

**2019/20—2021/22 Healthy Canberra Grants
Successful Program Summaries**

Organisation	Companion House Assisting Survivors of Torture and Trauma
Program Title	Healthy Happy Life صحية سعيدة حياة
Program Summary	<p>The program is an Arabic language-based program focused on encouraging physical activity and healthy eating in families with children and young people aged over 2.5 years. The program design and implementation will be informed by community members. Program staff will be Arabic speaking and there will be a strong focus on translations and written resources for this population.</p> <p>Activities focused on children and young people will be fun, accessible and designed to include all family members in this community of strong and protective family groups, who place strong value and priority on family solidarity and family time.</p> <p>The structure of the program will include:</p> <ul style="list-style-type: none"> • Compilation of translated resources and translating local resources for Arabic speakers <ul style="list-style-type: none"> ○ Collation of relevant translated resources (hardcopy and electronic) regarding healthy eating and active lifestyle from Health Translations Victoria for use in all activities. ○ Translation of local Canberra resources from Kids at Play Active Play, as well as information about Canberra parks and walking trails, and the creation of a resource (hardcopy and electronic) about local sport and recreational facilities. ○ Updating of the resources in the latter stages of the program based on feedback from staff and participants. • Opportunities for use of walking trails and local sport and recreational facilities, as well as opportunities to build knowledge and confidence to use them over the long term <ul style="list-style-type: none"> ○ Regular family walks on local Canberra walking trails with an Arabic speaking guide ○ Family fun days in Canberra parks that include active games and sport, as well as the provision of information about the health benefits of physical activity for children and families. • Annual family cooking competition based on healthy food guidelines
<p>Amount funded 2019/20: \$36,981 Amount funded 2020/21: \$50,555 Amount funded 2021/22: \$53,854 TOTAL AMOUNT FUNDED: \$141,390</p>	

**2019/20—2021/22 Healthy Canberra Grants
Successful Program Summaries**

Organisation	Foundation for Alcohol Research and Education (FARE)
Program Title	Pregnant Pause - be a hero, take zero
Program Summary	<p>This program aims to build on the current ‘Pregnant Pause –swap the pub for your bub’ campaign to create an environment where women are supported by the whole community to have alcohol-free pregnancies. This will be achieved by increasing overall community awareness of the risks of alcohol consumption during pregnancy and by refocusing the campaign to the general ACT population.</p> <p>Pregnant Pause has been active in the ACT since 2014. The focus to date has been on supporting individual women, informed by research that shows that it is easier for pregnant women to abstain from alcohol during pregnancy when those closest to them also abstain. Activities have focused successfully on attracting pregnant women and those around them to pledge to go alcohol-free over the course of their pregnancy. This current strategy engages people for the duration of the pregnancy, after which time they leave the program.</p> <p>FARE intends to increase the influence of Pregnant Pause in this next phase by garnering community-wide support. The project will transition the focus of Pregnant Pause from the individual and their support group to the ACT community as a whole, establishing the principle of alcohol-free pregnancies as a core community value. The program will engage with individuals, workplaces, organisations, health professionals and medical centres to be ambassadors and/or supporters of Pregnant Pause. Project activities and resources will continue to raise awareness that no amount of alcohol is safe while pregnant and promote ‘Pregnant Pause’ as a principle that all Canberrans can get behind.</p>
<p>Amount funded 2019/20: \$94,797 Amount funded 2020/21: \$87,004 Amount funded 2021/22: \$0 TOTAL AMOUNT FUNDED: \$181,801</p>	

