



Gotcha4Life Workshop SLSCC

Audience: Junior Activities Chairs, Director of Administration, Presidents, Director of Member Services
Date: Monday 2nd November 2021
Contact: Tom Simpson
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Summary	SLSCC is participating in the Gotcha4Life More than a Game program and is seeking members who would be interested in joining the program. This is a great opportunity for all 15 clubs to promote good mental health and well-being within members.
Actions	Interested member to nominate via the nomination form .

SLSCC is participating in the Gotcha4Life More than a Game program and is seeking members who would be interested in joining the program. This is a great opportunity for all 15 clubs to promote good mental health and well-being within members.

SLSCC is looking at least 2 members from each club to participate in the program. Please communicate this information with members and ask them to nominate themselves onto the program. SLSCC share with clubs participants experience with all clubs throughout the program.

About the Program

There are three dedicated sessions for males and one for females. Each is led by a facilitator of the same gender. It is important to create an environment where participants feel safe to be honest about the cultural and contemporary struggles they experience. A lot of this experience is interested by identity and gender. This is the reason for this format.

There will be an information session called 'Kick Starter' for club leaders prior to commencement of the program. This is designed for questions, feedback and adjustments that can help in the delivery of the program for the members nominated.

What is More than the Game?

More than the Game is a series of online workshops facilitated by Central Coast Council and delivered by Gotcha 4 Life Foundation, media personality Gus Worland and qualified industry professionals, Tomorrow Man and Tomorrow Woman.

The purpose of this program is to create and improve connections between teammates and strengthen the resilience of the sporting community. The workshop content is delivered online and focuses on improving Mental Fitness and Well-being.

What is the aim of this project?

Over the past twenty years the Central Coast region has had consistently higher-than-average rate of suicides compared to the rest of NSW. Mental ill-health and suicide are serious issues facing all of us, every day. Early intervention and education can help prevent these rates increasing.

Central Coast Council has identified local sports clubs and associations as an established and well-regarded community connector. Working through partnerships with established community organisations can help important information reach as many as possible to build better mental fitness and resilience. This program offers a series of online workshops delivered by qualified industry professionals to help create awareness around common triggers and promote positive mental health.

What is involved?

A series of five workshops delivered online that focus on two key areas that can help reduce rates of suicide in our region.

These key areas are:

- early intervention
- seeking help

Gotcha4Life is Australia's mental fitness charity, working to end suicide by delivering programs that create meaningful mateship, build emotional muscle, and strengthen social connection in local communities. Gotcha4Life was established as a not-for-profit foundation by media personality Gus Worland in 2017. The programs will engage, educate and empower participants by building mental fitness that can raise awareness of and contribute to helping end suicide.

Gotcha 4 Life vision

To end suicide

If you have any questions please do not hesitate to contact the branch office on 4353 0299 and press 3.

