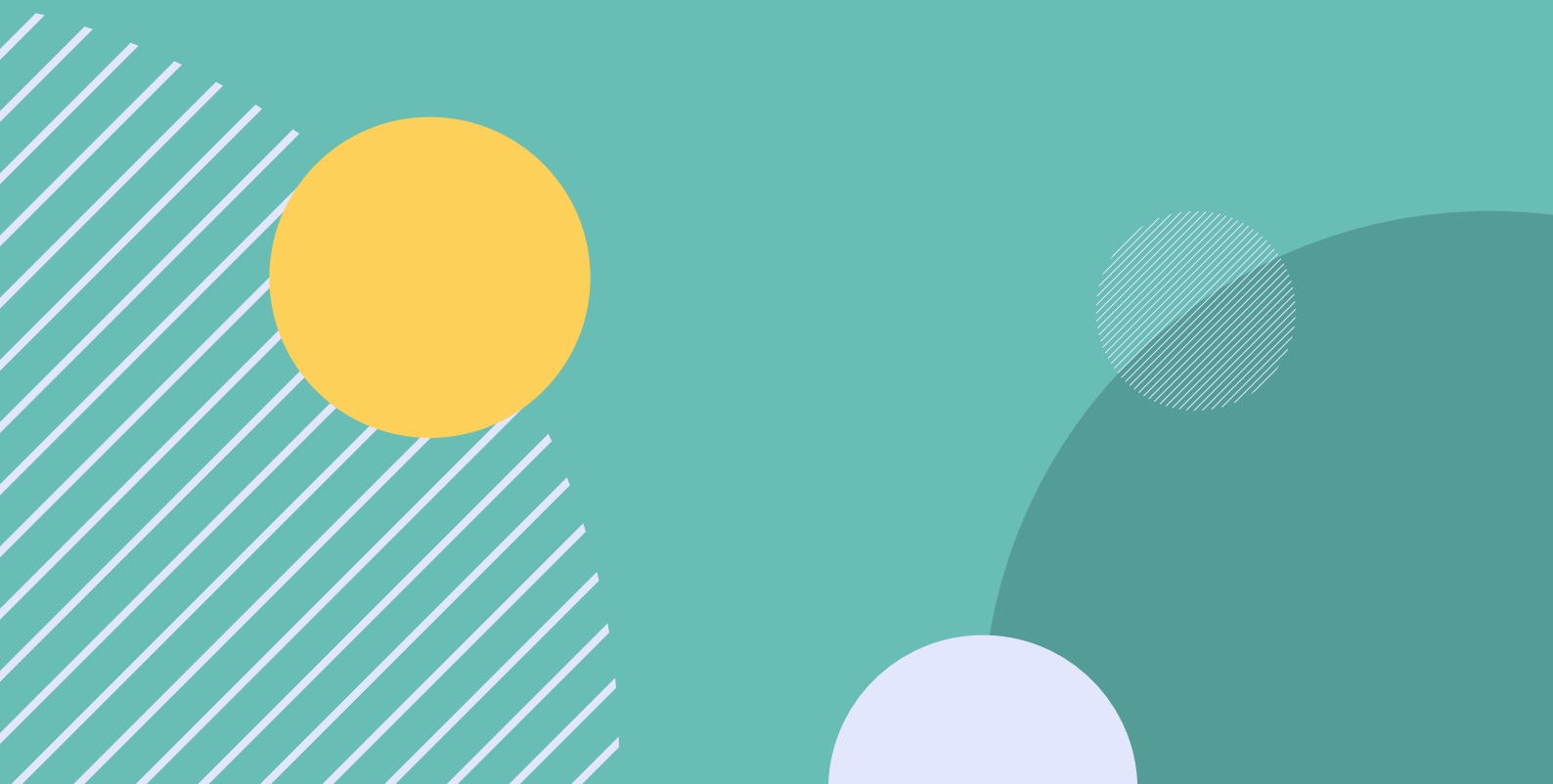


STRIVE PROSPECTUS



FACULTY OF
MEDICINE
DENTISTRY
& HEALTH
SCIENCES



TABLE OF CONTENTS

1. From the President	3
2. Treasurer's Welcome	4
3. Introduction to Strive	5
4. Strive Demographics	8
5. Our Committees	9
6. Community Engagement	10
7. Strive Clinic	12
8. Support Us	13
9. Contact	14



FROM THE PRESIDENT

We are excited to welcome you to the Strive Student Health Initiative prospectus!