**2019/20—2021/22 Healthy Canberra Grants
Successful Program Summaries**

Organisation	Foundation for Alcohol Research and Education (FARE)
Program Title	Reaching men in the ACT
Program Summary	<p>'Reaching Men' aims to identify the most effective methods to influence men's risky drinking habits and encourage them to consume alcohol within the Australian Guidelines to Reduce the Health Risks from Drinking Alcohol (the Guidelines).</p> <p>This ten-month project will investigate and test options to consider the best:</p> <ul style="list-style-type: none"> • Primary target, i.e. the age-group and/or setting, having regard to areas of greatest need, opportunities for partnership and potential for greatest reach and engagement with men in the ACT • Theoretical underpinning • Strategies and methods of promoting the Guidelines and prompting reductions in levels of short- and long-term drinking. <p>An examination of existing evidence will be undertaken and FARE will seek to ascertain insight into men's attitudes, motivations and behaviour around alcohol through consultation with them. The project will then trial potential messages and/or settings for those messages to determine the most effective methods of reaching and engaging with men.</p> <p>In scoping suitable methods for promoting safe drinking messages to men, FARE will consider the benefits of targeting men in a variety of settings and may utilise contrasting settings to compare effectiveness. The project will consider perceived notions of masculinity and the influence of the way men see themselves, as well as attitudes and behaviour towards alcohol. This will draw on work describing the need to avoid stereotypical representations of masculinity and adopt a more inclusive view – that of multiple masculinities when targeting men in gendered health promotion activities.</p>
<p>Amount funded 2019/20: \$49,815 Amount funded 2020/21: \$29,206 Amount funded 2021/22: \$0 TOTAL AMOUNT FUNDED: \$79,021</p>	

**2019/20—2021/22 Healthy Canberra Grants
Successful Program Summaries**

Organisation	MARSS Australia
Program Title	Healthy Eating and Active Living (HEAL)
Program Summary	<p>The 'Healthy Eating and Active Living (HEAL)' program aims to implement a preventive and early intervention program to combat overweight and obesity amongst approximately 375 culturally and linguistically diverse (CALD) people by 2022. The program will address gaps in community knowledge about healthy eating and promote physical activities which will help prevent or delay obesity-related chronic diseases. The HEAL program will run for three years beginning November 2019, with 5 terms in total. In each term, there will be an information session run by certified nutritionists from Nutrition Australia, followed by 9 weeks of physical activities for participants.</p> <p>Healthy eating information sessions: These sessions will be delivered in collaboration with Nutrition Australia. The sessions will encourage the inclusion of nutritious food items from different food groups within the context of different cultural foods and related discussions. Following this, community members will have a chance to discuss their food issues with nutrition experts, enabling them to gain valuable knowledge about healthy eating. In addition, Nutrition Australia will provide healthy eating information resources in different languages, which will be used to prepare an information kit so clients can implement healthy eating beyond the information sessions, and into their own homes and workplaces. The information kit will be graphic heavy, rather than text heavy to make it more accessible to CALD people.</p> <p>Physical activities: Physical activities for each group will vary according to their needs and interests.</p> <ul style="list-style-type: none"> • Youth: For youth between 16—25 years, physical activities would include Zumba and African Dance. Each of these dance forms will be taught in different terms by qualified instructors to ensure the sessions remain new, exciting and fun. • Men and women: Activities for them would be held separately and will include gym and outdoor football for alternate terms. Gym activities will be designed by certified gym instructors – it may include various activities such as circuit training, cycling, running etc. depending on the needs and capacity of each participant. Outdoor football will be conducted in partnership with ANU Sport and Capital Football, where ANU will provide the grounds for football, and Capital Football will provide certified trainers. These men and women will also participate in MARSS' Harmony Sports Day.
<p>Amount funded 2019/20: \$32,785 Amount funded 2020/21: \$33,769 Amount funded 2021/22: \$15,814 TOTAL AMOUNT FUNDED: \$82,368</p>	

