THE PAULETTE MIFSUD MEMORIAL GRANT PROGRAM

GUIDELINES AND APPLICATION FORM FOR FUNDING

BACKGROUND

The Australian Society for Performing Arts Healthcare is the national peak body for the promotion of performing arts healthcare. Its members range from performing artists themselves to those who work with them as healers, educators and researchers.

The Paulette Mifsud Memorial Grant Program aims to:

* promote the concept of healthcare for performing artists,
* increase the participation of performing artists in relevant healthcare, and
* improve the delivery of healthcare for performing artists.

INVITATION

ASPAH invites applications from groups and institutions for projects that will use the expertise of a health care professional or educator with interest, experience and/or skills relevant to the health of performers.

The project should function as a way of both embedding expertise into a studio, arts group, institution or community, AND building emerging networks of ongoing support.

Grant applications must include at least one ASPAH member to be eligible for consideration.

AMOUNTS

Grants of up to $1000 are available.

GENERAL CONSIDERATIONS AND GUIDELINES

Preference will be given to project proposals that:

* Have a central focus on improving health knowledge and skills at a practical level.
* Have a broad constituency: Involvement of performers, performing arts teachers and other professionals (managers, producers, adjudicators for example) and health care providers.
* Aim to build networks of performers, healthcare professionals, teachers and others.
* Have clear aims and defined outcomes for the activity
* Employ healthcare methods with demonstrated evidence for their effectiveness.
* Have a clear plan for evaluation during and at the conclusion of the project.
* Generate materials (videos, podcasts, publications ) that can be passed on to a wider audience.
* Provide value-for-money for both the hosting group/institution and those who participate.

ASPAH has a flexible approach to this program. High quality healthcare education on performing artist topics is the first consideration, so if you feel your project has merit, but does not quite fit the program, please still make an application.

EXAMPLES (These are suggestions only)

* Arranging a health provider to run a weekend workshop for students, teachers, parents and local health providers e.g. a physiotherapist at a private dance studio in a regional town.
* A ‘mini-symposium' – e.g. an ENT (Ears, Nose and Throat) doctor specialising in voice, providing seminars for local singers and teachers, with invited speech pathologists and other health providers.
* A high school with a performing arts program arranging health and career planning seminars for its students, other schools and local community.
* A community performing arts group whose members have difficulty accessing healthcare and health information running a short course about self-efficacy and self-advocacy in healthcare use.

EXCLUSIONS AND LIMITATIONS

1. Applications cannot be made by an ASPAH Committee member. Furthermore, no monies from the grant are to be payable to a member of the ASPAH Committee.
2. Projects or activities occurring outside of Australia are not eligible to receive grant funds.
3. Grants are made from a fixed pool of funds which are made available annually by ASPAH. Awarding of grant funds is at the complete discretion of the committee, grants may not necessarily be awarded regardless of the funding pool available at the time.

INSTRUCTIONS

* Please complete the application form, and email a scanned signed copy, preferably as a PDF, to: [admin@aspah.org.au](mailto:admin@aspah.org.au).
  1. Please use this in the subject field: *Application for Paulette Mifsud Memorial Grant*
* Strive to demonstrate a developed plan, with names, dates, venues and detailed budget. Make your answers as clear and succinct as possible. Keep within the word limit.
* ASPAH has a directory of health providers who work with performers – please contact us if you require advice for possible healthcare or healthcare education providers. You may of course find and propose your own.

PLEASE NOTE: If you would like to discuss aspects of your application before making your submission, you can contact Camilla Tafra at [admin@aspah.org.au](mailto:admin@aspah.org.au).

APPLICATION FORM

NAME OF ORGANISATION/SCHOOL/STUDIO/INSTITUTION:

Click or tap here to enter text.

CONTACT PERSON (NAME AND TITLE): Click or tap here to enter text.

ADDRESS: Click or tap here to enter text.

PHONE BUSINESS HOURS: Click or tap here to enter text.

PHONE AFTER HOURS/MOBILE: Click or tap here to enter text.

FAX (if applicable): Click or tap here to enter text.

CONTACT EMAIL (mandatory):Click or tap here to enter text.

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| --- |
| TITLE OF YOUR PROJECT  Click or tap here to enter text. |
| DESCRIBE YOURSELF AND YOUR ORGANISATION (100 words max)  Click or tap here to enter text. |
| SUMMARISE YOUR PROJECT – including some consideration of needs, aims, methods and desired outcomes (250 words max)  Click or tap here to enter text. |
| PROPOSED SCHEDULE  Commencement date:  Completion date: |

Key outcomes of your project and anticipated completion dates:

|  |  |
| --- | --- |
| OUTCOME (include a note about how it will be measured/documented) | DATE |
| 1. Click or tap here to enter text. |  |
| 2. Click or tap here to enter text. |  |
| 3. Click or tap here to enter text. |  |
| 4. Click or tap here to enter text. |  |
| 5. Click or tap here to enter text. |  |

BUDGET: Please attach the budget as an appendix or separate document. Include:

* The amount requested from for this grant
* All other anticipated income such as other grants, sponsorship and in-kind contributions. Please particularly note of any fees to be paid by participants
* All anticipated expenses: or any payments to be made to healthcare professionals

