

2014/15 – 2016/17 Healthy Canberra Grants Successful Program Descriptions

Organisation	Alcohol Tobacco and Other Drug Association ACT					
Program Title	Community Action Against Alcohol Project					
Program summary:						
This program will reduce the levels of alcohol-related harm in the ACT, through community mobilisation, information, tailored resources and forums that address alcohol's negative impacts as part of a broader 'Alcohol. Think Again' initiative in the ACT.						
Its objectives are to:						
<ul style="list-style-type: none"> • increase awareness of alcohol related harms as a result of comprehensive community information, resources and forums; • provide an evidence-informed framework for community mobilisation activities and a web-based central repository for community information related to alcohol (bringing the ACT parity with other jurisdictions); and • engage established community networks (e.g. community councils, schools) in reducing alcohol-related harm, and provide them with access to resources and support to mobilise action. 						
Funding Recommended	2014/15	\$48,000	2015/16	\$53,000	2016/17	\$58,000

Organisation	Australian Drug Foundation					
Program Title	Good Sports ACT					
Program summary:						
Good Sports is a multi-award winning, effective program that helps to make community sporting clubs healthier, safer and more family friendly places through assisting clubs to manage alcohol and tobacco more effectively. Good Sports ACT will extend this program by adapting and including the healthy canteens component for ACT clubs with junior players. This would provide a holistic focus on obesity, tobacco and alcohol risk factor reduction through community sport. Project Officers will work with clubs to make gradual changes through a 3 level accreditation criteria covering:						
<ul style="list-style-type: none"> • safe food handling; • healthy food and drink options; • nutritional quality of food sold; and • promotion of healthy options. 						
Free workshops for club volunteers on food safety, nutrition, food classification and healthy food promotion will be provided.						
Funding Recommended	2014/15	\$144,640	2015/16	\$142,240	2016/17	\$142,240

Organisation	Canberra Environment Centre					
Program Title	Grow Together					
Program summary:						
<p>This program will build and provide for the maintenance of kitchen gardens in four childcare and education centres managed by Southside Community Services, per year for three years, supporting an average of 725 children from birth to eight years. Gardens will provide healthy food for children, many of them at risk of inadequate consumption of fruit and vegetables. Staff will be trained in the importance of providing healthy, balanced meals to children, and the upkeep of the gardens. Children will be involved in the creation and maintenance of gardens, teaching them skills, providing an opportunity for active play, and the experience of being involved in their food from production to plate. This approach is consistent with key literature on the importance of children wanting to choose, and choosing nutritious food options from an early age.</p>						
Funding Recommended	2014/15	\$38,701	2015/16	\$29,501	2016/17	\$20,563

Organisation	Companion House Assisting Survivors of Torture and Trauma					
Program Title	Healthy Futures: Gardens, Healthy Eating and Getting Active					
Program summary:						
<p>The program will facilitate opportunities for families and vulnerable adults across communities to participate in community gardens, producing fresh and culturally appropriate fruit and vegetables, physical exercise and community connection. For many communities (Mon, Karen, Chin, Burmese and Tamil communities) this strategy is the most successful strategy to promote health.</p> <p>The project will also carry out community health promotion focused on nutrition and exercise, with a focus on children in two highly vulnerable communities, the Tamil and Iranian communities. This will include:</p> <ul style="list-style-type: none"> • family days with activities for children and parents which promote exercise, hydration with tap water and healthy food; • activities which assist communities to identify junk food in the Australian context and access healthy food; • walking groups and access to community gyms for community members; • swimming days and classes for families with a strong focus on Muslim women and their children. <p>All activities will be run in partnership with peer mentors who will be able to carry skills learnt into the future, to the benefit of their respective communities.</p>						
Funding Recommended	2014/15	\$50,400	2015/16	\$52,806	2016/17	\$55,325

