

## Medibank Community Fund (MCF) 2013 Community Grants

NEW SOUTH WALES AND AUSTRALIAN CAPITAL TERRITORY			
Name of Organisation	Region	Program to be funded	Grant
Alexandria Park Community School	Alexandria, NSW	The grant will be used to develop a sustainable working kitchen garden. The project will target students in Years 7 and 8 for weekly enrichment activities to improve their food-value awareness by designing programs through which they will cultivate gardens and grow healthy food that can be used in food technology classes.	\$7,800
Australian Kookaburra Kids Foundation	NSW	The Kookaburra Kids Foundation will be integrating a "Kids Healthy Eating" program into their five weekend camps per year. This grant will help to involve the services of qualified paediatric nutritionist to attend the camp and deliver several sessions including practical activities to encourage healthy eating.	\$10,000
Bega Men's Shed	Bega, NSW	The Bega Men's Shed is a community-based, non-profit organisation accessible to all men that helps reduce levels of depression and social isolation. The funding will go towards the provision of gym equipment and ten cooking lessons that will incorporate nutrition and diet advice.	\$5,000
Burn Rubber Burn	Sydney, NSW	Burn Rubber Burn is a health and exercise program developed in the community setting for individuals with a physical disability. Currently in its seventh year of operation, the aim is to bridging the gap between hospital rehabilitation and healthy lifestyle management.	\$25,000
Caroline Chisholm School	Sydney South, NSW	Caroline Chisholm School will use the funding to implement a program to encourage and support children with intellectual and physical disabilities to get more physically active. The program will focus on a range of sports so the students can participate more actively in society.	\$10,000

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Coniston Junior Soccer Club	Coniston, NSW	The grant will provide the opportunity for 20 young refugees to participate in a soccer season, promoting a healthy lifestyle and helping to socialise their families into the community. The grant will also enable Coniston Junior Soccer Club to purchase much needed training equipment for the Club.	\$10,000
Exodus Youth Worx	Ramsgate, NSW	Funding will support the establishment of a health and nutrition incentive that aims to raise awareness about the importance of healthy eating and physical activity for youths. The aim of the program is to teach healthy habits through a sustainable, social and fun networking channel.	\$9,960
Greystanes Disability Services	Penrith, NSW	Greystanes Disability Services provides 24 hour support to people living in community homes in the Blue Mountains and Penrith. Funding will go towards helping their client's access community activities at Mamre House in St Marys to become more socially connected and active. Activities include taking part in circus acts, making magic and learning new things, Feathered Friends, a wildlife education program and accessible gardens that are in raised beds to allow people who use wheelchairs to experience gardening.	\$6,000
Montreal Community Theatre Incorporated	Tumut, NSW	Funding will be used to produce a community based theatrical production in association with Tumut Performing Arts Society which is the dramatic arts group within Montreal Community Theatre Incorporated. The production will be about the needs young men have for mentoring and how a link with community helps a boy to successfully become initiated into manhood. The story draws on both Aboriginal and non-Aboriginal modern Australian life and spirituality, tradition and culture. The project builds community involvement in sharing a cultural event and gives community members something positive to be involved in as cast and crew.	\$8,300
St Canices Kitchen	Kings Cross, NSW	St Canices Kitchen will be running the 'Inside Out' program to provide healthy food and nutrition advice to people in need. The program runs an organic soup kitchen that in Kings Cross every Wednesday night (except in the month of January) and an outreach program that teaches young parents about healthy food and cooking.	\$8,760

