

Sharks  
HAVE ♥ HEART



WOOLOOWARE BAY

*Our Bay comes to life.*



Sharks  
HAVE ♥ HEART

SHARKS HAVE HEART  
**YEAR IN REVIEW**

**2020**

## INTRODUCTION: **ACKNOWLEDGEMENT OF COUNTRY**



The Cronulla Sutherland Sharks Football Club acknowledges with great respect the land on which we train, operate and play, are the lands of the Gweagal people of the Dhawaral nation and Dhawaral language group who are the traditional custodians of this land. We also pay tribute to the elders that have passed and those who are present today.

## INTRODUCTION:

**WELCOME FROM THE CEO**

The Sutherland Shire community has a rich history of giving back and supporting one another. Our community is central to the fabric of our Club and our desire to give back to the community is one of the main reasons why our great Club exists. The Sharks Have Heart vision is to be recognised as a world class community engagement and social impact organisation, while our Mission is to engage our community and deliver initiatives resulting in positive social impact. Our commitment is unflinching: using football as the vehicle, we continue to make a meaningful and sustainable contribution, resulting in a healthy, vibrant and stronger community. Sharks Have Heart's values are to inspire, educate, engage and endorse equality and we do so through three key pillars; Inclusivity and Diversity, Social Impact and Have Heart.

Working with and in the community is the core focus of Sharks Have Heart. We are focused on achieving a lasting positive relationship with our community and charity partners. We achieve this via our wonderful programs which align with the three pillars of Inclusivity and Diversity, Social Impact and Have Heart.

We are proud and strong community advocates and on behalf of Sharks Have Heart, I would like to thank our partners, facilitators, donors and supporters. Your contribution enables us to make a difference within our community.

**Dino Mezzatesta**  
Group Chief Executive Officer



## ABOUT US: **OUR PILLARS**

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We aim to **INSPIRE, ENGAGE, EDUCATE** and endorse **EQUALITY** within our community through our three key pillars.



### INCLUSIVITY & DIVERSITY

Promoting health education to Indigenous students, while encouraging them to be role models and leaders in their families, peer groups and community by leading a healthy lifestyle. Increasing Indigenous cultural awareness education within schools and supporting families.

Empowering young adults' children with additional needs and providing social inclusion opportunities as well as providing programs and pathways for young adults to understand their capabilities through developing career-based skills and self-confidence.

### SOCIAL IMPACT

Reducing rates of bullying within schools, building resilience within children. Educating our community on positive health and wellbeing lifestyle choices.

### HAVE HEART

Donations, Community Support, Player appearances, Volunteers network, Supporting charities, Junior Rugby League engagement.

# ABOUT US: HAVE HEART



2020 proved to be a turbulent year during the pandemic, however we continued to strive to be active and productive in our community.

Sharks Have Heart have an extended family within the Sutherland Shire. We are fortunate enough to be able to help those experiencing hardship and to give back to the community.

The commitment and support we give to our community is our highest priority as we would not be where we are today without the passion, dedication and loyalty of the Sutherland Shire and our Sharks family.



## STATISTICS: **HAVE HEART**

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**\$28,000**  
value of donated  
signed jerseys



**\$187,000**  
in cash donations to  
support programs



**37 CHARITIES**  
supported via  
in-kind donations



**41**  
community  
volunteers



**100+ HOURS**  
total hours volunteering  
in community



**19**  
programs and  
initiatives delivered

## **SHARKS HAVE HEART BUSHFIRE APPEAL**



**120 HOURS**  
spent volunteering in the  
clean up process



**\$25,000**  
raised



**4**  
grants provided

## SHARKS HAVE HEART PROGRAMS: **DEADLY CHOICES**

**INCLUSIVITY  
& DIVERSITY**



**8 WEEK**  
educational &  
motivational program

The program is designed to engage **300** Aboriginal and Torres Strait Islander secondary school **STUDENTS**.

Topics covered:  
**HEALTHY LIFESTYLES**,  
tobacco education,  
“good quick tukka”.

**Focus:** An initiative that aims to improve the knowledge, attitudes and behaviours of Aboriginal and Torres Strait Islander people around living healthy lifestyles.

**Audience:** Aboriginal and Torres Strait Islander peoples.

**Delivery:** Deadly Choices incorporates several behaviour change programs to improve the health and well-being of the community. Activities include tobacco cessation and healthy lifestyle education programs, community events, sport and recreation inclusion, nutrition programs, leadership camps and social media engagement.

