COUNT ME IN! Newsletter 3, December 2017

COUNT ME IN is a sports participation program which commenced in 2016. It is helping young people and families from migrant and refugee backgrounds to participate in local sports clubs and organisations.

Our Community Support Coordinators work closely with recently arrived migrant and refugee communities to link these families into partnering sporting clubs. This has been achieved by providing information, support and encouragement, building trust, and identifying and creating welcoming sporting environments for migrant families.

STAFF UPDATE

We welcome Zeina Zogheib to the Count Me In team as a Community Support Coordinator. Zeina has worked at Arabic Welfare since 2016 and has experience supporting and building the capacity of newly arrived and migrant families to access services and activities.

“I am very excited about my new role for Count Me In. With a strong emphasis on social inclusion and wellbeing, this project will help me further support our clients by increasing their community engagement through sports participation and fostering a greater sense of belonging in their new home”.

We also welcome to the Count Me In team and Merri Health 3 parent volunteers who have been assisting families. Thank you to Hureen, Aisha and Naz for all of your hard work so far!

VICHEALTH AWARDS FINALIST

We are thrilled that the Count Me In project has been recognised and selected as a finalist in the Building Health Through Sport Category for the 2017 VicHealth Awards. The awards ceremony will be held on the 5th of December.

BADMINTON FOR WOMEN, MEN & GIRLS

We now have five sessions of badminton running in Oak Park, Fawkner and Craigieburn for women, men and girls. We continue to be supported by Badminton Victoria to meet the demand to play Badminton by the migrant community.

RESEARCH & EVALUATION

We are still analysing the surveys completed by children and young people participating in Count Me In. Our focus groups with families and sports club members showed that it would be useful to share more information about how to make sports participation enjoyable and inclusive for everyone.

To help share this information we created the following ‘tip sheets’. One for our Count Me In families and one for our sports clubs focusing on the particular needs of Muslim families. Let us know if you find them useful!
TIP SHEET: Important things to remember when your child joins a sports club

“Here we are multicultural country. We learn from each other, we have differences ... If they’re not involved then they’re not exposed to those things. They wouldn’t learn these things. The sport is a very good way to learn these things.”

(Parent)

**COMMITMENT**
Joining a sports club requires you to commit to the whole season. This is so the team has enough players each week.

Please let the Coach or team manager know as early as possible if you are unable to attend. It is important to get the phone number of the person to contact. You can ask for help with transport.

**WEAR THE RIGHT SPORTS GEAR**
Make sure your child has the right equipment for both training and games. Always ask the coach if you need to purchase any special equipment or clothing for your child. The club may have second hand uniforms or equipment that is cheaper.

**TRAINING**
Attending training is as important as attending on game day. Training allows your child to improve their skills and knowledge of the sport, to build up their fitness and confidence to play, and get to know their team mates.

**BE A SUPPORTIVE PARENT**
A parent should be the number one fan of their child’s team and cheer for all team members. Teach your child to respect the coach’s decisions even if you or child do not always agree.

If you want to talk to the coach about your child, ask them when they have time to talk. Usually this will be before or after training – not during a match when the coach is busy thinking about the whole team.

**BE ON TIME**
Make sure your child is at least 20 minutes early to training or a game to allow time for proper warm ups and game plans.

**GET INVOLVED!**
Each club is run by volunteers and always need new parents to help out. This can be by helping in the canteen, scoring, umpiring, coaching or managing a team. If you would like to help the club please talk to a committee member.

Bring a water bottle to training and games. Encourage children to stay well hydrated by drinking plenty of water before, during and after play.

**SPORTS CLUB DETAILS**

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<th>Name of Club:</th>
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<td>Name of Coach:</td>
<td>Training Day:</td>
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<td>Contact Number:</td>
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Most of all, remember to have fun!

Sport is a great way for you and your child to make new friends and build stronger, healthier and happier communities.

We are here to help if you have any questions! Zeina: 9380 9536 and Sarwat: 0497 085 397
Let's all have a **halal** of a good time!

Tips for ensuring your club is inclusive

**Why halal?** Halal is an Arabic word that means ‘permissible’ or ‘allowed’

For many Muslims their faith includes observing dietary laws which define foods and beverages that are *halal* - permissible, and foods that are *haram* - not permissible.

Halal foods and beverages may be enjoyed by everyone, regardless of their religion or culture. Halal options are widely available in your local supermarket, butchers and at specialty stores in your local area.

*Halal simply implies the absence of pork and alcohol* (more information on alcohol below) and that meat has been slaughtered according to religious requirements as prescribed in the Qur’an. As you would for vegetarians and vegans, always check that the food supplied doesn’t contain any animal by-products (such as gelatin and rennet or made with animal stock that is not derived from halal meat.)

**WHAT FOODS ARE HALAL?**

- Meat that has been *halal* certified (with the exception of Pork)
- Fish and seafood
- All foods or beverages that do not contain alcohol or non-halal animal by-products

**HOW TO PREPARE A HALAL MEAL**

- Ensure you purchase meat from a *halal* butcher or meat that has been clearly labelled with *halal* certification
- Read food labels carefully to ensure no alcohol, pork or non-*halal* meat by products are included
- Ensure preparation and cooking areas as well as plates, trays and utensils have been cleaned before handling *halal* foods

We are here to advise and help if you have any questions!
Zeina: 9380 9536 or Sarwat: 0497 085 397

**ALCOHOL**

In Islam, the consumption of alcohol is strictly prohibited. Some Muslims may feel uncomfortable in environments where alcohol is consumed. If your next club function will include the supply and consumption of alcohol, please communicate this clearly to Muslim families and club members. You may want to consider having an alcohol free period during awards and medals ceremonies or clearly defined areas for alcohol supply and consumption.

There is no right or wrong rule on alcohol so it is best to always speak honestly with individual families and members on what is the best outcome for everyone to participate and have a good time.
Thank you to the following sports clubs for their ongoing support of Count Me In

Haig Fawkner Cricket Club, Northern Saints Football Club, Hadfield Football Club, Pascoe Vale Hadfield Cricket Club, Preston YWC District Cricket Club, Hadfield Netball Club, Soccer Rising Stars, Futsal Oz, Fawkner Soccer Club, Coburg Little Athletics, Craigieburn Little Athletics, Broadmeadows Basketball Association, Craigieburn Eagles Basketball Club, Craigieburn Cricket Club, Roxburgh Park United Soccer Club and Hume City Soccer Club

Thank you to our current funding partners VicHealth, Moreland City Council and The University of Melbourne.

Count Me In is a community-based partnership project between the following organisations