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*me!*

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MUTUAL  
EMPOWERMENT  
PLATFORM

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Powered by Suburbs Rugby Football Club

Put simply, **me!** is our homegrown creation of a platform from which we can initiate, facilitate and develop opportunities of mutual empowerment for our club, our members and our community. Our me! platform allows us to invest time, energy and resources to specific areas we've identified as best opportunities to achieve mutual empowerment. Our focus here is development and support of the individual in order to gain the best possible future for us all collectively.

Initiatives such as,

- Development and wellbeing camps.
- "Have a go" participation days.
- Skills and drills development sessions.
- Youth participation and development.
- Club and Community connection opportunities.
- Adversity identification and solutions.
- Social enterprise pathways.
- Promoting a lifestyle free of violence and harm.

**Development and wellbeing camps** have already proven to be popular for us as we have successfully facilitated a number of these and intend to continue with them while constantly developing and improving our structure. To date our camps have focussed on teenage girl's rugby as an area identified early for potential growth now and in the future however our camps are designed to benefit a wide range of needs and requirements.

**"Have a go" participation days** are fully focussed on enjoyment and fun. Although often scheduled around the start of the winter sport season or towards the end of the year as a pre-Christmas event, these events can be scheduled anywhere along our sporting calendar. Our desire is to provide opportunities of participation with the "balance is better" view, as promoted by Sport Canterbury.

**Skills and drills development sessions** are a more specific initiative which would focus on particular age groups, teams or target areas within our Club. Where we can it would be our aim to include specific expert advice and guidance that may come from outside of our Club however, we also see great opportunities to showcase and develop our own home-grown talents whenever possible.

**Youth participation and development** is an area of the greatest importance to us and we see many opportunities to add value to this as a Club. The key components we provide are a safe and enjoyable environment from which our youth can feel comfortable and confident to express themselves through our sports. We are constantly seeking opportunities and initiatives around how we can maintain and improve our environment, resources and development as we recognise our youth as an integral part of our future.

**Club and Community connection opportunities** are often presented to us by way of planned community events of which we attempt to support and attend as much as possible. Through this platform we seek further opportunities to connect with and support our wider community and look to broaden our search beyond common sport related initiatives.

**Adversity identification and solutions** is an area we are active in and keen to develop more. We currently have a system in place supported by this platform to assist with a number of adverse situations that present themselves in our environment. Common adverse situations for us as a Club

include financial, cultural and physical challenges and we work collectively towards solutions to these case by case.

**Social enterprise pathways** are sought and discussed generally through our Club Committee. We have a number of initiatives currently in their infancy stage and look forward to progressing these with further development. This is an area that could see great growth and implementation through this platform and would gain great strength and sustainability with support from our members and community.

**Promoting a lifestyle free of violence and harm** is an area close to our hearts as a Club. We recognise the possibility that some of our members may face adversity in their lifestyle and living situation. We also recognise where a good deal of issues faced by some of our members originate from and develop into without the support of others. Through this platform we hope to be in a position to promote a better lifestyle and encourage better decision making by our club members while engaging in widespread mutual empowerment.



Our development initiatives include wellbeing and lifestyle opportunities such as our “Grow me!” programme where we supply and assist in establishing vege pods for a number of our members.

So many benefits and learnings to be gained from this form of mutual empowerment.



Our teenage girl's rugby team gained great confidence and personal development from their visit to Adrenaline Forest as part of our 2023 Development Camp at Hibbert Park.