 2020)
Project Officer

Tristan Zito
(Commenced Dec 2020)
Project Officer

Nick Ludington
(Commenced Feb 2021)
Project Officer

Lucy Marino
Project Officer

Hannah Symes
(Resigned Oct 2020)
Project Officer

Michael Dann
(Resigned Jan 2021)
Project Officer

Emma McQueen
Project Support Officer

Kate Nichols
School Sport Coordinator

Sheree Brown
Finance/Bookkeeper

CASE STUDY

Helping local clubs to tackle their feelings

In late 2020 Valley Sport was given the opportunity to provide 5 workshops to local Football/Netball Clubs across our catchment to help address mental health of their members.

The program is known as Tackle Your Feelings is a mental health program designed and supported by the AFL Coaches Association alongside Zurich Insurance. The aim of the program is to develop local Football and Netball coaches to be better equipped to deal with mental health problems that arise within their clubs.

Valley Sport identified TYF as an opportunity to support clubs in an area that desperately needed support, especially due to the effects on community as a whole as we continue to manage the ever-changing nature of the pandemic.

Valley Sport identified clubs from across our catchment that would be suitable candidates for the TYF program. "Ultimately, we were able to come up with 5 Football/Netball clubs from a range of LGA's that would be a good fit for the program."

"A good fit was defined by clubs that we thought would benefit from mental health development programming, this included clubs that had previously been in touch with us to discuss their desire to pursue mental health development at their club."
- Tristan Zito, Valley Sport - Project Officer.

Coaches and relevant senior club members were then required to complete a short online module relevant to the age group they coached or were the administrator for followed up by an in-person session at their club. The workshop was delivered by a local psychologist (Rachael Willis) who was sourced and trained by TYF to deliver the workshops whilst Valley Sport managed all other aspects of the program delivery within our catchment with the chosen clubs.

The program successfully trained and educated approximately 100 coaches and club members from across the 5 clubs on how to understand, recognise and manage mental health within themselves and their players/members at their community sporting club.

Our psychologist notified us that they had received several referrals from the clubs that attended the program which demonstrates the program, and its referral pathways were appropriate and needed.

"A good fit was defined by clubs that we thought would benefit from mental health development programming..."

**Tristan Zito, Project Officer
Valley Sport**

At the conclusion of every workshop, we were pleased that a number of people would often come up and provide positive feedback on the program, the general consensus from participants was that these types of programs were definitely needed in community clubs.

A junior coach of the Katandra Football Netball Club stated that some of the techniques presented in the workshop had already

given her ideas about how to better manage her players to positively support their mental health. We look forward to continually working with TYF to deliver this great program to more local football and netball clubs across our catchment and look forward to offering mental health programming to all other local sporting codes and clubs. Valley Sport have already got several initiatives in the pipeline for 2021-22, including a series of low-cost Accidental Counsellor Training offered to local sport and recreation volunteers. Work has begun on Valley Sport's own program "On the Front Foot" which we hope to roll out with the support of local psychologists across our catchment in 2022 and thank Australia Post for investing in our On the Front Foot program for Goulburn Valley Clubs to access.

Goulburn Valley Sports Assembly Inc. trading as:



Valley Sport is proudly supported by:



Valley Sport supports the following local Governments:



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