



## 2023 Grant Recipients

### General Community Impact Grants

#### **Meals for Change Café Meals Program – Uniting Vic Tas \$7,500.00**

Meals for Change is a program operated by Uniting and is a café style meals program that supports 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 can 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 great food, in local cafes with friendly staff. The grant subsidised more than 600 of the meals enjoyed by members throughout the year.

#### **Social Innovators Program - Brophy Family and Youth Services Inc. delivered in partnership with Crazy Ideas College \$7,500.00**

Crazy Ideas College Social Innovators Program was held in Ballarat in March 2024 and united nearly 100 students from Mt Clear College, Ballarat High School, Ballarat Grammar, and St Patrick's College. Over the two-day program, teams collaborated to address crucial community issues they're passionate about. Students are given the opportunity to be heard and valued through their ideas about issues that are important to them.

Students were taught the skills to turn ideas into achievable projects, they pitched their visions to community leaders, establishing connections to bring their ideas to life.

From an intergenerational game destigmatising mental health to a local waste-utilising composting system, the student cohort were given the opportunity to connect, expand upon skills, challenge their mindset, and improve talents. Through Crazy Ideas College, students can have meaningful real-life learning that they can take with them into their future.



### **BreezeWay Meals Program – Uniting Vic Tas \$7,500.00**

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 hot meals and sandwich takeaway meal packs. These 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 100 meals per day. Funds from the grant are used to purchase fresh products such as meat and proteins, milk and dairy products. In the last year, 28,500 hot lunches were prepared and over 23,500 sandwich packs were distributed.

### **Gardener Access – Ballarat Community Garden Inc \$4,908.00**

#### **Garden Bed Replacement – Lucas Community Garden \$3,000.00**

The Lucas Community Garden replaced eight rotting garden beds with raised wicking beds, aligning with the primary objectives: growing vegetables for the community to promote healthy eating and providing a social space for volunteers. This initiative significantly increased the number of active volunteers, with new members taking on key roles and participating in the garden's relocation layout and design in collaboration with the City of Ballarat. Prep students from a local school visited the garden, facilitated by a volunteer who provided seeds, chalk, and plant markers to ensure a positive experience.



### **‘The Little Things’ Project – Ballarat Regional Multicultural Council \$5,638.00**



The Ballarat Foundation supported youth from Ballarat and surrounds for a weekend in September of inclusive, intercultural youth activities as part of The Little Things Project. The project was designed to support wellbeing, social connection, and understanding of post-school pathways for youth aged 12- 25. Held in Ballarat as part of the Ballarat International Foto Biennale’s open program, the weekend centred on the launch of an interactive photography exhibition on ‘wellbeing’, created by multicultural youth in the region.

The exhibition shares valuable insights by young people about what is helpful to their sense of health and wellbeing in their local community. The exhibition also invites community members to



contribute their own photograph and comment about what helps their wellbeing, using the printer available in the space. At the launch, young people had the chance to connect with guest advocates and learn about local health services, including headspace. After the formalities, an intercultural evening, including teambuilding games and dinner, gave young people from the region the chance to connect in a safe and inclusive space.

### **Get Forked Garden to Kitchen Program – Sebastopol Mens Shed Inc \$3,670.00**

Sebastopol Men's Shed received funding to upgrade and expand the vegetable garden patch that is used to supply vegetables to the kitchen cooking program. The upgrade enabled men with mobility issues to access all areas of the garden. The improvement included raised garden beds and wider, levelled paths that can be accessed by wheelchairs or walkers in all weather. Additional garden beds also allows an increased supply of vegetables to the kitchen program.

The Shed has over 60 members with anywhere between 15 and 30 men attending daily. Many of those who attend will also enjoy lunch from the kitchen as well. The programs see the full cycle from propagation to growing vegetables to food preparation and finally cooking and sharing a meal. This allows men in the area to contribute to something meaningful and provides a connection with like-minded men. The Shed can help address the mental wellbeing of members and helps men to have purpose and be productive in the community.