**Outcome:** To empower Aboriginal and Torres Strait Islander peoples to make healthy choices for themselves and their families; to stop smoking, to eat good food and exercise daily.

**Results projection:**

- 300 program participants over 12 months.
- 240 Aboriginal and Torres Strait Islander Health Checks completed.
- Positive feedback received by 80% of participants.
- 80% of participants would recommend this program to others.

A DEADLY CHOICE  
**Deadly Choices**  
IS A HEALTHY CHOICE

## SHARKS HAVE HEART PROGRAMS: SHARKS STARS

INCLUSIVITY  
& DIVERSITY



**Focus:** Empowering individuals to understand their capabilities through developing career-based skills and self-confidence.

**Audience:** Young adults with disability interested in entering the workforce.

**Delivery:** 20 participants take part in a 12-week program focused on providing work experience opportunities at Sharks NRL games, as well as weekly one-on-one development sessions with Program Co-ordinators.

**Outcomes:** Leave the program with real world work experience and having completed a comprehensive program focused on building career ready skills, preparing them to enter the workforce with personal goals and a new sense of self-confidence.

**Results based on participant surveys:**

- 100% would recommend the program to others.
- 70% feel more confident since completing the program.
- 60% started courses because of the program.
- 70% linked with disability employment agencies.
- 70% felt more confident in applying for jobs.

“

“With the support of the Sharks program it has provided students with self-confidence, self-worth and given them some insight into a vocational path beyond school. The Sharks program has provided a supportive framework for them to develop their independence while providing formal qualifications and links to potential employment opportunities.

This program ultimately has provided our students with a sense of self value and belief while giving them a real springboard into something valuable post school. They have returned to school and have continually referred to the course and want to engage in conversations regarding their experiences”

**LOCAL SCHOOL PRINCIPAL**

”

“

“Because of Sharks Stars I have found, motivation, friendship, been encouraged and learnt how to work in a team“

**SHARKS STARS  
PARTICIPANT**

”

## SHARKS HAVE HEART PROGRAMS: **SKILLZ4ME**

**INCLUSIVITY  
& DIVERSITY**



“

“With big thank you to everyone at Skillz4me, it has immensely helped my son’s social skills at school, since commencing the program I have seen a huge improvement in his ability to cope with being in a team environment as well as how to interact and play with his peers both at school and his swimming lessons.”

**PARENT**

”

**Focus:** Reduce social isolation through inclusive social interaction for children on the autism spectrum or with additional needs through sporting activities as well as fun and therapy. Thereby building confidence, improving social skills, coordination, balance, stimulating neural pathways, communication and eye tracking.

**Audience:** Children on the Autism Spectrum or with additional needs.

**Delivery:** Skillz4me is a FREE activity & therapy program for children of all abilities. The program combines occupational therapists, social workers, early childhood teachers, support workers and coaches all in the one environment to assist families.

**Outcomes:** In 2020, 122 children attended weekly sessions to improve social interaction and confidence, while also progressing their sporting skills on an individual level.

**Results:**

- 75% of participants recorded an improvement in sports skills.
- 68% of participants recorded an improvement in social skills.

The program aims to **BUILD CONFIDENCE** whilst improving their skills

**40 WEEK**  
free program

**30 FAMILIES**  
attend each week



# SHARKS HAVE HEART PROGRAMS: SCHOOL TO WORK



“It is a testament to the values of the sharks and NRL in the way that they place emphasis on the importance in delivering impactful programs such as this that better the education of Aboriginal and Torres Strait Islander students in order to provide a stable foundation for their future educational & career aspirations.”

**LOCAL DEPUTY PRINCIPAL**

**Focus:** The School to Work Program (S2W) is an education and employment program that aims to provide mentors and support to Aboriginal and Torres Strait Islander students as they embark on further education or meaningful work post their HSC. The program also encourages Aboriginal and Torres Strait Islander students to be a legend for themselves, their families and their communities. This support continues for a further 12 months to assist them during this challenging time.

**Audience:** Year 11 & 12 Indigenous & Torres Strait islander students to achieve their HSC and prepare them as they transition from school to employment or further education.

**Delivery:** One-on-one profiling session with a project officer to build Career Development Plans focused on career aspirations and personal goals. Students participate in educational, cultural and leadership workshops, while also given the opportunity to undertake work experience.

**Outcome:** To mentor and support students in high school, helping to provide job readiness and a smooth transition after school.