PLEASE ATTACH (AS APPLICABLE/IF AVAILABLE – TICK IF ATTACHED) COPIES OF YOUR:

|  |  |  |  |
| --- | --- | --- | --- |
| Annual Report |  | Deductible Gift Recipient |  |
| Last Financial Statement |  | Taxation Charity Concession |  |
| Letters of Support |  | Taxation Declaration Form |  |

1. PLEASE PROVIDE SOME DETAILS FOR YOUR PRESENTATION, either as a one page summary of plans you have already made or by filling out the sections below:

|  |
| --- |
| PRESENTERS:  Click or tap here to enter text. |
| PARTICIPANTS (performers and health professionals, and others if applicable):  Click or tap here to enter text. |
| VENUE:  Click or tap here to enter text. |
| PROGRAM (if you have a printed program please attach):  Click or tap here to enter text. |
| ANYTHING ELSE YOU FEEL ASPAH SHOULD KNOW ABOUT YOUR CONTENT  Click or tap here to enter text. |

1. PLEASE PROVIDE THE DETAILS OF THE HEALTH PROVIDER(S) WHO WILL BE THE PRESENTERS IN YOUR PROJECT. Include a short (250 word) biography and contact details. Ensure they agree for you to release this information to ASPAH, and for ASPAH to contact them regarding this application.
2. AUTHORITY TO RELEASE INFORMATION:
3. Permission is given to circulate this application to relevant organisations from which ASPAH may seek advice.

Contact Person: Click or tap here to enter text.

Office Held: Click or tap here to enter text.

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. AUTHORITY FOR ASPAH TO USE INFORMATION REGARDING THIS PROJECT IN NEWS/MEDIA RELEASES, PROMOTIONAL AND EDUCATIONAL MATERIAL, AND THE ASPAH WEBSITE.
2. This includes information collected during the project, including qualitative and quantitative data, reports, photographs and audiovisual content.

Contact Person Click or tap here to enter text.

Office Held: Click or tap here to enter text.

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

APPLICATION CHECKLIST:

|  |  |  |  |
| --- | --- | --- | --- |
| Application Form |  | Presenter biographies |  |
| Budget |  | Details of your presentation |  |

PLEASE NOTE: If you would like to discuss aspects of your application before making your submission, you can contact Camilla Tafra at [admin@aspah.org.au](mailto:admin@aspah.org.au).

Paulette Mifsud was a member of the ASPAH Executive Committee from 2010 to 2012, and remained a member and friend of our organisation until her death in August 2016.

In her 30 years working as a psychologist, Paulette worked with numerous athletes ranging from club to elite level athletes. In addition to consulting with athletes, Paulette used her mental skills training to assist performing artists.

Paulette was born in Malta and came to Australia when she was 7 years old, growing up in Mooroolbark, Victoria. When she was young she wanted to be either a ballet dancer, or drama teacher, or PE teacher – so she had always been balancing interests between performing arts and sports! But while subsequent health issues prevented her from a career as either a performing artist or PE teacher she instead learnt about psychology, strongly supporting her growing interest and compassion for people. She was very dedicated to her studies, securing a Bachelor of Arts (Psychology) at Monash University (1985), a Graduate Diploma in Child and Adolescent Psychology at the University of Melbourne (1987), and a Masters of Applied Science by Research at Victoria University (2005). Her thesis was entitled "Readiness to Return: Psychosocial Factors and Injury Recovery".

Paulette faced many challenges during her life. One was choosing a career in sport psychology, which back in the early 80s was still a mostly male profession. But Paulette appeared to thrive on challenges. Her response to the cancer diagnosis in 2015 was no different and highlighted just how Paulette approached life.

In the performing arts, she worked with major organisations such as the Australian Ballet Company, the Melbourne Symphony Orchestra and the Australian Opera. Paulette also lectured in Mental Skills and Sport/Performance Psychology at various universities, including the University of Melbourne, Monash University, Victoria University, Ballarat University and Deakin University. Many of the athletes she supported medaled at major competitions such as the Olympics, Commonwealth Games and world championships. Amongst other organisations, Paulette worked with the Victorian Institute of Sport, Gymnastics Victoria and Sports Medicine Clinics of Victoria.

Her private consultancy practice, Mental Potential, began in 1986. Her main areas of focus were performance enhancement, injury prevention, rehabilitation, and return to performance and personal development. She worked across more than 50 sports and the performing artists she worked with also came from various fields including dance, music, and theatre.

Paulette also lectured at Victorian College of the Arts Secondary School for a number of years and continued to lecture first year Performance Psychology at the Victorian College of the Arts (VCA), University of Melbourne. Although Paulette had to give up most of her work after the chemotherapy last year due to the tiredness, she just couldn't give up lecturing at the VCA. Even though it took Paulette the whole week to recover and organise the next lecture!

For all those who knew her, Paulette was always a very determined person and always willing to help others. She always strove to do things better and this continued until she was admitted for the last time into hospital. Paulette's positivity and optimism never wavered throughout, even after the second relapse. She had a real passion for the performing arts and it showed in her energy and enthusiasm.

We at ASPAH and others who valued Paulette’s commitment to the psychological wellbeing of performing artists wish to continue her legacy. We hope this grant will, in some small way, do this.

Paulette's passion and commitment to performing artists’ health and wellbeing will live on, and we are grateful for having known her.