### **Reid's Edible Food Garden – Ballarat Community Health \$4,248.00**

The Edible Food Garden and Chookery is an innovative project offering sustainable food production and skill development opportunities for Guests of Reid's Guest House. Ballarat Community Health staff have been working with Guests and staff from Reid's to repurpose a section of the rear carpark

of the guest house into an edible food garden, including: Pop Up Patch (wicking bed gardens for production of culinary herbs, fruit and vegetables), Micro orchard (stone fruit and apples), Chookery (egg production and animal husbandry skills), Worm Farming (production of compost and liquid fertiliser for garden beds from Guest, House food scraps), Composting systems (production of compost for garden beds from house food scraps).

Reid's Guest House operated by Uniting provides support to individuals and couples who are experiencing or facing homelessness. Up to 60 guests reside at the house at any one time. Uniting staff members offer support to residents to find long-term housing and address any barriers to them meeting their housing goals. This includes upskilling in areas of cooking, life and living skills and community engagement. Guests have participated in the initial edible garden establishment, are supporting management and maintenance, and are looking forward to harvesting and cooking with nourishing fresh veggies, fruit, herbs, and eggs.

### **Breakfast Clubs Phoenix & Sebastopol – Hilltop Church Ballarat \$6,036.00**

Breakfast Clubs Phoenix and Sebastopol is an initiative from Hilltop Church for the students at Phoenix College at the secondary school and the primary school, as well as Sebastopol Primary School. 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. Around 30 students benefit from the program each day, ensuring that they have the best possible start to their learning day. The funds received from the grant go towards the day to day purchasing of food, such as cereal, milks, bread, spreads, juice boxes and milo.

### **Wendouree-Delacombe**

#### **Open Parachute Program – Hand in Hand Ballarat \$5,000.00**

The Open Parachute Program is a mental health program run in local schools provided by Hand in Hand Ballarat. The program assists children and young people with their mental health in the classroom setting. The program fits in with the current school curriculum and can be taught to any age level. With mental health being identified as significant problem for young people today, the program aims to make positive impacts by creating opportunities for children to chat and open up. Open Parachute is also a resource for teachers to be able to have difficult conversations with their students. Open Parachute is currently run in 5 local schools: Delacombe Primary, Lucas Primary, Alfredton Primary, Buningyong Primary & Scotsburn Primary School.

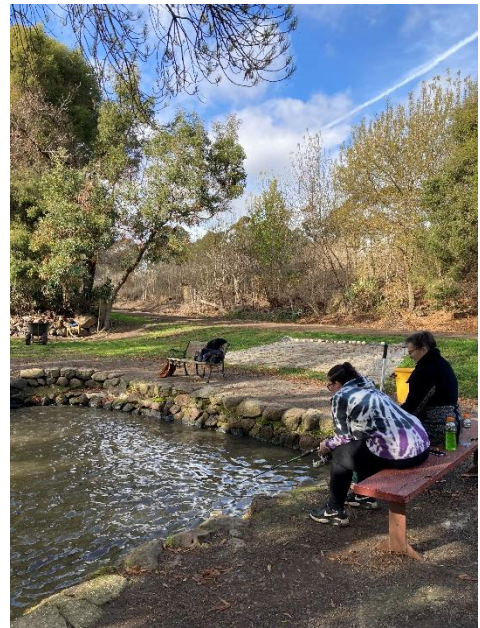




### **Source, Grow, Cook, Work - Y Ballarat Youth Services \$6,850.00**

The Source, Grow, Cook, Work Program aims to empower young people in Wendouree with skills in sourcing, growing, and cooking food, as well as preparing them for work in the food industry. These outcomes were identified in order to build young people's agency and aspiration, both in terms of gaining employment but also in their capacity to feed themselves and their family healthy meals on a budget. Participants gained confidence and enthusiasm for gardening, cooking, and exploring food industry careers.

