



2020 Grant Recipients

Ballarat Neighbourhood Centre – Free Local, Free Food Fridays

This is a vocational program to train adults who have been disadvantaged or who have been unemployed for long periods of time. The kitchen provides real world work experience in a commercial kitchen that supports both a catering business and a meals program. Due to the Covid-19 pandemic, the model for this program was changed to cook free nutritious meals to the growing number of vulnerable people in the community.

For the adults involved in the training program, they received upskills in the areas of literacy, budgeting, cooking skills and nutrition. They also were able to make social connections and formed friendships via the program. The program then benefited disadvantaged members of the community by providing up to 150 meals every Friday.



YMCA – Delacombe Gardening Club

The YMCA combined with the local community in Delacombe, have constructed a sensory garden and veggie patch in the green space next to Doug Dean Stadium. The aim of the garden is to provide a platform for social cohesion and community engagement, as well as providing an opportunity to share gardening skills and produce fresh vegetables for the community.

The club manages the garden space which includes fruit trees, vegetable boxes, a sensory garden and an outdoor learning

space. With funds from the grant, they have been able to replenish plant stock and gardening equipment.



Uniting Vic Tas - Breezeway Meals Program

The Breezeway Meals program is a morning tea and lunch program run by Uniting Ballarat. It operates 7 days a week, 365 days per year and offers nutritious two-course meals in a café style environment and takeaway meal packs. Meals provided are nutritious and served in a safe, warm and non-judgemental environment. Hot meals and takeaway packs, provide food security to those who are unable to access food due to homelessness, lack of cooking facilities, inability to cook or social isolation.

The program is largely run by volunteers who work in a small but organised kitchen to provide on average 60 meals per day. The Covid-19 pandemic greatly affected the volunteer team, but also saw more participants coming to Breezeway. The program has also been successful during the hardships of 2020 as it has enabled a soft point of entry for those who usually would not need support and assistance.

Hilltop Church – 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. Unfortunately, due to Covid 19, the club component wasn't as easy to foster and take-away packs and pre-packaged breakfast foods were used. However, some money was saved when the program was cancelled due to restrictions which meant some funds were used to upgrade kitchen equipment.

Pictured: Chanelle Linane, Breakfast Club program volunteer leader, accepting the certificate on behalf of Hilltop Church.

Centacare – Wombelano Housing



Centacare Housing Servicing is enabling a project to redevelop two respite houses for victims of family violence. A safe and secure environment where families who have fled from violence can rest and recover is provided through the housing. Funding from the grant will go towards furnishing the house with items such as tables and chairs, lounge chairs, kitchen goods and some toys and children's equipment.

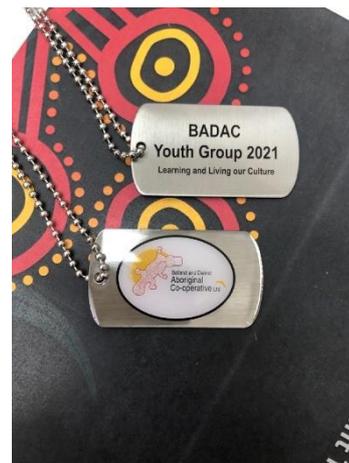
Families in the Ballarat and surrounds area will be utilising the houses with up to two large families being able to be housed at one time. It is predicted that families will stay for up to two weeks. This will have a significant affect for families to take immediate respite in a safe and dignified environment, increasing the chance of a better long-term outcome. Pictured: Ballarat

foundation CEO, Andrew Eales and Neil Jens from Centacare Housing Services.

Ballarat And District Aboriginal Cooperative – Today's Mob

Today's Mob program run by Ballarat and District Aboriginal Cooperative will focus of literacy and numeracy skills of Aboriginal youth in the Ballarat area. The outcomes will be achieved by using cultural activities facilitated by an Elder or Youth Leader with small incentives being offered to add to the feeling of belonging to the group. An incentives approach can foster positive attributes of pride, respect and teamwork.

Participants will actively engage in learning about their culture and heritage and work at their own pace. The program aims to encourage independence, determination and to adopt a positive attitude. Its is then intended that these young people will become influential members of the Ballarat Aboriginal community and work towards giving back to this community as they move into adulthood.



Mercy Connect – Mercy Works Refugee Student Mentoring

The Mercy Connect Refugee Mentoring program aims to deliver high quality mentoring by for refugees in the Ballarat area. The mentoring program moved to an online format with Zoom meetings taking place during Covid-19 Restrictions. Funding was used to train mentors with higher student literacy and numeracy being achieved because of the quality of mentoring that

has taken place. Students have been able to adjust better to the mainstream school environment; improvements in behaviour, school attendance rates, participation in extra-curricular activities and improved overall confidence and self-esteem has been a huge positive outcome from the mentoring program.

