

**MAY  
2024**



*Midwest*

## CLUB FOOTY KICKS OFF

The last weekend of April saw footy return across the Midwest. Pre-season is finally done for another year and clubs are excited as ever to get stuck in to the season. Up date to fixtures, scores and ladders can be found on PlayHQ:

- [Gascoyne FA](#)
- [Great Northern FL](#)
- [Great Northern Junior FL](#)
- [Murchison Junior FL](#)



## EVENTS

- 14** Tackle Your Feelings  
Carnarvon
- 15** Tackle Your Feelings  
Geraldton Umpires
- 16** Tackle Your Feelings  
GNFL Clubs
- 20** All Abilities Come & Try

## TACKLE YOUR FEELINGS

Tackle Your Feelings is a free mental health training program for community AFL clubs. The program is delivered by a local psychologist and aims to help participants gain the tools to Understand, Recognise and Respond to signs of mental ill-health. The program is based on the education delivered to the AFL industry and is led by high profile player and coach ambassadors. For more information contact your club who will be able to pass on the details.

## FIT MINDS KICK GOALS

[tackleyourfeelings.org.au](http://tackleyourfeelings.org.au)



**EXTRA**  
Auskick SuperKids  
SuperHeroes Round  
May 17-19

SENIORS - Belt Up Round  
May 17- 19

## FREO DOCKERS VISIT



Freo Dockers were recently in town as part of their annual Geraldton community engagement trip. This year we were lucky enough to have AFLW players Aine Tighe and Orlagh Lally join FFC staff members Roger Hayden, Wade Spilcker, Graham Mills and Cam Shepherd in the trip up.

Over the 3 days they visited schools, engaged with local stakeholders and coaches, and even ran a few training sessions for local clubs. These were capped off by dropping in to watch some of the girls teams play at the Female Interschool Carnival.



## 'FOOTY FOR ALL' LAUNCH

'Footy For All' will be launching in Geraldton with a Come & Try session to kick things off on Monday 20th May.

'Footy for All' is an inspiring initiative for adults over 16 aimed to develop your football skills, build life skills, and boost your confidence in a safe, supportive, and inclusive environment.

For more information head to the All Abilities website:  
<https://www.allabilitiesfooty.com.au/>

