

## 2016/17-2018/19 Healthy Canberra Grants Stage Two Successful Program Descriptions

<b>Organisation name</b>	OzHarvest Limited - Canberra
<b>Program Title</b>	Nutrition Education and Sustenance Training (NEST)
<b>Program Description</b>	<p>NEST is an OzHarvest nutrition program that equips people in need, those facing food insecurity, and charitable agency staff and volunteers with valuable skills and knowledge about nutritious healthy eating choices, low cost meal planning, budgeting, shopping, healthy cooking and ways to minimise food waste. It will provide people in need across the ACT with the skills and knowledge to nurture themselves, through guidance around healthier eating choices and food preparation behaviours.</p> <p>NEST has been successfully rolled out across Australia in 2013 and achieved positive outcomes. The program has successfully provided assistance to families, the aged, adults, youth, children, and at risk pregnant and nursing women. In January 2016 OzHarvest Canberra has delivered its first NEST program with the Richmond Fellowship. This grant funding will provide for an extension of this work.</p> <p>The program is tailored to meet the needs of different charities working with vulnerable people, to incorporate training for both those who access their services but also for staff and volunteers within those organisations to enable ongoing education within the community.</p> <p>In the ACT, OzHarvest rescues food from over 31 retailers, clubs and supermarkets, and delivers it free of charge to 45 agencies in need. This number grows steadily, and OzHarvest strives to keep up with the ever increasing demand.</p>
<p><b>2016-17 Funding recommended:</b> \$49,676  <b>2017-18 Funding recommended:</b> \$49,676  <b>2018-19 Funding recommended:</b> \$49,676</p>	

<b>Organisation name</b>	Chinese Language and Culture Association Incorporated
<b>Program Title</b>	Chinese community physical activity program
<b>Program Description</b>	<p>The program objective is to promote healthy lifestyles among older Chinese migrants with lower social economic status, and language and cultural barriers.</p> <p>The program will develop, implement and evaluate a range of community based physical activities, including Tai Chi, Square Dance and Ball Dance, to support healthy active aging and prevent chronic diseases and falls. These activities were identified through a 'Physical activity program for older Chinese migrant survey'. The program will be conducted in collaboration with other non-for-profit organisations such as the ACT Chinese Australian Association and the Canberra Austral Asian Christian Church.</p>
<p><b>2016-17 Funding recommended:</b> \$15,200  <b>2017-18 Funding recommended:</b> \$23,100  <b>2018-19 Funding recommended:</b> \$23,100</p>	

<b>Organisation name</b>	Arthritis ACT
<b>Program Title</b>	S & B ACT (Strength and Balance Classes with Arthritis ACT)
<b>Program Description</b>	<p>This program will provide a range of group-based strength and balance classes for the over 65's with a focus on building strength and improving function and ability to balance. Fall prevention is a significant health promotion opportunity.</p> <p>Each class will run over 10 weeks and there will be several class intakes throughout the year. There will be multiple classes per week in various locations. These locations will be selected based on data from the Minimum Trauma Fracture Clinic, and known areas of ageing/need. Gungahlin and Tuggeranong have already been identified.</p> <p>The program will consist of:</p> <ol style="list-style-type: none"> <li>1. An initial screening and assessment done by a qualified physiotherapist who will run a battery of tests to assess a person's function</li> <li>2. An initial information session run by a dietitian and physiotherapist about dietary, pain and exercise management of chronic musculoskeletal conditions</li> <li>3. A 10 week exercise program that is supplemented by a home program</li> <li>4. A follow up assessment conducted by a physiotherapist</li> <li>5. Attendees will then be moved into volunteer-led follow up classes to continue the program long term. Volunteers will gain specific training to maintain the program</li> </ol>
<p><b>2016-17 Funding recommended:</b> \$65,000  <b>2017-18 Funding recommended:</b> \$67,925  <b>2018-19 Funding recommended:</b> \$70,981</p>	

<b>Organisation name</b>	The Pharmacy Guild of Australia - ACT Branch
<b>Program Title</b>	Quit for 2 through Community Pharmacy
<b>Program Description</b>	<p>This program augments ACT Health’s ‘Smoking in Pregnancy’ marketing campaign, to promote the benefits of smoking cessation for pregnant women through ACT community pharmacies.</p> <p>The program will support these pharmacies to promote messages about the benefits of smoking cessation in pregnancy to the community. The health promotion activities conducted through the pharmacies would not only reach pregnant women but their support group and family members.</p> <p>Pharmacists would be given health promotion resources, including a toolkit to address smoking cessation among pregnant women. Evaluation of a previous pharmacy-led program indicates that resources and handouts help deliver messages and interventions easily and effectively in the pharmacy setting. The toolkit would contain materials to support pharmacy staff when conducting interventions and delivering health promotion activities.</p> <p>This program would also include the development and testing of some tailored interventions for pregnant women who smoke. This would be undertaken based on earlier program evaluation, international research, and relevant local consultation.</p> <p>The program will include a social media component. A closed ‘group’ page which will provide information on pregnancy and smoking, and a chat room for online support for women to ‘talk’ to other pregnant women in ACT. This page would be promoted through community pharmacies and a range of other channels.</p>
<p><b>2016-17 Funding recommended:</b> \$60,000  <b>2017-18 Funding recommended:</b> \$60,000  <b>2018-19 Funding recommended:</b> \$0</p>	

