

Quick Response Grants 20/21 – Summary of Outcomes

Applicant	Project Title and Description	No. Monash Participants	Reported Outcomes
Tasmina Khan Majles (Visual artist) 2021QRG0012	<i>Zoom Art Journal</i> Presented by Tasmina, a professional visual artist with a Masters in Creative Arts by research (painting), this series of online based workshops target mainly youth and mothers living in the City of Monash. The aim of this project is to help improve the mental health of the participants during lockdown in Melbourne. These 1 hour art sessions will engage the community through creativity and improve mental health and overall wellbeing. The art sessions will focus on methods that would help reduce distress, process emotional pain, encourage new ways to express and enhance self-awareness.	61	Six zoom art sessions, each with 20 participants, were delivered over 6 weeks. The most important change this project has made is that every participant now believes that anyone can draw and engage themselves in a creative way and process their emotions through art. The feedback of the participants were very positive and most of them requested more workshops like this in future. Participants found the sessions very relaxing and interesting. A few mentioned that it helped them to overcome the isolation blues. Young participants mentioned it made them more creative and gave them confidence in creating artworks in their own time.
Subramanya Sastry (Musician) 2021QRG0003	<i>Raga Web Series</i> In conjunction with Multicultural Arts Victoria's (MAV) Raga Series, Subu will present 'Bamboo Flute for Mental Health' targeting the Monash community in a virtual guided meditative environment. The project will connect individuals of all age groups and elevate mental, physical as well as emotional well-being especially during these stressful times. The intent of the project is to use Indian classical music - focusing majorly on the bamboo flute and other instruments to promote a meditative environment for mental well-being.	5 participants, 200 audience	Subu applied his knowledge of the ragas (scale patterns) and hosted a series structured around addressing different mental health areas such as anxiety and depression. Episodes featured local artists Sam Hartley (Pianist), Ravi Madhawan (Tabla player) and a guest (who is experienced in the mental health sector) and will explore more intricate concepts. This was initially planned as a web series, but due to easing of restrictions they became live events held at Monash Uni. 2 were planned, but MAV scheduled a third session due to high demand. The series was also made available on MAV's website; via the council's social media platforms; and through local and community networks.
Mt Waverley Cricket Club (Sports Club) 2021QRG0019	<i>Getting our Club COVID-19 Ready</i> Mt Waverley CC seeks funding to help support the changes the Club will need to make in order to meet the evolving requirements in response to COVID-19, and to	826	The grant and our project allowed us to successfully participate in our season, prepare and educate our volunteers, coaches and committee members, and educate our playing group (including senior, junior, male and female) on the

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	ensure our community and its members are safe. These include a shift to video conferencing, the capacity to film / stream virtual training sessions to promote activity throughout the community, engage a number of mental health speakers to come and talk to address social isolation and mental health for players, families and supporters.		importance of mental health / resilience and mindfulness - and how to get through a challenging period that remains ongoing.
Cameron Noble (Musician) 2021QRG0028	<i>Monash Social Distance Music Project</i> Work with local artists via zoom to create a music project, to tell the story our creatives have faced during 2020/covid19. This will be an at home project, engaging local singers & musicians to collaborate and record a song together. Due to the COVID19 impact, creatives have been unable to collaborate easily, and this project will teach how all artists can work together online to create a great body of work.	15	It was a new experience for us all to be doing writing & music creation over zoom. We discussed the effects of Covid and how we can work as a team to continue pushing our creativeness and inspire the people around us. Afterwards I have assisted in planning releases for some of the artists involved in this project, and I'm very excited to see their own personal projects go live in the coming months. Participants understood the importance of collaborating for their creative practice, and these workshops gave them the opportunity and skills to continue that collaboration during lockdown. Cameron noted the diversity of participants, which comprised of several Aboriginal, LGBTQI+ people, and people with a disability.
Kate Elise Ashforth (Visual Artist) 2021QRG0029	<i>Treasures of Oakleigh</i> Kate will create an art walk to draw people back to the local Oakleigh shopping precinct that has been impacted by restrictions. People are drawn to particular shops in Oakleigh that are usually frequented during busier times. The art will be based on the people who work in these places; the characters and offerings that reside there. Quotes of hope and positivity would potentially be a part of these artworks.	9 participants, viewed by local Oakleigh community	The feedback from businesses and locals was extremely positive and on many occasions, it was shared by locals that the idea behind the project was excellent. Kate collaborated directly with 9 local people at a variety of businesses in Oakleigh to create an artwork. The artworks were displayed in shop windows as part of an art walk that wound it's way through Oakleigh. It was viewed by locals passing by, and also drew people from other areas to visit Oakleigh.
Black Hole Theatre (Theatre group, Registered Charity) 2021QRG0037	<i>Spin a Yarn</i> Black Hole Theatre invited members of the Monash community to bring a "story" for them to turn into a digital/video puppetry piece by collaborating with a puppeteer and film-maker. The "story" could be an	3 participants, ongoing audience through film	The process of collaboration with the artists and the members of the community went very well. Each video was different, and each presented challenges. For instance, none of the writers had written for video or puppetry before, and so considerable time was spent shaping the stories to fit the

