

**Health Promotion Innovation Fund (Closed 15 June 2015)**  
**Recommended Projects**

<b>Canberra Dance Theatre</b>	<b>Funding recommended: \$13,280 (ex GST)</b>
<b>Great Sport!</b>	
<p>'Great Sport!' will focus on the development of physical, mental and emotional health for Seniors living in Canberra through the development of a performance work at the National Museum of Australia. Over a six month period Canberra Dance Theatre (CDT) will facilitate a program of regular dance and movement classes with the idea/concept of a life lived healthily and fully. The project includes two new dance commissions and a third work created specifically for people who live with Parkinson's Disease. Works will explore notions of health gained and maintained through swimming and water sports and Australia's soccer and football histories. This will culminate in a series of interactive and site specific performances, aligning with World Health Day on 7th April and the 2016 Olympics.</p>	

<b>CCCares @ Canberra College</b>	<b>Funding recommended: \$13,632 (ex GST)</b>
<b>Better Health</b>	
<p>CCCares will work with an ACT Health Community Dietitian to provide students with ongoing support in relation to healthy eating and nutrition. The nutritionist will visit fortnightly to conduct group training sessions as well as one on one personalised programs that will assist them in achieving their goals. Programs will include: Family Eating covering the Principles of Ellyn Satters' - 'Division of Responsibility'; How to manage fussy eating; Healthy Snacks – including how to identify appropriate packaged snack foods and Label reading; Lunch box workshop; Food Skills; Nutrition requirements for young children and the components of a balanced meal; Meal Planning and budgeting; How to modify recipes using ingredients in the pantry, fridge and freezer and quick easy meals using pantry staples.</p>	

<b>Multiple Sclerosis Limited</b>	<b>Funding recommended: \$15,000 (ex GST)</b>
<b>Be Better Balanced</b>	
<p>There is a high incidence of falls amongst people living with multiple sclerosis (MS) which has negative consequences for their healthy ageing. This project will draw on the expertise of the Faculty of Health Clinics Clinical Educators' expertise to upskill qualified community-based exercise instructors to provide regular, accessible and low-cost community-based exercise groups delivering programs based on individual assessments for the target group.</p> <p>The project will be tailored to the specific needs of the group, and will include a strong social component to enhance attendance, commitment to exercise outcomes, and building social connectedness for attendees.</p>	

<b>Richardson Primary School</b>	<b>Funding recommended: \$5,000 (ex GST)</b>
<b>Real Fit in Richardson</b>	
<p>Richardson Primary is developing a sustainable vegetable garden where experiences in the garden empower students to grow their own healthy foods at home. Health and PE lessons, with the support of local shops and the produce from the garden will allow students the opportunity to engage with, prepare and experience healthy foods.</p> <p>Students will participate in physical activity lessons and engagement with physical education will be supported by a range of community sporting organisations to help strengthen relationships with physical activity and community establishments. This will happen on site as well as at various sporting fields on the South side of Canberra where students will engage in competitive sports.</p>	

<b>Triathlon ACT Incorporated</b>	<b>Funding recommended: \$7,000 (ex GST)</b>
<b>Australian Schools Triathlon Challenge</b>	
<p>The Australian Schools Triathlon Challenge (ASTC) is a not-for-profit program and event designed to make physical activity accessible, easy and enjoyable for schools. Triathlon ACT will deliver the ASTC program and event as part of an annual Term 1 focus on children and youth triathlon in the ACT region. The program will culminate with the 18th March 2016 ASTC Canberra, at the Australian Institute of Sport. ASTC Canberra aims for 700-1000 participants in year one, and over 3000 within five years. The ASTC program and event will seek to ensure a streamlined delivery model is established for schools.</p> <p>This funding will support the operation of the event.</p>	