

## 2021/22 - Community Grants Program (September 2021)

COMMUNITY PARTICIPATION SMALL GRANTS PROGRAM			
Application ID	Applicant	Project Title & Description (SIC)	Amount
CPSR2202109	Sunnyfield	<p><b>Music and Movement</b></p> <p>To help ease anxiety caused by months of isolation and reduced physical activity we would like to run free weekly music and movement classes for clients attending our Guildford Hub.</p>	\$3,200.00
CPSR2202122	Australian Afghan Hassanian Youth Association Incorporated	<p><b>New Hope</b></p> <p>The project 'New hope' aims at educating the refugee, immigrant and asylum seeker of all ages and gender in Afghani communities for Mental Health through workshop and Art works.</p>	\$4,500.00
CPSR2202128	Multicultural Seniors Association Incorporated	<p><b>Aerobics dance training class for middle-aged and Seniors people</b></p> <p>We run 12 free weekly aerobic dance classes for middle aged seniors to improve their fitness and mental health.</p>	\$5,000.00
CPSR2202144	Burmese Community Development Collaboration	<p><b>Senior day care</b></p> <ul style="list-style-type: none"> <li>- Reduce social isolation and lack of physical activity caused by covid.</li> <li>- Offer free 10 weeks education and physical activities to seniors</li> <li>- Provide safe space for seniors to mingle and socialise.</li> </ul>	\$5,000.00
CPSR2202149	NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS)	<p><b>Refugee Youth Health Messaging Program</b></p> <p>The program provides young migrants and refugees the opportunity to contribute to the creation and distribution of youth specific health messages via social media, blogs, and vlogs.</p>	\$5,000.00
CPSR2202155	Australia Nepal Public Link Incorporated	<p><b>Mental Health First Aid for Nepalese community in Cumberland</b></p> <p>Mental Health First Aid (MHFA) is an evidence-based training for community adults to be able to provide to other adults when experiencing mental health problem.</p>	\$5,000.00
CPSR2202161	Asian Women at Work Inc	<p><b>Be Connected--Looking after migrant women's health and wellbeing in time of COVID pandemic and other challenges</b></p> <p>This project will keep migrants connected through a combination online activity to can learn share skills, keep updated with what's happening in the community and prevent isolation due to COVID.</p>	\$4,700.00

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CPSR2202163	Life Education NSW Limited	<b>Building Disadvantaged Children's Health and Mental Wellbeing Literacy in the Wake of the Covid19 Pandemic</b> Healthy Harold will deliver thirteen free preventative health and mental wellbeing sessions to the most disadvantaged Cumberland schools. Health and mental wellbeing literacy is essential as youth struggle post pandemic.	\$4,680.00
CPSR2202171	African Australian Football Association	<b>African and CALD Youth Summer Soccer and Health Project</b> African and CALD Youth Summer Soccer and Health Project will be conducted at Princes Park, Auburn over the summer school holidays to promote soccer clinics, mental health, and health literacy.	\$3,600.00
CPSR2202173	Community Wheels Inc	<b>Thursday Health and Information Sessions</b> To provide free transport to local individuals to attend several free health promotion or health check sessions which we will arrange as short calendar of events.	\$3,700.00