<b>Organisation name</b>	Reclink Australia
<b>Program Title</b>	Blokes Business
<b>Program Description</b>	<p>Program activities will be staged at the Reclink Skills Development Shed situated at Kanangra Court. The program will be delivered 10am to 3pm on Tuesdays. It will engage with a group of often marginalised men with complex health and social needs. It will target a range of chronic disease risk factors in this population.</p> <p>Blokes Business will be promoted as an opportunity for men to get together, discuss life issues, participate in skills-based activities, and gain education/opportunities for engagement in the broader community.</p> <p>The program will be delivered by two skilled facilitators to provide adequate support and safety for participants and staff.</p> <p>Participants will determine the nature of activities which may include bocce to backgammon, fishing instruction including lure making to a monthly fishing competition at Lake Burley Griffin, vegetable propagation from seed, simple repairs to furniture/equipment or watching a relevant (and hopefully inspiring) movie.</p> <p>Health topics will include reduction in smoking and alcohol and other drug is consumption, prostate, testicular and bowel cancer, heart health/ blood pressure, stroke, mental health, healthy eating and other topics as required.</p> <p>A healthy lunch will be provided on the day with produce sourced where possible from the adjacent community garden.</p> <p>Referral and follow up will play an integral role in program delivery.</p>
<p><b>2016-17 Funding recommended:</b> \$71,028  <b>2017-18 Funding recommended:</b> \$73,139  <b>2018-19 Funding recommended:</b> \$75,343</p>	

<b>Organisation name</b>	Foundation for Alcohol Research and Education Limited
<b>Program Title</b>	Alcohol Truth: Know what's in your drink (working title)
<b>Program Description</b>	<p>This is a health promotion campaign targeting ACT undergraduate students. University students are recognised as among the heaviest episodic drinkers in our community.</p> <p>The program will inform students about alcohol issues and empower them to make informed choices about their alcohol consumption. Recent data shows that more than 20% of 18 and 24 year olds reported single-occasion risky drinking at least weekly. The program has two arms.</p> <p>The first arm is a campaign which aims to raise awareness of links between alcohol and overweight/obesity, mental illness and psychological distress. In addition to adverse outcomes in the short-term, dangerous patterns of alcohol consumption can also result in a host of harms across a lifetime.</p> <p>Across the three years of grant funding, the campaign will run throughout each university year and will disseminate health promotional materials and messages designed specifically to appeal and resonate with this demographic.</p> <p>Posters and leaflets will be displayed in high visibility areas throughout the campuses.</p> <p>The second arm of the program is a digital/social media campaign, run in parallel with the awareness campaign.</p> <p>Given that alcohol use among this cohort is often associated with regularly reinforced cultural norms, the tone of these advertisements will be light-hearted and non-confrontational, enabling the campaign to start a dialogue with students and not alienate them from the underlying campaign intent.</p>
<p><b>2016-17 Funding recommended:</b> \$123,605</p> <p><b>2017-18 Funding recommended:</b> \$116,005</p> <p><b>2018-19 Funding recommended:</b> \$99,705</p>	

<b>Organisation name</b>	Australian Breastfeeding Association
<b>Program Title</b>	Breastfeeding resources and support for the ACT region
<b>Program Description</b>	<p>The focus of this program will be providing information and resources for Breastfeeding Families in the ACT region. The program will host a range of events and activities in the ACT.</p> <p>This Program will design, produce and promote a short, targeted 'Breastfeeding Basics' video resource that can be shown to new mothers in hospital settings around the time of birth.</p> <p>The program will deliver four 'Twins-Specific' Breastfeeding Education Classes per year as well as a range of Breastfeeding Education Classes. It will also include a research component aimed at understanding the best information which may support women from Day four of post-partum.</p> <p>The Program will also develop a multidisciplinary regional communication group.</p> <p>Other activities will include translation of information resources into key community languages and disseminating these as appropriate. The program will also engage a nutritional consultant to deliver meal preparation sessions targeted to local families.</p>
<p><b>2016-17 Funding recommended:</b> \$98,834  <b>2017-18 Funding recommended:</b> \$59,544  <b>2018-19 Funding recommended:</b> \$59,769</p>	