

**Community Support Levy
Charitable Organisations Grant Program 2005-2006 Recipient
Circular Head Rural Health Services Inc**

**The Paraplegic & Quadriplegic Upper Body
Aerobic Rehabilitation**

Awarded \$9,416

Summary Report

About the Organisation	<ul style="list-style-type: none"> • Not for profit voluntary community organisation. • Managed by community members in a voluntary capacity established in 1998.
About the project	<ul style="list-style-type: none"> • Acquire Uppertone system which is a Quadraplegic and Paraplegic Upper Body Areobic Rehabilitation system to work with the physiotherapist to improve and maintain functional independence, health and wellbeing.
A description of our project's target community	<ul style="list-style-type: none"> • Ten members of the community with significant disabilities. • Patients within the hospital recovering from stroke and follow on exercise regime to improve recovery • Any community member who would benefit from using the system.
How do you know if the project made a difference or change?	<ul style="list-style-type: none"> • Gym users work with the physiotherapist to establish an individual program from users. • Physiotherapist monitors improvement • User's have given verbal feedback on benefits of using Uppertone system, eg one user noting an improvement in upper body strength and general level of fitness.
How did the target community get involved?	<ul style="list-style-type: none"> • Initially by requests from various individuals requiring use of this type of equipment • Feedback from Physio of an ability to use this type of gym if it were available. • Requests from GP's • As Deloraine is a small community the committee consulted with individuals on their requirements.
How can the target community continue to support or maintain the project's results?	<ul style="list-style-type: none"> • The Uppertone Gym's location is in the Deloraine District Hospital which makes it accessible to users. • Gym users promoting it's use by word of mouth as this is a small community. • Promotion of the gym through GP's.

Do you have any suggestions about how the Grants Program can improve to better benefit the community?	<ul style="list-style-type: none">• We subscribe to Our Community grants newsletter and find this a very easy way to access information of grants available. Promotion of the grants program via newspaper and other media to improve community awareness. Thank you for your support with this project.
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For further information about Charitable Organisations Grants Program, contact:-

Gambling Support Bureau

Children and Family Services

Department of Health & Human Services

<http://www.dhhs.tas.gov.au/gambling>