

4 April 2020

Dear Friends of the Red Hill Football Netball Club

It is with pleasure that today your RHFNC Club Committee launches the Red Hill Football Netball Club's Wellbeing Program. Please see attached.

Our Wellbeing Program has been 7 months in the making under the stewardship of our Wellbeing Officer, Mick Dillon. Mick holds a Specialist Certificate in Athlete Wellbeing & Development granted by the AFL Coaches Association. When Mick sat this course in September last year, he was the only representative from Community Football and so we are proud to be at the forefront in this important initiative.

Areas being supported by the program include:

- Employment & education
- Drug & alcohol dependency
- Anxiety & depression
- Gambling addiction
- Financial matters
- Personal relationships
- Health & nutrition

Whilst the program is directly aimed to assist the 240 young men and women who are currently playing or in the recent past have played for our Club's football and netball teams, it is also designed to assist our members and supporters.

Best wishes and stay safe.

Graham



Graham Sherry
President

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Red Hill Football & Netball Club is a Child Safe Organisation and acknowledges the Bunurong peoples of the Kulin Nation as the traditional custodians of the lands where we live, play and work.