

Medibank Community Fund (MCF) 2011 Community Grants

VICTORIA			
Name of Organisation	Region(s)	Program to be funded	Grant
Red Cross	Metro Northwest, St Albans Meadows, Metro Southeast, Clayton North, Geelong, Whittington, VIC	<p>Red Cross' FOODcents program delivers practical advice to disadvantaged communities and aims to encourage healthy eating through face-to-face education programs that teach participants how to cook healthy, nutritious meals on a budget.</p> <p>The grant will provide funding for three Good Start breakfast programs to culturally and linguistically diverse communities in St Albans Meadows, Clayton North and Geelong (Whittington) and also support the council in the development of a Food Security policy.</p>	\$25,000
Volleyball Victoria	City of Greater Dandenong, VIC	The grant will help run the Multicultural Program, a 10 week program which aims to teach various multicultural groups in Victoria how to play volleyball and educates participants on healthy eating and healthy life. Over ten weeks the groups will learn to play the game as well as form social connections and skills which can ultimately help their improve health and their quality of life in Australia. The funding will also help stage the "Multicultural Cup" which brings together different multicultural teams from across Australia in November 2011.	\$10,000
Whitelion	Parkville and Malmsbury, Melbourne, VIC	The Whitelion Custodial Mentoring Program supports young people imprisoned in the two Melbourne Youth Justice Centres. The grant will help fund the program that works to provide participants with strong and positive support as they take steps towards a healthier lifestyle. It helps young people by teaching them practical skills, as well as encouraging them to build supportive relationships with positive adults, their peers and members of the community.	\$20,000
Urban Seed - Credo Café	City of Melbourne, VIC	This grant will support Urban Seed's 'Street and Hospitality' work, centred around the Credo Café which provides a free meal 4 days a week (Tue-Fri) for around 40-70 people each day. The relationships formed in Credo Café provide the basis for a range of other activities designed to assist and include marginalised people in Melbourne's CBD. There is significant opportunity for guests to become involved in the running of Credo Café and other activities so they have ownership of what goes on rather than just being passive recipients.	\$25,000

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Salvation Army/ Hawthorn Secondary College	Hawthorn Secondary College, VIC	A lunch time program at Hawthorn Secondary College, once a week called The Sandwich Club, which provides students who might otherwise go hungry with an opportunity to prepare and eat a healthy meal. In 2011 the Club will be run by the local Salvation Army Youth Worker in conjunction with HSC School Chaplain and members of the school's Student Representative Council (SRC).	\$5,120
Salvation Army Camberwell	Boorondara, VIC	The Salvation Army will use the grant to run cooking classes for people (largely men) from rooming houses and public housing as well as other disadvantaged groups in the City or Boorondara. The program aims to develop skills and capacity for people in public housing and rooming houses to understand what it means to eat healthy meals, how to cook them and how to shop for economical yet healthy food.	\$13,800
NEW SOUTH WALES / AUSTRALIAN CAPITAL TERRITORY			
The Salvation Army	Upper Blue Mountains, NSW	The Salvation Army Upper Blue Mountain NSW Corps runs a welfare service which includes the 'Breakfast with Heart' program six days per week, in response to community need. The grant will support the breakfast service which, for around 80 per cent of the people who attend, is the only hot meal they will have that day. Most people who come are homeless or socially isolated. On average, there are more men than women attending	\$6,150
Ian Thorpe's Fountain for Youth	NT/Sydney, NSW	The Community Grant will help meet the costs of transporting up to 20 indigenous youth and elders from the remote communities of the Northern Territory to Palm Beach in Sydney for this 2 week life skills training program.	\$25,000
Red Cross	Campbelltown, NSW	Red Cross' FOODcents program delivers practical advice to disadvantaged communities and aims to encourage healthy eating through face-to-face education programs that teach participants how to cook healthy, nutritious meals on a budget. Medibank Community Fund's support will run six, 10-week FOODcents courses in the Campbelltown Local Government area.	\$35,000

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Mission Australia - Centre Spectrum apartments	Surry Hills, NSW	The Mission Australia Centre opened in July 2005. It is a housing program which provides 32 beds to homeless men and is located in Surry Hills. The grant will assist a program that supports intensive case management and offers a low staff to client ratio to decrease alienation. Support is available 24 hours, seven days a week. There is a strong focus on clients setting and achieving goals in a range of areas such as education, employment, community engagement and overall health and well being.	\$25,660
Kool Purple Kookas	Redfern, NSW	This grant will support this program to teach Indigenous Australian children and their parents to cook and choose healthy food by promoting the health benefits of modern Indigenous cuisine. Kool Purple Kookas will educate 40 children and caregivers to safely prepare at least one simple, healthy, and affordable meal at home.	\$9,065
SOUTH AUSTRALIA			
YWCA of Adelaide	Adelaide, SA	Go Girls! (GG) and Game On! (GO) Healthy Bodies Healthy Minds are group mentoring programs for young people aged 11-14 years and focus on three key areas: active living, balanced eating and positive self-image. Funding from the Medibank Community Fund will enable the YWCA of Adelaide to deliver more 8 week programs within high need areas of metropolitan Adelaide.	\$79,744
WESTERN AUSTRALIA			
Mission Australia	Wellington Square Park, East Perth WA	The grant will go towards Mission Australia's annual Christmas Lunch in the Park. The event brings together people who are experiencing homelessness, social isolation, financial hardship and other barriers to a happy Christmas and a hearty Christmas lunch that many Australians take for granted. Last year approximately 1700 people attended from all areas of Western Australia and from a broad cross section of the community.	\$20,000

