

## **THE PATHWAYS PROGRAM**

### **What is it?**

We want to work with Hockey clubs, to bring fifty new players into Hockey each year. Unfortunately, there are many young people who simply cannot afford the costs to participate in our great sport. Working together, we want to remove the financial obstacles for these future players to get on the pitch.

*What we will do* is provide the young person with brand new Hockey equipment (Hockey stick, shinpads, stick bag and mouthguard). All equipment is high quality, we will deliver it nationwide, and all at no cost to the player.

*What we need the Hockey club to do* is to identify young people in their areas to bring into Hockey, to provide a uniform and to work on ensuring that the playing fees can be met.

We know that young people who participate in organised sports enjoy better mental and physical health, and are more resilient against the stresses of modern living. So by removing the major obstacles to enable them to play Hockey, we are hoping to improve the mental and physical health of each participant.



### **Who is eligible?**

We are looking for young people ages 10-19, who do not currently play Hockey and who genuinely cannot afford the entire cost of equipment, uniform and playing fees. The competition must be full field Hockey, run by accredited Hockey associations. The Program does not cover modified Hockey or in-school Hockey. There are no restrictions on location.

## *Lets talk about fees*

We know that providing the equipment only solves half of the financial problem. We are asking the local club to solve the other half, the cost of the fees. In some cases, the player may be able to meet some or all of this cost. In some states, grants are available to young people to play sport. In NSW for example there is the “Active Kids” program which provides a \$100 voucher each 6-month period for school aged children.

However, if the player cannot afford the fees, then those fees need to be waived or covered by the Hockey club. Local Hockey associations may be prepared to waive competition fees. We can assist in discussions on this area if required. Irrespective, each club must commit to meeting all fee requirements for each participant and this is required at the time of application.

## *How will it work?*

Any Hockey club can nominate players for the Program. In combination with the young person, they apply directly to LFH for assessment.

The assessment process validates that the young person meets the eligibility criteria. This is an honesty based process, and no financial evidence is required to be presented.

## *For more details contact:*

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## *Thank you*

Thank you to Westfield Belconnen and the Westfields Local Heroes competition, who awarded \$10,000 to LFH for the Pathways Program.

To read Leigh's Local Hero's nomination story and view the Westfield announcement [click here](#).

#westfieldlocalheroes #teammatesforlife



# LIVIN FOR HOCKEY



## Who are we?

LIVIN FOR HOCKEY (LFH) is a not-for-profit organisation, established and run by Hockey players. We therefore have an incredible depth of insight and understanding of the Hockey community. This uniquely positions us to engage, from the inside, with all participants of the Hockey community on mental health issues.



## Our Vision

A Hockey community where everyone has the knowledge and skills to understand, empathise with, address and cope with mental health issues.

## Who is the Hockey community?

The Hockey community includes any player, coach, official, spectator, umpire or supporter; past and present.

All participants are #TEAMMATESFORLIFE





## *Our Values*

The values we believe in that guide our behaviour:

- Hockey can be a tool for prevention, early intervention, management and/or recovery from mental health issues
- Shared and lived experiences that encourage open and honest communication
- Inclusive and welcoming to all
- Peer-to-peer support – looking out for each other across all participants of the Hockey community
- Fostering a safe, empathetic, and supportive environment
- Zero tolerance for bullying and all forms of abusive behaviour



## *Our Goals*

- To provide opportunities for disadvantaged younger people to join the Hockey community
- To increase the awareness of mental health issues to all participants of the Hockey community
- To provide the language and skills to all participants of the Hockey community to actively break the stigmas surrounding mental health
- To embed the importance of participants looking out for their teammate's mental health as well as their own
- To work with and train clubs and associations to provide a mentally healthy culture in all clubs
- To advocate the combined physical and mental health benefits of playing Hockey at all ages to the broader community