



## Forest Rugby team with local community and corporate partners to raise awareness of mental health support programs

Forest Rugby Club is proud to announce its 2016 charity partner – **headspace** – the national youth mental health foundation. The partnership will be celebrated on 2 July 2016 at its home game at Melwood Oval against traditional rivals Newport, on the nominated Charity Day round which also coincides with the Club's Sponsor's Day, where it recognises the contributions from its major sponsors.

We would also like to welcome and acknowledge the support of local business partner, **Allan Hall Chartered Accountants**, who have joined forces with the Club for the first time as a formal Charity Day Sponsor. This sponsorship, 100% of which will go to headspace, is a significant contribution and will have a major impact in raising awareness and providing additional support to mental health programs for the youth of the northern beaches and adjoining areas.

**headspace** is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds. As a new centre, **headspace** Brookvale was formally launched in April 2015 and has already seen 574 young people and 2,270 occasions of service as of 31 March 2016. The service is designed to make it easy as possible for a young person and their family to get the help they need for problems affecting their wellbeing, especially those who are at risk or do not have financial means to access other services. **headspace** centres are located across metropolitan, regional and rural areas of Australia. Each centre can help with mental health, physical health (including sexual health), alcohol and other drug or work and study issues. Centres are built and designed with input from young people so they don't have the same look or feel as other clinical services.

The Committee of the Forest Rugby Club, representing both Senior and Junior rugby feel strongly about helping to break down the stigma often associated with mental health issues. In addition to rugby skills development, we see the promotion of both physical and mental health and wellbeing as a key responsibility and aspect of our broader stewardship of the young males and females involved with our Club. Teaming with headspace and with the generous support of **Allan Hall Chartered Accountants** enables us to achieve this not only in a significant way, but in a manner that will directly impact our local community.

**headspace** Brookvale's local Youth Advisory Group (YAG) is an active group of young people who volunteer their time to ensure the activities of the centre remains true to its purpose and the young people of the local community it supports. In consultation with the YAG, the funds raised as a result of this year's Charity Day program will help to increase community awareness within local schools and the wider community, provide additional access to much needed counselling, promote the Brookvale centre and its services and further improve the Brookvale community facility.

Forest Rugby Club would also like to acknowledge the ongoing and generous support it receives from major sponsor – **Shields Gilman Real Estate**. When approached with the concept and opportunity to support this worthy and important cause, **SGRE** graciously donated the temporary use of its coveted and traditional space on the front of the Forest first grade jersey to allow the Club to attract a Charity Day sponsor for the one-off jerseys to be worn by the team on the day. A big thank you to **Peter Gillman** and **Sally Shields Gillman** for your support.

The Club invites all its supporters and members of the local community to Melwood Oval on 2 July 2016 to be part of the day.