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Queensland			
Mater Foundation	QLD	Funding will be used to create a public health toolkit of online and printed materials to support ongoing health presentations. The Mater Foundation is targeting the mining and resources sector and regional Queensland communities where weight and obesity is an issue. A toolkit of materials will allow participants to take information away, share it, or refer back to it as needed.	\$13,340
Australian Gymnastics & Dance Academy Fundraising Association	Caboolture, QLD	Funding will provide Gymsport and fundamental movement activities for school age children with special needs attending a local Special School. Currently, there is no program like this in the Caboolture area, which means special needs students do not have the opportunity to participate in active sports.	\$5,000
Clear Horizons	QLD	The program will provide four blocks of programs over 44 weeks to create sports and recreational opportunities for people with disabilities. It has been recognised that team sports are not available to people with disabilities during the day and the vision of the program is to achieve community inclusion by attending the mainstream facilities in the local areas. It also incorporates healthy eating education and participants are encouraged to purchase or bring a healthy lunch.	\$14,520
The Australian Lung Foundation	QLD	The grant will support the project 'Lungs in Action' – a community based exercise program that aims to provide Chronic Obstructive Pulmonary Disease and Heart Failure sufferers an environment to maintain and extend the physical gains of rehabilitation through monitored and specific exercise. Currently awareness of the program is low, so funding will go towards promotional materials including flyers, t-shirts and participant resources to encourage participation within in this physical activity program.	\$7,325

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Community Solutions	The Sunshine Coast, QLD	Community Solutions will be creating The Lake Kawana Community Garden. The garden project aims to promote healthy lifestyle choices and greater community connectedness. The garden will be designed as a place where individuals, groups and families can visit, volunteer or participate in a variety of workshops and activities.	\$15,000
Suncare Community Services	Maroochydore, QLD	The grant will be used to implement an exercise and physical activity program at the Maroochydore Day Respite Centre. The program encourages moderate exercise and social interaction by carrying out 30 minute exercise routines five days a week for the elderly. This helps participants remain steady on their feet as they age, which is of incredible importance because not only are falls responsible for most fractures and traumatic brain injuries, but those who fall can also develop an intense fear of falling again, leading them to limiting their activities.	\$5,415
Transition NQ Region, Managing School, William Ross State High School	Townsville, QLD	Moving Out Camp and Social Skills Program are the only programs of their kind in Townsville and surrounding districts for students with disabilities (physical, intellectual, ASD, Vision and Hearing Impairments). The program aims to get students ready for independent lives and enables them to become active members of the community.	\$15,050
Scripture Union	Mount Isa, QLD	Funding will go towards establishing a healthy breakfast program to children who ordinarily would not have breakfast. It aims to help increase attendance, help children learn about healthy eating habits and help with concentration in class.	\$5,000
Scottvale Park Squash League Incorp	Rockhampton, QLD	The grant will provide the opportunity for 20 primary school aged children in foster care in Rockhampton to attend a 12-month fully subsidised beginner squash program. These children are often from broken or violent homes and most will lack confidence and happiness. The program will help improve their self-esteem and social connections. It will encourage the take-up of physical activity in a safe, controlled, sun-free, and all-weather environment.	\$9,500

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Southern Gold Coast 60 and Better Program Inc	Gold Coast, QLD	The '12 weeks to a Healthier Lifestyle Project' pilot ran successfully in 2012, this funding will help to continue the program for around 60 participants in 2013. Participants are inactive people over 50 who wish to gain knowledge, information and motivation to enhance their health. The Program is broken down into specific issues relating to seniors such as strength, balance, mobility and flexibility and added to each week, empowering each participant to feel capable of making small daily changes that will ultimately enhance their health.	\$14,919
<b>SOUTH AUSTRALIA</b>			
Koolunga Primary School	Koolunga, SA	Funding will be used to establish an "Eat and Run" program to encourage healthy eating and physical activity for school aged youths. The program will have four levels which will include a breakfast program, establishing a shared fruit orchard for future sustainability, providing daily fruit bowls and encouraging individuals and families to increase their physical activity through swimming and play.	\$16,800
Lutheran Community Care	Adelaide, SA	The grant will be used to build the capacity of Davoren Park, a disadvantaged community, through the coordination of a community garden and healthy cooking program over two years. The objective is for vulnerable families, socially isolated people, unemployed people and new arrivals from African cultures to learn gardening and cooking skills.	\$22,780
Sea Scouts	SA	The Water Activities Group of Scouts SA runs sailing/rowing camps for youths that encourage community connectedness through physical activity. Due to the limited number of boats, spaces in the camps are restricted. Funding will enable two new boats to be purchased so more youths can be a part of the group camps.	\$15,000
Special Olympics SA	SA	Special Olympics SA will be entering a team in the City to Bay run in September 2013. The funding will provide 50 athletes and 10 volunteer carers the opportunity to train together with a personal trainer and nutritionist in a 10 week program leading up to the fun run.	\$5,000

