

COUNT ME IN!



Newsletter 4, Winter 2018

COUNT ME IN commenced in 2016 to help young people and families from migrant and refugee backgrounds to participate in local sports clubs.

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.

If you would like to be involved, please get in touch!

In this newsletter, you can read about:

- Information about the benefits of joining a sports club for children
 - A summary of the latest findings from our research and evaluation
 - A summary of a University of Melbourne student project where Dads talked about encouraging their daughters to play sport
 - Details of all the sports available over the next few months through Count Me In!
-





WHAT ARE THE BENEFITS OF YOUR CHILD JOINING A SPORTS TEAM?

1

GOOD PHYSICAL HEALTH

Regular physical activity is important to be physically healthy. If your child is fit and well this prevents the development of diseases and ill health, and promotes good health into the future.

2

GOOD BRAIN FUNCTION IMPROVES LEARNING

Physical activity is very important as it promotes good brain functioning in children. This is good for academic performance. Research has found that academic results are not harmed when children spend time playing sport. In fact by boosting your child's brain functioning your child's ability to learn and understand their school work is improved.

3

GOOD MENTAL HEALTH

People who participate in sport have improved self-esteem and overall wellbeing and is good for mental health.

4

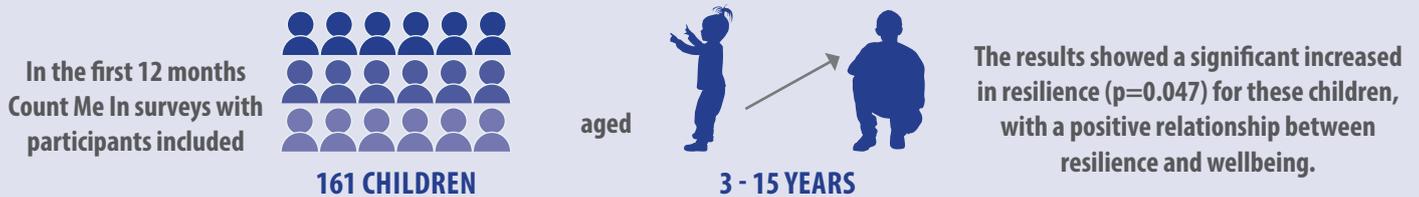
BUILDING FRIENDSHIPS AND SOCIAL ENGAGEMENT

Participating in a sports team has been shown to build friendships and acceptance between children. A supportive environment such as a sports club helps children and youth develop positive life skills and behaviours and develops core values such as respect for others and being responsible.

By creating opportunities to join a sports club, the Count Me In project aims to promote social inclusion for your child and your whole family. The Community Support Workers will help you join the sports club and support ongoing participation for you and your child.

RESEARCH & EVALUATION

Results so far



A social network mapping exercise asked children to think about who they could talk to about important things including other 'kids at school', 'kids in the community', 'adults at school' and 'adults in the community'. Results showed that after participating in Count Me In, more children said that they had at least one person to talk to about important things. This shows Count Me In was associated with an increase in the social network of participants, and children feeling they had people they could connect to from outside of the home.

Interviews with sports clubs and focus groups with parents have indicated that we can continue to improve Count Me In by working to improve communication between clubs and families. Despite this, parents and children were extremely positive about the program and were very positive about the support provided by their Community Support Coordinator.

Further research is underway with the support of a VicHealth Innovation Research Grant to continue to evaluate the Count Me In model.



These awesome kids who have joined Roxburgh Park United Soccer Club, with the assistance of the Count Me In program, spoke to us about why they love playing soccer at their club

"You get to make new friends"

"I do it because I love the sport"

"It's better to do exercise than just be at home doing nothing"

GIRLSPLAYINGSPORT:UNDERSTANDING WHAT FATHERS THINK

A research project by Sarah Khaw

The Count Me In program would love to see more girls (as well as boys) playing sport! In 2016, we held focus groups for parents to understand more about what could help their children – both girls and boys – play sport at a club. Only mothers attended those focus groups, so a University of Melbourne student project was done to understand more about what fathers think as well. For this project we decided to concentrate on sports participation by girls and interviewed 9 migrant fathers who had daughters in Count Me In.



WHAT FATHERS TOLD US

The fathers we spoke to all supported their daughters to play sport. They thought that both mothers and fathers were role models and had an important influence when it came to sport.

“Oh, I love it! I love it and honestly as a father our job is to give equal opportunity to everybody; to boys, to girls.” (Father 5)

“Yeah actually dads play a very important role for their kids [as] to whether they want their kids to participate in sports yeah. Fathers are backbone of this whole thing.” (Father 1)

“I think the mothers are more [relied on]. I think in the community mothers are more involved with the kids and especially with the girls, so I think they can be much more influential.” (Father 6)

“I think the mother really needs to get involved [in sport too] and at the end it’s a benefit for them as well.” (Father 8)

“...if the mothers are not too much involved in the sports then often the girls are also taking them as an example...” (Father 5)

What helped encourage girls and their families to participate in sports?

