



Highways and Byways *A Community of Service*

In the spirit of the Missionary Sisters of Service and Fr John Wallis

Approved Application Summaries - Small Grants Program May 2019

1. Free2b Girls Group – Sewing the Seeds Neighbourhood House, Fingal, TAS, \$3,000

A weekly group for up to 20 at risk teenage girls. Run by a pool of up to six women volunteers from the local community, the program will be trialled over a year to build and improve community, social and educational engagement between teenage girls, local women and the St. Mary's community as a whole.

St Mary's is a geographically isolated and socially disadvantaged area. There are limited opportunities for intergenerational activities – girls experience boredom and lack of inclusion in community life other than sport. This is a region with high levels of youth unemployment and disengagement, and a higher than average suicide rate amongst young people. Funds will be used to engage a program co-ordinator for 30 weeks.

2. Genuine Community and Parish inclusion of Longford District Berry Farms' Overseas Workers, Kings Meadows Parish, Longford, TAS \$2,950

Members of the King Meadows Parish and the local community of Longford are seeking to provide support and hospitality to itinerant workers from Timor Leste, Vanuatu and Tonga, who comprise the Longford District Berry Farms workforce from November to May each year. The overseas workers work a six-day week, have limited opportunity to engage in any community life, and are isolated in backpacker accommodation on the farms where they work. The Kings Meadow Parish will engage the workers and their families in social and Parish activities, including them in the church's liturgical services.

Funds will be used for 150 workers to enjoy picnic meals, volunteer petrol costs and hire of porta loos for community picnics.

3. Growing Together – Thallon Community Garden Thallon Progress Association Inc, Thallon, QLD \$3,000

"Growing Together" aims to establish a community garden in Thallon that is tended by the students of Thallon State School with the assistance of older members of the Thallon Community – including members of the QCWA Branch. The Balonne Shire has been 100% drought declared since 2013. This has meant that many people on farms in the district have had to watch their vegetable gardens die.

The poor-quality bore water of the town has also precluded town residents from having their own veggie patch. The school has access to river water and the combined benefits for school and community will be fresh produce for the community to share and a general boost in community morale. Volunteer labour co-ordinated by QCWA Branch will install the raised garden beds and the green house. Funds will be used for materials, plants and some garden equipment. The project will be managed by volunteers in partnership with the school.

4. Western Plains and Mitchell Small Schools Super Camp. Girilambone Public School NSW \$3,000

Funds are sought to assist in the transport costs of a camp for small, rural schools. All the students live in remote isolated communities in western NSW effected by drought conditions. Many identify as Aboriginal and all are from schools with less than four students in any year level. This camp has been going for a number of years. Schools benefitting are in remote Western NSW experiencing the ongoing effects of drought. Children as young as five are experiencing mental health issues relating to the severe drought that has gripped the region, and families are unable to participate in leisure activities due to feeding, carting water and financial concerns. 131 students from 11 different communities will travel up to 450 km to attend. Funds will be used to provide transport from outlying school communities to the camp.

5. Peak Hill Sisterhood Peak Hill Sisterhood, Peak Hill NSW, \$2,000

Peak Hill is a small community in western NSW with a population of approximately 1,000. Residents often have to travel to larger towns in the council area for services, especially social services and are generally quite isolated, with little cross generational contact. This project will reach out to all ages of women in the area. A series of four "Sisterhood" evenings will be held to increase knowledge and networks, and to build capacity and confidence especially amongst the younger women. The evenings would include music, food and guest speakers. Funds will be used to cover catering, hire of musicians and gift bags.

6. Wise Women – Out and About Program Dorset Community Association, Scottsdale, TAS, \$3,000

A community outreach program led by two qualified volunteer facilitators to connect with young women and girls in an area with no specific youth services, and where young people are disengaged and lacking opportunities. The municipality hasn't had a youth worker since 2017. The programme aims to build connections with at risk young girls and women, and to create avenues in the local neighbourhood where they can go for support and advice. Once a fortnight facilitators will travel to alternate towns in the Dorset Region. Funds will be used to contribute to fuel costs of volunteers, catering and art supplies.

