

<b>State Trustees Community Grants 2010</b>	
<b>Organisation</b>	<b>Project</b>
<b>Beaufort &amp; Skipton Health Service</b>	<b>Stand Tall - Walk Forward.</b> This grant will purchase equipment for a falls prevention program for older people living in the community and residential aged care in Skipton. Initially, 40 older people will use the parallel bars, aerobic steps, a foam balance beam and a Wii equipment to improve their balance and gait. Falls can have a huge impact on the older person - they can lose their mobility and independence. There are also associated community and health care costs. It is hoped that the program will help to raise awareness so that others participate.
<b>Dandenong Ranges Music Council Inc</b>	<b>Party with Attitude</b> <b>Social Music Connection to emerging artists.</b> This grant will help 50 people with intellectual disabilities have the chance to make their own music. They will have the opportunity to participate in three parties run by professional musicians, where they'll learn how to play jazz, sing in a choir or play African drums. The professional musicians will team up with community volunteers to help bring out the musician in each participant. The interactive parties will be held in July, September and December 2010 at the DRMC's Community Music Centre. Long after the parties are over, they can continue to play in the blues band, sing in the pianola choir or join the local drumming circle, helping reduce their social isolation. Some will have the chance to continue to contribute to the wider community through DRMMC's Artists with Disabilities program.
<b>Interchange Northern Region Inc</b>	<b>Summer Holiday Program 2010-2011.</b> This grant will support a summer holiday for 20 families who have a child with an intellectual disability. The project offers support for the whole family, who will have the chance to recuperate in a relaxed setting and get to know others in a similar situation. The holiday has the potential to be a wonderful, memorable experience for struggling families.
<b>MacKillop Family Services Limited</b>	<b>The Siblings Program.</b> This grant will fund a unique support program for children who assist in the care of their brother or sister with a disability. 24 children, between the ages of 11 and 17, in Hobson's Bay and Melbourne's Inner West, will benefit from this project. The funds will support an annual camp for groups from each area, providing much needed respite and the chance to share their experiences with children of their own age, in similar situations. These kids often have a huge level of responsibility for someone of their age and may miss out on experiencing the fun and freedom of their peers.
<b>Melbourne City Mission</b>	<b>Building a Social Network for Sole Parents of Children with Disabilities and Challenging Behaviour.</b> This grant will help to set up an intensive support project for sole parents of children with disabilities with challenging behaviours. Funds will provide 10 parents with 50 hours of individual respite, five social activities and transport to participate in these activities. The project aims to build their trust in support services and train one of the participants to take over as facilitator of the group at the end of the project. Likely beneficiaries include two mothers who have more than one child with challenging disabilities.
<b>Opendoor Neighbourhood House</b>	<b>Affordable exercise and healthy eating.</b> This grant will help to give 10 people with intellectual disabilities the opportunity to exercise and learn about affordable, healthy eating. In a fun group setting, a personal trainer will design activities suitable to participants' different abilities, including walking, weight and resistance training. Cooking demonstrations will demonstrate how to eat well on a budget. The program will run for a year and is organised by Opendoor, which provides activities to empower people and reduce social isolation.
<b>The Bays Hospital Group Inc</b>	<b>Caring for Carers Support &amp; Training Program.</b> This grant will help support a seven-week carer's support program to help them cope with the placement of their loved one, generally suffering dementia, in residential care. The carer can experience a great sense of loss, separation bereavement and grief, guilt and other emotions. And they need time to come to terms with their loved ones move to residential care. Professional advice, counselling and support will be offered to 20-25 (in the first round & then ongoing) carers during this daunting time. They'll also learn more about the process of ageing and the nature of dementia. At the same time, staff will receive training so that the carers can be supported into the future. There will be eight training sessions per year.
<b>Wavecare</b>	<b>Inspirational Silks.</b> This grant will enable 30 older people living with a mental illness to participate in an innovative art therapy project. Participants will discover the delights of silk painting in a safe environment. Regardless of ability, each will gain a sense of achievement on seeing their final silk artwork framed. And they can continue to apply their new skills long after the classes have finished.
<b>Wintringham</b>	<b>Rooming House Recreation.</b> This grant will support much-needed recreational activities for one of the most marginalised groups in our community, 10 previously homeless frail older men and women. Older men and women living in Wintringham's facility in Moonee Ponds will set up and tend to their own vegetable garden, and learn how to cook vegetables grown in their own garden. The grant will fund equipment and plants for a vegetable garden, cooking classes and a recreation coordinator for the duration of the project. Residents will link up with a local community group to set up and cultivate the garden. Currently living in Wintringham's community managed Rooming House in Ascot Vale, this group of residents are financially disadvantaged and socially isolated. They have trouble accessing mainstream leisure or recreational activities in the area.