Organisation	Jervis Bay School					
Program Title	Jervis Bay School Gardens Project					
Program summary:						
<p>The program aims to establish a garden at Jervis Bay School where students can grow fruit and vegetables which will then be used in a healthy eating program for students and their families. Over a three year period, fresh produce will be part of a sustainable garden project that will also include a compost system, worm farm and chickens. The students will be actively involved in all aspects of the garden to plate initiative. In addition to this, the program aims to expand its focus to include growing and harvesting Indigenous bush tucker plants in order to fully engage with local Aboriginal and Torres Strait Islander students and community and to recognise the importance of their knowledge and connection to country.</p>						
Funding Recommended	2014/15	\$45,006	2015/16	\$44,696	2016/17	\$44,696

Organisation	Nutrition Australia ACT Inc.					
Program Title	ACT Nutrition Support Service (ACTNSS)					
Program summary:						
<p>The project aims to address the prevalence of overweight and obesity within the ACT community by improving nutrition literacy and healthy eating skills of ACT residents.</p> <p>Over the funding period ACTNSS will deliver a broad range of nutrition support services in community settings including early childhood, schools, workplaces, disability and aged care.</p> <p>The ACTNSS will:</p> <ul style="list-style-type: none"> • build capacity across community settings to sustain evidence based food and nutrition policies, programs and education; and • support health professionals, teachers, workplace personnel and community workers to provide consistent nutrition advice. <p>It will achieve this by:</p> <ul style="list-style-type: none"> • providing an online/telephone advisory service to support ACT workplaces, food services, government departments and other community organisations; • regular communication for community settings in the form of newsletters/e-alerts and community radio providing targeted nutrition information. Resources developed will be available for use within the settings; • providing professional development opportunities (e.g. seminars, food skills and menu planning workshops) for health professionals, teachers, workplace personnel and community workers utilising community facilities at the Chifley Health and Wellbeing Hub including the NA ACT Food Skills Kitchen; • advocating and participating in ACT Government strategic initiatives for obesity prevention; and • participating in targeted community events to promote healthy food choices amongst population groups. 						
Funding Recommended	2014/15	\$130,000	2015/16	\$135,000	2016/17	\$154,000

Organisation	Pharmacy Guild of Australia - ACT Branch					
Program Title	Community Pharmacy Smoking Cessation Program					
Program summary:						
<p>The Pharmacy Guild of Australia ACT Branch aims to develop and implement a pharmacy-led smoking cessation program through the network of community pharmacies in ACT over two years. The aim is to increase awareness of health implications of tobacco use, and provide ACT residents with improved access, medication expertise and ongoing counselling to successfully quit smoking. This type of project has been successfully implemented in other countries and will be based on the Smoke Free Ontario Study 2011.</p> <p>The objectives include:</p> <ul style="list-style-type: none"> • to align with principles of other smoking cessation programs in primary healthcare settings to provide smokers with a continuum of care; • to communicate to the public regarding the value of smoking cessation services by community pharmacists and promotion of available services; • to improve access to and choice to stop smoking services, including advice on smoking cessation therapy and options, support tools, resources and follow up; and • to provide patients with a consistent, evidence-based standard of care based on a screening mechanism, cessation counselling, structured documentation and support. 						
Funding Recommended	2014/15	\$64,750	2015/16	\$73,250	2016/17	\$0

Organisation	Wirrpanda Foundation					
Program Title	Wirra Club					
Program summary:						
<p>The Wirrpanda Foundation delivers a range of existing programs that aim to promote role models and healthy lifestyle choices to young Aboriginal people, and those that are disadvantaged. The principal aim of the Wirra Club program is to reduce the incidence of overweight and obesity in Aboriginal children in the ACT, and improve Aboriginal children's health and wellbeing outcomes in relation to overweight and obesity, by improving eating habits and increasing physical activity levels. The Wirra Club program will directly target 90 Aboriginal and Torres Strait Islander primary school aged children aged from 5 – 12 years old in three Canberra schools per year, and indirectly target children 0 - 4 years old by building capacity in parents of young children. Parents will be encouraged to attend and volunteer in the delivery of the program. The program is an effective strategy used by schools to improve the health outcomes of its participants. Wirra Club is delivered by local Aboriginal and Torres Strait Islander mentors.</p> <p>The program is culturally appropriate for delivering to Aboriginal and Torres Strait Islander primary school children however schools will be encouraged to include participants from any background.</p>						
Funding Recommended	2014/15	\$150,000	2015/16	\$150,780	2016/17	\$163,673