



Supporting Communities,
Strengthening Voices

East Web

PROJECT FACTS

For many Indigenous people living in Victoria, 'Health' does not simply mean the physical well-being of an individual but refers to the social, emotional and cultural well-being of the whole community. For Aboriginal people, this is seen in terms of the whole of life view, incorporating the cyclical concept of life-death-life and the relationship to the land. Health care services should strive to achieve the state where every individual is able to achieve their full potential as human beings and thus bring about the total well-being of their communities. (National Aboriginal Community Controlled Health Organisation)

The Unity Foundation puts this principle into action by approaching Victorian Indigenous people's issues through the principles of Understanding, Nurturing, Identity, Togetherness and Youth. It was founded by two young indigenous sportsmen, Xavier Clarke and Allan Murray, to inspire Australians to reach their potential and develop a hunger to achieve their life long goals through the teachings of indigenous people. Unity Foundation's programs spread across a broad spectrum of activities from the arts through youth services to tribal and racial identity and eventually to a program which aims to see communities take control of their own destiny.

The Unity breakfast program is delivered by indigenous athletes who have been trained to connect with young people, teach life skills and develop a young person's problem solving abilities in a supportive manner.

The Breakfast Club aims:

1. To educate children and their families on the importance of good nutrition, in particular a nutritious breakfast.
2. To motivate children to make eating breakfast a daily habit.
3. To provide an opportunity for safe, enjoyable physical activity for primary school students.
4. To educate children and their families on the importance of regular physical activity.
5. To motivate children to be physically active each day by exposing them to a wide range of physical activities and skills.
6. To reinforce the link between good nutrition and regular physical activity, and mental and physical performance.

EastWeb has provided a start-up grant to this innovative project so that they can continue to expand and improve their significant work with indigenous communities and bring about lasting improvements in the health and well being of indigenous individuals and communities in Victoria.

The EastWeb Fund

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