

# Reclink Australia

## The 'Reclink Model' and the Regional Football League Project

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# Who is Reclink?



Reclink Australia provides evidence-based sport and art programs to disadvantaged Australians to create socially inclusive, life-changing opportunities.

In partnership with more than 200 community organisations, Reclink Australia's programs create pathways to improved health and wellbeing, education and employment outcomes for all participants.

Reclink Australia provides and promotes over 11,000 sport, recreation and arts activities involving 105,000 participation opportunities to disadvantaged communities throughout Australia each year.







# Who is Reclink?



We work in partnership with various key stakeholders within the community, including our member agencies, to ensure that a diverse range of activities are accessible for Australians experiencing disadvantage.

We aim to provide these opportunities by offering activities which are affordable and accessible each day. Our activities are designed to provide positive health outcomes for people experiencing disadvantage.

# WHY WE EXIST?



In 2008, Reclink Australia appointed La Trobe University to undertake a 4 year longitudinal study of the Reclink programs.

The Latrobe University Report highlighted the following social and health benefits for participants:

1. Breaking down the barriers to isolation
2. Assist in establishing and maintaining friendships
3. Alleviate boredom
4. Development of self-esteem and confidence
5. Provide a sense of community
6. Acquiring life skills to increase employment opportunities

NEW GRANTS  
AVAILABLE

PREVENTION  
GRANTS  
FOR REGIONAL AND  
RURAL VICTORIA



# Regional Victorian Football Leagues



Reclink Australia has partnered with the Victorian Responsible Gambling Foundation since 2016, when we signed the Responsible Gambling Endorsement and Pledge. Since then we have become a Prevention Program Partner in 2017.

This has led to the creation of 2 new regional Victorian football leagues in Central Victoria and the Latrobe Valley including teams from Bendigo, Ballarat, Malmsbury, Melton, Sunbury, Maryborough, Moe, Morwell, Traralgon and Churchill



# Regional Victorian Football Leagues



The leagues comprise of six and four teams respectively

- comprising up to 40 players in each team,
- It is an all age, all ability, all gender competition
- playing a 10 round season across 20 weeks over the course of the season.
- Matches and training alternate weekly on a Wednesday with social gatherings included throughout the week to assist with building community connections.
- Each season ends with a Grand Final carnival with all teams taking part in playing for a premiership.
- Combined, the two leagues directly engage with more than 400 participants per season and impact on over 2000 people throughout the two communities.
- Reclink Australia also partners with AFL Victoria to offer coaches training, umpire training and sports trainer training to help resource the teams.







# Regional Victorian Football Leagues



The projects overall goals are to:

- Build social connectedness and community resilience, to prevent the onset of at-risk gambling behaviours, through targeted actions, and;

*“it was clear from nearly every interview conducted with agency representatives and individual participants that everyone involved in the Reclink Australia Victorian Football League experiences a positive impact on their mental wellbeing that they strongly associate with what they described as ‘Reclink football’. This benefit was sometimes associated with addressing a specific mental illness but also often interpreted as participants being generally happy, less stressed, more self-confident and more socially engaged.”*

