

Category 1 (ID:3134)

Amount Requested: \$6,000.00

Autism Community Network

Mr Steven Drakoulis
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Summary

Q 1. Project Name

Friends & Fitness Club

Q 2. Brief Project Description (100 word maximum)

Friends & Fitness Club is a semi-structured, fitness and socialisation program for children aged 4-18 years with an Autism Spectrum Disorder and their siblings.

Autism is a lifelong developmental disability with deficits in communication, socialisation and behaviour. This program helps children participate in the community, develop their social skills, improve their fitness and help them with their mental health.

Project Details

Q 3. Please provide an outline of your project (250 words)

Children 4 - 18 years are provided an opportunity to attend a weekly fitness program. The kids are broken up into two groups - Older kids are in the main gym, using equipment under supervision by trained instructors. The younger children are put through a fun, activities based circuit where it keeps them moving, also run by a trained instructor. Children on the spectrum typically struggle to participate in structured physical activities

Q 4. Which of the following ClubGRANTS priority areas below does your project address?

A4 - aged, disability or youth services

Q 5. How did your organisation identify the need for this project?

Our members have provided feedback regarding difficulties in finding suitable opportunities for their children to participate in structured physical activity. we have been able to provide this program for some years now and each time it is well attended.

"Effects of Physical Activity on People with Autism Spectrum Disorder" - Kay Hughes, Physiotherapist, Autism Queensland
The benefits of physical exercise for children and adults who have an autism spectrum disorder were evaluated in two recent studies. The studies reported clear increases in on-task behaviour, academic responsiveness, motor functioning and social functioning as well as decreases in repetitive behaviours, aggression and absconding. These studies provide strong evidence suggesting that including regular physical exercise for a person on the autism spectrum will decrease anxiety, eliminate depression and improve sleep.

<http://www.autismqld.com.au/userfiles/autismnewsletter0912.pdf>

Q 6. Who will your program benefit?

People with disabilities

Q 7. Approximately how many local resident recipients will your project benefit?

we have 233 individuals registered in Georges River

Q 8. Approximately how many local resident volunteers will be involved?

2

Q 9. Will ALL the ClubGRANTS funding you have requested be spent within the Local Government Area in which you are applying?

Yes

If not, approximately what percentage will be spent outside the local area?

Q 10. What is the proposed commencement date and completion date for the project?

Commencement date:

01/07/2018

Completion Date

30/06/2019

Funding Information

Q 11. Can your project be broken down for part-funding? If so, how?

it could run once a fortnight but this would water down the momentum we build across all the key objectives of the program.

Q 12. Will your project still be viable if you receive less than the requested amount?

Yes

Q 13. Has your organisation received funding from another club in the past 12 months?

Name of Club	How much was received?	When was the funding received?	Purpose of funding
Club Merrylands Bowling and Guildford Leagues Club	\$3,450.00	2017	Cumberland Autism Active Kids
Club Rivers	\$4,950.00	2017	Cooking Club
West's Ashfield	\$4,950.00	2017	Music Therapy
City of Sydney RSL	\$2,750.00	2017	Sydney Social Family Days
	\$16,100.00		

Does your project have any other sponsors? If so, who and for how much?

No

Q 14. Project budget

Income Description	Amount	Expenditure Description	Amount
Georges River Clubs Grants	\$6,000.00	Instructors	\$4,000.00
ACN In-kind volunteer	\$4,000.00	Facilitator \$30/hr x 2 hrs x 40 sessions	\$2,400.00
		Aide \$20/hr x 2 hrs x 40 sessions	\$1,600.00
		supervision / administration/promotion 40 sessions x \$50	\$2,000.00
	\$10,000.00		\$10,000.00

Q 15. Please provide your organisations banking details. (If you have an auspice, please provide that organisation's details)

Commonwealth Bank - Autism Community Network

Account Name

Autism Community Network

Account Number

10417253

BSB No:

062234

Previous Funding

Q 16. Note to applicants: only complete this section if you have received funding over the past three years.

Year Received	Amount Received	Purpose of funding	Report Submitted (Y/N)
2017	\$2,750.00	Sydney Social Family Days	N - program still running
2017	\$4,950.00	Music Therapy	N - program still running
2017	\$4,950.00	Cooking Club	N - program still running
2017	\$3,450.00	Cumberland Autism Active	N - program still running

		Kids	
2016	\$5,600.00	Fit & Friendly Sutherland	Y
2016	\$2,357.00	Ryde Arts About Autism Club	Y
2016	\$5,300.00	Hurstville Fit & Friendly	Y
2016	\$5,300.00	St. George Art Club	Y
2016	\$5,300.00	St. George Cooking Up Life Skills	Y
2015	\$5,600.00	Fit & Friendly Sutherland	Y
2015	\$5,000.00	Canterbury Drama	Y
2015	\$5,300.00	Hurstville Fit and Friendly	Y
2015	\$4,800.00	Parramatta support group	Y
	\$60,657.00		

Authorisation

Title: Mr
Name: Steve Drakoulis
Position: General Manager