**6-MONTH**  
post school mentoring  
follow up

**95%**  
success rate

**115**  
year 11 & 12  
students in 2020



## SHARKS HAVE HEART PROGRAMS: KICKSTART

INCLUSIVITY  
& DIVERSITY



**Focus:** Improve high school attendance rates and reduce crime rates of those offending.

**Audience:** Young males between 13 and 16 years of age who participate in at risk behaviours and criminal offences.

**Delivery:** Running over 18 weeks, participants are taken for a weekly fitness session, and are provided with a healthy breakfast, then dropped off at school. Each participant is provided with a mentor.

**Outcome:** Promoting the benefits of sport and recreation to over 50 Aboriginal and Torres Strait Islander students and creating positive lifestyle and behaviour change by motivating and setting goals for the future.

**Results:**

- 88% report that they have changed their eating habits & lifestyle choice for healthier alternatives.
- 75% feel they have more knowledge on the importance of a healthy lifestyle.

**86%**  
report that they could  
**ASK FOR HELP**  
from people who  
ran the program

**71%**  
feel they have  
**MORE  
KNOWLEDGE**  
on the importance of a  
**HEALTHY  
LIFESTYLE**

**BUILDING CONFIDENCE**



**MOTIVATING**



**HELPS SET FUTURE GOALS**



## SHARKS HAVE HEART PROGRAMS: **MEGA JAWS**



“It was so wonderful to see the patience and care from all of the staff today towards our children. Sometimes, kids with disabilities may not have the same understanding of situations as mainstream children but at the end of the day, the one thing they ALWAYS understand is feeling accepted and the ability to be a kid and just have fun”

**PARENT**



The Mega Jaws holiday clinic creates a safe and welcoming environment for families who have children with a disability. It enables them the chance to experience rugby league for the first time as well as the opportunity to learn new skills. The program creates a fully inclusive space for children with a range of different needs to take part in the Cronulla Sharks experience at PointsBet Stadium.

**Focus:** Inclusive Rugby League skills program.

**Audience:** People of all ages with a disability, who have an interest in Rugby League.

**Delivery:** Creating a safe and enjoyable environment for which young people with a disability can enjoy learning new skills. Delivered at the PointsBet Stadium, participants take part in fun, Rugby League themed activities.

**Outcomes:** The Mega Jaws clinic is delivered to over 100 young people with a disability each year, providing an inclusive program for which everyone feels welcomed and learns new skills.



**100** kids  
participate each year

**4** clinics a year

SHARKS HAVE HEART PROGRAMS:

# SHARKS SCHOOL ABILITY PROGRAM

**INCLUSIVITY  
& DIVERSITY**

**Focus:** Reducing isolation through providing students with a disability the opportunity to take part in sports/skills programs with Sharks players they may not otherwise have the chance to.

**Audience:** Students facing the challenges of autism and other additional needs.

**Delivery:** The program is delivered in a safe and fun environment for the students with one-to-one attention from staff members and Sharks players, ensuring all students have equal opportunity to take part.

**Outcomes:** Building confidence and increasing social engagement and basic skills development for students with additional needs.

“

“When I initially heard about the program I was and am very proud to be part of a club that promotes equality and opportunity”

**PARENT**

”



## SHARKS HAVE HEART PROGRAMS: **SCHOOL CULTURAL AWARENESS PROGRAM**

**INCLUSIVITY  
& DIVERSITY**



**Focus:** To educate Aboriginal and non-Aboriginal students about Aboriginal culture.

**Audience:** Children, both Aboriginal and non-Aboriginal.

**Delivery:** Designed and delivered for free by Elder Aunty Deanna Schreiber, the program teaches children about Aboriginal culture with a focus on traditional tools and items used for hunting, recreation, food gathering and music, while also showcasing traditional Aboriginal dance and painting.