Seeing other families from same background playing sport and ‘word-of-mouth

“...when you are living in a minority, you feel confident when you are around a bunch of people who are from the same background.” (Father 3)

“...when (the Community Support Coordinator) and other people tell this information within community, a lot of people come there so they find similar faces or people from similar backgrounds and they find that it is a very friendly and compatible place- so they feel easy and enjoy that place.” (Father 1)

Support from the Count Me In coordinator and volunteers.

“The best thing is that it is an organised activity and... we see the representative of Count Me In. So (the Community Support Coordinator) asks us, ‘You need to come, You have to come’, and once we got the news, we were very welcome and obviously we will go.” (Father 2)

Understanding the benefits for daughters and families: health, confidence and making friends and new connections.

“So confident girls, actually build their confidence level a lot when they participate in the sports that’s for sure and then their physical activity, fitness and making new friends all that, quite a lot of benefits actually.” (Father 1)

What makes it hard for migrant girls and their families to join sports clubs?

Fathers felt that limited family supports in Australia, costs of sports clubs and balancing expectations of different cultures can make it hard for migrant families to join sports clubs. Some fathers preferred their daughters to play sports that were not too ‘physical’ or rough. Some also felt that girls needed to have access to female-only sports, sport venues and female coaches

“...my values and beliefs system comes from my religion. So my values don’t allow my daughter to play with boys and she can play with the girls... But there should be boundaries and limitations there.” (Father 2)

Thank you

Sarah would like to thank the nine fathers and their families who participated in this study for openly sharing their experiences and knowledge. Without your engagement and enthusiasm to participate this research project would not exist. We would also like to thank Sarwat for your endless support throughout the entire research project process.

WHAT OUR PARTNER SPORTS CLUBS HAVE ON OFFER SUMMER 2018/2019

AFL

Coburg Junior Football Club

Piranha Park, Coburg

Come & Try Free Program

29th August - 19th September,

Wednesdays 4.30pm - 5.30pm

Badminton

Fawkner Leisure Centre

Girls Only, \$5/session

Sundays 9:30am - 10:30am (Age 7-10)

Sundays 10:30am - 11:30am (Age 11-15)

Ladies only, \$10/session

Thursdays 12pm - 2pm

Oak Park Stadium

Ladies Only \$10/session

Tuesdays 10am - 12pm

Basketball

Broadmeadows Broncos Basketball Association

Broadmeadows Stadium Tanderrum Way

Aussie Hoops (5 - 10 years) Term 3

25th July - 12th September,

Wednesdays 4pm - 5pm

Gladstone Park Greenvale Rec Centre

Aussie Hoops (5 - 10 years) Term 3

28th July - 15th September

Saturdays 8.15am - 9.15am

Craigieburn Eagles Basketball Association

Craigieburn Sports Stadium

Toddler Hoops (2 - 5 yrs)

21st July - 22nd September

Saturdays 10am - 10.45am

Learn to Fly Skills Clinic (>5 years) Term 3

20th July - 21st September

Fridays 4.30pm - 5.30pm

Junior Competition starts October 13th

Cricket

Haig Fawkner Cricket Club

Charles Mutton Reserve Fawkner
Junior Boys & Girls Registrations
30th August 2018 6pm - 8pm

Pascoe Vale Hadfield Cricket Club

Raeburn Reserve Pascoe Vale
Junior Boys & Girls Registrations
Sat 25th August 2018 12pm - 3pm

Craigieburn Cricket Club

DS Aitken Reserve Craigieburn
Junior, Girls & Beginner Registrations
Visit the website for information:
www.playcricket.com.au/club-finder/club-details?id=1144

Little Athletics

Little Athletics Registration Portal
<https://lav.lc/2MrJCJR>

Coburg Little Athletics Centre

Harold Stevens Athletic Field, Coburg North
Free Come and Try Day
Saturday 15th & 22nd September 2018
10am - 12pm

Craigieburn Little Athletics Centre

Sprint Athletics Centre, 1140 Aitken Boulevard
Pre-season training on
Thursdays 4.30pm - 5.30pm &
Saturdays 10am - 12pm

Please contact Sarwat for more information M: 0497 085 397

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



Futsal

Futsal Oz Thomastown

Sunday Clinics - learn & practice Futsal skills
\$10/session
4 & 5 years, 9 - 10 am
6, 7 & 8 years, 10 - 11 am
9 - 12 years, 11 - 12 pm

Clubs spots are available for
U8s, U10s, U12s & U14s
Training 5 - 6pm on Monday and Wednesdays
Matches on Friday nights

Netball

Fawkner Netball Club

Charles Mutton Reserve
6 week Netball Training Clinics
For ages 5 - 20 yrs
Wednesdays 5.30pm - 7.30pm &
Thursdays 4.30pm - 6.30pm

Free Come and Try Session (>5 years)
Sunday 7th, 14th & 21st October
10am - 12pm

NetSetGo program (5-10 years)
Starts Thursday 25th October 2018
4.30pm - 5.30pm
\$80 for 8 weeks