# Regional Victorian Football Leagues



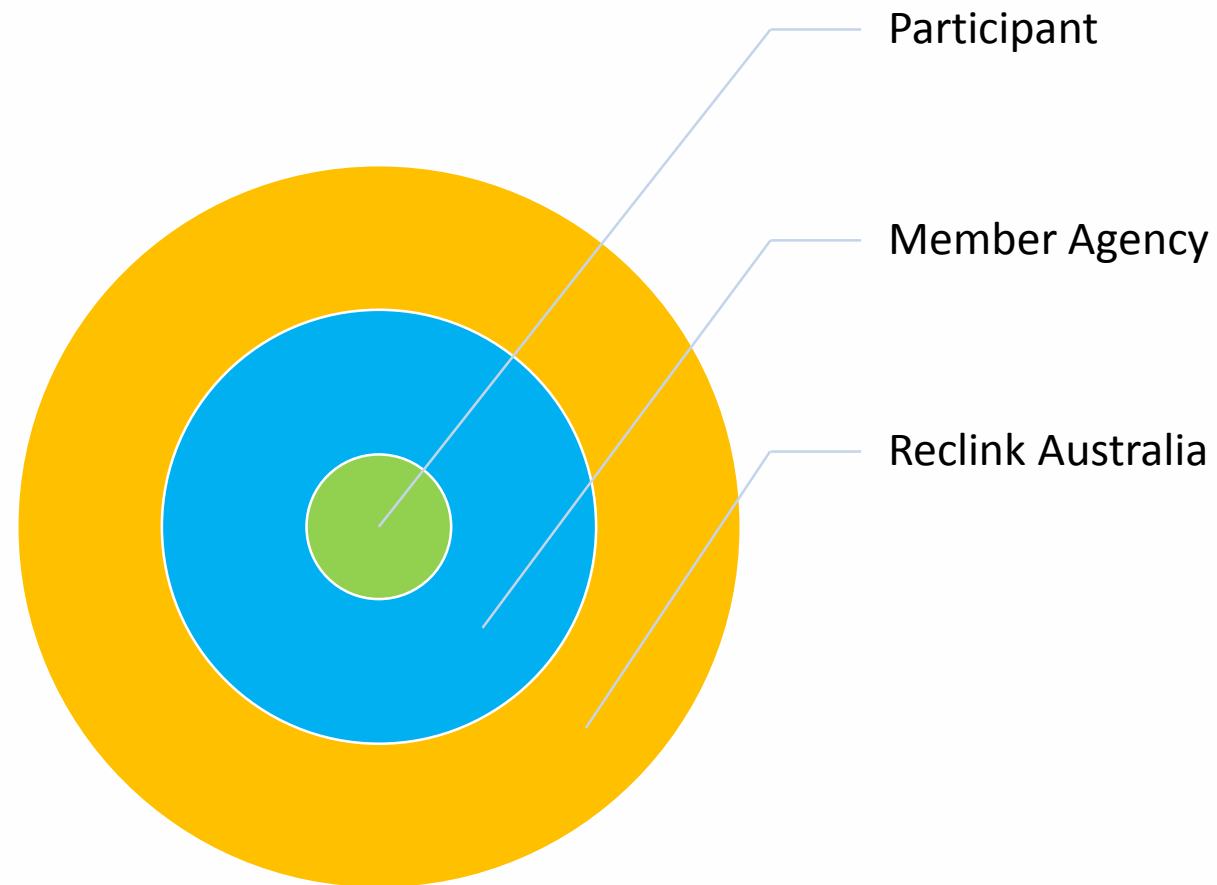
The projects overall goals are to:

- Reduce stigma in terms of gambling harm and help seeking.

