



THE UNIVERSITY OF
MELBOURNE

Club Presidents Forum

Thursday 25 May 2023

Nona Lee Sports Centre





Attendance

Professor Pip Nicholson (Chair)
Mr Tim Lee (Director, MU Sport)
Ms Rosemary Bissett (Advisory Board of Sport)
Mr Rod Warnecke (Sport Development Manager, MU Sport)
Mr Tom Mullumby (Clubs Coordinator, MU Sport)
Ms Maddie Sheedy (Football)
Mr Daniel McCullough (Pharus Wellbeing)
Mr Max Ueda – Athletics
Ms Jasmine Wong – Badminton
Mr Joel Rimes – Basketball
Mr Peter Rossiter – Basketball
Ms Jade Devlin – Baseball
Mr Dan Wallace – Boat

Ms Megan Allis – Cheer and Dance
Mr Anthony McQuire – Cricket
Ms Sage Aguis-Giddings – Dancesport
Mr Eric Ny – Dragon Boat
Ms Georgia Fitzpatrick – Fencing
Mr Bob Girwood – Football
Mr Andrew Lowcock – Football
Ms Maddie Sheedy – Football
Mr Andrew Lowcock – Football
Mr Samuel Cato - Golf
Mr James Stewart – Hockey
Mr Lincoln Clark – Inline Skating
Ms Amy Hsu – Inline Skating
Mr Henry Tan – Karate
Ms Monique Torey – Karate
Mr Tommy Dinh – Kendo

Ms Monica Ashton – Lacrosse
Mr Michael Hutchinson – Netball
Mr Adrian Garvey - Rugby
Mr Ethan O’Brien - Sailing
Ms Jessica Ngan – Ski
Ms Angela Christian-Wilkes – Soccer
Mr Michael Owen – Soccer
Ms Allegra Randazzo – Squash
Mr Preston Tan-Kang Table Tennis
Ms Vivian Nguyen – Takewondo
Mr Andres Pollano – Tennis
Ms Danielle Crosswell – Touch
Ms Hannah Bradley – Ultimate Frisbee
Mr Maciej Necki – Underwater
Mr Connor McGowan – Wushu Kung Fu



Welcome

DVC Professor Pip Nicholson, Chair





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MU Sport Update

Tim Lee, Director of Sport





Agenda

1. FORUM OPENING

1.1	Welcome	Pip Nicholson	5 min
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2. PRESENTATIONS

2.1	MU Sport Update	Tim Lee	10 min
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2.2	Football Club Inclusion Initiatives	Maddie Sheedy	10 min
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2.3	Mental Health Support in Clubs	Daniel McCullough	35 min
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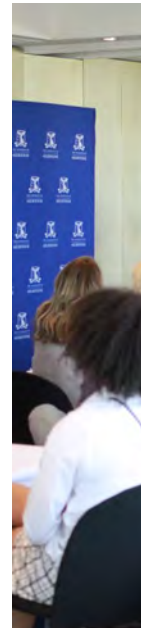
3. MEETING FINALISATION

3.1	Forum Close		
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Refreshments and networking to follow



Sport Volunteers



Our Vision

Sport Matters at Melbourne
It Inspires, Connects and Leads

Our Values

Excellence
 Diversity and Inclusion
 Respect
 Open and Honest Communication
 Leadership

Our Mission

Improve student and staff physical and mental health, reduce social isolation and create lifelong connections to the University

Pillars	Participation	Leadership	Performance
Goals	Improve the physical and mental wellbeing of all students and staff	Develop and enhance leadership and active citizenship	Celebrate and support sporting excellence
Actions	Provide opportunities for the University community to regularly engage in a diverse range of physical activities that are safe, respectful and inclusive.	Provide a range of leadership development activities and programs to train, reward and recruit student and alumni volunteers.	Recruit and support talented student athletes by providing a high-performance sporting environment and comprehensive athlete support services.
	Improve the quality, capacity and accessibility of sporting facilities that support regular physical activity for students and staff across all campuses of the University.	Support programs and events that address important social issues and raise the educational aspirations of young people from underrepresented groups.	Increase our involvement in national University leagues and sporting events and provide a dynamic spectator experience and attract broad media coverage
	Increase participation by providing targeted programs that recognise and address the unique issues of students from disadvantaged groups and those not engaging in regular physical activity.	Improve the level of engagement with our sport and club alumni and increase their support for our sport programs, clubs and student athletes.	Ensure that the University sporting clubs are the first choice of our student-athletes with support for quality coaching, professional administration, athlete development and student recruitment.
Results	A healthier University community	A community of leaders	A centre of sporting excellence



Student and Staff Engagement

Goal: Increase opportunities for students and staff to participate in sport, fitness and recreation activities that support their physical and mental wellbeing and improve the campus experience



- Develop and deliver new and expanded programs, services, events and promotional strategies

- Increase the presence on the University website ensure academic divisions more effectively at communicating important messages



Sport Capital Infrastructure Plan

Goal: Improve the quality, capacity and accessibility of sporting facilities that support regular physical activity for students and staff across all campuses of the University



- Complete the Sport Capital Infrastructure Plan outlining sport capital priorities
- Confirm shovel ready projects and commence work in time for the 2026 Commonwealth Games
- Secure access to additional indoor and outdoor space on campus required to meet participation and equity targets
- Negotiate agreements to secure long-term access for external grounds and facilities
- Increase University support to provide quality sport and recreation programs to an increasing student and staff population spread across a larger campus footprint



Duty of Care

Goal: Increase the level of support to clubs to enable them to deliver on the agreed strategies and targets and provide greater oversight of Club governance for MU Sport and the University



- Complete the review of affiliation arrangements, including grievance and club compliance requirements and clarify MU Sport oversight of clubs, club membership and participants
- Review current practices and develop more extensive and accessible club financial, HR and Volunteer (club and sport programs) management systems

Sport at Melbourne

It Inspires, Connects and Leads





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Inclusion in Sport Initiatives

Maddie Sheedy,
President Football Club (Women's)





Mental Health Support in Clubs

—
Daniel McCullough,
Pharus Wellbeing



What is mental health?