Sessions were held bi-weekly, supplemented by informal cooking classes at The Grove Youth Space, where participants planted and maintained a Vegepod. The program established sustainable food sources and increased food security at The Grove and Yuille Senior Campus. Nine regular attendees shared their knowledge and food with classmates and families, spreading the program's benefits. The positive impact has inspired a desire for the program's continuation, with participants eager to further develop their skills and confidence.



### **The Courier Charity Fund**

#### **Grade 5 & 6 Skills & Aspirations Program – Ardoch: \$14,700**

Over the timeframe of a year, Ardoch will be expanding the number of schools they partner with to deliver the program. The program aims to helping grade 5 and 6 students build the skills and aspirations they need to succeed in school and in life.

Ardoch seeks to help these students by offering educational programs that build children and young people's confidence, aspirations, social skills and well-being. These are essential elements for enabling full engagement in education and a love of learning. Engagement in education is the key to opening future pathways and possibilities. The program is delivered to school that are in communities experiencing significant disadvantage.

#### **Reid's Cooking & Food Security Program - Uniting VicTas Ltd: \$8,823.50**

Reid's Cooking Program aimed increase the knowledge and skills of people experiencing homelessness in the areas of purchasing, storing and cooking food. Key activities included developing a Food Literacy and Purchase Manual, delivering a corresponding training course, and conducting regular cooking classes where participants chose recipes and ingredients.

The program saw significant success with 35 well-attended cooking classes, where participants learned essential cooking and food storage skills. Recipes from these classes were



compiled into the "Reid's Recipe Cookbook," and shared widely within the community.

The program empowered participants to plan, shop for, and prepare healthy, affordable meals, equipping them with crucial life skills. By adapting to residents' needs, the program ensured that participants left with the knowledge and tools to continue cooking independently, significantly improving their nutrition and well-being.

### **1:1 Mentoring - Big Brothers Big Sisters Ballarat \$7,120.00**

Big Brothers Big Sisters is an organisation dedicated to supporting young people through mentoring. BBBS matches young individuals with caring adult mentors who provide guidance, support, and friendship.

By participating in BBBS mentoring, young people often experience increased self-confidence, improved academic performance, and enhanced social skills. The mentorship provided by Big Brothers Big Sisters encourages youth to set ambitious goals, pursue their passions, and believe in themselves despite obstacles they may face.

Often the enduring friendships formed through BBBSA often extend beyond the program duration, providing young people with a reliable support network and a sense of belonging in their communities. Ultimately, Big Brothers Big Sisters plays a vital role in shaping the lives of young individuals, instilling values of resilience, empathy, and determination that can guide them towards a brighter future.



### **Peter Amor Sports Participation Fund**

#### **Club Inclusion Program - Ballarat Gold Swimming Club Inc. \$4,924.80**

The inclusion program run by Ballarat Gold Swimming Club provides an introductory experience and pathway for further sporting engagement and development for 8 local teenagers. These young people come from vulnerable backgrounds or minority groups where access to swimming or sports might be limited. Swimmers have the option of training across the duration of the week with a minimum participation of once per week. An option of attending squads five days a week may be available also. Ballarat Gold values a diverse & inclusive environment where all swimmers including those supported by such a program will be encouraged to achieve their best. Children sponsored by this program will be provided with all uniform, equipment, tuition fees & mentors that will allow them to thrive.

#### **ClubMud - ClubMud Ballarat \$5,000.00**

ClubMUD is a well established and growing MTB club in Ballarat. The grant from the Peter Amor Sports Participation Fund was used to help new and existing members with the increased cost of Auscycling licences and club memberships. This program is aimed at supporting junior riders under 18yo and we are subsidising up to 100 per person.

ClubMUD offers many activities and events that are free to both ClubMUD members and non-members, however an Auscycling licence is mandatory to participate in all club activities. The costs involved in the sport can be prohibitive for the families of some young people. Many of the young people in our club come from disadvantaged backgrounds, and occasionally living in out of home care. The funds from the grant ensured that young people continued to be involved in the sport and connected to the community.

