

Your club already knows how to show up.

When someone in your club is going through a tough time, you don't need to invent new ways to help. Just extend what you're already doing.



Already heading to training?

Offer a lift to someone whose family is finding it hard to get there.



Already picking up snacks?

Pick up a few groceries for a club member who's having a tough week.



Already washing your kit?

Wash another set for someone who could use one less job to think about.



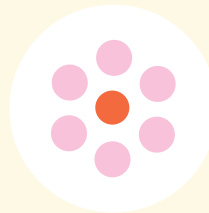
Already sharing updates from the day?

Send them to the club member who couldn't be there, so they still feel part of it.



Already catching up after training?

Check in with the person who's been missing lately.



Already part of this club?

Help make sure nobody has to face a tough time alone.



FOR MORE PRACTICAL TIPS & IDEAS

gathermycrew.org.au