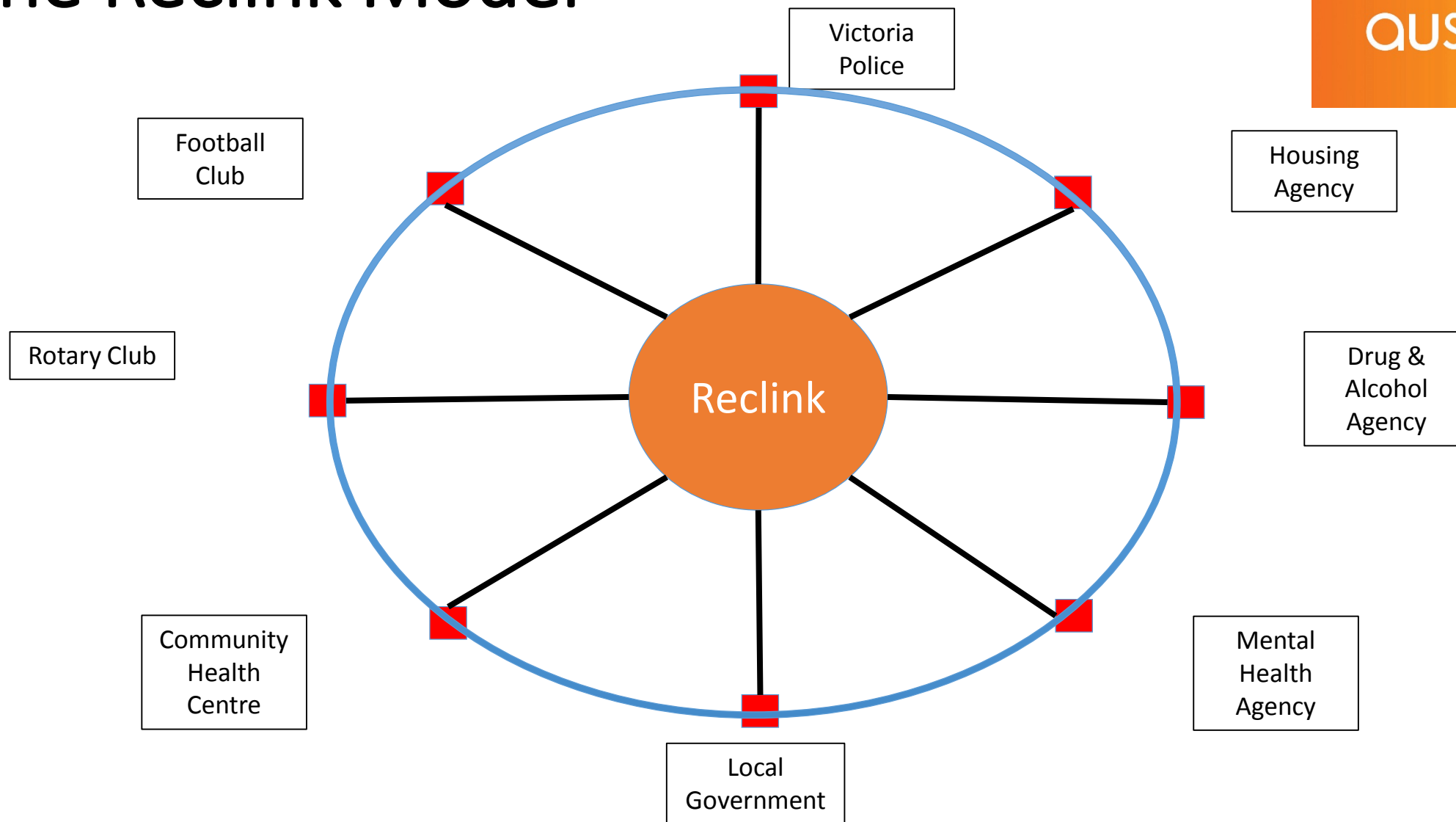
*“I found the gambling session really good because it was good to know that I’m not alone, because so many others were doing the same thing. It’s good to know, you know, so now we can help each other and talk about it.” (Reclink participant, male, 42yo)*



# The Reclink Model



# The Reclink Model







# Social Return on Investment



For every \$1 invested  
in the Reclink Australia  
structured sport program,  
it generates an \$8.94  
return in social value



# Social return on investment



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 to operate the Victorian Reclink Australia Football League, it generates at least \$8.94 in social value through:

- increased social connectedness, wellbeing and mental health
- employment outcomes
- personal development
- skill development
- the opportunity to access support for high risk
- behaviours, such as gambling
- a decreased risk of suicidal thoughts and behaviours
- physical health
- a decrease in high risk alcohol and drug behaviour
- crime reduction.

*“I was just in and out of jail.....and like I was constantly getting charged with one thing or another and the time that I’ve been with Reclink, three years, I haven’t been charged once.”*

*“We’re more than just footy, we’re not just a footy club. We’re there to help people throughout their problems, to help people like with housing and stuff like that. They help people get off drugs, help people with alcohol problems, help people with accommodation for homeless people and stuff like that. So it’s a lot more than people think it actually is.”*



# Social return on investment



*“Just having general fun without drugs involved... it’s no alcohol involved. .... I’ve found it something that I’m interested in just because I know I’m safe doing it. It’s an organisation I can be a part of, meet people, make friends, without having to worry about drugs and alcohol around me.”*

*“Reclink gets me through life so if I didn’t have it then I don’t think I’d have a life..... (I’d miss out on..) a lot of friends, a lot of fitness, exercise, a lot of support...I would spend that time just at home...Yes I’m going to stay with Reclink until I’m 88.”*



Victorian  
Responsible  
Gambling  
Foundation

reclink  
austral

TH  
TO



# Thanks... Questions?

**Feel free to contact me at any time...**

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