

Health Promotion Innovation Fund (Closed 15 February 2016) Successful Project Descriptions

Organisation name	Ainslie School P&C Association
Project title	Connecting with EAL/D* and Indigenous families through healthy food
Project summary	<p>* English as an Additional Language or Dialect</p> <p>Ainslie School strives to engage all students and their families in all aspects of the school's activities, both inside and outside the classroom. The school recognises, however, that sections of the school community face many different barriers to participation as well as opportunities to thoroughly explore and experience immersion into school culture and the wider community. These participation barriers are well documented by government research papers and reported by families at the school.</p> <p>This project has two aims:</p> <ol style="list-style-type: none"> 1. To promote the school canteen and garden as safe welcoming places for parents/carers to practice English language skills and to make social connections with a wide range of Ainslie School parents/carers. This project will elevate other languages in the Ainslie School canteen newsletters, menu, recipes, Standard Operation Procedures and in all health promotion and school garden activities. Also, it will talk about culturally appropriate foods when undertaking health promotion activities such as cooking and gardening classes. 2. To increase the involvement of Indigenous and EAL/D families in health promotion activities, including our current Fresh Tastes projects that focus on healthy lunch boxes, food from home information and canteen menu reviews. This includes investigating, identifying and labelling culturally appropriate food items sold in the canteen, at school functions and growing in the garden. <p>Over the last 3 years, with the establishment and continued success of the school garden and green canteen, the focus on families and students who have been identified as having low levels of use of these school assets is the natural next step in widening our reach and therefore improving health outcomes across the school community.</p>
Funding	\$10,000 (excluding GST)

Organisation name	Belconnen Arts Centre Inc
Project title	Feel the Music - Dance for People with Hearing Impairment
Project summary	<p>The project is a year-long dance program for members of the ACT hearing impaired community and their friends and family.</p> <p>The program will be at Belconnen Arts Centre, ACT. It will run from July 2016 to May 2017, with a weekly 90 minute class over 38 weeks.</p> <p>It will be open to participants of all ages, who will participate in weekly dance classes and develop their fitness, strength, coordination, flexibility, dance technique, interpersonal skills and self confidence. By involvement in the program over the 11 month period, participants will enhance their wellbeing, connect with their community, and grow their artform knowledge through involvement in a number of outcomes, including performances and a mixed ability social dance.</p> <p>The project's Auslan Interpreter will also use the project as an opportunity to provide additional work experience for trainee Auslan Interpreters in the ACT.</p> <p>The project will be managed by Belconnen Arts Centre's Creative Program Officer, supported by fellow arts workers and administrators at the arts centre, in collaboration with a core reference group from the local hearing impaired community.</p> <p>Research indicates that around 1 in 10 people experience some form of hearing impairment. On this basis Belconnen Arts Centre sees this project as the first stage in what we hope will be a permanent program for the hearing impaired community in the ACT in the future.</p>
Funding	\$15,000 (excluding GST)

Organisation name	Goodwin Aged Care Services Ltd
Project title	Goodwin Health Club
Project summary	<p>The Goodwin Health Club will provide the community with the opportunity to access information and education on healthy active ageing that focuses on the mind, body and soul.</p> <p>Education will focus on healthy eating, preventative health and enablement. A range of physical activities will be offered such as yoga, meditation, walking groups, tai chi and information will be included on the importance of good nutrition and hydration.</p> <p>Participants will be interviewed on their lifestyle and attitudes relating to the concept of healthy active ageing prior to commencing the program, during the program and at the end of a 12 month period to determine the health benefits achieved.</p>
Funding	\$15,000 (excluding GST)

Organisation name	Migrant and Refugee Settlement Services of the ACT Inc.
Project title	Garden to Plate
Project summary	<p>Our project will focus on educating the participants about developing and maintaining healthier eating habits for themselves and their families. The project will achieve this through fun and interactive activities and information sessions that will operate throughout the 12 months of the project. The interactive activities revolve around the participants developing two main skills sets: gardening and cooking.</p> <p>The gardening component will expand from our existing gardening program which is located in Waramanga. The gardening program is currently operating weekly on Thursdays with clients living at the Waramanga property and is supervised by a MARSS volunteer. We will be expanding this program to include information sessions from professional gardeners, by adding to the number of garden beds, adding a greenhouse for the winter crops and by adding additional days as needed.</p> <p>The cooking component will be held in the commercial kitchen of the Theo Notaras Multicultural Centre, Canberra City. For the cooking component, we will be engaging professionals to come and hold cooking demonstrations and classes for the participants. These will be interactive and will be where the participants will learn healthier ingredient choices and menu options.</p> <p>The final component of our program will be information sessions that will be held quarterly in the function room of the Theo Notaras Multicultural Centre, Canberra City or the MARSS classrooms. Here we will engage dietitians and nutritionists to provide our participants with the information that will help ensure that they will be able to maintain the healthy eating habits and skills that they have learnt throughout the program.</p>
Funding	\$15,000 (excluding GST)

Organisation name	Warehouse Circus Inc.
Project title	Warehouse Circus' High School SPIN OUT program
Project summary	<p>Warehouse Circus (WC) is partnering with ACT All Abilities Occupational Therapy (AAAOT) to deliver SPIN OUT – an innovative Circus Therapy program which will physically activate young people with significant disabilities at Black Mountain School and Woden School.</p> <p>Classes will be delivered weekly for each school in Terms 3 and 4 2016, and Term 1 2017. The program specifically addresses issues of obesity and health problems for young people with multiple disabilities by physically activating them in circus classes, delivered in collaboration with an Occupational Therapist (OT). The OT will medically assess each participant's conditions and establish a set of GAS goals (Goal Attainment Scale) for them. From here tailored plans will be created between the OT and Circus Trainers to physically activate the students in circus manipulations, balance, tumbling and aerial workouts specific to participants needs.</p> <p>The project will promote a habitual approach to regular physical activity and biological self-awareness, incorporate healthy eating discussions and implement hydration practices in every circus class.</p> <p>In addition, the SPIN OUT school program will promote a long term therapeutic circus pathway for participants to maximise ongoing health benefits. A targeted awareness campaign including newsletters, live demonstrations, parent/carer engagement and sharing of participant impact statements will promote the benefits of circus to the wider school communities to establish ongoing referral streams for school leavers who work with WC in school, before migrating into to our adult 'Spin Out' classes (18+), beyond graduation. Expanding this new Spin Out program with AAAOT into high schools will ensure participants not only develop better health and wellbeing habits earlier, but continue those important health practices into adulthood.</p> <p>Finally, the project will be promoted to the wider public through workshop displays at Floriade as part of WC's 'Circus for Life' festival, 2016.</p>
Funding	\$14,954 (excluding GST)