

2018/19 – 2020/21 Healthy Canberra Grants

Successful Program Descriptions

Organisation	Bluearth Foundation
Program Title	Meet and Move
Program Description	<p>Meet & Move is a local activation program connecting parents/carers and children with opportunities to play in their local environment. The program will be delivered in partnership with the Canberra chapter of MEGA (Mums Exercise Group Australia) and Nutrition Australia ACT, as well as complementing the existing messages delivered in Kids at Play Active Play, Nature Play CBR, Active Streets and other local organisations committed to supporting active outdoor play.</p> <p>Meet & Move will:</p> <ul style="list-style-type: none"> • Provide opportunities for parents/carers and children to engage in shared active play with each other and other parents/carers and children • Connect families to physical activity and play options in their local area, playgrounds, local parks and bushland • Facilitate family movement sessions in a variety of local, outdoor venues using existing features/equipment at the venue or equipment found at home • Provide families with knowledge on creating healthy eating snacks to accompany their outdoor play • Connect parents with other parents in their local area • Use social media to showcase physical activity, active play discoveries and healthy eating ideas to a broader audience • Create Play Maps • Share strategies for reducing screen time <p>Meet & Move includes:</p> <ul style="list-style-type: none"> • Meet & Move - physical activity sessions • Grab n Go - healthy eating workshops • My Way to Play - active play map for each region, template process for developing active play maps for new regions • Social network – a forum to share strategies for reducing screen time, increasing active play and increasing healthy eating
Amount funded 2018/19	\$117,343
Amount funded 2019/20	\$120,103
Amount funded 2020/21	\$123,585

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Successful Program Descriptions

Organisation	Foundation for Alcohol Research and Education Limited (FARE)
Program Title	Addressing the booming booze culture among ACT women: combining innovative technology with an awareness raising campaign.
Program Description	<p>This health promotion program aims to reduce alcohol harm among women in the ACT using a brief intervention program coupled with a targeted awareness raising campaign.</p> <p>The program aims to develop and test an innovative technology using an online platform sending information and hyperlinks to smartphones to motivate women aged 45-64 to reduce their alcohol consumption.</p> <p>This single session brief intervention will, after assessing daily beverage and location-specific alcohol use, automatically feedback the participants' daily consumption and contrast this with the national drinking guidelines. Following principles of brief motivational interviewing, the platform will also deliver information about the harmfulness of exceeding the drinking guidelines and how many calories each beverage contains. The opportunity for improving health and wellbeing (e.g. via weight loss) and making financial savings when consuming less alcohol will be explained. The project will also provide key strategies for reducing drinking. The platform will also be designed to boost participants' confidence in their ability to change risky alcohol use habits by asking them to recall previous successful efforts to make positive life changes. Where severe cases are identified, appropriate information will be provided and participants will be motivated to seek the help of a health professional.</p> <p>Meanwhile, a highly targeted campaign focused on raising the awareness of long-term harms associated with alcohol consumption will complement the intervention. The campaign will be intense and directed through social media platforms used by ACT women. The roll out of the campaign will occur in conjunction with the roll out of the online platform intervention.</p>
Amount funded 2018/19	\$194,546
Amount funded 2019/20	\$128,844
Amount funded 2020/21	\$73,696

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Successful Program Descriptions

Organisation	Nutrition Australia ACT
Program Title	Nourishing Little Minds
Program Description	<p>Nourishing Little Minds combines early childhood literacy with experiential learning to enrich children's awareness, interest and enjoyment of healthy foods in a safe and familiar environment. The program links food literacy and hands-on positive food experiences to support healthy eating habits of young children and their families in a library setting. As a multi-component health promotion intervention, Nourishing Little Minds consists of reading books portraying healthy messages and food exploration/preparation activities.</p> <p>In addition to providing a healthy approach to the Libraries ACT Story Time participants (aged 3-5 years) the program will incorporate the development and delivery of an additional 4 week program targeting 0-2 year old children and their families attending Libraries ACT Giggle and Wiggle sessions. The 4 week 0-2 year old program will be developed specifically to address nutritional issues that arise with 0-2 year old children with a focus on healthy food exploration and tasting.</p> <p>Each of the 4 week sessions will run for 60 minutes and include a selection of stories, rhymes and songs providing healthy eating messages and/or positive healthy food exposure delivered by Libraries ACT's Family Literacy Coordinator. This will be followed by hands on interactive food and nutrition awareness activities, in the library community room, delivered by an Accredited Practising Dietitian. Each session will carry a healthy eating theme where foods will be discussed, tasted and explored, with accompanying fact sheets, recipes and activities that parents/carers will be encouraged to undertake with their children at home.</p>
Amount funded 2018/19	\$33,800
Amount funded 2019/20	\$32,600
Amount funded 2020/21	\$33,400

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Successful Program Descriptions

Organisation	Warehouse Circus
Program Title	Circus for Health – Schools Spin Out Extension Program
Program Description	<p>Circus For Health - School Spin Out Extension Program, is a community based circus therapy and nutrition program for young people in the ACT with complex and multiple disabilities.</p> <p>Warehouse Circus (WC) will collaborate with numerous key partners, including ACT schools, Occupational Therapy (OT) services and Nutrition Australia ACT Inc (NAACT), to deliver circus therapy and healthy eating classes to students 5 to 18yrs old from 3 high schools and 3 primary schools in the ACT who cater for children with disabilities.</p> <p>The program will have a staged implementation process with a new school or cohort being introduced in each of the 3 years. WC has designed this staged implementation in line with the sustainable growth of its programs.</p>
Amount funded 2018/19	\$94,482
Amount funded 2019/20	\$109,094
Amount funded 2020/21	\$149,154