

Health Promotion Innovation Fund (Closed 20 June 2016)

Successful project descriptions

Applicant Name:	Lyons Early Childhood School
Project Title:	Healthy lifestyles at Lyons #2
Brief Project Description:	<p>This project intends to give students and families in the school community a better understanding of where fresh food comes from, how eating impacts us in terms of health and better skills to plan, prepare and share healthy meals.</p> <p>The project will do this through:</p> <ul style="list-style-type: none">• an excursion to a farm for the whole school• healthy food feasts each term which are planned, prepared and shared by children• providing new equipment for the children to use in preparation for the feasts• providing training for staff on how best to support children and families with nutrition
Outcome:	Approved for funding of \$13,000 (GST exclusive)

Applicant Name:	Amaroo School
Project Title:	Yum to Tum
Brief Project Description:	<p>This project will be implemented as a high school elective initially, which is to run yearly. There will be three, hourly lessons each week. By the end of the first semester the students will aim to have the fruit trees planted and the vegetable patch established. When crops are harvested garden beds will be replanted with seasonal vegetables in an ongoing cycle and picked vegetables will be used to help community access healthy foods.</p> <p>The students will:</p> <ul style="list-style-type: none"> • evaluate the climate to identify appropriate fruit trees, planting and maintenance techniques • propagate seeds • create a vegetable patch • plan and implement crop rotation • plant seasonal vegetables • maintain vegetable patch, including: fertilization, monitor water, pest control • harvest vegetables • prune trees when required • plan menus to use vegetables • cook vegetables • plan and promote healthy food events for the community
Outcome:	Approved for funding of \$15,000 (GST exclusive)

Applicant Name:	Mount Rogers Primary School
Project Title:	Mount Rogers Primary School Bike Skills initiative
Brief Project Description:	<p>Students will be involved in enhancing their bicycling skills by properly trained teachers. This includes the teachers acquiring:</p> <ul style="list-style-type: none"> • Level 0 Mountain Bike Skills coaching • Level 0 or equivalent BMX skills coaching • Appropriate First Aid certificates <p>Once two teachers have received this training, they will then perform training in these disciplines for students who are interested in cycling and furthering their skills. These two expert teachers will also have the capability to run Professional Learning for staff from this school and other schools.</p> <p>It is projected that experienced staff would offer basic bike maintenance courses for interested parents.</p>
Outcome:	Approved for funding of \$10,000 (GST exclusive)

Applicant Name:	Alzheimer's Australia ACT
Project Title:	'Give it a go' program- a taster of activities for health and wellbeing for people with dementia and their family carer/s
Brief Project Description:	<p>The project will provide four seasonal day sessions of physical activities. The idea is for people to come and try a range of exercises with the view to picking one to participate in long term. As part of the day of exercise and activities, the project will also include a nutritious lunch, provided by a dietitian.</p> <p>Physical activities and exercises that may be included in the program are Tai Chi, Yoga, ball room dancing, Hip Hop, lawn bowling, gym sessions, golf, tennis, mindfulness, walking and the circus.</p> <p>The venue and sessions will be designed especially to cater for people with dementia, who often are not able to access mainstream physical activities due to their cognitive impairment.</p> <p>Often such people are lacking in opportunities to exercise, and often there are not a range of exercises available. This project will assist the person to find out what exercises they like the most so they will have the most success long term at continuing.</p> <p>Exercise is one of the most valuable and beneficial strategies for assisting with cognition and behaviours in dementia. Assisting a person with dementia to find the best exercise for them, and the best environment to access that activity will greatly benefit people living with dementia.</p> <p>This project will also benefit carers of people with dementia. Carers often experience high levels of stress due to their role and the high demands and changes for the person with dementia. This impacts on their opportunity to access exercise activities and look after their health and wellbeing, and how effectively they care.</p>
Outcome:	Approved for funding of \$15,000 (GST exclusive)