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NORTHERN TERRITORY			
Community Information Support Services	Alice Springs and Darwin, NT	Community Information Support Services will partner with social enterprise Healthy Places to deliver programs to improve participants' nutrition and community connectedness. Forty key community members will be trained to deliver the 'Cook Well Be Well' or 'How to be an Urban Hippy' programs. Each of the 40 mentors will then be supported to work with a minimum of 10 individuals per year. Typical participants will include people of Aboriginal or Torres Strait Islander heritage, those with low educational attainment and people with complex needs.	\$40,420
VICTORIA			
Bairnsdale Neighbourhood House	Bairnsdale, VIC	The Bairnsdale Neighbourhood House operates a number of community programs which provide healthy food prepared by volunteers for those in need. Currently the capacity of the kitchen is limited by the use of domestic-quality kitchen appliances which are inappropriate, inefficient, and unsuited to the large quantities produced by the kitchen. The Community Grant will enable the kitchen to be upgraded so that the program can continue to connect with people in the local community and increase their access to healthy food.	\$13,970
Cheltenham Community Centre	Cheltenham, VIC	The grant will support a start-up program which aims to provide accessible, inclusive and affordable opportunities for children and adults in the local area to start up fun activities focusing on active participation, learning, confidence and life-style choice. The activities will range from cooking for children to dance fitness for disadvantaged adults. The second dimension of the program is to develop a multicultural community cafe as an on-site community space for parents/carers to connect, share and build local support networks. The café will also provide a free healthy breakfast for those in need and encourage migrant students learning English in the college to work there.	\$27,800

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Food_Skill Inc	Corio and Norlane, Geelong, VIC	Food_Skil aims to improve the health and wellbeing of residents of Corio and Norlane through fresh food. These areas have been identified as most at risk of food insecurity and Food_skil seeks to improve access to affordable, sustainable, fresh and healthy food. This will be done through providing high quality fresh produce through production and retail. Production activities include the operating of a market garden and the harvesting of excess produce from backyard gardens in the area; and retail activities will see increased access to lower cost, higher quality produce.	\$20,000
Kinglake Ranges Neighbourhood House	Kinglake, VIC	The grant will fund the expansion of Kinglake Ranges Neighbourhood House vegetable/herb garden. Garden visitors and users range from retirees, to disengaged teenagers and stay at home parents. They also include a number of members of the community who are experiencing apathy, anxiety and depression and the community garden is a way of helping them connect and partake in some physical activity. There is also a Foodshare program running from the House where disadvantaged residents have access to food aid and the garden is used to supplement this program and help liven up healthy dishes to encourage positive eating habits.	\$5,000
Laurimar Football Club	Doreen, VIC	The club will run a program to encourage a healthy lifestyle through small group bootcamp sessions and a healthy eating education program. Groups will commence the program with by attending a conference which will promote healthy living, eating and cooking. They will then continue with weekly bootcamps. It is hoped that the program will help to encourage the community to recognise that exercise doesn't require a gym membership, but can take place easily utilising local parks, running and walking tracks.	\$6,500
Leisure Networks Association Inc	Colac, VIC	Working to create healthy behaviours and habits early, the 'sportsaccess' program helps primary aged children from families on the Education Maintenance Allowance (EMA) to get involved in sport by working with local primary schools, businesses, sports suppliers and clubs. The program engages local primary schools to select students they feel would most benefit from participating in a sporting club. Leisure Networks makes the connection between the club and family and provides financial support for participation which covers memberships, uniforms, footwear and equipment.	\$6,000

