

2020/21 – 2022/23 Healthy Canberra Grants
Summaries of approved applications

| Organisation | Program Title + Brief Program Description | 2020/21 Amount Funded | 2021/22 Amount Funded | 2022/23 Amount Funded | Total Amount Funded |
|--------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|-----------------------|-----------------------|---------------------|
| Australian National University | <p>Building Positive Body Image Program</p> <p><i>This program is for adults with a range of chronic diseases and aims to equip them with knowledge and skills to build a positive relationship with their body and hence promote health and wellbeing.</i></p> | 20,226 | 59,077 | 60,542 | 139,845 |
| Australian National University | <p>ANU Kitchen Garden Program</p> <p><i>This program aims to build social connectedness through students coming together to grow, cook and share food, as well as volunteering opportunities in the community. It also aims to assist students with mental health problems to access relevant support services.</i></p> | 32,046 | 70,977 | 72,423 | 175,446 |
| Cancer Council ACT | <p>ENRICHing Survivorship Program ACT</p> <p><i>This program is available to people over 18 who have completed active cancer treatment. It aims to restore their physical and emotional wellbeing, and is facilitated by an exercise physiologist/physiotherapist, dietitian, yoga instructor and Cancer Council volunteers.</i></p> | 34,007 | 41,044 | 50,125 | 125,176 |

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| Companion House Assisting Survivors of Torture and Trauma | <p>Leading Healthy Communities</p> <p><i>This program will work with people from refugee and asylum seeker backgrounds to positively influence their knowledge, attitudes, and behaviours to reduce the impact of targeted chronic illnesses.</i></p> | 34,257 | 71,500 | 73,760 | 179,517 |
| Dementia & Alzheimer's Australia | <p>Supports for Carers of People Living with Frontotemporal Dementia</p> <p><i>This program will offer a mix of peer and psychological support, as well as information and education to those caring for people living with Frontotemporal Dementia in the ACT.</i></p> | 10,844 | 39,682 | 33,162 | 83,688 |
| Global Organisation of People of Indian Origin (GOPIO) Canberra | <p>Healthy Community - Happy & Peaceful Life</p> <p><i>This program aims to increase social connectedness of people in the Indian community in the ACT, as well as raise their awareness of the risk factors for chronic disease.</i></p> | 1,100 | 7,000 | 7,000 | 15,100 |
| Landcare ACT | <p>Recovery and Wellbeing through Nature</p> <p><i>This program aims to improve mental health and increase social connectedness of Canberrans through therapeutic nature-based activities.</i></p> | 27,654 | 101,418 | 95,318 | 224,390 |

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| Macquarie Primary School | <p>Building a Socially Connected and Mentally Healthy Community</p> <p><i>This program will encompass a range of activities designed to build stronger social connectedness amongst families and staff attached to the school). It will also contain specific activities to support students with mental health conditions better manage their condition now and into the future.</i></p> | 34,534 | 28,110 | 10,000 | 72,644 |
| Mental Illness Education ACT | <p>My Mind, My Voice</p> <p><i>This program aims to increase awareness of mental illness and empower vulnerable communities to actively pursue greater wellbeing and mental wellness, through a co-designed and peer led educational outreach initiative.</i></p> | 70,628 | 134,269 | 0 | 204,897 |
| Ngunnawal Primary School | <p>The Deadly Lunchbox</p> <p><i>This program aims to bring together parents and carers of Aboriginal and Torres Strait Islander children to inspire and encourage them to prepare healthy food for their children.</i></p> | 7,000 | 0 | 0 | 7,000 |
| Prostate Cancer Foundation of Australia | <p>MatesCONNECT</p> <p><i>This program will be a phone-based peer support program for men in the ACT who are living with prostate cancer.</i></p> | 29,960 | 27,460 | 27,460 | 84,880 |

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| Rebus Theatre | <p>Systems of Sanity</p> <p><i>This program will create an extended community theatre program in which participants with lived experience of mental ill-health will co-design, rehearse and perform two new theatre works.</i></p> | 3,285 | 51,998 | 54,764 | 110,047 |
| SHOUT | <p>Healthy Living Inclusive Garden Program</p> <p><i>This is an inclusive program for people living with chronic health conditions and aims to enhance their physical and mental health and wellbeing, as well as increase their social connectedness.</i></p> | 20,372 | 62,186 | 63,331 | 145,889 |
| Spinal Cord Injuries Australia | <p>Creating peer led networks for people with a spinal cord injury in the ACT</p> <p><i>This program will deliver a community-based peer and family support program for Canberrans living with a spinal cord injury, through lived experience, social connectedness, and health and wellbeing</i></p> | 16,784 | 39,310 | 40,243 | 96,337 |
| Wanniassa School | <p>Learning Support Unit – Healthy Cooking Skills Program</p> <p><i>This program is for high school students in the Learning Support Unit and aims to enhance their social connectedness, as well as their understanding of healthy lifestyles with a focus on healthy eating.</i></p> | 4,800 | 4,800 | 4,800 | 14,400 |
| | | 347,497 | 738,831 | 592,928 | 1,679,256 |