

Health Promotion Forum, Melton

8 May 2025



TEAMSSPORTS**4**ALL

Why do we exist?

"Because no child should miss out on the opportunity to play team sport."

TeamSports4All is a grassroots charity in Melbourne who help **reduce the social isolation** faced by kids facing financial hardship, by aiding their **participation in club sport and the wider community**

Impact of playing team sport

- ✓ Reduces **social isolation**
- ✓ Introduces kids to **new friends and role models**
- ✓ Improves **physical and mental health**
- ✓ Develops **self-confidence**
- ✓ Decreases exposure to the risks of **drugs, alcohol and crime**
- ✓ Increases **school engagement**
- ✓ Builds a more **inclusive community**



Why Melton?

The need has never been greater and we're ready to meet the challenge

Approx. **22.7% of people are aged 5-18 years**¹ in the City of Melton.

Many of these young people are facing significant challenges. **Youth mental health** is a serious issue in Melton, and we know that **team sport participation has been proven to address this**.

With **rising cost of living** pressures, the reality is that the number of families experiencing financial hardship is growing – and **participation in sport** is being taken **further out of reach** for many.

[1. 2021 Melton, Census All persons QuickStats | Australian Bureau of Statistics](#)

The **earlier** we can introduce disadvantaged kids to sport the **greater the impact** to the trajectory to their lives – why wait?



Case Study – "Georgia"

Team Sports is the Vehicle. Changing Lives is the Goal.



Turning Children's Lives Around

The benefits of playing team sport

Ben's Story (3 min)



Our Wicked Challenge

Reaching girls from diverse backgrounds

- ✓ Girls traditionally less likely to participate in sport, especially in later years
- ✓ Parents / guardians may not prioritise sport for girls
- ✓ Language & cultural barriers
- ✓ Understanding structure of community sports in Australia
- ✓ Understanding barriers, eg appropriate sportswear
- ✓ **How can we better reach & connect with these girls & their families?**



Thank You!



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