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	event from real life, a joke, a fantasy, a song, a poem, a short story, or anything that they would like visualised.		format - with the writers. The great thing is that everyone was open, willing to learn, and enthusiastic. We had a wonderful time, and the writers are so happy with the results! All of them came out of people thinking about the lockdowns, and realising they could respond creatively during a crisis. The positive outcomes of the films themselves will be ongoing and give testament to people's creativity and their diverse viewpoints, and will encourage other such endeavours in years to come.
Glen Waverley Cricket Club (Sports Club) 2021QRG0045	COVID-19 Preparation Controls The current pandemic has introduced some clear challenges for the Club. Application is for administration support for online meetings and allow coaches and managers (20+) to up-skill without worrying about being timed out (Zoom software, online coaching/training platforms)	60	The Zoom software was utilised for committee meeting both senior and junior during the lockdown period.
Hum Turn Task Force (Community group) 2021QRG0038	Empower City of Monash Indian Community with the knowledge and tools to deal with the mental health issues due to COVID – 19 restrictions. A series of 4 virtual workshops with the following focus: <ul style="list-style-type: none"> • General awareness about the mental issues due to coronavirus and help available by invited speaker • Elders - reach out, to be connected • Families – to listen the experience of people during Coronavirus moderated by invited expert • Youth – to talk with a child psychologist about understanding the problems of isolation and providing helpful solutions. 	83	4 Virtual workshops were delivered involving guest speakers: Dr Atima Saxena (Psychiatrist), Dr Lakshmi R Etta (Paediatrics), Ms Parveen Balsara Mistry Dr Manjula O’connor (Psychiatrist). Participants expressed that they have a better understanding about the symptoms and warning signs for common mental health problems (anxiety, depression, psychosis and self-harming behaviour). We think that the people either were not aware of available Mental Support services or due to social stigma do not want to reveal their mental problems. Through these activities they have shown their intention to talk to family and friends and make use of supportive services.
HousingFirst (Not-for-Profit Organisation) 2021QRG0053	Pocket Market: COVID-19 Response For several years, HousingFirst has operated Pocket Market, a social enterprise produce market in Ashwood that provides a wide range of fresh fruit and vegetables to people living on low incomes at below-cost prices.	127	A large range of residents were able to access fresh fruit and vegetables during a time of upheaval and uncertainty. Many of these residents were older and vulnerable to COVID, so by delivering the produce to them, it took away the stress of having to leave the house and risk exposure. For a flat \$5 fee, tenants could order a fresh fruit and veggie box which contained a range of staple and seasonal fruit and vegetables.