7. Yoga – Bringing women Together Port Neil Progress Assoc. SA. \$2,000

Pt. Neill is a small community of less than 200 people which is suffering the long-term impacts of on-going drought in the region. This has been particularly identified as a rise in stress and anxiety amongst residents, and a lack of opportunity for people of different ages to support each other.

The Port Neill Progress Association wish to give residents strategies to manage stress and anxiety and to build resilience. A 10-week Yoga Program for women across all generations will be provided in a local community hall with creche. Funds will be used for instructors, childcare care providers and catering.

8. Re-loved Sewing Sessions Okines Community House, Dodges Ferry TAS \$3,000

Dodges Ferry is a small coastal town in south-east Tasmania. It has a population of approximately 2,500. This is a program to assist those with limited or low incomes to develop sewing skills. Through a series of six workshops with three tutors each, women and girls will learn how to upcycle their old worn items into new wearable pieces. These workshops will give participants the potential to update wardrobes, and to sell at local markets. The project also aims to educate young women in regard to the global footprint of "fast fashion" and cheap clothing. Funds will be used for sewing supplies, an overlocker machine and tutor fees.

9. Toowoomba Community Forced Marriage Project

ACRATH Project will be in Toowoomba Region, QLD, \$1,500

A program to raise awareness of forced marriage in the migrant and refugee communities of Toowoomba. This practice is illegal and can manifest in 'slave-like' practices that often include severe forms of abuse and violence, potentially putting girls and women at risk.

The focus of the project will be on identifying and using strategies to assist the women (mothers and grandmothers) and young girls impacted by this familial tradition. The program will engage a local community member who has good links in the relevant communities – a series of dialogue and learning sessions will be held during 2019. Funds will contribute to ACRATH national co-ordinator's cost to run sessions – travel, accommodation and catering.

10. Buttons and Bows. New Mornings, Christian Volunteer Mental Health Support Service, Ulverstone, TAS, \$2,921.56

This program will be part of a larger family-focussed trauma recovery program for families affected by family violence, child abuse and neglect who are living or attending school in West Ulverstone and surrounding areas - northwest Tas. This is a highly disadvantaged area of Tas according to the SEIFA index – with high levels of low income, low educational attainment, high unemployment, and jobs in relatively unskilled occupations.

A program of eight weekly after-school craft sessions will be held, to increase community capacity and connections through the sharing of traditional crafts and life skills across three generations of women. The project will address the four areas shown to increase resilience and personal capacity of young people – secure family relationships, feeling accepted by peers, feeling connected at school and having an adult outside the family to take a positive interest in them. Volunteer tutors will be engaged. Funds will contribute to project co-ordinator salary, childcare staff and project supplies.

11. Girls BREW (Belonging, Resilience, Empowerment, Well-Being)

PCYC Walgett NSW, \$3,000

A program to equip young Aboriginal women with coping strategies for many of life's situations, using culturally appropriate approaches together with the support of service providers in the region.

Walgett is a remote area of NSW with a relatively high population of Aboriginal residents, limited employment prospects and generational welfare dependency. This program aims to be a circuit breaker.

The program will encompass storytelling, songs and circle work, using both traditional and modern-day concepts. Elders and adult women will mentor the young girls. Funds will contribute to transport, catering and resources.

12. Chefs at Home. Jordan River Service Inc. Bridgewater, TAS \$2,750

A 40-week learn to cook program for disadvantaged community members to educate families regards nutritious foods, and to build work readiness skills.

Brighton municipality has the highest level of socio-economic disadvantage in Tasmania, including a high number of community members on disability / sickness support, long term unemployment, limited access to or use of enabling technologies and low family wages which impact food choices.

The program will run during school terms and will be open to community members to attend as many sessions as they are able or want to. Participants will complete an online Food Safety Training Certificate. The aim is also to improve community connectedness.

Funds will cover ingredients for 40 weeks and contribute to power costs of the centre.