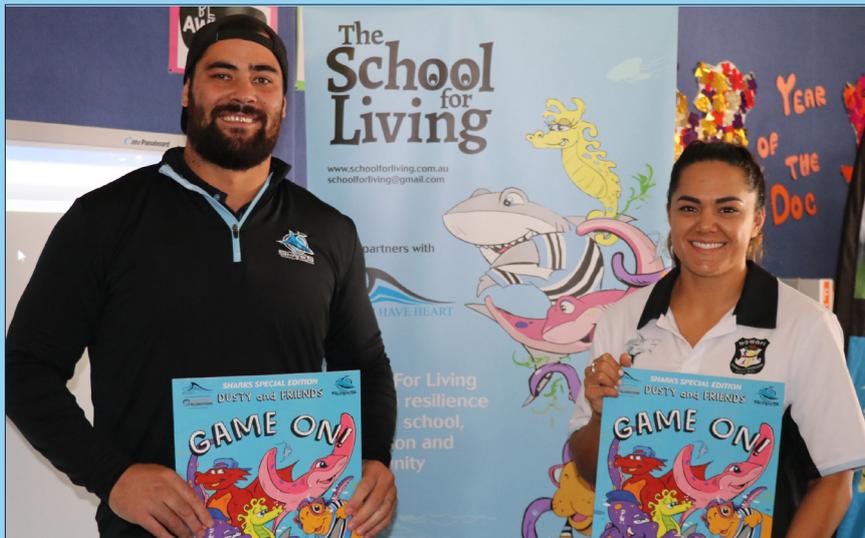
**Topics covered:**

- Food gathering
- Dance
- Art
- History
- Music
- Local land and people

**Outcome:** The program's focused outcome is to bring Aboriginal and non-Aboriginal children together by breaking down cultural barriers by providing children with an awareness workshop on the Aboriginal culture. This allows Aboriginal, Torres Strait Islander and non-indigenous children the chance to learn, ask questions and experience the rich and proud history of the longest living culture in the world.

## SHARKS HAVE HEART PROGRAMS: GAME ON

### SOCIAL IMPACT



“

“Since the introduction of Game On into our school, we have seen a real impact in the behavioural changes in our students. Having Andrew Fifita, come along and champion the book and its message, has had a profound effect in our students and it’s amazing to see”

TEACHER

”

**Focus:** To build resilience through improving social and emotional well-being in children.

**Audience:** Primary school children.

**Delivery:** In 2018, Sharks Have Heart partnered with the ‘School for Living’ to launch a resilience resource for schools in the form of the book ‘Game ON’.

Game On has been designed and mapped to the National Health and Education Curriculum and the International Grotberg Resilience Framework. Game ON is a book written by Dr Sarah Tillott who is a mother, researcher, and teacher with University qualifications in the areas of health and education. Sarah is also resilience researcher who has created a series of innovative resilience resources that have demonstrated behaviour change as measured by her PhD.

This resource contains resilience learning opportunities that enable both teachers and readers to extract resilience opportunities with confidence. This resource is empowering, fun and engaging and has demonstrated sustainable behaviour change in children.

**Outcome:** Sarah aims to facilitate a culture of resilience within the Sutherland Shire community. The program will empower, engage, and educate students in important social themes of conflict resolution, anxiety and anger management resiliency.

## SHARKS HAVE HEART PROGRAMS: **LOVE BITES, EDYS & BRICS**

**SOCIAL  
IMPACT**

### **LOVE BITES**

Love Bites is a school-based, anti-domestic and family violence, sexual assault and consent awareness education program. The program aims to provide a safe environment in which young people can talk about relationship violence, sexual assault and consent. The program also aims to promote a model of respectful relationships for young people.



**Love Bites is an award-winning program.**

Highly Commended - 2019 ClubsNSW, Club & Community Awards, Education category.



### **ENGADINE DISTRICT YOUTH SERVICE**

EDYS is a safe, supportive and non-judgemental place for young people to socialise with friends, explore their skills and identity, access programs and workshops, and chat to qualified youth workers about what's important to them.

### **BRICS**

The Building Resilience in Children Project is an early intervention service which supports children/ adolescents and their non-offending parent/carer who have been traumatised as a result of exposure to domestic violence.



## SHARKS HAVE HEART PROGRAMS: **MAKE BULLYING HISTORY INITIATIVE**

**SOCIAL  
IMPACT**



**Focus:** Reduce bullying in schools.

**Audience:** Primary and high school students, parents and teachers.

**Delivery:** Sharks Have Heart have partnered with the Make Bullying History Foundation to deliver whole school and community day intensives, programs, and follow up, to achieve this goal.

Brett Murray delivers the Make Bullying History program. Brett covers issues such as what is and is not bullying, why people bully, self-esteem, self-worth, contributing factors that affect self-worth, how to disarm bullying, goal setting and more.

**Outcome:** To increase awareness with bullying in schools by empowering students, parents, and teachers through making them aware of what bullying is and how to identify and handle a situation. To date, this initiative has been delivered to over 8,000 students from 69 schools around the Sutherland Shire.

### **Results:**

- 95% of students felt they understood bullying better
- 88% of students felt they are now better equipped to handle bullying
- 96.4% said they would recommend or highly recommend the program and found it enjoyable.

