



2018 FUNDING RECIPIENTS

BALLARAT TOY LIBRARY

The Ballarat Toy Library has a range of puzzles, educational toys and games that are available to be taken home by members on loan. The aim of the library is to provide families with developmentally appropriate toys and is operated by a volunteer committee. For families, the toy library is a cheaper alternative to purchasing new toys, and it also lessens the carbon footprint and saves on storage space within the home. Funds received from the Community Impact Grant were used to purchase new toys with a specific focus on children with special needs.

Children learn best through play and the toy library have spent much time researching and collaborating with local paediatric physiotherapists and education specialists to understand what toys are needed to assist children with special needs.

Toys purchased included sensory and therapeutic toys for children on the autism spectrum; play figurines and interactive faces for children to learn about emotions; games that encourage appropriate social skills and communication; balance toys such as colourful balance beams and wobble boards for children with poor gross motor skills; toys that strengthen hand and finger strength and assist with fine motor skills; early learning toys for school readiness such as colour sorting activities, puzzles and lace tying toys.



BALLARAT COMMUNITY GARDEN

The Ballarat Community Garden is a fantastic initiative that helps solve food insecurity for a number of vulnerable people in the community. The garden consists of about 75 garden beds or plots that members maintain. Members are able to plant whatever they wish in their plot, and the BCG assists members with garden tools and products, and with skill and knowledge. Most members grow fruit and vegetables on their plot such as snow peas, tomatoes, strawberries, corn and zucchini.

The Community Impact Grant was used by the BCG to make improvements to the garden facilities. The project consisted of building an open shed and table for the potting area. This structure means improved potting capabilities with soil permanently available to members which is covered from the weather. A hot house was also built with a timed watering system to alleviate members having to water everyday. The hot house is used to grow vegetables such as tomatoes, lettuce and herbs.



SALVOS SCHOOL LUNCH PROGRAM

The Salvation Army Ballarat have a number of programs that help alleviate food insecurity for the local community. One program, the School Lunch Program, delivers freshly made lunches to at risk children to their school. The program operates three days a week and on any given day up to 40 lunches can be made and delivered to schools. The lunches provided help families who are at risk of food insecurity. Parents don't have to worry about a packed lunch for their children 3 days a week and it also takes the pressure off schools and teachers to provide lunches.

Lunches consist of a sandwich, fruit, a piece of cake and a snack of vegie sticks or sultanas. A small team of volunteers slice, cut, butter and pack their way through the morning to ensure that the



lunches are made and delivered in time for the lunch break. This ensures kids have the energy to concentrate and be active at school.

THE GOOD SAMARITAN CENTRE OF INFLUENCE

The Ballarat Seventh Day Adventist church operates as a Foodbank Agency supplying around 500kgs of fresh fruit and vegetables to the Wendouree Community. An important aspect of this food program is to provide healthy and nutritious food to those at risk by supplying good quality fruit, vegetables, nuts, grains and seeds. People are able to come to the centre once a week and purchase a huge bag of food which includes fresh fruit and vegetables, canned beans and veggies, bread and grains for just \$5. The food is packed into bags by about 10 volunteers who then distribute the bags and chat to amongst those who come to purchase the food.

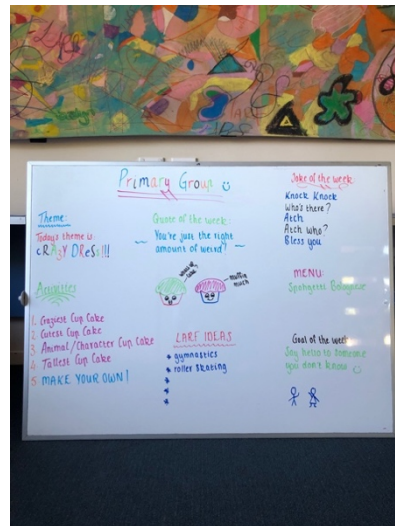
With funds received from the grant, The Good Samaritan Centre were able to purchase two large refrigerators for their kitchen and storage area. This has meant they are able to accept larger amount of perishable foods from Food Bank as they are then able to store it in the fridges.



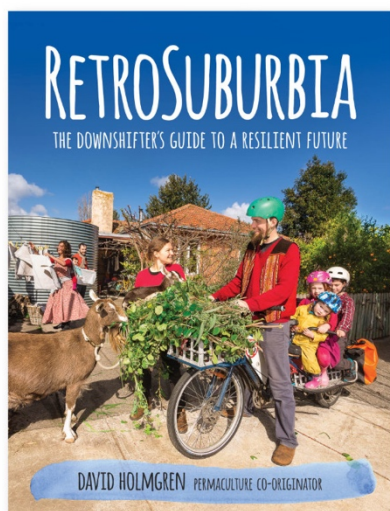
LARF MENTORING PROGRAM

The LARF mentoring program is a social skills program for children who are at risk of social and economic disadvantage, including homelessness, exposure to family violence, food insecurity and substance abuse. The program matches the child or teen (depending on the group) with a mentor who offers them guidance and friendship. Experiences are offered to participants that they would not normally have an opportunity to be involved in and it is hoped that they will be able to develop new skills as a result. Participants have been involved in numerous activities – music such as drumming and concerts; sports and games such as visits to Bounce and Ballarat parkour; baking and art activities.