13. Bridge 54 – Stepping Stones to life goals. Men's Shed Nubeena (Tasman) White Beach, TAS \$3,000

A women-led group, in collaboration with services focussing on supporting the challenging steps of life and achieving better living outcomes for vulnerable and isolated community members. This program wants to directly address mental health issues in the community through locally led activity. Too many services drive in – deliver - and drive out with no follow up, and no connection or authentic engagement with local people.

Four programs to be held through the year using the Bridge 54 program – a stepping stone program to achieve goals. Funds will be used for activity equipment, materials, catering and Bridge 54 pre and post program booklets.

14. Building Strong Young Women in our Community to have a VOICE Dusty Feet Mob – Dance Group Port Augusta, SA \$3,000

Dusty Feet Mob is an Aboriginal dance group from Port Augusta, South Australia aged between six and thirty-one years that exists to nurture strength, confidence and dignity amongst Aboriginal people. A further aim is to ensure the story of the stolen generations is not forgotten for both current and future generations.

This is a program to address high rates of Aboriginal suicides - for female Aboriginal adolescents from the Port Augusta region. Ten art and writing workshops will be held over ten weeks in a culturally relevant and safe environment. There will also be a retreat for 5 – 10 members of the Dusty Feet Mob and their mothers to build better relationships across generations and help the girls stand proud. Funds will be used to assist in fuel costs, catering, resources for sessions, and a final celebration event.

15. Build Up Tassie, Community Project Centacare Evolve Housing, Bridgewater TAS, \$2,600

A program for local young people at risk of long-term unemployment to volunteer on a community building initiative. Build Up Tassie is a targeted employment and training program for young people in the Bridgewater region. This program will support a crew of local young people to voluntarily develop and deliver a specific community project related to enhancing pride in the local community. The young people will receive specific mentoring and support from Build Up Tassie and local volunteers with project management and delivery skills. 10 – 12 young people will be engaged aiming to develop employability skills, management skills and general life capabilities.

Funds will be used for materials and resources for the community project.

16. Free2b Time – Branching Out Project. Neighbourhood House St. Helens, TAS \$3,000

Free2b Time- Branching Out project aims to enable opportunities for 10-15 teenage girls who have been attending a St Helens Free2b girls' group for the past 18 months to begin having interactions within the Break O'Day community in the form of work experience, tutoring, excursions and mentoring.

The project will help provide a minimum of nine tailored, identified experiences to occur over a period of nine months. Funding will provide an essential pool for the women leaders who currently work with the girls voluntarily on a weekly basis.

This program is directly aiming to address mental health issues, whilst enriching the lives of both generations, and giving the volunteer women some financial recompense after years of volunteering, especially for travel costs over considerable distances.

17. The I Am Project. Circular Head Council, TAS \$2,400

The *I Am Project* aims to empower young women to reach their full potential by assisting them to develop a positive body image, increase confidence, resilience and a strong sense of self.

A further aim is to help these young women connect to an ongoing 'sisterhood' or support network in their local region. Participants attend 10 workshops, including sharing skills in art and culture, cooking and event planning, a celebration of diverse bodies photo shoot and fashion parade, as well as organising a community event.

The Circular Head region has many isolated and disadvantaged pockets and limited services.

Funds will contribute to event advertising, materials, art therapy facilitator and venue hire for fashion parade.

18. Sewing and Yarn Crafts for Beginners. Clarendon Vale Neighbourhood Centre, Hobart, TAS, \$1,000

Clarendon Vale is in the bottom 2% of suburbs across Australia, according to the SEIFA index of social disadvantage. Managed by the local neighbourhood centre, this project involves teaching of basic sewing and knitting skills by an older generation to younger members of the community – to develop new skills and create a sense of capability and achievement. The program would run over a 10-week period, aiming to give the younger women skills to save money, generate income and build local relationships. For the older women it is an opportunity to engage in a positive mentoring role. Funds will be used for materials and resources.

19. Cooking Around the World Western Plains Regional Development Inc. Condobolin, NSW, \$1,680

In partnership with a local primary school, this project is a cooking program provided by members of the community from diverse cultures for students who are disadvantaged in the Condobolin region. The program's aims are two-fold.