Applicant Name:	Pedal Power ACT
Project Title:	Cycle Works - Brought to you by Pedal Power ACT
Brief Project Description:	<p>Cycle Works will give participants information, skills and confidence to improve their health and fitness at a low cost, by using a bike as a form of transport.</p> <p>Cycle Works is a workplace based program, designed to improve the health and wellbeing of employees by developing physical activity opportunities that promote cycling for commuting, for recreation and for general transport. The project comprises:</p> <ul style="list-style-type: none"> • 'cycle sessions' - delivered in workplaces giving people the information required to start & continue cycling, both to and from work and beyond. Sessions will include, nutrition, cycle routes, safety, road rules and courtesy; and can be tailored to suit individual groups • 'cycle come-n-try' sessions delivered to get people onto a bike and to build confidence • 'cycle work challenge', a month long event for organisations and individuals to build a regular pattern of cycling by accumulating the most km's (with winners from both organisations and individuals) • 'cycle work socials', social rides for workers to help promote and continue cycling for transport whilst encouraging social interaction and networking <p>The start cycle sessions & cycle come-n-try sessions will commence early 2017 once people are settled in at work after school holidays. The work challenge would take place during March 2017. The continue cycle sessions and cycle work socials continue into the year.</p> <p>As well as providing on the ground skills and confidence sessions, the Cycle Works program will be delivered through an online platform where participants can create an online profile. On line incentives and help encourages and engages participants to keep motivated through regular messages, tips and ideas to get people on a bike.</p> <p>This online platform will become a focal point, with information provided on cycle paths, correct nutrition, equipment requirements and an opportunity for people to engage with the community for encouragement, advice and expertise.</p>
Outcome:	Approved for funding of \$15,000 (GST exclusive)

Applicant Name:	Tuggeranong Link Community Houses and Centres
Project Title:	Seniors Strive for Five
Brief Project Description:	<p>The eight week Seniors Strive for Five project will provide an all encompassing seniors active lifestyle program to improve the participants overall quality of life. The "five" imperative challenges will be: Strength, stamina, flexibility, cognition and sustenance. These will be delivered within a small, safe group supported by a qualified fitness professional.</p> <p>Each week one of the "five" challenges will be focused on. The final week will bring together all of the challenges that the seniors have been working towards.</p> <p>Weekly program activities include:</p> <ul style="list-style-type: none"> • Strength – Implementation of progressive resistance training with dumbbells to decrease the risk of osteoporosis and improve muscular strength • Foam Roller Flexibility – Incorporating myo-fascial techniques to alleviate chronic back pain, improve joint mobility and increase suppleness of the entire body musculature • Tidbinbilla Trek – Improving stamina. Bushwalking in the national parks will decrease the risk of all chronic lifestyle diseases • Tea, Scrabble & Games Anyone? – This forms the cognition phase, enabling the senior citizen to remain clear thinking, sharp, inquisitive and shrewd of mind by promoting our brain games class with morning tea • Line Dancing Hoedown – Designed to improve motor skills, co-ordination, memory, stamina and strength. Simple line dancing routines performed with music for a stimulating dance class • Balance and Align – Utilising balance discs, beams and bands this class will enable the senior to master falls prevention techniques • Nourishing Nibbles - Formulating a sustenance part of the program participants will endeavour to cook, prepare and present some simple nutritious snacks, with recipes provided by Nutrition Australia <p>Week eight culminates in a thrill seeking adventure of a lifetime at the Outward Bound Facility in Tharwa. Assisted by highly trained instructors our seniors will learn to discover, develop and achieve their potential in a challenging, fun outdoor experience utilising their “Strive for Five” challenges.</p>
Outcome:	Approved for funding of \$14,912 (GST exclusive)

Applicant Name:	Kirinari Early Childhood Centre
Project Title:	Fun Family Food
Brief Project Description:	<p>This project aims to promote healthy eating and physical activity choices amongst the children, families and staff within the Kirinari Early Childhood Centre community. Based on the 'Kids at Play' resource, this project plans to improve fruit and vegetable consumption and physical activity, and reduce the proportion of our community who are at an unhealthy weight through the provision of targeted education resources and cooking workshops. Education resources and cooking workshops will be transferrable to other centres nationwide.</p> <p>Cooking workshops will be developed by an Accredited Practising Dietitian (APD) and delivered by dietitians and nutritionists from the University of Canberra to help busy families to make positive food choices. The education resources (fact sheets and activities) will be distributed to educators and parents at the Kirinari Early Childhood Centre and five cooking workshops, with 20-25 participants in each, will be repeated to enable up to 50 parents/educators to attend. The topics that will be covered will be: (1) Healthy food for little tummies – how to increase fruit and vegetables in your child's diet, (2) Cooking with food allergies, (3) Quick meals for busy families, (4) Healthy, fun party food and (5) Cooking with kids. Each workshop will run for 2 hours and they will be held in the demonstration kitchen in the Health Hub (building 22) at the University of Canberra. Participants will be asked to pay \$20 to attend the workshops, and will be provided with resources and recipes to accompany each workshop; this cost will be subsidised by the ACT Health Promotion Grant. The resource and workshop development will be led by Advanced Accredited Practising Dietitian, Jane Kellett (in-kind support).</p> <p>Resources and cooking sessions will be planned and developed between October and December 2016, and the cooking workshops will be delivered between February and May 2017.</p>
Outcome:	Approved for funding of \$14,968 (GST exclusive)