The LARF program engages children and teens and provides a connection for those who are very much at risk of social isolation. The program aims to improve self-esteem and confidence, communication skills and have a link to a wider community. Forming positive role models with mentors can also improve emotional/behaviour regulation, school success and employment opportunities. The program ensures young people feel valued and safe and encourages them to be empowered and take steps towards a better future.



RETROSUBURBIA BOOKCLUBS



The Ballarat Permaculture Guild is a group that provides social and educational events for people who are interested in living more sustainably by implementing permaculture design and practices into their homes and daily life. The group run courses and presentations on permaculture design, plant knowledge, fruit harvesting, tree pruning and produce swaps. The guild used the funds receives from the grant to purchase 14 copies of David Holmgren's



book, Retrosurbia, to create a bookclub. The bookclub will run in conjunction with the courses and presentations that already exist and will provide a free educational option in the area of permaculture. The bookclub will meet at various locations and utilise the books to share knowledge and learn about living sustainably in our local community. It is hoped that participants will learn how to increase home food production, use rescue food and generally become more food secure.

ANGLICARE VICTORIA BREAKFAST PROGRAM

The Anglicare Victoria Community Breakfast Program operates from the Anglican Cathedral on Lydiard St. Here they serve around 35-40 breakfasts every day to up to 500 individuals annually. Breakfasts consist of cereal, toast, sausages and tea and coffee. The clients are largely people who have a number of issues relating to mental health, addiction and family violence. Anglicare also arrange a number of agencies to be present at breakfast to help connect clients to various services. The program is largely operated by a group of dedicated volunteers who come every morning to put out the breakfast, cook sausages and toast and prepare coffee and tea. For those who come to eat breakfast, the program provides a sheltered, safe area to eat and chat. There are toiletries, clothes and bags that can be utilised. These basic needs combined with the access to agencies and nutritious food, means the program provides help in various ways.

With funds received from the Community Impact Grants, Anglicare have been able to provide healthy breakfast options and food that can be taken away. Fresh fruit and vegetables can be eaten at the breakfast or taken for use during the day. Clients are able to access this food every morning at breakfast, ensuring that they have a regular access to nutritious food.



CREATIVE THERAPIES GROUPS FOR CHILDREN

WRISC are operating creative group therapy for children who have experience family violence. Family violence is the leading contributor to homelessness and poverty for women and children. The groups consist of a maximum of 8 children and are facilitated by a professional creative therapist. Children have the opportunity to express their feelings and experiences through creative art and talk about issues with a professional therapist.

The participants' feedback to the facilitator and to the organisation has been positive. Many participants feel a connection to themselves and others within the group through Creative Therapy sessions. The participants are able to self-regulate more at home and in their school environments. They are able to participate in relationships in their communities with more confidence. It is a safe and accepting environment and the participants value this greatly. 10 different girls attended the group over the course of 2018 funding.

The benefits of the group flows on to all the participants' personal and external relationships.



MEALS FOR CHANGE



Meals for Change is a program operated by Uniting and is a café style meals program that support young people.

Vulnerable young people are at greatest risk of isolation, so the program exists not only to provide nutritious meals but to also keep these youth connected to the community. In this program, clients receive a card with 12 café meals. They are able to eat at one of the 9 participating cafes and order a meal up to the price of \$15 but only pay \$3. The program then reimburses the balance to the café.

This program is helping to decrease social isolation amongst vulnerable youth. The clients are treated with respect, the card is confidential and discreet, and young people have a chance to eat out in a social environment. They may also bring a friend or family member who will also enjoy the same \$3 deal. More importantly it provides an opportunity to connect with friends in a café setting. There are around 94 active memberships who are referred to the Meal for Change program from various services.



BREEZEWAY MEALS PROGRAM

The Breezeway Meals program is a morning tea and lunch program run by Uniting Ballarat. It operates 7 days a week and currently feeds up to 78 people per day in the form of sit down meals and takeaway meals. Meals provided are nutritious and served in a safe, warm and non-judgemental environment. These meals provide food security to those who are unable to access food due to homelessness, Lack of cooking facilities, inability to cook or social isolation. Clients are also able to shower and are provided with some emergency relief including toiletries, clothing and support from other services.

The program is largely run by 55 volunteers who work in a small but organised kitchen to provide on average 60 meals per day. The volunteers provide a friendly face and a social connection as well as a daily meal. They are responsible for cooking and cleaning in the kitchen area. The funds received from the grant go towards purchasing of food, cleaning and kitchen supplies.



