

Media Release

The Hon Lizzie Blandthorn MP

Deputy Leader of the Government in the Legislative Council

Minister for Children

Minister for Disability



Monday, 10 November 2025

GRANTS FOR GROUPS SUPPORTING VICTORIANS WITH DISABILITY

More Victorians living with disability will have access to peer support, with the Allan Labor Government opening a new round of Self-Help Grants.

Minister for Disability Lizzie Blandthorn today announced that applications are now open for the program which recognises the vital role self-help groups play in strengthening the lives of people living with disability, their families and carers across Victoria.

Self-help groups create welcoming spaces where people can connect with others who share similar experiences, offering practical advice, emotional support and friendship.

Through grants of up to \$14,000 over two years, the program helps community groups continue their important work – building social connections, promoting mental health and wellbeing and fostering inclusion.

Funding can be used to assist with everyday operating costs, equipment, minor works and activities that bring people together to share experiences, strengthen community connections, promote positive attitudes and build disability pride.

The last round's recipients included Sunspec Support Group for Families and Carers of People with Disabilities in Sunbury, which was supported to deliver a series of workshops about mental health for carers.

The Stroke a Chord Choir received a grant to help cover costs for public performances and support participation for community members who have experienced stroke.

Groups representing diverse communities and those in regional areas are encouraged to apply.

Applications for the 2026-28 round are open for 10 weeks, closing at 4pm on Tuesday, 27 January 2026.

To find out more visit: providers.dffh.vic.gov.au/disability-self-help-grants-program.

Quotes attributable to Minister for Disability Lizzie Blandthorn

"This investment will help Victorians living with disability, their families and carers access self-help groups for support and information."

"This is one of the many ways we are helping make Victoria a more inclusive state."