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Red Cross	Perth, WA	The grant will help Red Cross to deliver of the FOODcents program to targeted communities throughout Perth over a 12 month period. Red Cross' FOODcents program delivers practical advice to disadvantaged communities and aims to encourage healthy eating through face-to-face education programs that teach participants how to cook healthy, nutritious meals on a budget.	\$80,000
TASMANIA			
Red Cross	Northern Tasmania	Support from Medibank Community Fund will help to deliver a Good Start breakfast club program (incorporating the FOODcents course) to communities in Bridgewater and Gagebrook, 21 kms from Hobart. The Red Cross' FOODcents program delivers practical advice to disadvantaged communities and aims to encourage healthy eating through face-to-face education programs that teach participants how to cook healthy, nutritious meals on a budget.	\$5,000
Whitelion Ashley Visitation Program	Northern Tasmania	The Ashley Visitation Program (AVP) provides opportunities for young people incarcerated in Ashley Youth Detention Centre (in Tasmania's North) to develop the social skills, confidence and positive outlook necessary for participation in the community. The program facilitates interactions with volunteer mentors from the community, with whom young people engage in a range of meaningful theme-based activities with a focus on healthy community relationships.	\$10,000
Rotary Central Launceston	Launceston, Tasmania	Circus Quirkus will be held on July 28 th at the Princess Theatre and is an event which is specifically aimed at disadvantaged and disabled children. The Grant will allow 20 children and their carers (who might otherwise not be able to afford to attend such an event) to attend the circus and be entertained.	\$2,000
SecondBite		SecondBite Community Connect sources surplus fresh food that would otherwise go to waste and redistributes it to assist people experiencing food insecurity. The grant will assist with this program in addition to supporting an education program (SNAP) on the subject of food and nutrition for local communities, agency staff and volunteers.	\$13,000
QUEENSLAND			

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Salvation Army	Carole Park, QLD	The community grant will support the Kinex program - designed to strengthen links with the community and school through a small, informal lunch where families of school children come and explore the classroom and the children are able to explain their learning. Families are able to meet and talk with teachers and service providers in a non-threatening environment and relationships are strengthened.	\$10,800
Big Brothers, Big Sisters	Brisbane, QLD	The grant will go towards two programs for 11-14 year olds run by Big Brothers Big Sisters of Queensland called Go Girls! and Game On! The Go Girls! Game on! programs are is designed to develop an appreciation of the benefits of an active, healthy lifestyle among girls and boys. Go Girls! and Game on! are group mentoring programs for girls facilitated by 2 to 4 volunteer mentors aged 18 – 25 who are enthusiastic, caring, energetic, and passionate about healthy living and physical activity.	\$53,015
Mission Australia - Café One	Fortitude Valley, Brisbane	The grant will go towards funding Café One on Wickham, where homeless and disadvantaged people can enjoy an affordable meal while accessing a range of individual support and services. The Café's price structure ensures that people living on low incomes can access regular, hearty meals. As paying customers, people have the empowering choice of which meal they want and where they'd like to sit. A meal credit system is also available to ensure those doing it particularly tough can also have access.	\$30,000
NEW ZEALAND			
Moriah College	Wellington, NZ	The grant will be used for Moriah Colleges "Garden to Table" Project, which is designed to foster a love of growing vegetables and eating unprocessed foods. The small primary school plans to add large planter boxes with attached seating to grow vegetables and herbs, a large table, and also an oven with some basic kitchen equipment so that children can be more actively involved in preparing food for festivals.	NZ\$10,500

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Newmarket Primary School	Auckland, NZ	<p>Newmarket School is an inner city school, located in a high density area with students from diverse ethnic backgrounds. The grant will be used for a program which is predominantly student lead and encourages physical activity, improved nutrition and community connectedness. Program develops students' knowledge and skills of physical activity using both traditional and non-traditional physical activities – for example 'Swing Poi for Heart' - the use of poi requires physical strength, skill and flexibility and is excellent for developing co-ordination. Improved nutrition is taught through activities including the making of a 'soup lunch' using vegetables grown in the school gardens, and those that are harvested from the other schools. Additionally the school also plans to run an outreach programme to connect with the wider community.</p>	NZ\$5,000
Shakti Asian Women's Safehouse Inc.	Auckland, NZ	<p>The Shakti Asian Women's Safehouse is run by ethnic women to provide support for ethnic women to overcome the difficulties faced by migrants, and also to provide support for survivors of domestic violence within these communities. As part of the support Shakti provides a free 12 week community education training programme covering English language literacy, counselling and art therapy, positive parenting, health and nutrition, finance and budgeting, Learner driver licensing, sustainable living and career development through further study and job seeking.</p> <p>The Medibank Community Fund community Grant will fund 1 year of providing these services by helping clients and their children meet basic necessities required to live healthy and integrated lives. The Grant will also fund a World Food Day event in October 2011, an opportunity for Shakti clients to showcase their different cultural foods.</p>	NZ\$18,250
Wellington City MenzShed Charitable Trust (WCMS)	Wellington, NZ	<p>The purpose of the Trust is to provide an environment for the older and isolated men of Wellington where they can find companionship, develop new skills, and use their talents to benefit society are large. The membership is a mix of older men and includes refugees or new migrants, and some on the recovery road from mental illness. Through MenzShed they use their assorted skills to repair or rebuild things for community groups such as the local Playcentre, the Refugee Centre and for the Sisters of Compassion. The work is under taken on the basis of the cost of materials. The MCF Community Grant will allow the Trust to employ a person to manage the building and its facilities, extending the program to most days of the week.</p>	NZ\$16,250

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