(1) To increase the students understanding of diverse cultures and to gain some skills and appreciation for the food and culture of people within their region. (2) To give the women in the community who are from diverse cultures a greater sense of belonging and contribution. Funds will contribute to ingredients and recipe book.

20. Women of the Huon Geeveston Community Centre, Inc \$1,500

Geeveston is a small town of around 700 people with a higher than average population of Aboriginal people – 12.3 %. It is in an area of relative isolation with few services and fluctuating economic conditions. The town has been reliant on the timber industry and has suffered severe economic downturns over the years through the closure of timber mills.

This program will be managed by the local community centre and will offer a series of creative workshops to engage women of all ages. The major aim is to increase the confidence of younger community members in order to access the workforce. The Centre wants to build relationships across the generations and access the growing population of retired

and older women with skills and experience to pass onto younger unemployed women. At present there is very little opportunity for the generations to get to know each other and network together. Funds will be used for learning materials, travel costs and any training expertise required.

21. Share Food. Share Culture. Share Skills. West Moonah Community House, TAS, \$2,100

This project will encourage community participation and connectedness through cooking sessions facilitated by local community members who originate from different cultural backgrounds. West Moonah has a high migrant population who already access the Community House for other services.

The program aims to address social and economic disadvantage by inviting those struggling in the community with isolation, low self-esteem and depressed circumstances to participate. The project will incorporate principles developed by the Family Food Patch and Move Well Eat Well programs. To date community members from Sri Lankan, Spanish, Mexican, Australian Aboriginal and Chinese backgrounds have volunteered to be involved in the program. Funds will be used for ingredients over the 16 sessions.

22. Writing Our Way Home; Beyond Barbed Wire

Barnados Australia and The Write Road. Project based in Wellington region NSW, \$2,000

A writing retreat for mothers recently released from prison. These women face a multiplicity of challenges, including social isolation, stigma and discrimination, lack of employment opportunities, financial stress, depression, anxiety and stress, rebuilding relationships with their children, families and communities, and establishing new pathways forward for their lives.

The weekend offers time out to write, reflect, be challenged, connect with other women in similar situations, build courage and confidence, rest and reset priorities.

23. Women Finding a space to HEAL

Uniting Aboriginal and Islander Congress Christian Church, Port Augusta, SA. \$2,000

Funds are sought to provide a series of yarning circles, and art and healing workshops to bring Aboriginal women together in a positive environment. Many Aboriginal women in the Port Augusta region experience difficult times through community dysfunction, violence and the effects of alcohol and drug use amongst the community. The project aims to build women's relationships with each other, pass on knowledge between generations, share women's business and provide women with a safe place where their voices are heard and respected.

24. Good Sam Inn Catholic Parish of Whyalla, SA \$1,200

Funds are sought to purchase an additional fridge and replacement of a BBQ grill for a free meal program run by volunteers of the Catholic Parish of Whyalla and other community members.

The Good Sam Inn provides a free, two course evening meal to anyone who needs it every Monday. Seven teams of volunteers take turns to cook, prepare and serve food, chat to guests and clean up afterwards. Most of the food is donated. The project is located in the former Good Samaritan Convent, Whyalla. The numbers continue to rise, with 10 – 20 at commencement of the program and now regularly hosting 50 – 60 people each week, the highest so far being 78.

25. Library Administration Set Up

Diocese of Toowoomba, QLD \$928

This application came through Clare Smith, who is Chairperson of the Toowoomba Highways and Byways Branch. To purchase computer software and a printer to facilitate the administration of a spiritual library, with an online catalogue so that resources can be made available to all within the Toowoomba Diocese including those in remote areas. This project has a strong connection to earlier times of the MSS managing Spiritual Bookshops in various parts of Australia.

Blue/Pink Bags for Prisoners

Diocese of Port Pirie – Prison Ministry, SA. \$2,000

This application came through Cheryle Thomson MSS Whyalla.

The project aims to provide a bag of toiletries, phone card and supermarket vouchers to people leaving prison in the Port Pirie Diocese. Volunteers put the bags together, and Parishes contribute to the cost and the assembly of items. The volunteers aim to put together 100 bags in 2019.

TOTAL FUNDS APPROVED: \$60,530