



# Community Wellbeing and Resilience Grants Round 1 Funded Activities

Wentworth Healthcare, the provider of the Nepean Blue Mountains Primary Health Network, received funding through NSW Health and the Commonwealth Department of Health and Aged Care to support the mental health of those affected by the 2022 floods.

Our Community Wellbeing and Resilience Grants were awarded in two funding rounds to allow communities to choose their own way to respond to the losses, anxiety and distress they have experienced, as well as actively participate in their recovery. Round one provided **grants up to \$5,000**.

Applicants are residents in the affected communities and are not named for privacy reasons. Below are the organisations and community groups that have received funding on behalf of the applicants to assist these communities.

Auspicing Organisation	Activity Description	Local Government Area
Solid Men Incorporated	Weekly exercise groups aimed at men followed by coffee catch-ups and leadership events with guest speakers to enable opportunity for meet & greet for men who don't want to exercise.	Jamisontown, Emu Plains
Hope4U Foundation Limited	Monthly workshops for developing skills and understanding of mental health self-harm and suicidal ideation. The workshops will empower individuals to understand depression and PTSD from trauma related events such as floods and fire.	Hawkesbury – various locations
Rural Financial Counselling Service	One day workshop targeting small business owners. Covering the topics of business decisions, mental health, and financial understanding.	Lithgow
One Giant Leap	One day workshop for children and young people using hands-on sessions to design solutions to issues faced as humans plan the move to the Moon and Mars incorporating a range of interactive activities.	Richmond
Rotary Club of Central Blue Mountains	Mental Health First Aid Training for up to 100 participants. Participants gain skills in provide Mental Health First Aid until the appropriate professional help is received or until crisis is resolved.	Kurrajong, Windsor, Richmond, North Richmond, Emu Plains, Penrith



Bligh Park Soccer Club	A range of activities will be provided including guest speakers focusing on strategies to manage stress and promote better mental health and working bees to assist with the flood clean-up. A mural will also be created for the Soccer Club House to promote a sense of community spirit.	Bligh Park, South Windsor
Wilberforce United Soccer Club	Season celebration at North Richmond Sports Centre including a lunch and presentation of the participation trophy, as well as a sports party session run by Motiv8sports.	North Richmond
One Giant Leap	An interactive hands-on expo giving community members of all ages the opportunity to work with new technologies such as virtual reality headsets, programming robots, and flight simulators under the supervision of trained facilitators.	Richmond
Pink Finns	Monthly social workshops consisting of activities such as paint and sip, basket weaving, succulent potting, jewellery making, drumming sessions, and sport and talk.	Windsor, Richmond
Hawkesbury Area Womens & Kids Services Collective	A series of weekly activities running over 10 weeks to support women and children. Activities include information sessions on flood support and recovery, practical workshops, meditation, arts and crafts workshops	Richmond
Lowland Wanderers Soccer Club Incorporated	Three events including soccer coaching sessions, a Fair for children and adolescents, and a wellbeing event for those aged 17 years and over.	Richmond
Nordoff-Robbins Music Therapy Australia Limited	Music Therapy for babies and toddlers run weekly over 10 weeks in partnership with Richmond Community Services followed by a morning tea with parents and carers.	Richmond
Macdonald Valley Association	Monthly community events including a reptile show and animal farm, to be hosted concurrently with the St Albans Village Market.	St Albans
Macdonald Valley Association	Wildlife Photography project with photo sharing and community online exhibition to improve health and wellbeing and connection to nature	Macdonald Valley
Colo Heights Public School	A creative project at Colo Heights Public School to engage and connect students with their natural environment. Activities consist of a wellness creative day, a large student-inspired wildlife themed mural, and a celebration lunch for community members, parents, and students.	Colo Heights



Glen Alice Community Association Incorporated	Community feast events including a Gatsby Themed Dinner and a Long Christmas Lunch.	Glen Alice
Hawkesbury-Nepean Landcare Network  Auspiced by Hawkesbury River County Council	Eight nature therapy events for children and young adults including three outdoor exercise events, two nature craft sessions, and two nature-based experiences, and one overnight camp in the wilderness for those aged between 16 and 35.	Emu Plains, Emu Heights, Cranbrook, Wallacia, Mulgoa, Londonderry, Yarramundi, Agnes Banks, and Castlereagh
Dads on Track Incorporated	A one-day event aimed at men in flood affected areas consisting of rides in off road race cars, as well as other fun racing inspired events.	Colo Heights
Macdonald Valley Public School P&C	Two events including a trivia night with dinner, entertainment, and a professional guest speaker presenting on mental health matters, and a children's sleepover and movie night at Macdonald Valley Public School.	St Albans
Muso Productions Auspiced by Catholic Care	The Bell's Line Music Festival is a family friendly event held at the Kurrajong Heights Bowling Club featuring local artists and musicians.	Kurrajong Heights
Merana Aboriginal Community Association for the Hawkesbury	A program which aims to create links and referral pathways between providers of drug and alcohol services and agencies for Aboriginal and Torres Strait Islander people in and around the Hawkesbury region. The program also includes a series of evenings of reflection, information sharing, and yarning time to help understand individuals own drug and alcohol concerns.	Richmond
Hawkesbury Woodcraft	Series of 4 scroll saw workshops. The first being an exhibition of works, demonstration, and opportunity to produce simple works. The final 3 workshops will be more in-depth and allow participants to undertake all stage of the scroll saw process.	Wilberforce
Pitt Town Primary School	An end of year celebration for students which includes fun-focused educational and team building activities and lunch.	Pitt Town