Strive is a not-for-profit youth led organisation that focuses on grassroots public health initiatives. Through clinic and community engagement programs, we aim to improve the health literacy of disadvantaged communities and empower future health professionals through health education and career development.



SRESHTA SHERI
2021 PRESIDENT

From health outreach programs for aged care populations to public health case competitions for university students, Strive engages in various diverse and impactful initiatives over the calendar year. Our impact extends not only to the university population but critically to the local communities we aim to serve – particularly those in vulnerable and disadvantaged populations. Strive has rapidly adapted to the changing landscapes by redesigning our outreach activities to better engage with diverse and exciting new opportunities across our portfolios.

This prospectus highlights the values and mission of Strive and includes, in detail, our key initiatives in health education and outreach. To continue to do the great work that our committee does and to sustainably deliver our impact in communities, we need your support. Through your sponsorship, trust and investment in Strive, you contribute towards overcoming disadvantage in key health areas and building a healthier community from the ground up.

We would like to thank you for considering our prospectus and look forward to the opportunity of you joining us in our mission in increasing healthcare access and empowering the community through health education.

TREASURER'S WELCOME



KEVIN MAO
2021 TREASURER

Dear Prospective Partner,

7,529,570 immigrants, 300 languages, 270 ethnic groups. These are the numbers that define Australia's thriving multiculturalism. Health is no longer an individual concern but a collaborative effort we all need to strive for in improving for the future. Strive is a youth-led, not-for-profit charity; we welcome you to partner with us and inspire the next generation of healthcare leaders.

Strive gathers students from across disciplines who share a passion for learning about and advocating issues associated with healthcare accessibility and equity. By engaging with the Strive community, you will have the opportunity to directly establish your brand identity amongst our cohort of medical students, clinicians and researchers. In addition, the highly diverse nature of Strive will give you unparalleled access to potential talent for your organisation.

We offer a wide variety of potential deliverables to act as the foundation of your financial and/or in-kind support. In addition, if you are an expert in the healthcare field or have potential opportunities for our students, I would love to negotiate further.

To discuss a tailored partnership that maximises shared benefits, please do not hesitate to contact us.

I am looking forward to discussing our collaboration.

INTRODUCTION TO STRIVE

Strive is a youth-led, not-for-profit, public health organisation founded in 2012 at The University of Melbourne with the aim of improving health outcomes for disadvantaged and culturally diverse communities in Victoria. Our community outreach initiatives have a health education focus on holistic aspects of health such as nutrition, hygiene, and physical activity. Strive volunteers deliver various community engagement workshops, health conferences, and Strive Clinic – the first student-run clinic in Australia. Strive is a space for young people to engage with not only the local community but like-minded others in seeing what goes into creating meaningful change in the various areas of healthcare.

Strive prides itself on being an organisation with a fundamentally significant volunteer base, composed of health-conscious students. From our dedicated volunteers to our executive committee, Strive provides a unique platform and opportunity for students and younger target demographics to understand the importance of primary health care. Through workshops and various projects, we give back to the community while simultaneously developing invaluable skills such as teamwork, leadership and project management. Diversity remains one of the core values at Strive as our volunteers come from all ethnicities, genders, socioeconomic backgrounds and academic disciplines. As a result, our volunteer system enables us to be relatable and adaptable to the culturally diverse communities that we work within.

STRIVE'S MISSION

Our mission is to increase access to healthcare for socioeconomically disadvantaged and culturally diverse communities and to empower ourselves and our community through health education.

Our mission declares our purpose as an organisation and forms the basis of our decisions and actions.

- Improving the health literacy of disadvantaged communities
 - Focusing on preventative health strategies in the general public and populations in need through workshops and seminars
- Empowering future health professionals
 - Allow students to positively contribute to the public health sector via involvement in health literacy workshops delivered to local communities
 - Foster professional development through working collaboratively within an interdisciplinary team
 - Promote a multidisciplinary understanding of public health, health education and healthcare careers

OUR CORE VALUES

Innovation

creative ideas and new approaches to health and education

Respect

all people deserve to be treated with dignity and compassion

Collaboration

between students of different disciplines

Education

creating change by empowering the community with the skills and knowledge to affect change