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	When COVID-19 reached Australia and restrictions were put in place, HousingFirst pivoted to a produce home delivery service.		From March-June 2020, over 1000 boxes of produce were delivered to residents in need.
Notting Hill Brandon Park Cricket Club (Sports Club) 2021QRG0044	<p><i>Covid Interruption Programs and Support</i></p> <p>The Club seeks to provide virtual platforms and supporting tools and courses to players, members, families and supporters who form a significant part of the Monash community. This will allow opportunities to be actively involved digitally with team mates and friends whilst Covid restrictions are on. They will also be extending online capabilities for physical training and mental wellbeing sessions.</p>	38	It kept people interested and motivated whilst movement was restricted, and encouraged them to return to participating when restrictions were gradually lifted.
Power Neighbourhood House 2021QRG0055	<p><i>Seniors Shining Through Covid</i></p> <p>The project will provide local senior residents with special craft based activity, information and treat packs to assist them to gain or increase connection within their community. This is particularly vital in this Covid period as loneliness, depression and feelings of isolation have been a noted occurrence. The project will deliver an information pack with the names and phone numbers of local people who are happy to have a chat, along with details of local services and supports. A creative pack will be filled with targeted materials prepared in consultation with a successful art therapist and to help these seniors to understand and share some of their feelings and to encourage hope and community connections.</p>	86	We were able to deliver the packs and project workshops to over 69 Monash Seniors face-to-face. We held seven individual workshops/sessions, each with the ART therapist and another staff member of PNH to ensure everyone that attended was given one-on-one attention. We were very fortunate that we could change the project workplan. Instead of all the packs and instructions just being sent out to participants and hoping for at a 35% uptake to a couple of zoom workshops, we were actually able to meet IN PERSON. This change of plan lead to more Seniors attending the workshops than we had anticipated. I believe that quite a number of Seniors in the Community now know who we are at PNH and will know that they can come to us to join in activities, to have a cuppa and that we are in a position to support them with filling in forms, referrals to other organisations for assistance and for connection. I believe the connections made, especially during this intense time of world trauma, will be so beneficial to at least some of the very local seniors.
Mary Walker (Performing Arts practitioner and Educator) 2021QRG0064	<p><i>Sunny Saturdays</i></p> <p>A series of online drama workshops for children with a mental health focus. Designed to get children up and moving, laughing and having fun while teaching important mindfulness and resilience techniques. It will</p>	125	The workshops were offered as three separate aged workshops based on age: 5-7, 8-10 and 11-12. The engagement and enjoyment of the participants in the workshop was excellent. Many parents and carers could see the positive mental health lessons embedded and were thrilled that I was helping to equip their children with strategies through fun activities. The knowledge that they

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	focus on recognising and managing emotions, looking after worry and anxiety and focusing on the positives.		will take these activities to their friends at school and play these positive mental health activities further is an exciting extension from the workshops
Rashmi Gore (Visual Artist) 2021QRG0068	<p>Artistic murals to promote diversity of cultural experience</p> <p>Rashmi is an accomplished artist who will paint Art Murals on 2 wooden electric poles or equivalent wall space, as suggested by the Council. These murals could depict the rich cultures, social issues or any other relevant aspects. The exact concepts will be finalised considering the 'creative place-making principles' in consultation with the Monash Arts & Cultural Development team.</p>	10 participants, ongoing audience	Rashmi was connected with Council's Place Making team to identify a shortlist locations for the murals. Consultation identified the Notting Hill Neighbourhood house as an ideal site. The Completed artworks will be installed in the new playground development and unveiled at the opening. Rashmi consulted with the Notting Hill Neighbourhood House community regarding ideas for her sculptures.
Actomania (Community Theatre group) 2021QRG0069	<p>Act and Connect to Keep Us Together</p> <p>Actomania will develop short video plays to highlight the effects of COVID 19 and why compliance with health and hygiene advices are imperative. The plays will also portray how to remain engaged during isolation and thus overcome mental health issues. The objective will be to generate positivity, hope and resilience to cope with the crisis.</p> <p>The end product (in the form of short film) will be circulated to CALD communities and the broader community to generate awareness and encourage all to do the right thing.</p>	50 participants, ongoing audience through video	A series of 4 short plays were recorded at Clayton Theatre and live-streamed on 27 February 2021. The participants and audience (through Video) well received the importance of complying with health and hygiene restrictions for COVID 19. Since the key message was delivered in an entertaining and innovative way, they felt engaged and gained capacity to cope with the COVID crisis better. An opportunity to interact with other community groups was a welcome change from isolation and alienation. This project also increased awareness of the group and future participation in their creative programs.
Mount Waverley Bowls Club (Sports Club) 2021QRG0075	<p>Connecting and Supporting Club Members</p> <p>The group applied for funding for a Zoom licence. Secondly there are a number of members who live alone. Many of these people do not have computers or the skill to connect. They plan to drop "Care Packages" to these isolated members, be it food or other goodies. It is felt this will keep members connected and know the Club cares for the welfare of the older members.</p>	85 (Zoom) 12 (Care packages)	Club members have been made aware that we are not just a Bowling Club, but have an important social responsibility. A Newsletter article was published, explaining what we did, and acknowledging where the money came from to enable us to complete the project. The response from the recipients was overwhelming in their gratefulness. The bags were made up of a mixture of perishable and non-perishable items, some of which donated. Zoom meetings were well attended especially as the Clubhouse was closed to our usual Friday social meetings.