**2019/20—2021/22 Healthy Canberra Grants
Successful Program Summaries**

Organisation	Northside Community Service
Program Title	Community Health Activation Network (CHANGE) Program
Program Summary	<p>Northside Community Service (Northside), working closely with Belconnen Community Service (BCS) will deliver the CHANGE Program, to support and facilitate marginalised or at-risk members of the community to access, engage in and lead a healthy and active lifestyle. Employing a Community Activation Coordinator (CAC), CHANGE will create greater reach and access to existing ACT Health initiatives, sporting groups and health programs for vulnerable cohorts within the Gungahlin, Belconnen and Inner North to embed positive attitudes towards increased physical activity.</p> <p>The program operates from a social model of health that acknowledges the social, environmental and economic factors that affect health, as well as the biological and medical factors. The aims of the CHANGE program closely align with health promotion and population health principles, in particular advocating for and enabling participants' capacity to be physically active and improve their health and wellbeing.</p> <p>There will be four phases within the CHANGE Program: Exposure, Engagement, Connection and Community.</p> <ol style="list-style-type: none"> 1. Exposure Facilitate at least four community exhibitions throughout Gungahlin and Belconnen, bringing sporting groups and community together in a fun and interactive way that provides children and families with information about the range of opportunities available to them. The fun nature of the expo will create a positive association and break down barriers for families to engage with these groups. 2. Engagement Work with participants in Northside and BCS programs to understand how physical activity can be increased to target overweight and obesity related concerns. Through collaboration and capacity building within the programs, health and physical activity related initiatives will be identified and engaged. These may include ACT Health initiatives, community-based organisations, sporting groups etc. The CAC will then coordinate linkages and maintain relationships between stakeholders to ensure initiatives reach our vulnerable communities. 3. Connection Within the programs, identify any children or young people who are interested in pursuing structured physical activities such as mainstream sport and work with them and their families to identify and overcome any barriers that inhibit their attendance. This may include financial support through Every Chance to Play, casework support through the Y.Engage program, or links with other supports within the community sector. 4. Community Identify sustainable opportunities within communities to build excitement about active lifestyles and work with community development practitioners at Northside to design sustainable programs that embed these principles into everyday life.
<p>Amount funded 2019/20: \$92,720 Amount funded 2020/21: \$234,340 Amount funded 2021/22: \$168,442 TOTAL AMOUNT FUNDED: \$495,502</p>	

**2019/20—2021/22 Healthy Canberra Grants
Successful Program Summaries**

Organisation	Nutrition Australia ACT
Program Title	Nourishing Little Minds in Early Childhood Settings
Program Summary	<p>Nutrition Australia ACT (NAACT) will develop an early childhood educator resource manual and associated two-hour professional learning session for educators of children aged 2—5 years. The professional learning sessions will be delivered on-site at up to 80 ACT early childhood long day care centres. An additional eight network sessions will be offered to family day care providers and other early childhood staff that cannot access on-site training.</p> <p>Nourishing Little Minds (NLM) is a program that combines early childhood literacy with experiential learning to enrich children's awareness, interest and enjoyment of healthy foods (with a focus on vegetables) in a safe and familiar environment.</p> <p>The early childhood nutrition literacy unit (resource manual) and associated early childhood educator professional learning session will dovetail the NLM program that is currently being delivered by NAACT to children and their parents in ACT libraries, thereby providing a holistic early childhood nutrition community program with potential to reach all families of young children in the ACT.</p> <p>The professional learning will provide motivational opportunities for early childhood educators to encompass healthy food and nutrition learning, and play experiences within centre programming, as part of a whole of centre approach to healthy food and nutrition.</p>
<p>Amount funded 2019/20: \$34,400 Amount funded 2020/21: \$56,900 Amount funded 2021/22: \$56,600 TOTAL AMOUNT FUNDED: \$147,900</p>	

**2019/20—2021/22 Healthy Canberra Grants
Successful Program Summaries**

Organisation	OzHarvest
Program Title	NEST 2.0 (Nutrition Education Sustenance Training)
Program Summary	<p>NEST 2.0 is a new public health nutrition program that aims to improve the food literacy and dietary behaviours of vulnerable adults. The Program provides a 6-week series of 2.5-hour workshops, delivered at a charitable agency to a group of 6-15 participants by a qualified nutritionist. Each workshop showcases a key theme around healthy living and involves group activities, goal setting, cooking and a shared meal. The Program’s intended outcome is long-term behaviour change. As such, equipping participants with skills, resources and behaviour change tools to maintain healthy habits post-project is core to the program.</p> <p>Our original NEST Program was redesigned in 2018 with Deakin University’s Institute of Physical Activity and Nutrition, University of Sydney and University of Wollongong.</p> <p>The all-new NEST 2.0 integrates:</p> <ul style="list-style-type: none"> • Behaviour change practices targeted to low socio-economic and low literacy adults. • Content aligned with the Australian Dietary Guidelines and ACT-based healthy eating strategies. • A new toolkit of resources, including our Everyday Cookbook and highly visual factsheets. • Engaging, fun activities to learn about nutritional and budgeting concepts. • Community consultation feedback from 50 past participants, 5 charitable agencies, and industry stakeholders, which guided the program’s redevelopment. <p>OzHarvest will deliver 75 NEST 2.0 Programs onsite at charitable agencies across the ACT.</p>
<p>Amount funded 2019/20: \$45,000 Amount funded 2020/21: \$90,000 Amount funded 2021/22: \$90,000 TOTAL AMOUNT FUNDED: \$225,000</p>	

