



BRINGING SPORT TO COMMUNITIES



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A WORD FROM THE TEAM

EXECUTIVE OFFICER >

EMMA MILANESE

Welcome to the first edition of the SportsUnited newsletter. This is something we have been working on and we are happy to share our first edition.

As the Executive Officer, I am excited to provide our partners with updated information on our organisations progress, and showcase our fantastic team and volunteers who help make our organisation what we are.

We started the organisation in 2018 and focus everything we do around four key words - the words that are fundamental to our organisation: **Peace, Harmony, Kindness and Equality.** We love helping people and providing sport opportunities to community.

Over the coming weeks there is a lot to be excited about and to look forward to. We can't wait to share it with all our partners and community members.

We are forever grateful for your support we receive.



SUPPORTING SUCCESS PROJECT OFFICER >

KAT MATTOCK

Hi! I'm Kat, and I am the Project Officer for the Supporting Success program. I came to know about SportsUnited through UniSA as part of my Bachelor of Health Science Degree, which I completed in 2021.

One of my main roles within the Supporting Success program is to directly assist children with varying disabilities to achieve movement goals, enhance motor skills and develop social skills. I feel beyond lucky to



work in the community to help people reach their goals through health promotion. I am invested in SportsUnited because our programs are community-focused and committed to providing accessible and inclusive environments, which are incredibly important factors in health promotion. My main motivation in everything I do is to create a positive outcome for those involved and within the wider community and I want to positively impact communities through population health measures.

Aside from an eagerness to develop my knowledge in health promotion, I have green thumbs and love growing fruits and vegetables in my garden.

SPORTING MEMORIES PROJECT OFFICER >

ROBERT LAIDLAW

My name is Robert and I am the Sporting Memories Project Officer. I studied Professional Writing and Communication at the University of South Australia and have been a sports journalist and historian for over 30 years. In my work as a sports journalist, I have had many opportunities, including attending the 2000 Sydney Olympic Games as the Sports Press Specialist for baseball, being at the first Adelaide Grand Prix in 1985, watching both of the Adelaide Crows AFL grand finals in 1997 and '98, and being in Fremantle for the World Sprint Triathlon Championships in 1987.



I have been involved with SportsUnited through my Masters in Health Science Research work at UniSA over the past two years, and to see firsthand how Sporting Memories programs 'brighten' up participants' days is quite motivational. The biggest aspect for me in general is seeing the results of hard work, which is a driving aspect of my role as the Project Officer. The potential of programs such as Sporting Memories to help a growing number of people is inspiring while having a bit of fun along the way with humour is an added bonus, and hopefully for participants of the program.

PROGRAM UPDATES



KAT MATTOCK >

SUPPORTING SUCCESS

Supporting Success uses a multi-sport approach to further develop the social and physical skills of participants and is catered specifically to their needs. Supporting Success currently runs two days a week for all students at Adelaide West Special Education Centre. Typically, our first term at the school is just a few weeks to introduce ourselves to students and familiarise them with the

program. Many of the students know Emma from previous years and they love seeing her again, so I used this to introduce myself as 'Emma's friend'! Due to an increase in COVID-19 cases at the school, we had to postpone our second session, however we are busy working on some great resources and activities for when we start again! We are big on feedback and recently sent out forms to teachers to gain a better understanding of their goals for the year, so we can be sure we achieve success! We have many exciting things in the works and we are using the school break to focus on other areas of Supporting Success.

RICHARD MCGRATH >

RADIO PROGRAM

Since October 2021, Emma and I have been hosting a Sporting Memories radio program with BBBfm 89.1 every Saturday morning from 9-11am.

BBBfm is a community radio station broadcasting to the Barossa Valley local community however for those living outside this region, you can listen into the program live by visiting the BBBfm website as below.

Sporting Memories is a sports show with a difference. Every Saturday morning Emma and Richard chat about sport, have fun with some quizzes and games, and interview locals as well as national and international sporting stars.

Sporting Memories radio program reminisces about all things sport: the good, the bad, and the everyday. If you have any sport stories to share, we'd love to hear from you! Contact us on our website (<https://www.bbbfm.com/>) or give us a call on 8563 3788 between 9-11am.

ROBERT LAIDLAW >

SPORTING MEMORIES

Sporting Memories initially were set up in the United Kingdom and have been running under the SportsUnited banner for the past three years.

The idea of the clubs is to create opportunities for older members of the community to support each other, utilising and sharing their own experiences and memories of sporting events.

While COVID-19 has created a few problems in running sessions and forming clubs, the concept of Sporting Pink Packs was developed and has proven successful! Sporting Pink Packs are produced weekly and sent out via email. They offer sporting stories, quizzes and even exercise routines for subscribers.

Recently, a Sporting Memories program has begun at Walkerville ECH, with ongoing meetings arranged for the second Tuesday of the month.



Tea Tree Gully Council has also been very supportive of the program. There are opportunities coming up, with a view of holding regular meetings with the Holden Hill Men's Shed group, while a location has been offered in the town of Tea Tree Gully, at the Arts Centre on Mondays and/or Tuesdays.

We are expecting exciting times ahead!



HOW CAN YOU GET INVOLVED?

SEEKING VOLUNTEERS

SportsUnited is currently seeking volunteers for our Supporting Success program at Adelaide West Special Education Centre and Sporting Memories clubs across various Adelaide metropolitan locations.

We are looking for people who can:

- Actively participate in weekly sessions
- Engage and communicate sensitively with our members (some of whom may have difficulties communicating), with their partners or carers, with fellow volunteers, and with SportsUnited staff.
- Enjoy working as part of a team and taking responsibility for guiding fellow volunteers during sessions.
- Who understand the value of companionship, have a great sense of humour, and are able to connect with people of all ages and from all backgrounds

SportsUnited volunteers have the opportunity to:

- Experience a range of new opportunities and a sense of fulfillment.
- Use their skills, knowledge, life experiences, and an interest in sport to help tackle social isolation within the local community.
- Have insight into and experience working with an innovative and experienced not-for-profit charity.
- Experience in working as part of and leading a team of volunteers. as well as being part of the wider SportsUnited team.

SportsUnited volunteers are provided with full induction and training, ongoing support, and access to training resources. If you are interested in becoming a

SportsUnited volunteer or have any questions, email:
Supporting Success: Katerina Mattock (Project Officer)

katmattock.sportsunited@gmail.com

Sporting Memories: Robert Laidlaw (Project Officer)

robertlaidlaw.sports.united@gmail.com

or via the SportsUnited website Contact Us page

<https://sportsunited.org.au/contact>

SPORTING PINK PACKS

In response to the Covid-19 global pandemic, SportsUnited has developed a digital publication called Sporting Pink Australia Packs available for anyone (free) to use at home.

Each weekly pack contains a sporting reminiscence story (these can be about sporting players or events), a sporting quiz, and Name the Player as well as a Word Search.

The packs are a great way to get the conversation flowing, to remember those sporting moments, and to talk about sport!

If you, or anybody you know, would like to receive a free copy of the Sporting Pink Australia pack, please complete our registration form on the SportsUnited website: <https://sports-united-web-c262e9.netlify.app/forms/sporting-memories-online-register/>

STAY IN TOUCH

Email: sports.united18@gmail.com

Phone: 8302 1186

Mobile: 0478 752 564

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Keep up to date with our latest news and stories.

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If you like quick and short news or want to join in

a 'live' conversation with us, then follow us

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We love to share images and videos from our programs as well as other interesting photos.

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