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<p>Mazon Australia (Not-for-profit Organisation) 2021QRG0081</p>	<p><i>Street Pantry</i> The Street Pantry is a Mazon Australia project aligning with our mission to engage the community to prevent and alleviate hunger for people from all faiths and backgrounds. It is a place where people are encouraged to 'give what you can and take what you need'. The survival of the pantry is dependent upon the support of the local community---people walking their dogs and putting items into the pantry, local businesses donating products, and local schools coordinating collections. Ultimately the local community takes ownership of the Street Pantry, so that it remains stocked, undamaged and cared for. The Street Pantry will help those who may be suffering from food insecurity as a result of COVID-19. Many of these people may have never had to ask for food before. The Street Pantry allows them to retain their dignity.</p>	<p>7 participants, Unlimited number of recipients</p>	<p>In collaboration with Notting Hill Neighbourhood House, the Street Pantry will build community spirit as it lets the local neighbourhood help those in need. I was very impressed by the involvement of the manager of the NHH, Nandini Sengupta. She was so excited about the project and recruited volunteers to paint the street pantry, which we had intended to pay someone to do. She has used social media to promote the project and has volunteers lined up to clean and stock the pantry daily.</p> <p>The NHH community is very excited about this project. The community has already stepped up with volunteers checking the pantry every day and people in the neighbourhood donating food. Nandini has reported that the pantry is being emptied and restocked every day.</p>
<p>Melbourne String Academy (Community Music Group) 2021QRG0059</p>	<p><i>Virtual Music Connect</i> Virtual Music Connect (VMC) is a community outreach pilot program initiative of the MSA that seeks to address two issues arising from Stay-at-Home restrictions; increased social isolation for residents of aged care facilities, and the loss of opportunities, income, and a sense of purpose for musicians. Through the program, musicians connect and engage with under-served and vulnerable communities, specifically residents of elder care facilities. The project aims to host a total of 14 online music concerts and events to residential aged care homes in Melbourne from December 2020 to June 2021.</p>	<p>1205</p>	<p>The pilot programs consisted of a presentation component: approximately 40 minutes of music performance interspersed with approximately 20 minutes of explanation, followed by a question and answer session. The events were streamed live via on-line video platforms to aged care facilities in Monash. Events were delivered to 18 Care homes in Monash, with a total of 1200 residents and family members participating. 5 Monash musicians were involved in the performances.</p> <p>The last 3 sessions planned were impacted by the May/June lockdown, due to the musicians being unable to meet together. These were re-scheduled for July/August, and were again impacted by the July Lockdown.</p>
<p>Telugu Association of Australia (Community Group) 2021QRG0097</p>	<p><i>Women and Carer Empowerment in New Normalcy</i> The project is to conduct a hybrid workshop on 22nd May 2021 to educate and empower the women, parents and carers for post-COVID normalcy.</p>	<p>65</p>	<p>The session was live streamed on Facebook and is now available through the media partner MEWorld mobile app. The TAAI website Events page is also pointing to this video link. The program had good speakers who were</p>