Accessibility

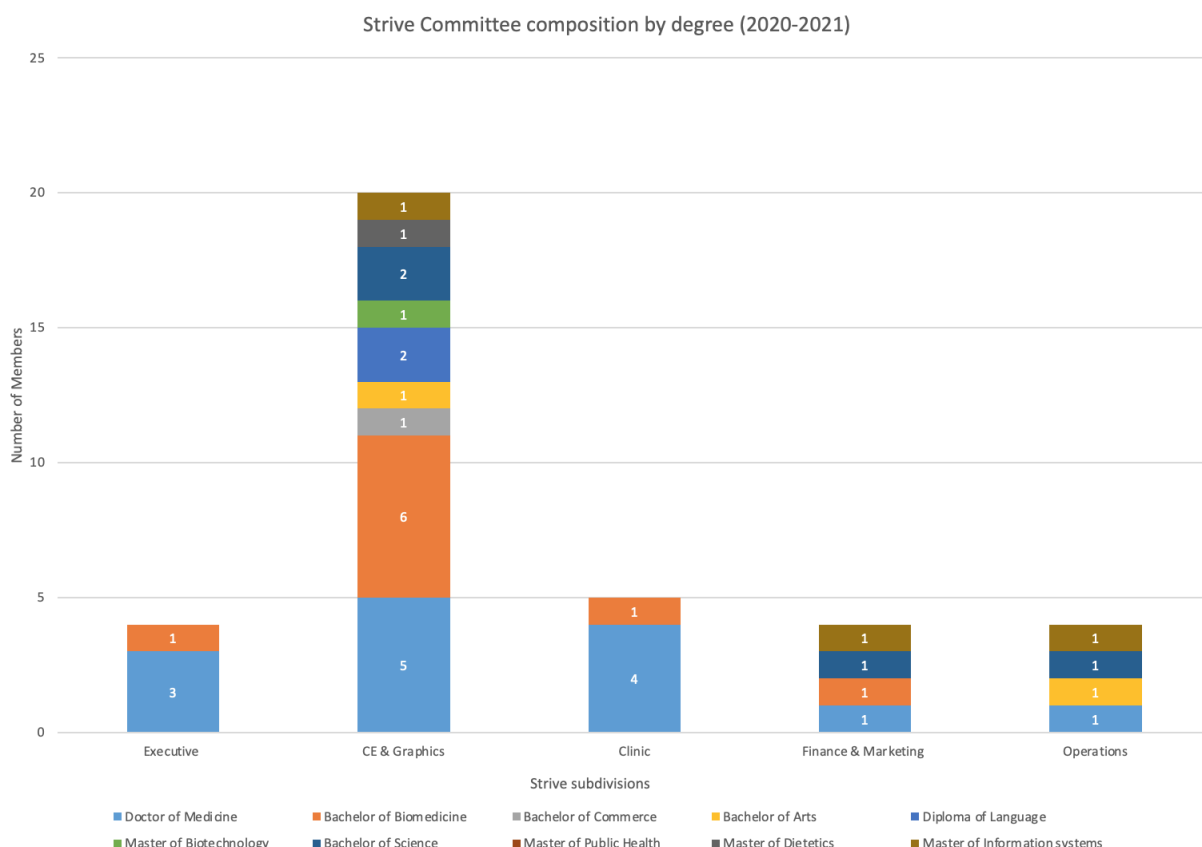
equitable access to education and healthcare

STRIVE DEMOGRAPHICS

Strive comprises of volunteer members who come from various stages of experience with health awareness and literacy. Our volunteers either work in committee roles and/or work to actively participate in the actioning of various Strive-led outreach programs (Health Outreach and Nutrition Workshops to name a few).