“

“Its amazing to see how much Brett connects with the children and they take on board everything he says, I have seen firsthand the positive impacts the talks have on children especially around inclusivity and tolerance of one another in the playground”

**TEACHER**

”

Delivered to over  
**8,000 STUDENTS**  
over **69** schools



**Make Bullying History**  
F O U N D A T I O N



**MBHI is an award-winning program.**

First Place - 2018 ClubsNSW, Club & Community Awards, Health & Wellbeing Category.

## NRL PROGRAMS: **NRL PROGRAMS**



In partnership with the NRL, Sharks Have Heart work together in delivering many meaningful programs and engagements, each year we team up to deliver the 'Community Carnival', in 2019 Sharks Have Heart managed to visit over 50 schools across the Sutherland Shire whilst spreading the positive message of wellbeing. Our partnership with the NRL sees us deliver the following programs to our local schools:

### **NRL WELLBEING**

The NRL's Wellbeing program aims to educate students to value wellbeing in their own lives using the profile of Rugby League. Providing a holistic view of health, each of the seven comprehensive lessons establishes strong links between nutrition, physical activity and mental health to our overall wellbeing.

### **LEAGUE STARS**

The NRL's introductory program is all play, no contact, appealing to the true nature of kids, in all their messy, high energy, love of fun and play. League Stars is run before or after school for primary school aged children over 4 -8 weeks. The program is suitable for all abilities with the focus on practicing fundamental movement skills and having a blast with friends.

### **BEYOND THE GOALPOST**

The aim of the NRL Beyond the Goalposts Program is to provide a pathway for students to learn using Rugby League as an engagement strategy. Students will participate in several events/activities, organised by NRL Game Development Officers including accreditation courses in refereeing, coaching and first aid awareness. Development Officers will mentor the student's learning journey and Beyond the Goalpost can be incorporated into a range of ACARA accredited secondary school courses.

## SHARKS HAVE HEART: DONORS LIST

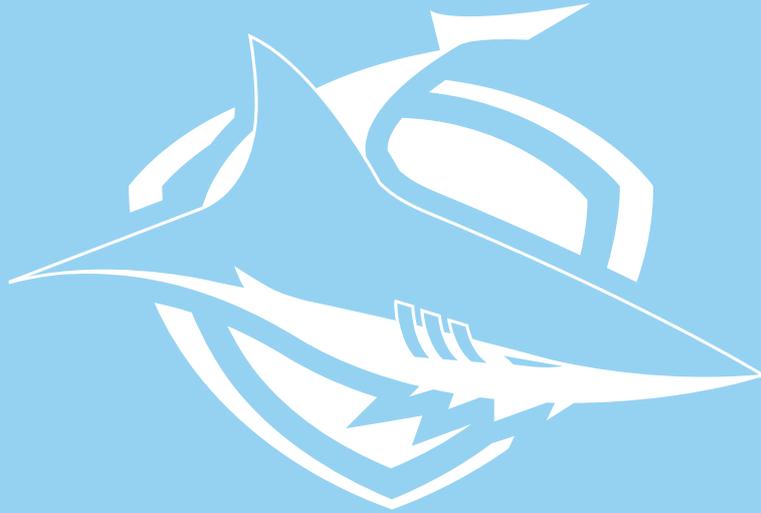
Andrew Hills	Diana Kambic	Lyn Wicks	Michael Wrightson	Sandra Lucchetti
Andy Wallace	Graeme Reid	Malia Corry	Morgan Schemioneck	Lions Club Cronulla
Barry Roberts	Greg Garling	Mark Morthorpe	Narelle Solomons	Steve Niland
Brendan Richardson	James Robertson	Mark Shepherd	Noel Baldock	Tara Moran
Charles Cordina	Jamie Sims	Martin Jessop	Paul Day	Tracey Arnott
Chris Walsh	Jo Beeby	Matthew Kirby	Peter Sertori	Valerie Goodsell
Craig Douglass	Jon Irving	Matthew Moore	Phil Sheridan	Warwick Dening
Craig McDonald	Keith Chapman	Matthew Walker	Prefect Body	Will Richards
Dana Campbell	Kevin Metcalfe	Melinda Holt	Robyn Brockmann	William Purdon
Daryl Gleeson	Larry Osburn	Melissa Kenehan	Ronald Burke	
David Fleming	Lorraine Calabria	Michael Cook	Ross Daniel	
Dian Agland	Louis Vergados	Michael Dwyer	Roy Agostino	

## HOW TO HELP: DONATE NOW



Help us **INSPIRE, ENGAGE, EDUCATE** and **ENDORSE** our community by supporting our programs

**SHARKSHAVEHEART.COM.AU**



SHARKS HAVE HEART  
**YEAR IN REVIEW**