**2019/20—2021/22 Healthy Canberra Grants
Successful Program Summaries**

Organisation	The Woden School
Program Title	Stronger Us
Program Summary	<p>Stronger Us is an inclusive whole school community program designed to provide students, staff, parents and carers with the knowledge and skills to improve healthy eating habits, promote good nutrition, increase physical activity, and respond to risk factors caused by trauma and high levels of stress. It aims to address the health disparities between people with disabilities and those without. Multiple partners including Nutrition Australia, Warehouse Circus, Cancer Council, EAP and Berry Street Education Childhood Institute will deliver proven physical and mental health programs to the whole school community.</p> <p>Stronger Us has four key components:</p> <ul style="list-style-type: none"> • Early intervention and prevention initiatives to help people with disability become more connected to community and reduce health risk factors and costs • Healthy eating programs to reduce obesity, improve eating habits and increase physical activity in the school community • Physical activity programs to embed physical activity into daily practice for staff, students and parents/carers • Harm reduction initiatives targeting smoking and drinking. <p>Cross-cutting elements include:</p> <ul style="list-style-type: none"> • Access to advice and counselling services to connect parents and students to the information and support they need to make healthy choices • Training and professional development to build staff capability to deliver Stronger Us into the future • Use of social media to showcase Stronger Us and our partners.
<p>Amount funded 2019/20: \$19,720 Amount funded 2020/21: \$19,720 Amount funded 2021/22: \$19,720 TOTAL AMOUNT FUNDED: \$59,160</p>	

**2019/20—2021/22 Healthy Canberra Grants
Successful Program Summaries**

Organisation	Uniting Church Kippax
Program Title	United Healthy Ageing Project
Program Summary	<p>The United Healthy Ageing Project takes a holistic approach to supporting healthy ageing in adults aged 50 years and above. There are three interconnected themes running throughout the project: Facilitating Access, Expanding Horizons and Community Empowerment.</p> <p>Through the project we intend to provide participants with access to a range of health and wellbeing programs conducted by the Church, our partner organisations and external service providers. It is anticipated that as participants' knowledge of, and confidence to participate in these activities increases they will be motivated to stay engaged with them on a regular, longer term basis. We will also work with participants to identify additional activities that can be implemented to support healthy ageing.</p> <p>We intend to conduct an annual healthy ageing workshop focused on a range of health and related topics relevant to individuals aged 50 years and above. Complementing these workshops, the National Health Cooperative will run a series of screening programs throughout the year that target diabetes, cardiovascular disease and obesity.</p>
<p>Amount funded 2019/20: \$48,055 Amount funded 2020/21: \$43,439 Amount funded 2021/22: \$53,375 TOTAL AMOUNT FUNDED: \$144,869</p>	

**2019/20—2021/22 Healthy Canberra Grants
Successful Program Summaries**

Organisation	Worldview Foundation
Program Title	Smoke, Booze and Drug Free Prison Post-Release
Program Summary	<p>Worldview Foundation provides support to people from disadvantaged backgrounds, with a focus on Aboriginal and Torres Strait Islanders, including those who have been in contact with the justice system. The support provided aims to address disadvantage through a holistic, integrated suite of activities focused on housing, personal development, education and training, employment, health, culture and environment, and social connection.</p> <p>Through the Smoke, Booze and Drug Free Prison Post-Release program, the Worldview Foundation will provide support to Aboriginal and Torres Strait Islander detainees at the Alexander Maconochie Centre. In particular, intensive support will be provided pre and post release to address issues associated with alcohol, tobacco and other drugs. It is envisaged that providing this support will contribute to a more successful reintegration of detainees into the community, along with improvements in their health and wellbeing.</p>
<p>Amount funded 2019/20: \$81,471 Amount funded 2020/21: \$76,158 Amount funded 2021/22: \$76,158 TOTAL AMOUNT FUNDED: \$233,787</p>	