



KIAMA MUNICIPAL COUNCIL  
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## Health and Sustainability Grants Program

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# HEALTH & SUSTAINABILITY GRANTS 2019



### Health & Sustainability Grants Program

Stay tuned for some changes to the Health & Sustainability Grants Program.

## Updated Guidelines and Application Form available from early July.

### Round 5 applications to open late July 2019.

Health and Sustainability Grant applications may be submitted at any time, however applications are only assessed up to twice a year.

If you have an idea for a project, contact Council's Health Promotion Officer to share your idea on 02 4232 0444 or [council@kiama.nsw.gov.au](mailto:council@kiama.nsw.gov.au) and check back here later in the year for news about the next round.

Kiama Municipal Council is offering Health and Sustainability Grants of up to \$1,000 to promote health and sustainability in the Kiama Local Government Area (LGA). The aim is to bring together local residents and community groups with an interest in health and sustainability to drive small projects to improve the health and environmental outcomes for the Kiama Community.

- Have you got an idea that will improve the health, wellbeing and/or quality of life of residents in the Kiama LGA?
- Are you a not-for-profit incorporated community organisation or an incorporated school P & C or auspiced by either of these?
- Can you match dollar-for-dollar funding (in-kind or cash)?

Download a copy of the Round 4

- [Program Guidelines](#)
- [Application Form](#)

## Past Health & Sustainability Grant Recipients

Round	Recipient	Project Summary	Amount
Jan 2019	Parkinsons Support Kiama	A weekly dance class (for 40 weeks) designed by a qualified dance instructor to specifically address the needs of people with neurological conditions.	\$800
Jan 2019	The Man Walk Australia Limited	To provide community health, wellbeing & mentor training (through TAFE NSW & local health & fitness coaches) to empower men within the Kiama community to become strong role models in the community in promoting health & wellbeing, mental & physical development.	\$1000
Jan 2019	Kiama Farmers Market	To conduct a Probiotic Preserves Workshop for Kids with their parent/ carer.	\$200
Jul 2018	Gerringong Public School P&C - Waste to Wow - Composting our School Food Waste	To upgrade their composting system to create even better lessons in composting and sustainability, resulting in fantastic compost from their food and garden waste to use on their school gardens. Students have already been composting for 2 years with a basic system and they are now ready to upgrade it. They are proposing to use an Ecobin hot composting system to improve efficiency when dealing with food waste in a way that is hygienic and safe.	\$500

Jul 2018	Minnamurra Public School - P&C Association - Eggs 'R'Us	To build a fox-proof chicken coop and stock it with 15 laying hens. Students will learn about keeping chickens and the sales of eggs will provide funds to further develop the school vegetable garden. The project also fits with the school waste management plan where food scraps will be fed to the chickens or composted.	\$1,000
Jul 2018	Slow Food Saddleback - Fermentation to a Healthy Lifestyle	A workshop provided by Slow Food Saddleback to encourage a healthy gut! Learn how to prepare fermented foods and drinks, and share knowledge with experts in a learning environment accompanied by a simple, but delicious lunch. Recipes and product will be taken home.	\$500
Jan 2018	Kiama U3A Live Long: Play Ping Pong	Purchasing of 2 table tennis tables to form the basis of a program offering 2 hours of play per week for 32 weeks per year to existing and new Kiama U3A members at the North Kiama Neighbourhood Centre.	\$1,000
Jan 2018	Landcare Illawarra: The Nature Weekend	Running a weekend camping trip to introduce young people to rural areas and country life, develop an understanding of the sources and production of local healthy food, appreciate the natural environment, understand the joys of outdoor activities and learn about the potential careers in active outdoor employment.	\$1,000
Jan 2018	Kiama Community Garden: Fascinating Fungi & Magnificent Mushrooms	Running a community workshop on home mushroom cultivation using waste materials (i.e. coffee grounds, logs and sawdust) which aims at promoting healthy, home-grown food while encouraging waste reduction and recycling.	\$1,000
Jul 2017	Reduce, Reuse, Recycle – Kiama Boomerang Bags	Workshop and supplies for screen printing, and servicing of sewing machines to make reusable shopping bags, also known as Kiama Boomerang Bags, from fabric that would otherwise end up in landfill.	\$1,000