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	<p>The focus areas are</p> <ol style="list-style-type: none"> 1) Cyber Hygiene at homes as the online schooling, online shopping and remote working activities exponentially increased during COVID times. 2) Family Harmony - COVID has forced us to isolation and people being confined to homes, increasing the distress within the family. To reduce this friction among the family members (partners/parent-kids) there is a need to find creative ways of bonding and having better family time. 3) Mental health - There is certainly increased the pressure due to reduced revenues, socialising aspects like FOGO (Fear of going outside) or not able to stay inside. 		<p>professionals in their areas, such as a psychologist, a General Practitioner, a yoga & meditation specialist, a Philanthropist, Lawyers and also a couple of speakers who could share their experiences, motivational in nature on how they overcame challenges in life due to various circumstances like cultural changes, cyber challenges at home with the kids, surviving challenging diseases and overcome the after effects.</p> <p>The session definitely brought some change in thinking in all the participants and acknowledgement -- that -- all families are impacted with the latest changes like COVID, remote working, online/digital adaptation which added to the existing challenges of culture shock/adjustment with growing kids and fast life that we are trying to cope up with in the pre-COVID era. The presence of men in the event added value to the discussion leading to thoughtful questions on how to educate men from their childhood about family violence and gender equality.</p>
<p>Peter Vadiveloo (Musician) 2021QRG0104</p>	<p style="text-align: center;"><i>Clayton Community Drum Circle</i></p> <p>A weekly community drum circle that will run for 12 sessions at the Clayton Community Centre. The aim of the project is to assist in community mental health recovery following COVID-induced lockdowns and restrictions. A recent medical study that found participation in community drum circles resulted in improved mental health outcomes with respect to depression, anxiety and social resilience. Clayton was chosen as the location because it has a high proportion of students and migrant groups, and those groups can be at greater risk of loneliness and isolation.</p>	<p>15</p>	<p>Due to the May/June Lockdown, some sessions were delivered on Zoom. Attendance dropped for the online classes. The vast majority of attendees told me that they had never before been involved in drumming or a drumming circle. In an evaluation form:</p> <p>9 responders said attending the circle had a positive effect on their mental health; 9 said the drum circle improved their feeling of connectedness with the community, and that they made new connections; and 6 said that attending the drum circle made them feel less lonely/isolated.</p> <p>Comments from participants were:</p> <p>“Feeling reinvigorated, inspired, connected, uplifted and learning new skills”.</p> <p>“Peter was so inclusive, upbeat and happy! He created the positive, fun and exciting feeling of being part of this group and helped me to really express myself through music.”</p> <p>“The laughter and new connections. People were so welcoming and generous with each other. You don’t see this at the supermarket”</p>
<p>Telugu Ladies Club (Community group) 2021QRG0105</p>	<p style="text-align: center;"><i>Flavours of India, Cooking Mela</i></p> <p>Telugu Ladies Club(TLC) would like to organise an Indian food fair for the Monash residents. It will be a demonstration of a few popular Indian dishes by local</p>	<p>N/A</p>	<p>Unfortunately the event was cancelled due to the snap Lockdown in May/June. It was re-scheduled, but was impacted again by the July Lockdown.</p>

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	<p>chefs (women). This will enable us to promote Indian cuisine to food lovers of Monash residents and provide a platform for residents to get together after a year of COVID restrictions. Participants get to see the dishes being prepared, know about the spices and their good properties and taste the food. Printed copies of the recipes will be available for attendees.</p>		<p>TLC will return funding, re-schedule for later in 2021 when COVID restrictions have eased, and apply for a 21/22 QRG.</p>
<p>Notting Hill Neighbourhood House 2021QRG0040</p>	<p><i>NHNNH Community Hopper’s Night – Food Event</i> An evening filled with yummy traditional Sri Lankan food - Hoppers being the highlight - for the entire neighbourhood to join.</p>	<p>5</p>	<p>We had scheduled multiple dates for this event - 26th June, 29th July and then finally 28th Aug. Due to the current COVID climate we would like to defer this event further so that we can ensure the safety of our patrons. A positive is the fact that our community is engaged, prepared and ready to host this event at a later date when restrictions have eased further. NHNNH will return funding, and re-apply for a 21/22 QRG.</p>
<p>Pony Cam (Theatre Group) 2021QRG0115</p>	<p><i>Anything You Can Do: Community Workshop Series</i> In July 2021, contemporary theatre company Pony Cam ran a series of 9 workshops for people aged 55+. As a result of Melbourne’s lockdown, these workshops were held on Zoom. During these workshops seniors were invited to meet, chat, collaborate and create with a group of young theatre makers. Workshops involved game-playing, story exchange, skill sharing, and deep listening exercises.</p>	<p>78</p>	<p>The workshops had overwhelming community interest, with over 80 community members expressing interest in the workshops. Some of the feedback we received from workshop participants that, for us, articulated some of the impact of the project were:</p> <p>“I wasn’t really sure going into the workshops what they would be like or what we would do. But I found it didn’t really matter. The team running the workshops just created a really open, fun and safe environment for people to share and talk about their vulnerabilities. Just being able to listen to these, and have a chance to share my own, often through exercises (like the poem exercise), felt really relieving, fun and made me zoom out a bit on my own life. I’d love to do this kind of practice once a week, it’s so rewarding to connect in this way. Especially for someone who finds there is less and less of this out there. Thx ponycam” - Lianne</p> <p>“You know, it’s just not every day you get a chance to do something like this. Where people want to talk and make art in this kind of way. Nice it wasn’t so serious all the time. There is enough seriousness out there.” - Peter</p>

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“I can't believe it has been that long since I just made a whole bunch of silly faces. For no reason. I now am finding I make silly faces all over the house” – Sylvie