Mental health is about being cognitively, emotionally, socially, physically healthy.

- The way we think, feel & develop relationships



WHAT are some signs & symptoms of mental health problems?

PHYSICAL

COGNITIVE
(THINK)

EMOTIONAL
(FEEL)

BEHAVIOURAL



Workshop 1: Signs and symptoms of mental health problems

Cognitive

- Lack of Motivation, Hopelessness, Procrastination
- Low Self Esteem
- Catastrophising, Negative thoughts,
- Increased feelings of stress
- Forgetfulness, Poor Focus, Less sharp/forgetful/less attentive, brain fog
- Poor Judgement
- Sensitive, Crying
- Empty/Lack of emotions, lacking enjoyment, sluggish
- Rapid Mood Changes
- Not Enjoying things you usually enjoy
- Lack of sleep

Physical

- Poor Diet/Sudden change in weight
- Loss of sleep/Fatigue
- Self-Harm
- Visibly Upset
- Unshaven/Dishevelled appearance
- Posture change
- Heart rate/blood pressure
- Lack of Energy
- Shortness of Breath / Anxiety
- Shaking
- Insomnia

Emotional

- Feeling worthless/not good enough
- Depression, Sadness
- Mood swings
- Anxiety
- Anger
- Lack of empathy
- Hopelessness

Behaviour

- Bad Habits
- Risky Behaviour
- Erratic, Increased Aggression, Sudden Changes in Behaviour, Frustrated
- Reduction in participation
- Not Sleeping, Restlessness, lack of organisation
- Withdrawn, Loss of Motivation, Not Caring, Sad, Smaller personalities, not themselves
- Poor Eating, Alcohol/Drug Use
- Obsessive
- Obnoxious/Challenging behaviour

Signs of mental health problems

BEHAVIOURAL

Not getting things done
Withdrawal & isolation
Avoidance
Loss of confidence
Reduced participation in work/club activities
Conflict with team members/manager
Excessive fear or worry
Increased errors or accidents
Increase in alcohol or medication use

PHYSICAL

Tired, fatigue, exhaustion
Sick and run down
Headaches
Changes in sleep patterns
Weight loss or gain
Disheveled appearance
Gastro-intestinal problems

Signs of mental health problems

COGNITIVE (THINK)

Poor concentration & memory

Confusion

Intrusive, racing or negative thoughts

Unusual or illogical thoughts

Catastrophizing

Procrastination

EMOTIONAL (FEEL)

Anger or irritability

Fear & worry

Anxiety & panic

Hopelessness

Sadness

Difficulty regulating emotions

Numbness or emptiness

Guilt

Depression



Brainstorm strategies to support mental health within your sporting club?

PROMOTE

PREVENT

SUPPORT





Workshop 2: Strategies to support mental health within sporting clubs

Promote

- Mental Health Rounds, RU Okay Day, wellbeing events
- Articles in Newsletters
- Awareness – reduce taboo
- Commemorating people who have lost their mental health battles
- encourage to Speak, education session, open Discussion
- Pointing out who to go to, Flyers
- Let your members know someone to talk to
- Mental Health First Aid Training
- Promoting Fun/Participation over Winning

Prevent

- “Are you okay” conversations, normalising mental health conversations
- Encouraging good health
- Provide open door policy and welcome in, check in with members who have disengaged
- Providing access to workshops promoting mental health
- Social Events to Check In
- Avenues for addressing conflict/issues, confidential reporting
- Strategies for dealing with difficulty and failure
- Wellbeing checks and surveys, Check in survey
- Develop a Mental Health Strategy
- Club Leaders, Mental Health Champions
- Club Study Groups, Buddy Groups

Support

- Giving people space when they need it
- Check in with people who aren't attending
- Using internal and external resources of the club to promote mental health, direct members toward external resources where appropriate (Beyond Blue, CAPS)
- Provide anonymous reporting for confidential help
- Support Policies and Safe Spaces
- Mental Health Support People, have dedicated people towards supporting mental health , social interaction, open and acceptance and understanding



strategies to support mental health within sporting clubs

PROMOTE POSITIVE MENTAL HEALTH

- Mental health awareness workshops
- Mental health first aid training
- Reducing stigma: MH games/rounds
- Promote supports & resources

PREVENT RISK OR ESCALATION OF PROBLEMS

- Wellbeing check in surveys
- Develop club MH strategy
- Club wellbeing representative
- Develop coaches & leaders capability
- Collaborate with other clubs

SUPPORT PLAYERS WITH MH PROBLEMS

- Support process for athletes/players with MH problems
- Club MH resource internet page/handouts
- Player/athlete peer support network
- Player/athlete MH champions
- Club psychologist/counsellor
- Build relationship with local GP practice
- Link in with Melb Uni CAPS





Melb Uni

Counselling & Psychological Services (CAPS)

- Free & confidential. Up to 6 sessions available
- Includes counselling, referral to in-house groups and workshops, self-help resources, and referral to longer term professional support
- Wide range of counsellors available

Bookings

- Online booking process
- **03 8344 6927** Mon – Fri : 9:00am to 5:00pm





Why is it important for your sporting club to be aware of MH problems?





Resources & supports available



Pharus Wellbeing





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Forum Close

DVC Professor Pip Nicholson, Chair

