

# COMMUNITY DEVELOPMENT UPDATE

## TACKLE YOUR FEELINGS GOLDFIELDS ROADSHOW

Country Football WA took Tackle Your Feelings to the Goldfields across the 23rd, 24th and 25th of July. First stop was in Kambalda where over 40 community members attended an impactful session. The next stop was in Kalgoorlie, where a more intimate session was delivered to Goldfields FL female footballers. The final stop for the 3rd roadshow of 2024 was in Esperance at Newtown Condingup Football Club where over 50 club members engaged in the workshop.

Chris Oversby is the Wellbeing Coordinator for Newtown Condingup and mentioned the feedback from players, Coaches and supporters has been very positive, with the biggest take away seeming to be the tools to recognise when themselves or people in their lives are not on their game and at risk, and the methods to deal with this. Further to this, participants shared they left the session feeling more confident to approach mental health conversations and had greater awareness around their own mental health and how to look out for others around them.



## JULY DELIVERY RECAP

**JULY 1** - Cottesloe TYF Session  
**JULY 2** - Forrestfield TYF Session  
**JULY 9** - Kalamunda TYF Session  
**JULY 15** - Kingsley TYF Session  
**JULY 16** - Kwinana TYF Session  
**JULY 17** - Denmark Walpole Thriving Clubs

**JULY 18** - Albany Sharks Thriving Clubs  
**JULY 22** - University TYF Session  
**JULY 22** - Umpiring WA TYF Session  
**JULY 23** - Kambalda TYF Session  
**JULY 24** - Kalgoorlie TYF Session & TYF Wellbeing Coordinator Webinar  
**JULY 25** - Newtown Condingup TYF  
**JULY 30** - Jandakot TYF Session

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## AUGUST - WHAT'S COMING UP?

August will provide WAFC staff an opportunity to engage in a hybrid TYF workshop, which will place a key focus on staff wellbeing and how to address burnout. Wyndham Crocs and WKFL will engage in initial Thriving Communities engagements, and Derby Tigers will engage in Thriving Clubs session #2. Tackle Your Feelings session will continue to be delivered to SEDA Business students, Umpiring WA and community clubs. Bronwyn May (Pinjarra FC President) is also hosting a screening of the 'Wild Butterfly' movie for all clubs within the Peel Football and Netball League after viewing the film at Country Football WA's community development conference in July 2023.

## ALBANY SHARKS PRESENT ON THRIVING CLUBS

The Albany Sharks club committee and leaders have been engaging in Country Football WA's 'Thriving Clubs' workshops delivered by Matt Angus since November 2023. Their first session started with a temperature check to determine where things are at, they then discussed personal purpose and how this contributes to club purpose and did a similar process for values. After their initial four workshops, the committee wanted to involve their broader membership base to gain a greater understanding of whether their input was reflective of the club community and start to commence the process of embedding the work throughout the entire club. This was the first 'Thriving Clubs' workshop of this kind and the Sharks committee were extremely pleased with the level of engagement and buy-in from players, parents and club members that attended. The next session will focus on utilising learnings and commence the development of an aligned vision for the club.



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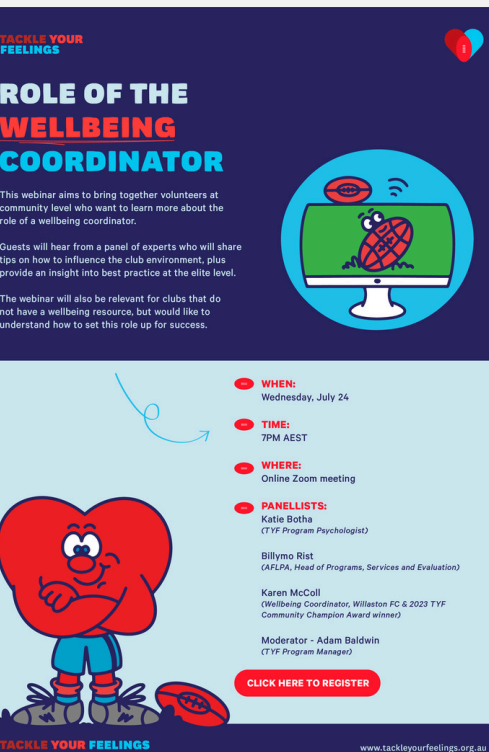
## TACKLE YOUR FEELINGS WELLBEING COORDINATOR WEBINAR

On Wednesday 24th of July, Tackle Your Feelings hosted a wellbeing coordinator webinar for community club wellbeing coordinators. The webinar aimed to bring together volunteers at community level who want to learn more about the role of a wellbeing coordinator. Guests heard from a panel of experts who will share tips on how to influence the club environment, plus provide an insight into best practice at the elite level. There was great uptake from Country Football clubs in the webinar and the feedback from those that attended was positive. We look to work with TYF to expand these online opportunities for Country Clubs in 2025.

## PERTH FOOTBALL LEAGUE CLUBS EMBRACE TACKLE YOUR FEELINGS THROUGHOUT JULY

Led by Mark Sanders, Perth Football League clubs embraced the Tackle Your Feelings partnership across July. The PFL managed to deliver 9 sessions across the month engaging over 200 PFL players, coaches, volunteers and club members. A huge highlight was the session with Kalamunda FC, which was attended by 61 participants. This is the largest session that has been delivered to a WA community club. Mark mentioned “the PFL is thrilled to partner with CFWA & WAFC and rollout the Tackle Your Feelings program in

2024. Sessions have been really well received by our clubs and the education around mental health has never been more important. Being able to offer these sessions extends the message that while our clubs are football focussed they also provide wider benefits to the local community. We look forward to increasing our involvement next season and having more of the PFL community part of the program”. Congratulations to Mark and the PFL for exceeding their delivery targets for the year in the month of July!



**TACKLE YOUR FEELINGS**

### ROLE OF THE WELLBEING COORDINATOR

This webinar aims to bring together volunteers at community level who want to learn more about the role of a wellbeing coordinator.

Guests will hear from a panel of experts who will share tips on how to influence the club environment, plus provide an insight into best practice at the elite level.

The webinar will also be relevant for clubs that do not have a wellbeing resource, but would like to understand how to set this role up for success.

**WHEN:** Wednesday, July 24

**TIME:** 7PM AEST

**WHERE:** Online Zoom meeting

**PANELLISTS:** Katie Rotha (TYF Program Psychologist)

Billymo Rist (AFSPA, Head of Programs, Services and Evaluation)

Karen McColl (Wellbeing Coordinator, Willston FC & 2023 TYF Community Champion Award winner)

Moderator - Adam Baldwin (TYF Program Manager)

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**TACKLE YOUR FEELINGS** [www.tackleyourfeelings.org.au](http://www.tackleyourfeelings.org.au)

