

Successful 2018 Queensland Mental Health Week grant recipients

#	Organisation	Community	Description	Grant
1	Value Wellness	Cairns	Value Wellness will facilitate a 3-hour Mindful self-compassion workshop in Cairns area catering to for approximately 60 informal and formal carers/helpers, including staff members in helping industry.	\$ 2,120.00
2	Bamboo Projects Education Ltd	Sunshine Coast	A community event offering kids activities, shoreline fishing, BBQ and information and referral for mental health support at a local park. The event will target isolated, suicidal and struggling individuals and families, particularly single men, young people, and physically disabled.	\$ 2,225.00
3	Brettacorp	Murrigal	A social event where 500 native trees will be planted. Mental health experts, liaison officers, traditional elders, individuals with psychosocial/social illness will participate.	\$ 2,500.00
4	Maroochydore State High School	Sunshine Coast	A Wellbeing Challenge that will encourage youth to learn about mental health and show support for those affected by mental illness. The event will be guided by the Wheel of Wellbeing and will include live music, healthy food and a marquee showcasing information and local headspace support available. A mental health trivia contest will also be held during Mental Health Week.	\$ 2,170.00
5	Unheard Voices Inc	Mackay	A celebration concert and launch of a song book of original songs will be held on the 10th anniversary of the Choir of Unheard Voices. The concert will involve local artists and choir members that composed the songs. The Choir of Unheard Voices provides singing in a group to individuals experiencing severe mental illness.	\$ 750.00
6	Redlynch State College Parent's and Citizen's Association	Cairns	Displays and presentations from headspace, Youth Empowered Towards Independence, Centacare, Wuchopperen Health Services and Uniting Care Community. Other activities such as mindfulness, yoga, relaxation, general wellbeing, mental health and positive lifestyle behaviours will be held for students.	\$ 2,500.00
7	Eacham Community Help Organisation Inc	Atherton	Activities focusing on the Wheel of Wellbeing segment – Place – Take Notice – this activity will provide rainforest dreaming guided walks, specialist photography session, natural environment photography competition, morning tea at Malanda Falls.	\$ 1,440.00
8	Cystic Fibrosis Queensland	Brisbane	A joint event with Carers Qld and a Cystic Fibrosis adult will speak about behaviour management, adaptive strategies to promote mental health and wellbeing of Cystic Fibrosis sufferers.	\$ 2,100.00
9	Redcliffe Gateball Club Inc	Brisbane	Individuals and their carers from Redcliffe and Chermshire Mental Health to participate in a game of 'Gateball'. Transportation and light refreshments will be provided.	\$ 1,489.82
10	Home Instead Senior Care	Gold Coast	An event and presentation bringing the Gold Coast aged care professional community and the public, including carers of seniors together to present to the community the supports and services available to the senior community. The event will include live music, a guest speaker focusing on mental health for seniors and positive messages.	\$ 2,500.00
11	Caboolture State School	Brisbane	A community breakfast, scheduled presentations for students and staff each day during Mental Health Week culminating with a band performance at the indigenous health promotion finale.	\$ 2,208.00

12	Cooroy Butter Factory Art's Centre	Cooroy	Opera and Live Art concert featuring a live collaboration between emerging artists, singer Emma Tomlinson, painter Rueben Drake and poet, Melissa Konrads, onsite at the Cooroy Butter Factory Arts Centre. Each performer lives with mental health challenges and finds solace and inspiration in their art practice.	\$ 2,500.00
13	Lockyer Information Neighbourhood Centre	Lockyer Valley	A free morning tea aimed at raising awareness, informing, and creating a better understanding and promotion of mental health and wellbeing. The event will include an experienced and suitable qualified guest speaker providing an informative group presentation.	\$ 2,249.00
14	Stepping Black Indigenous Corporation Australia	Bundaberg	The North Burnett MHAOD Hub, in partnership with Roses in the Ocean will host a Community Leaders' Dinner, in Monto. The aim is to reduce stigma about mental health issues, stimulate healthy conversations around suicide, encourage wellbeing and connect community with those service providers/supporters who can help out in times of need and/or with preventative actions.	\$ 2,475.00
15	Hymba Yumba Community Hub	Brisbane	A morning for families and the wider community to access agencies that can interact with patrons, offer follow-up support and introduce parents to others. The event will include a morning tea and cultural aspects.	\$ 2,400.00
16	Townsville Community Learning Centre	Townsville	Two projects – Proud to be Me and Random Acts of Kindness. The Proud to be Me project aims to create a positive self- identity for Indigenous students with Indigenous dance group, workshops and yarnning circle. The school community will be challenged to do random acts of kindness for themselves and towards 2 other people each week.	\$ 2,500.00
17	Military Brotherhood Cooloola Sunshine Coast	Gympie	A Mental Health and Wellbeing Day will be held in the Mary Valley in collaboration with the Mary Valley RSL, the Maroochydore RSL, TPI Association of Maroochydore, and a Qld Health Nutritionist. The event provides an opportunity for veterans, their families, carers and the local community to join to share their experiences around mental health and wellbeing.	\$ 2,500.00
18	Kingston East Neighbourhood Group	Brisbane	The How of Happiness day will involve therapeutic activities such as arts & craft, chair exercises, Tai Chi in the park and Henna painting. In collaboration with clinical mental health and community services the event will bring together the diverse community of Logan and provide a safe space to build social connectedness and raise awareness of support services available in the area.	\$ 2,250.00
19	Townsville Aboriginal and Islander Health Service	Townsville	A play and poetry readings will be performed for the public by members of the long-established and well-respected local Aboriginal and Islander women's group Women of Wisdom for Her Emotional Release. The focus of the event will be on a creative, innovative and culturally inclusive approach to promoting key messages around mental health. A variety of local mental health organisations will be invited to attend the event to provide information, and there will be a sausage sizzle.	\$ 1,123.00
20	Central West Suicide Prevention Network	Blackall	Look After Your Mates will provide a combined workshop/health promotion that will include a guest speaker on suicide awareness, along with Wheel of Wellbeing information and resources at the Blackall Cattle Saleyards.	\$ 1,980.00
21	Welcome to Australia	Brisbane	Healthy Body Healthy Mind Community Football Day will be an opportunity to use sport as a vehicle for the promotion of mental health awareness in communities with significant numbers of people from CALD backgrounds.	\$ 2,500.00
22	Sisters Support Services	Brisbane	The Women's Wellbeing Workshop will bring culturally and linguistic diverse women and teen girls together to explore what good mental health means and empower them to take care of their own wellbeing physically, emotionally and mentally.	\$ 2,356.00