Eureka Mums – The First 1000 Days Project

The overarching goal of this project is to provide families in need with the essential nursery equipment and clothing a baby or child needs for a safe start in life. The First 1000 Days Project aims to achieve positive outcomes for families such as safe sleeping and car travel, help children be school ready, assist social workers, secure donations of babies and children equipment and grow the volunteer base.

Items such as nursery equipment, baby and children's clothing, linen, toiletries packs, nappies and wipes packs, books and toys have been purchased with funding received from the grant. Many families were impacted by Covid-19 and the funding for this program has been needed more than ever. Pictured: Trinsa Lewis and volunteer helper accepting the certificate on behalf of Eureka Mums.



The Salvation Army – 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.

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. Some activities were not permitted to continue due to Covid-19 restrictions, however Zoom meetings and other activities were able to go ahead.



Compassionate Ballarat – Developing Emotional Intelligence in Kindergarten children.

Compassionate Ballarat delivered an emotional intelligence program via the globally recognised Think Equal program. This program involves children's picture books that aim to develop mental emotional health such as self-regulation, empathy and emotional literacy. The books also focus on values such as gender quality, justice and inclusion.

About 900 books were printed and distributed with funds from the grant. These books were given to relevant children's agencies who could identify at risk children. Each pack of books includes 6 books and teaching notes for parents, teachers and carers to help children comprehend the pedagogy that was informed by research from experts in social and emotional intelligence. Pictured: the team at Compassionate Ballarat accepting the certificate.



Ballarat Regional Multicultural Council – Thrive Community Garden

The Thrive Garden at Ballarat Regional Multicultural Council is a pilot program aimed to increase culturally resonant fresh food to Ballarat's diverse multicultural communities. The purpose of the gardening program is to provide opportunities for connection for people from diverse cultural backgrounds in Ballarat. Thrive aligns with food security as it ensures new migrants and refugees who are financially stressed, as well as socially isolated, a chance to access safe and nutritious food and to actively participate in the growing of food.

Wicking beds have been used with great success for vegetables and have produced a large amount of food despite the small-scale gardening project. Vegetables that have been grown include pumpkins, green beans, tomatoes, chillies, Thai basil, silver beet and Vietnamese mint.



Uniting Ballarat - Meals for Change Café Meals Program

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 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. Pictured: Program leader Jen Pollard with staff from the Black Sheep café.



The Salvation Army – Grocery Box



The Salvation Army Grocery Box is a supermarket style store specifically for individuals and families at risk of food insecurity. Supermarkets and businesses in Ballarat such as bakeries, donate staples and rescued fruit and vegetables, however the Grocery Box lacks many fresh products, frozen foods and proteins. Funding from the grant goes towards purchasing these items to supplement the Grocery Box.

Individuals who have access to nutritious and healthy foods have better health and reduced risk of disease. The project supports food security in two ways; firstly, it utilises foods that would otherwise go to waste, and secondly it provides safe and nutritious foods to those who would otherwise go without. Pictured: Volunteers at the Grocery Box accepting the certificate of congratulation.

Sebastopol Football and Netball Club – Out We Come to Play – All of Us

The Sebastopol Football and Netball Club have a strong focus of inclusion for all community members. Funding from this grant was used to support the club ensure all member of the community had an opportunity to participate. This was done by waiving membership fees and uniform costs and by extending the AusKick program and introducing Netta Netball. Funds were also used to replace sporting equipment, purchase two defibrillators and updated resources to ensure the safe return with covid safe protocols.

The programs were able to continue once restrictions from the Covid-19 pandemic were lifted and the projects aim was felt even more due to financial hardships that families faced. Continued participation of sport for young people fosters a connection to the community, promotes health and fitness and reduces risk of social isolation.



Mount Clear Cricket Club – Multicultural Community Cricket Program

Mt Clear Cricket Club in conjunction with Ballarat Multicultural Council, have commenced cricket clinics aimed to welcome children and teens from diverse backgrounds in the Ballarat community. As well as promoting health and fitness, the clinics also aim to teach values such as mindfulness, good mental health and inclusion.



After the restrictions from the Covid-19 pandemic, children and teens were in need of inclusive, community activities. The cricket clinics aim to promote health and wellbeing in a fun and welcoming environment. Funds from the grant program were used for essential cricket equipment necessary to run clinics.

Ballarat City Football Club – Outside the Locker Room Program

Outside The Locker Room is a mental health education and welfare support program that has been implemented by the Ballarat City Football Club. The program aims to assist members of the club with mental health issues, encourage inclusion and respect, and foster leadership skills of the younger players. Ballarat City Football Club is dedicated to creating a positive culture where gender equality, cultural diversity, and good mental health is a focus.

Funds provided from the grant program will go towards training of key staff, coaches and board members to be facilitators of the Outside The Locker Room program. A commitment to a strong positive culture within the Ballarat City Football Club will benefit the wider Ballarat community at large as these values are adopted by youth participating at the club.