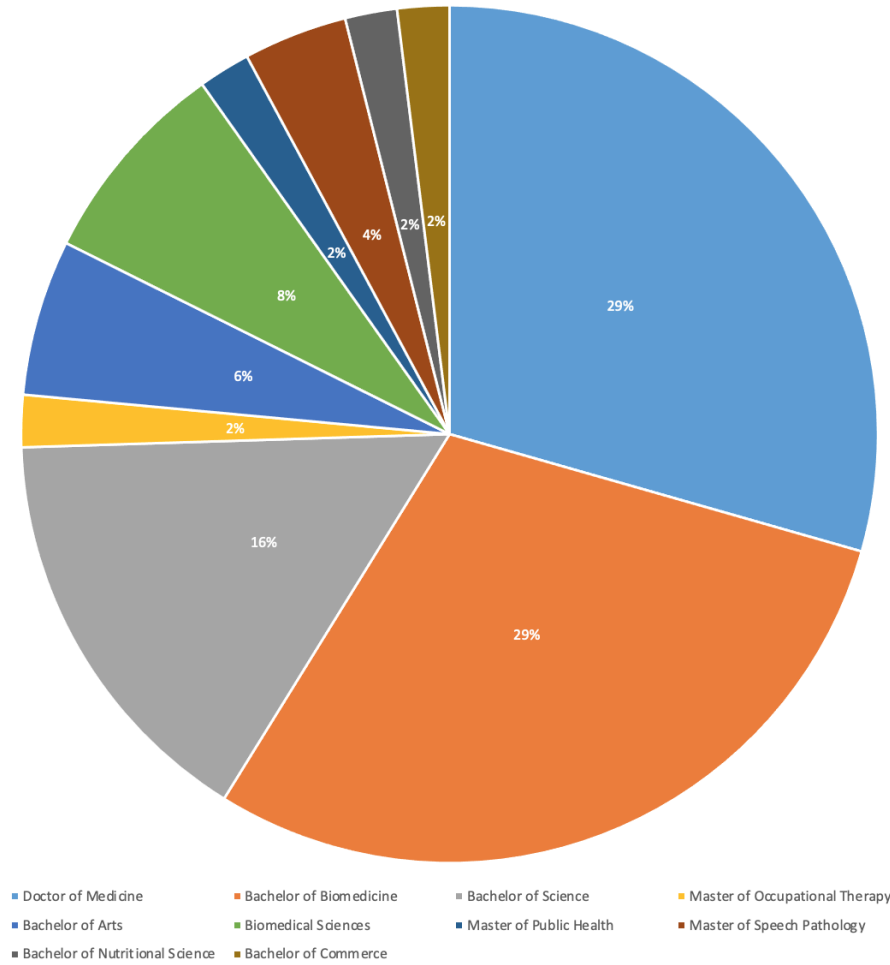
A full breakdown of our committee and program volunteer membership is provided below via tables and figures. As the figures demonstrate, it is always delightful to have such a varying representation of academic backgrounds in our committee and volunteer base.

Composition of Strive Committee members by degree as of December 2020



Composition of Strive Committee members by degree at December 2020

Strive Volunteers (2020-2021)



5 OUR

COMMITTEES

What is Community Engagement?

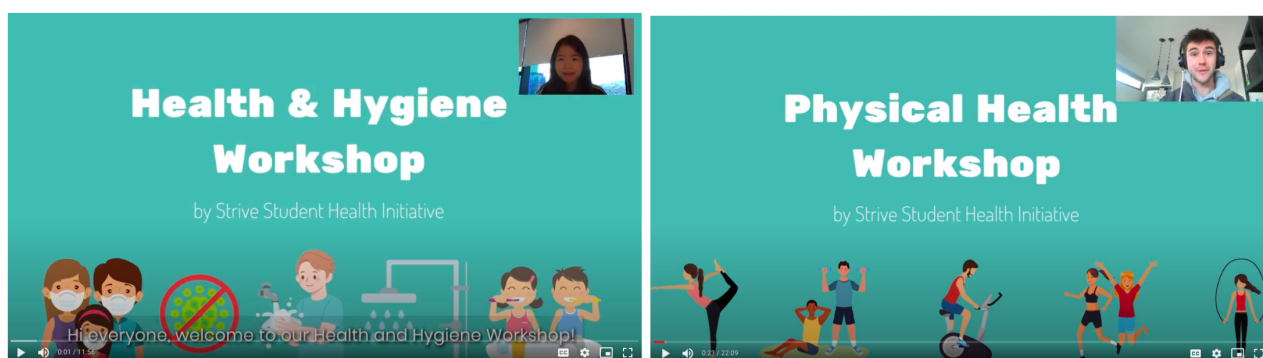
Strive Community Engagement (CE) aims to foster lasting relationships with the community through initiatives that reach various demographics. CE aims to do this by delivering community-based projects that allow university students to promote health in our local communities. We also hope to empower university students through health education and career development, to foster the growth of Australia's future healthcare professionals.

What is Clinic?

Strive Clinic aims to reduce barriers to healthcare and improve health literacy of socioeconomically disadvantaged communities. This is done by implementing initiatives designed to deliver health screening services and/or education to our target audiences. Simultaneously, this allows for volunteers, mainly health science students, to enhance their clinical and communication skills with a wide variety of people.