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Mildura and District Little Athletics Centre	Mildura, VIC	Mildura and District Little Athletics Centre is currently growing in numbers, encouraging 'health fun and fitness' to their young participants through little Athletics. However an older long/triple jump track has had to be closed to deterioration of the facility which has left it a health and safety issue. This grant will go towards upgrading the facility to meet with new standards, which will be of benefit to the great number of little Athletics participants who will use the facility for training and competing.	\$5,200
South West Healthcare	West Warrnambool and Moyne Shire, VIC	South West Healthy Kids (SWHK) is a community based health development program promoting physical activity and healthy eating in children and their families. It is a collaborative partnership operating under the umbrella of South West Primary Care Partnership which aims to improve the food and nutritional quality of children's lunch boxes at preschool and primary school. The program will encourage partnerships between schools and parents and deliver a suite of activities to parents to help them provide healthy lunches, including menu planners and family food skill sessions.	\$20,000
<b>WESTERN AUSTRALIA</b>			
Aboriginal Literacy Foundation	WA	Funding will enable the ALF to provide a new four book early reader series to indigenous children, providing books which will teach key life messages within an indigenous cultural context. It provides a culturally relevant health and welfare based literacy program to indigenous children in regional and remote indigenous communities. The themes and content of the book series will relate to safety, feelings and moods, healthy lifestyle and food. For many children the program provides them with the first book they have ever owned.	\$21,000

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Choose Respect Network Limited	Bunbury and Rockingham, WA	This program encourages community connectedness by providing an opportunity for local people to work together to use 'Choose Respect' to foster a culture of respect in their homes, schools, work places and local community. Choose respect organises an annual community event to connect members of the community with each other for a common cause ... a better, safer and healthier place to live. These are the Bunbury 'Rally 4 Respect' and Rockingham's 'Together for Respect' events.	\$15,000
Community Living Association	Albany, WA	Community Living will hold fun physical activity and healthy cooking classes designed for people with a disability. This will help to include people with disabilities in activities that will help them enhance their general health and wellbeing. The healthy cooking workshops will be run in conjunction with dieticians from Amity health and the physical activity workshops will promote physical wellbeing and aim to help prevent chronic illness in people with disabilities.	\$10,000
Food Rescue	WA	Food Rescue is the missing link between the thousands of tons of fresh, nutritious food thrown into landfill each year by the food industry and the thousands of hungry and disadvantaged people in need. By saving food that would otherwise be thrown away, this program is able to help provide free, fresh fruit and veg to disadvantaged, vulnerable and at risk Western Australians. The grant will enable Food Rescue to increase the number of agencies they work with who convert the rescued food into food parcels and nutritious meals. The program aims to extend the programs reach to include regional WA.	\$13,600
Mary's Mount Primary School	Gooseberry Hill, WA	Mary's Mount Primary School plans to transform a currently underutilised area of the school into the 'Mary's Mount Nature Garden'. The area has existing fruit trees and added to that will be an edible garden and nature playground. Under guidance from teachers, students will be responsible for planning, growing and harvesting the fresh produce which will be eaten at school, used by the canteen or sold to the school community. The adventure playground will incorporate a natural play environment for the children where they can have fun, foster their curiosity and help them learn and be active.	\$5,000

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PEP Community Services Inc	WA	PEP it Up! is a physical activity and nutrition program for people with a range of disabilities including intellectual, physical, neurological, acquired brain injuries and those with mental health issues. The grant will help with the running of 'Move it Mondays', low impact and inclusive exercise classes; and 'Tasty Tuesdays' healthy eating classes with opportunity to plan, budget and cook healthy meals.	\$21,000
Riverside Primary School	Mandurah, WA	Riverside Primary School will encourage children to increase their intake of healthy food through the 'Fresh Fruit Friday' program. Students will be encouraged to bring their own fresh fruit and vegetables for recess each day and on 'Fresh Fruit Friday' the school will provide fresh fruit and vegetables for everyone. The school will be also be encouraging physical activity through a daily physical fitness program for year 1 students. These activities will culminate in one 'Fresh Fruit Friday Family Fun Day' per term which parents will be invited along to.	\$5,000
Winun Ngari Aboriginal Corporation	Derby, WA	The grant will enable the Derby Men's Shed to run a 'wellbeing module' for aboriginal men aimed at improving their level of awareness, knowledge, and practical skills relating to their health, mental health, self-esteem and self-care. In addition recreational workshops and activities help give balance to the overall program to improve participants the sense of authority and discipline and reconnect them with their culture and traditional practices.	\$10,000
<b>TASMANIA</b>			
Lilydale District School Parents & Friends	Lilydale, TAS	This grant will assist in the upgrade of the school's netball courts to be resurfaced with an all-weather surface material. The Lilydale District School Parents & Friends, a subcommittee of the Lilydale District School Association, will then be able to run additional after school sports programs with the support of the group's parent volunteers and skilled coaches. The group would initially like to extend on the existing programs to include football and tennis to encourage even more children to partake in physical activity.	\$15,000

