



FOUNDATION UPDATE - APRIL 2024



From the Chair

I am pleased to announce five grants totalling \$335,000 as part of our 2024 grant round. This is the most funding that we have provided in a grant round since becoming a philanthropic foundation in 2019. These grants will help to empower organisations who enhance the quality of life for our ageing communities.

The largest grant of \$100,000 was awarded to World Wellness Group to help fund their Multicultural Healthy Ageing Social Link Program for a further twelve months. This is the second year that a grant of \$100,000 has been given to the charity, with last year's grant helping to establish the program. Around 65 Culturally and Linguistically Diverse (CALD) seniors on Brisbane's Northside are now engaging with the program each month, and it has proven successful in helping them to connect locally to information, resources, and social activities that are culturally appropriate and safe. An external evaluation of the program is also being conducted to build evidence of its impact and to assist with securing longer-term funding.

Elderly War Widows across Queensland will benefit from a grant of \$60,000 to

the Legacy Club of Brisbane's Elderly Widows Program. The grant will help support Legacy's complex case management service, which develops individual plans for widows to address their needs. It will also support their network of 45 Laurel Socialisation Clubs, which are attended by over 450 elderly members, providing them with the opportunity to socialise and access peer support.

More aged Queenslanders will benefit from the power of music thanks to a grant of \$60,000 to the Queensland Symphony Orchestra (QSO). The grant will help fund their Health and Wellbeing Program (Healthy Ageing) which will see small QSO ensembles visit and perform to around 500 aged care residents living in facilities across Southeast and regional Queensland, along with two large-scale performances tailored to an ageing demographic each year in Brisbane. Music has been found to deliver powerful social, cognitive, emotional, physical, and spiritual benefits for older adults, particularly those living with dementia. Assistance will also be provided to help QSO build an evaluation framework to measure the impact of the Program.

Happy Paws Happy Hearts will receive a grant of \$65,000 to help start their "Hearts and Paws Connect" Intergenerational Ageing Program which will see young people connect with ageing communities in Queensland to deliver rescue animal demonstrations, experiences, and interactions in partnership with aged care facilities. Together, the program provides both generations with the opportunity to connect to their

community, have dignity, and feel hope for a different future through meaningful time spent together with rescue animals who also enjoy the additional time out of enclosures!

Queenslanders living with Motor Neurone Disease and their loved ones and carers will benefit from a \$50,000 grant for this year to Motor Neurone Disease Association QLD. The grant will help to fund their Free Equipment for the Over 65s project, which aims to help close the significant gap in equipment hire available to people over 65 years of age who are living with the disease. Having this essential equipment will provide them with more independence, communication, and socialisation.

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.

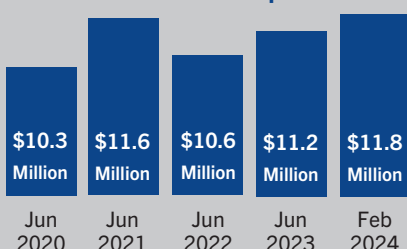
I am also pleased to report that our investment portfolio has grown to \$11.8 million as of 29 February 2024. Our investment strategy has a conservative risk profile to ensure our portfolio can withstand market fluctuations over the long-term and provide ongoing granting proceeds annually.

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

Jonathan Nantes
Chair, Eastern Star Foundation

Value of investment portfolio



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Visit highlights grant's support for multicultural seniors



Directors of the Eastern Star Foundation, along with staff from the Australian Communities Foundation, recently had the privilege of attending a World Wellness Group Multicultural Seniors Social Link Program gathering to see firsthand the impact that their grant was making.

Last year, the Eastern Star Foundation granted \$100,000 to the World Wellness Group for the establishment of the program. Its success has been remarkable, leading to an additional \$100,000 grant in this year's funding round to support its continuation for

another twelve months. Furthermore, an external evaluation of the program is underway to document its effectiveness and aid in securing long-term funding.

The program, which now engages approximately 65 Culturally and Linguistically Diverse (CALD) seniors on Brisbane's Northside every month, has demonstrated its efficacy in facilitating local connections to culturally appropriate and safe information, resources, and social activities.

Beth Littler, the Board Secretary of the Eastern Star Foundation, expressed her delight and satisfaction as a director

in witnessing the tangible benefits that the Foundation's grants bring to organisations and communities like the World Wellness Group. "Having the opportunity to meet, speak with, and simply spend time with the recipients' clients at a regular programmed event was extremely rewarding," said Beth.

"Watching their smiling faces, sharing in their laughter, and experiencing the sheer happiness that abounded despite the fact there were significant language barriers between individuals was awesome. It reassured me that as a Board, we are achieving great things."