COMMUNITY ENGAGEMENT

This year, Strive CE successfully launched our first student publication *Regimen: Striving for Global Health* which engages university students and the wider community in health education. Additionally, we evaluated and reviewed our flagship Healthy Eating and Nutrition Workshops, and developed new Physical Activity, and Health and Hygiene Workshops. We have generously been supported by Sanitarium, who have donated copies of their 12 before 12 recipe books to accompany our in-person Nutrition Workshops. These workshops are ready to be re-launched to Kindergartens and launched to Primary Schools across the greater Melbourne area. The 2021 Global Health Case Competition, held in collaboration with the Melbourne University Health Initiative and 180 Degrees Consulting, was the largest student case competition in Strive history, with over 150+ attendees, 6 guest speakers and judges, and 35+ team case submissions.



Snapshots of our Health & Hygiene and Physical Health Workshops

COMMUNITY ENGAGEMENT

My Healthy Eating Song

© Am Dm7 G
My name is _____

© Am Em
My favourite veggie is _____

F G Am
Every day I should eat _____ servings

F G G
of veggies like _____ and broccoli

© Am Dm7 G
This year I am _____ years old

© Am Em
My favourite fruit is _____

F G Am
Every day I should eat _____ servings

F G G
of fruit like _____ and oranges

F Em Am
For lunch I like to eat _____

Dm7 G G
For dinner I like to eat _____

F Em Am
But with every meal there should be _____

Dm7 G G
A protein and a carbohydrate

© Am Dm7 G
My favourite sport is _____

© Am Em
I play _____ times a _____

F G Am
Whenever I eat there should be _____

F G G
a cup of water for me to drink

© Am Dm7 G
When I grow up big and strong

© Am Em
I want to be a _____

F G Am
To make my dreams come true

F G G
I have to eat healthy like you



Some materials used for our Nutrition Workshops

GLOBAL HEALTH CASE COMPETITION

BE PART OF THE COMPETITION

LAUNCH NIGHT: SEPTEMBER 6, 2021
FINALS NIGHT: SEPTEMBER 16, 2021

180degrees MUHI strive

A promotional poster for our Global Health Case Competition in collaboration with MUHI and 180 Degrees Consulting

7 STRIVE CLINIC

In 2021, Strive Clinic piloted several health education workshops focused around CPR and basic first aid principles to elderly populations using a new partner, Bolton Clarke. Our pilot session was run 30th of November 2020, with positive feedback from our participants and partners. We held multiple further sessions with a very positive response the following year. Despite several set-backs due to COVID-19 and several lockdowns during the year, which limited the feasibility of in-person activities, the team at Clinic was able to change our approach and hold online workshops, in addition to planning ventures for the next calendar year. The committee oversaw the 3rd Annual Mock MMI for applicants from disadvantaged backgrounds who were applying to medical school. Additionally, the team revised financial spreadsheets and planned future Health Outreach Program together with our evolving partnership with Avalon Centre.



Some of our volunteers for our Health Outreach Program

8 SUPPORT US

We invite you to discuss a personalised sponsorship package that suits your organisation's aims.

How You Can Support Us

- Financial contributions
- In-kind support
- Provision of venues to hold our initiatives, events and seminars
- Catering
- Provision of upskilling workshops, keynote addresses and internship opportunities

Potential Deliverables

- Presentation and speaking opportunities at our events
- Participation in networking sessions with Strive members and other health science students
- Distribution of your organisation's promotional material during in person and virtual events
- Social media promotion on our Facebook, Instagram and official website, including but not limited to, logo spotlighting, dedicated social media posts and targeted mailing list promotions
- Co-hosting of workshops, our annual Strive conference and other events
- Logo included on Strive's banners, merchandise, knowledge publications and more
- Access to a community of passionate, motivated and ambitious medical, health and science students

Please contact us to negotiate your unique sponsorship.

Contact

Email: treasurer@strivehealth.org.au

Website: <https://strivehealth.org.au/>

Facebook: <https://www.facebook.com/StriveSHIMelbourne/>

Instagram: https://www.instagram.com/strive_health/

LinkedIn: <https://au.linkedin.com/company/strive-student-health-initiative>

Level 1, Brownless Biomedical Library
University of Melbourne
Parkville, VIC 3010