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Mt Faulkner Community Garden	Mt Faulkner, TAS	The Mt Faulkner Community Garden allows people to grow food to provide for themselves, and also provides food for the local Second Bite program run by Bucann House. In addition to providing nutritious fresh produce for people in need, the garden also helps connect local people through gardening together and its monthly BBQ. The grant will enable the installation of more garden beds and an adequate irrigation system, as well as a table and seats.	\$10,526
Risdon Vale Neighbourhood Centre	Risdon Vale, TAS	The grant will help to establish a community garden. The land has already been secured and fenced, and a shed built, however the garden still requires basic garden equipment and seeds, seedlings and fruit trees. The garden will help provide a supply of fresh produce to the socio-economically disadvantaged community. It will also provide training and support for individuals to work in the community garden and provide the opportunity to develop veggie patches in their own gardens at home.	\$5,393
Women's Karadi Aboriginal Coporation	Glenorchy, TAS	The grant will go towards establishing a community garden open for the use of the community of Glenorchy. Participants will have direct hands on experience in planting, caring and cultivating their own fruit and vegetables. Weekly cooking or preparation workshops will also be established to teach real life skills in preparing and cooking meals. Being in an outdoor environment will also increase the physical activity of participants.	\$10,000
<b>NEW ZEALAND</b>			
Water Safe Auckland	Auckland, NZ	This six month social group program helps new migrants by teaching them invaluable skills for a healthy lifestyle. It will address the issue of lack of water safety knowledge by teaching swimming and first aid skills. As well as encouraging increased participation in physical activity it will also cover nutritional education to encourage healthy eating.	\$10,000

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Garden to Table Trust	NZ	The community grant will go towards the 'Garden to Table' project through which children learn to grow, harvest, prepare and share food as part of the school curriculum. Children are involved in growing produce in the school garden, which they then use to prepare nutritious meals. By setting good examples and engaging children's curiosity, as well as their energy and their taste buds. Garden to Table provides positive and memorable food experiences that will form the basis of positive lifelong eating habits. It gives children life-skills and the opportunity to take charge of their own lives by learning to feed themselves and their families.	\$15,000
Get in2life Youth Development Trust	Auckland, NZ	This program encourages young people to be active and healthy and to connect with their local environment through play. The program creates a space for unstructured creative play by transporting equipment to local areas such as parks and reserves for a session lasting several hours. Whereas traditional games for young people are run, organised and controlled by older figures/adults, this is a completely different environment and encourages ongoing involvement, self-discovery, creativity and innovation.	\$10,000
Waikato International Community Gardening Project	Waikato, NZ	Aimed at diverse ethnic communities this project aims to improve physical and mental wellbeing through gardening activities, healthy affordable food, increased self-reliance and greater social engagement. The project seeks to link food gardeners with organisations, resources, businesses and individuals who can support their gardening activities, health and learning in the long term.	\$12,500
New Brighton Community Gardens	NZ	The grant will go towards New Brighton Community Gardens who will be running a 12 month program on cooking with fresh produce called 'NOURISH'. Participants will be able to learn about healthy eating and cooking with nutritious fresh food. There will also be gardening and sustainability stations for those who wish to learn about growing fresh produce and home gardens.	\$8,080

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Te Ara Hauora	Greymouth, NZ	The grant will assist the creation of 'Te Ara Hauora' or 'The Path of Wellbeing' at Grey Main School. Pupils, staff and the community will be involved in the construction and maintenance of Te Ara Hauora which will be used to grow fresh produce and also be home to a hangi pit. Produce from Te Ara Hauora will be used by senior students in the preparation of healthy Friday lunches and for other school events, as well as being distributed to the wider community. The project reinforces healthy eating values and encourages community connectedness for those involved.	\$10,000
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