

### 2025 NNA COMMUNITY ROUNDS Member Information

#### 2025 NNA VOLUNTEER APPRECIATION ROUND - Friday 16 & Saturday 17 May

This is a new initiative for NNA in 2025.

NNA members and supporters are encouraged to show their gratitude and recognise the exceptional work of their volunteers by participating in the NNA Volunteer Appreciation Round to be held Friday 16 and Saturday 17 May, which precedes National Volunteer Week 19-25 May.

This special round provides an opportunity to thank the dedicated individuals - coaches, umpires, officials, parents, administrators and more, who are instrumental in making sure netball is accessible and well-organised. By celebrating their efforts, NNA members and supporters can continue to foster a culture of appreciation and inspire continued support from those who help keep our sport of netball running smoothly.

NNA will play a special celebratory song approximately 7 minutes prior to the start of each timeslot which will signal moments members and supporters may like to acknowledge their special volunteers should they wish to do so.

Ideas include a simple thank you, thank-you notes, low-cost small gifts or public recognition.

Tag NNA socials during this round and we will share your thank you with ours across the weekend and into National Volunteer Week which begins 19 May!

#### 2025 NNA FIRST NATIONS ROUND – Friday 30 & Saturday 31 May

NNA members and supporters can get involved in First Nations Round by actively participating in events and initiatives that celebrate and honour the rich culture, history, and contributions of First Nations communities.

This round coincides with NAIDOC Week with this year's theme being The Next Generation: Strength, Vision & Legacy.

# NNA seeks contributions from our members and supporters to assist with activation initiatives for this Round.



#### 2025 MENTAL HEALTH AWARENESS ROUND – Friday 18 & Saturday 19 July

NNA members and supporters can get involved in the NNA Mental Health Awareness Round by fostering an environment of support, understanding and connection.

NNA is invested in connecting our members and community to information and support and to promote the significant role sport has in building positive mental health & wellbeing. This round emphasises the importance of creating communities where everyone feels they belong and can find the help they need.

NNA has worked with clubs, players, the broader netball community and *Everymind* – a Newcastle-based national mental health institute – to develop and implement the <u>Making</u> <u>Connections: Mental Health & Wellbeing Strategy</u>. This strategy is aimed at improving the mental health and wellbeing of players and volunteers and was launched to coincide with NNA's annual Mental Health Round held in 2022, having received funding from the NSW Ministry of Health's Mental Health Sports Fund Program.

Members and supporters are encouraged to have open conversations about mental health & well-being and show their commitment to awareness by sharing mental health resources and offering a listening ear to those who may need it.

By coming together, we can break down the stigma around mental health and help build a network of care and support for everyone in our netball and wider community.

# NNA seeks contributions from our members and supporters to assist with fundraising activities and activation initiatives for this Round.

#### 2025 NNA Fun Themed Round (Theme tbc) – Friday 8 & Saturday 9 August

This fun round is all about creating a positive and inclusive atmosphere where everyone, regardless of skill level, can have fun and appreciate the camaraderie that has come from being part of a team in 2025.

NNA clubs, members, and supporters can get involved by embracing the spirit of the chosen theme.

Ideas for teams: Celebrate by cheering on players, think signs and team chants; participating in fun activations; share a picnic after your game or simply enjoy the shared experience of being part of the netball community. It is a perfect way to highlight the friendships, fun, and memories made throughout the 2025 season.

# NNA seeks contributions from our members and supporters to CONFIRM THE THEME for this round and associated activation ideas.

#### SEEKING VOLUNTEERS TO ASSIST WITH NNA 2025 COMMUNITY ROUNDS

If you or anyone in your netball community has some time to give toward any community rounds in 2025, please email <u>community@newcastlenetball.com.au</u>.