

WHO IS INVOLVED ?

Our home at Victoria Park creates a hub for participants of diverse cultural backgrounds from all over Melbourne. The inclusive nature of the club caters to individuals facing barriers to participation in mainstream football clubs, including financial, behavioural or social issues. We train and play on alternating Wednesdays, with off-season activities outside of the football season. Through our affiliation with Victoria Police, Headspace Collingwood, Youth Support and Advocacy Service (YSAS) and the Victorian Aboriginal Health Service (VAHS) participants are provided with support and access to services. We're run solely through volunteers and the donations from partnerships and local businesses.



RECLINK AUSTRALIA

Reclink is a national organisation that promotes social inclusion, health and wellbeing through the sports and arts. The social inclusion programs aim to provide disadvantaged participants with pathways towards enhanced opportunities, including education and employment.

**\$1
INVESTMENT**

**RECLINK AUSTRALIA
STRUCTURED
SPORTS PROGRAMS**

**\$8.94
RETURN**

IMPACT

Knights players have significantly higher rates of homelessness, unemployment and drug and alcohol abuse compared to Victorian and National averages. Involvement with the Knights in Reclink Australia's social inclusion program has facilitated life-changing opportunities and paved pathways for positive change. The Knights program improves participants' economic, health and social outcomes.

ECONOMIC

The social return on investment for the Reclink Australia structured sport program indicates that for every \$1 invested in cash, staff time, volunteer time and other resources, it generates at least \$8.94 in social value through crime reduction, employment outcomes and skill development.

"COLLINGWOOD KNIGHTS HAS GIVEN ME THE STRENGTH TO GO AND STUDY, GET QUALIFICATIONS, AND BE INVOLVED IN THE COMMUNITY" - SALLY

SOCIAL

The Collingwood Knights provides a sense of belonging and trust from participating 'in something bigger than oneself'. This is referred to as social capital, which involves the diffusion of knowledge about health promotion, maintenance of healthy behavioral norms and access to various services. Participation in sporting programs such as the Knights promotes social connectedness, provides a platform for social interventions and opportunities for teamwork, leadership and conflict resolution.

"THIS IS MY ONLY OUTING IN THE WEEK, I DON'T NEED MONEY, I JUST NEED TIME AND I CAN MAKE TIME FOR THIS CLUB" - FRED

HEALTH

Participation in regular, high intensity physical activity has a positive impact on both physical and mental health outcomes. At the Knights, we combine the physical benefits of participation in AFL with other social supports, providing participants with the opportunity to improve their wellbeing through nutrition, drug and alcohol treatment, anger management, and access to housing and mental health services.

"LINKING UP WITH OTHER RESOURCES, LIKE HEADSPACE, YSAS AND THE STUFF THAT'S OFFERED HAS BEEN REALLY VALUABLE" - JAKE



MORE INFO?

If you'd like to know more about the Knights, please visit:
www.collingwoodknightsfc.com.au or
www.facebook.com/CollingwoodKnightsFc



GET INVOLVED

We are run solely through volunteers, donations and in-kind support. We always welcome new players, sponsors and volunteers. To get involved with the Knights community, contact:

Chris McGeachan

Coordinator & Fitzroy Police Youth Resource Officer
Email: christopher.mcgeachan@police.vic.gov.au
Phone: 0414 181 438

Shane Williams

Head Coach & YSAS Team Leader (Western region)
Phone: 0404 120 549

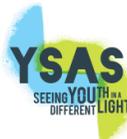
Mannon Johnston

Assistant Coach & Headspace Aboriginal and Torres Strait Islander Support Worker
Phone: 9417 0150

Shane Potter

Indigenous Mentor & Koori Youth Justice Worker at Ngwala Willumbong
Email: s.potter@ngwala.org.au
Phone: 0401 687 367

CURRENT PARTNERSHIPS:



COLLINGWOOD KNIGHTS FOOTBALL CLUB

MORE THAN JUST
FOOTY

THE VISION

The Collingwood Knights Football Club participates in the Victorian ReLink Australian Football League. Participants face varying challenges in their lives, including homelessness, mental health issues, unemployment and drug and alcohol abuse. Our vision is to create a platform for a positive future by providing a means for social connection, improved health and wellbeing and access to support services. Established in 2008 with five players, the Knights has since provided over 200 participants with an opportunity to improve their social, physical and mental health outcomes. The club's motto 'more than just footy' encapsulates the value and holistic nature of the program.

Artwork: Khali Luttrell & Gary Saunders

