



Mental Health & Wellbeing Initiative

BALLAJURA LANDSDALE CRICKET CLUB CASE STUDY

ABOUT THE CLUB

Ballajura Landsdale Cricket Club (BLCC) will celebrate its 100th year in 2026. The club's history spans several amalgamations, beginning as Woodville Cricket Club before evolving through the merger of Ballajura Lakers and Landsdale Cricket Club into the strong, united club it is today.

BLCC fields teams from Cricket Blasters through to seniors, including a new Over-40s side competing in the Focus Cup for the first time. With members ranging from five years old to over sixty, the club prides itself on being an inclusive, community-driven organisation that welcomes everyone, regardless of race, colour, creed, or identity.

The club's culture is anchored by five core values:

- Accountability
- Integrity
- Respect
- United
- Belief



WHAT PROMPTED YOUR CLUB TO CONNECT WITH TRUE SPORT?

We wanted to help promote the importance of Mental Health, friendship and support.

We have had some members be open about their mental health struggles and it's important that, as a club, we have people who are informed about how to have conversations and check in with each other.

We know what we may not have the answers to someone's problem, but we can learn skills to help support them, direct them to support and resources that can help.



WHAT DID TRUE SPORT DELIVER FOR YOUR CLUB?

- With support from WA Cricket, True Sport came to deliver a Mental Health & Wellbeing Workshop focused on raising awareness of mental health and wellbeing challenges and how to support someone.
- All players, families and committee members of the club were invited to attend.
- We had approximately 40 people attend, with future mental health and wellbeing events already being planned.

TRUE SPORT IMPACT

- Biggest takeaways from the workshop were:
 - Knowing what support and resources are available to clubs.
 - How to support your friends and teammates.
 - General awareness of mental health and wellbeing challenges.



“IT IS IMPORTANT THAT WE THINK ABOUT MENTAL HEALTH AND BE THERE TO SUPPORT OUR MATES, FRIENDS AND TEAMMATES TO ADVISE THAT THERE IS HELP AVAILABLE”

We will continue to grow and support Mental Health and Wellbeing at our club and continue with our Annual Mental Health Charity Day, which this year (2026) raised over **\$7,000** for the Black Dog Institute.

