



MEDIA RELEASE

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Melton City Girls Can kicks off this month

Melton City Council has partnered with local sports clubs and community groups to encourage women and girls to try a new sport or recreational activity throughout April as part of Melton City Girls Can.

Inspired by VicHealth's former This Girl Can campaign, the initiative aims to help women and girls get active in ways that work for them.

Evidence shows that women and girls participate in organised sport at significantly lower rates than men and boys. Fear of judgement or feeling unwelcome in sport environments are contributing factors to this.

A range of free activities will be on offer including fishing, target shooting, taekwondo, tennis and Bollywood Zumba. Participants can also try their hand at AFL umpiring or be inspired by AFLW star Eilish Sheerin who will be hosting a footy clinic at Diggers Rest Recreation Reserve.

To see what is on offer and register for the free activities, visit melton.vic.gov.au/MCGC

Quotes attributable to City of Melton Mayor Steve Abboushi:

"This is a fantastic opportunity for women and young girls in the City of Melton to try something new in a welcoming environment."

"It's important that everyone in our community feels confident to engage in inclusive sports and recreation activities which enable them to have fun, learn new skills and make new friends."

"Engaging in activities that promote health and wellbeing and enhance social connections is so important, and I encourage women and young girls in our community to get involved in Melton City Girls Can."

ENDS

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