23	Moranbah & District Services	Moranbah	Moranbah & District Services will host a week of events, providing community education around early intervention and prevention of mental health issues in young people and mothers by self-care.	\$ 2,250.00
24	Welcoming Intercultural Neighbours Inc	Gladstone	A day of art activities to relax the mind and a healthy lunch from local multicultural communities. Engaging culturally and linguistically diverse people in the community.	\$ 2,490.00
25	Ryan Catholic College	Townsville	A week of school-based activities and workshop focusing on mental health and wellbeing and building connections and positive relationships.	\$ 1,972.00
26	Cairns State High School	Cairns	Cairns State High School will host 'Finding Nevo – A Journey of Diversity' in collaboration with local youth support agencies. A series of four 60-minute forums based around 'Being Me' – for the school community and 'Creating Inclusive Environments' for Teachers and Parents/Carers.	\$ 2,500.00
27	Soroptimist International of Mackay	Mackay	A Community Party at a local shopping Centre, focusing on confidence and community valuing their mental health.	\$ 2,498.00
28	Benowa State High School	Gold Coast	A week of events to improve school community awareness and interest in mental health and wellbeing. These events include, a "Wheel of Wellbeing" Race, school picnic and other fun activities.	\$ 1,850.00
29	Marsden State High School	Logan Central	Marsden State High School will host several events focusing on positive mental health strategies to students and teachers.	\$ 2,500.00
30	The Junction Clubhouse Cairns	Cairns	The Mad Hatters Garden Party is an event for people with lived experience to come together with the general community and share experiences.	\$ 1,610.00
31	Hands to Hold	Gold Coast	Hands to Hold & Connection will facilitate a workshop which will provide insight into the impact that chronic diseases have to mental health.	\$ 2,260.00
32	St Josephs Parents & Friends Committee, Atherton	Atherton	A Family Wellbeing Festival open to all community members focusing on wellbeing from a parent/family perspective.	\$ 1,200.00
33	SANDBAG Community Centre & Services	Brisbane	A day of relaxation and mindfulness activities at the community centre. Focusing on mental health issues and enabling community connections	\$ 2,150.00
34	RAEMUS Rover Off Road Racing	Brisbane	RAEMUS Mindfulness Friday will incorporate off road track racing with presentations from a personal trainer and psychologist to veterans and this year will be available to former Queensland Police Officers. The program tools and information have been developed by Mates4Mates and the Gallipoli Medical Research Foundation.	\$ 2,104.00
35	The Carers Foundation Australia	Rockhampton	The Carers Foundation will host an educational session discussing strategies for maintaining resilience as a paid or unpaid career followed by a morning tea.	\$ 2,500.00
36	Hurricane Stars Club	Brisbane	Mums Get Moving Forward Together an event tailored to mums and bubs. Which will include a fitness session, workshops and a healthy morning tea with a presentation on the effect of what you eat your mental health.	\$ 1,830.00
37	Sandgate State School	Brisbane	Students from Prep to Grade 6 will be engaged to participate in a morning of activities aligning with the six components of the Wheel of Wellbeing.	\$ 1,909.00
38	Burdekin Shire Council/Burdekin Library	AYR	Burdekin Shire Council is hosting a Community Wellness morning event of alternative wellness activities and mental health information.	\$ 2,500.00
39	Open Doors Youth Service	Brisbane	Open Doors Youth Service is holding "Creative Therapies Week". A 4-day bonanza including essential Art Therapy, Drama Therapy, and music Therapy.	\$ 2,400.00

40	Home Hill State High School	Home Hill	A morning tea event to promote and provide information regarding mental health awareness direct to parents, students and community members.	\$ 465.00
41	PCYC Emerald	Emerald	A community wellbeing event which will include, indigenous arts, meditation, pot planting. Followed by morning tea, live music and local performances.	\$ 2,500.00
42	Australian Sign Language Interpreters Association Qld	Brisbane	A three-hour workshop lead by a certified sign language interpreter and a psychiatrist discussing Deafness and mental health.	\$ 1,529.00
43	Townsville Intercultural Centre	Townsville	The "I am proud of my story" event will bring people from all cultures, including indigenous Australians, refugees, humanitarian visa entrants, migrants, regional and remote communities, together to openly share mental health and wellbeing experiences.	\$ 2,500.00
44	Urban Indian Multicultural Association of Qld	Bridgeman Downs	A 30 seconds campaign will be scripted in different south Asian language to address the issue of alcohol and depression. The script will be edited and dubbed in all these languages. This campaign will play on Radio Rhythm 1053 AM on all peak time 6 times a day to get the message to the community.	\$ 2,500.00
			TOTAL GRANT AMOUNT (excl GST)	\$ 92,853