



FOUNDATION UPDATE - APRIL 2023



From the Chair

I am pleased to announce four grants totalling just over \$302,000 as part of our 2023 grant round. These grants will help to empower organisations who enhance the quality of life for our ageing communities. World Wellness Group is a new grant recipient for the Foundation, while Palliative Care Queensland and Dementia Australia, who have received grants in previous years, are being awarded a new grant. We have also reconfirmed our support to the Australian War Widows Queensland for a further 12 months as part of a multi-year funding arrangement.

Our largest and newest grant recipient this year is World Wellness Group, who receives a \$100,000 grant. The grant will help them to establish a Multicultural Healthy Ageing Social Link Program to connect Culturally and Linguistically Diverse (CALD) seniors to each other, to information, resources, and social activities in their local area that is culturally appropriate and safe. The participants, who will reside on Brisbane's Northside where there are currently no culturally inclusive social wellbeing groups for the aged, will have the opportunity to meet bi-monthly, empowering them to participate and connect with others within their community, build a healthy support network and experience healthy ageing.

A \$98,828 grant is awarded to Palliative Care Queensland to fund their Yarning

Circles and Getting out on Country Program for the next 14 months. This co-designed program with local Aboriginal and Torres Strait Islander communities will allow members of their community who are nearing end of life to Get out on Country and participate in their community through Yarning Circles. Being unable to return to Country towards end of life can have a profound effect on First Nations people and leave them and their families with a sense of unfinished business. This is the second grant that Palliative Care Queensland has received from the Eastern Star Foundation, after receiving \$50,000 to help fund their Ambulance Wish Program for a year in 2020.

People living with dementia and their families in Brisbane and Gold Coast will benefit from an additional \$53,346 grant to Dementia Australia this year. You may recall that with the support of the Foundation last year, Dementia Australia developed a Wellness and Enablement Program with four pilots launched across Brisbane. The Program was designed to fill a gap in existing services for people living with dementia in the early stages of their diagnosis. The program was developed in consultation with focus groups made up of people living with dementia, their carers, health professionals, and dementia experts, to reflect their specific identified needs to live well with dementia. This additional grant will support the external evaluation of the Wellness and Enablement Program so that it can be

formally included in their national suite of dementia support programs.

A further \$50,000 has been granted to Australian War Widows Queensland to help with the costs of running their annual Sub-branch Taxi Subsidy Program and to pay for the fuel and running costs of the minivan that was purchased with a previous grant from the Eastern Star Foundation. This is the third year this program has received a grant from the Foundation, with the support reducing the program's operating cost pressures to allow their elderly widows to stay socially connected.

I would also like to take this opportunity to thank and acknowledge the Australian Communities Foundation who has provided us with grant making and administration support this past year.

Investment portfolio

I am also pleased to report that our investment portfolio has grown to \$11.7 million as of 28 February 2023. Our investment strategy has a conservative risk profile to ensure our portfolio can withstand market fluctuations over the long-term and provide ongoing granting proceeds annually.

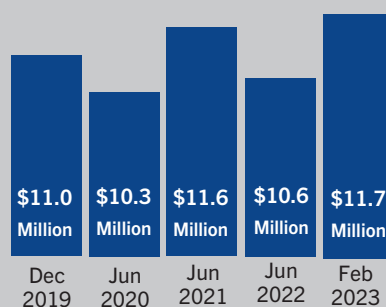
We look forward to working with the grant recipients over the coming year to see the impact that these funds will make for our ageing communities.

Yours sincerely

Elizabeth Watt

Chair, Eastern Star Foundation

Value of investment portfolio



The Eastern Star (Australia) Foundation Ltd trading as Eastern Star Foundation
ACN 166 950 321
ABN 36 640 477 592

Registered office:
Australian Communities Foundation
Community of Giving
Level 6, 126 Wellington Parade
East Melbourne VIC 3002
Ph: 0419 678 170

admin@communityfoundation.org.au

Celebration marks grant helping aged to live well in Sunshine Coast Hinterland



During January, Eastern Star Foundation Directors visited the Blackall Range Care Group's social and recreational hub in Nambour to see the impact that their \$100,000 grant had made on the elderly living in the Sunshine Coast Hinterland.

In 2020, the grant was awarded to

the organisation by the Eastern Star Foundation to help them remodel and refurbish their 40-year-old Day Respite Centre in Nambour, allowing them to expand the services they were able to offer to the aged in their community.

Eastern Star Foundation Chair, Elizabeth

Watt, said it was rewarding to see the impact that the grant was making in a community, where more elderly are choosing to retire.

"We were welcomed with open arms by staff, volunteers and around 40 clients who attended a special morning tea with speeches and a symbolic ribbon cutting to celebrate the refurbished centre and the grant that helped to make it possible," said Elizabeth.

"It was great to see so many elderly people able to participate in their community and stay connected in this lovely, refurbished community centre where they can socialise over a game of cards, be entertained by local musicians and take part in arts and crafts and many other activities."

"We are proud to have supported this regional initiative that will help more aged people in the Sunshine Coast Hinterland to live well for many years to come."

Grants helps women like Helen to stay connected

Elderly War Widows, like Helen, will continue to stay connected thanks to a further grant of \$50,000 from the Eastern Star Foundation to the Australian War Widows Queensland (AWWQ) this year.

Like many widows, Helen said that after her husband passed away, she felt lonely and socially isolated until hearing about AWWQ from a friend.

"It's become a lifeline for me. I thoroughly enjoy the company of fellow War Widows and go home from meetings and events feeling light and happy," said Helen.

However, due to health and mobility issues, transport to and from meetings and events was a struggle for Helen until the Eastern Star Foundation provided AWWQ with a grant. The grant of \$50,000 from the Foundation each year for the past two years has contributed towards the annual Sub-branch Taxi Subsidy Program which has helped War Widows, like Helen, to stay connected with their community. The grant has also contributed towards the fuel and running costs of a minivan which was purchased from a \$100,000 grant from the Eastern Star Foundation in 2021.

"I would take three buses to attend

AWWQ meetings and had trouble getting on and off the buses. Since the Taxi Subsidy Program was funded by the Eastern Star Foundation, travelling to meetings has not only become pleasant and comfortable, but travel time has been cut from two hours to less than ten minutes," said Helen.

"The grant from Eastern Star Foundation has given me the gift of transport, which means I have a new lease on life. The social interactions mean I am surrounded by lovely genuine, caring ladies at AWWQ who all share a common bond and support each other through life's ups and downs."

Australian War Widows Queensland State President Judy Smith expressed heartfelt gratitude to the Eastern Star Foundation for the additional \$50,000 grant awarded this year,

"The grants we received from the Eastern Star Foundation have made a significant impact to our members," said Ms Smith.

"Thanks to the Foundation's generosity, we have been able to enhance the well-being and inclusiveness of our members, particularly those facing transportation challenges."