ABORIGINAL EARLY YEARS LITERACY PROGRAM



The Aboriginal Literacy Foundation has conducted a weekly afterschool program targeting students in Grades 1-3. Students have been recommended by teachers whose reading skills are lower than their peers. Recent NAPLAN tests show that indigenous students are on average almost 3 years behind their peers when they reach Grade 6. The program is based on teaching the phonetic system to improve literacy skills. The program also works closely with the

school and family to ensure the greatest success possible.

One student, Sally, had a difficult upbringing and had moved to Ballarat at 8 years of age. She had not attended school regularly and had a minimum understanding of the alphabet or sounds of the alphabet. She joined the program and was taught the alphabet, the alphabetic sounds and the 72 blended sounds. Sally went on to be able to read and spell

simple words, and by the end of the year was well on her way to being at the same level of literacy as her peers.

FIDELITY CLUB KINDERGARTEN PLAYGROUND

Fidelity Kindergarten has replaced the wooden playground that used CCA treated pine with a new and improved wooden structure. This new playground encouraged free, unstructured play more readily as there are different play zones within the one structure. The playground consists a rope climb, stairs made of stumps, a stage area and a cubby area. All of these different zones encourage open ended play activities such as performing shows, games about family, imaginative play using the playground as a fort, a mountain or a pirate ship.



Teachers have noticed children playing cooperatively on the playground, for example, in the 'club room' and they have observed the development of imaginative play. Imaginative play gives children the opportunity to develop social skills, language skills, emotional growth and helps them understand the world around them. All these skills are vital for school readiness.

PHOENIX BREAKFAST CLUB

Phoenix Breakfast Club is an initiative from Hilltop Church for the students at Phoenix College. The main outcome of the breakfast club is for students to have regular access to safe and nutritious food before school. This in turn will help their development and learning and have a positive impact on their education. The breakfast club is inclusive, welcoming and friendly in its nature. It is aptly named as it not only provides an opportunity for kids to

receive breakfast, but to also have a chat with an adult. The young adults who volunteer to help run the program, are all trained (or undergoing training and support) to adequately engage and communicate with children who are potentially at risk. It is hoped that students will attend school more willingly as they have access to breakfast, but also access to a supportive network.

The funds received from the grant go towards the day to day purchasing of food for the breakfast club. Milk, English muffins, butter, spreads, juice, and cereal is purchased by the volunteers and set out in the canteen area for students to take as they please. Some students grab some toast and keep going, whilst others mill around and chat as they eat.



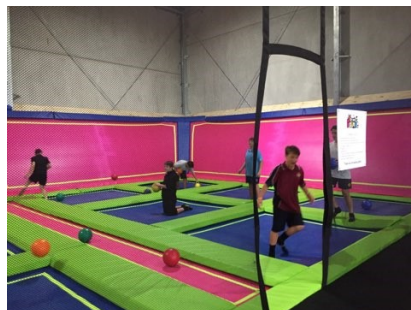
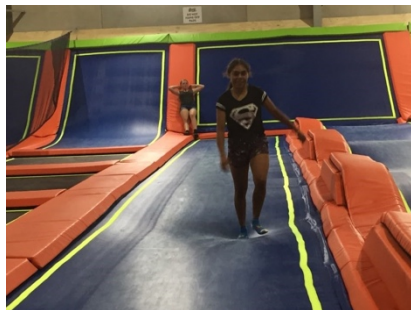
PINARC THE BONSHAW SUSTAINABLE FOOD GARDEN

The Bonshaw Sustainable Food Garden is a long term project facilitated by Pinarc to support people with disabilities. People with disabilities are vulnerable to food insecurity, so the program will teach them the basic skills necessary to become more food secure. Participants of the Independent Living Skills program will learn how to grow and harvest vegetables and fruits, and cook nutritious meals with the produce grown. This will enable greater knowledge and understanding of where food comes from, how to eat healthily and how to prepare their own food. It is hoped that participants will have greater independence in food-related skills and will then be able to apply these newly learned skills in their home lives.

Funds from the grant went towards the purchasing the large raised garden beds and other garden materials to establish vegetable gardens. Participants will learn how to plant seedlings, grow plants and harvest the produce. The harvest will be used in their cooking skills class in the kitchen area at The Bonshaw site.



ABORIGINAL YOUTH SUCCESS (BADAC)



Aboriginal Youth Success is a youth group that promotes resilience, social skills, school retention and cultural pride for group of children up to the age of 18 years of old. The program aims to engage Aboriginal youth with school and offers support with homework and social skills needed to be successful at school.

There are two groups divided into a senior group and a junior group. Both groups have a homework club, but the senior group also works on skills such as resumes/CVs, mock interviews, mentoring and healthy living. Both groups do a variety of activities such as going to Bounce, SUP, surfing, healthy social activities and Aboriginal cultural activities. The youth groups are very popular with a current waiting list of over 10 children. Funding from the grant has gone towards paying for activities and camps, equipment and materials, transport and training.

