



Community Wellbeing and Resilience Grants Round 2 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 two provided **grants up to \$10,000**.

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
Nordoff-Robbins Music Therapy Australia Limited	An 18-week outreach program comprised of 3-hour weekly group and individual sessions of onsite interactive Music Engagement with residential aged care population at two facilities in the Hawkesbury region.	Richmond and Windsor
Londonderry Pony Club	A two-day equestrian event involving group physical activities, a community dinner, and a games day.	Londonderry
Western Sydney University	Creative arts and educational workshops themed around identifying causes of local floods with work celebrated at a public exhibition. The workshop participants will be comprised of children enrolled in local preschools whose facilities have been affected by the recent flooding. The process will be documented and made available through three webinars shared with other early education centres via Western Sydney University's Education Knowledge Network.	Penrith
Mountains Youth Services Team (MYST)	The program consists of two workshops in the upper and lower Blue Mountains and will include keynote speakers and a panel who are experts in parenting teens. MYST currently deliver Teen Mental Health First Aid training locally and will include this expertise in the workshops for local parents.	Katoomba and Springwood



Wallacia Progress Association Incorporated	A community festival involving sporting games, a wellness tent, a photography competition, arts and crafts, market stalls, children's entertainment, food and coffee vendors, and a wildlife display.	Wallacia
Blue Mountains Aboriginal Culture and Resource Centre	Wellbeing social workshops and excursions for Blue Mountains Aboriginal elders. The activities will be complimented by the expertise of physical health practitioners.	Katoomba
Police Citizens Youth Clubs NSW Ltd on behalf of PCYC Hawkesbury	An activity-based outreach recovery project carried out over 8 days in the school holidays, targeting children 5-12 years of age. The projects activities consist of sports, creative arts, and the teaching of life skills.	Hawkesbury, Lower Portland, Colo, and Colo Heights
Macdonald Valley Association	The project consists of a series of six concerts for the community held throughout March to October in 2023. The concerts will be held in a local church hall and will include afternoon tea and music appreciation talks. Additionally, two separate 2-hour workshops will be provided for amateur musicians to develop orchestral or chamber music skills. The workshop participants will also be given the opportunity to perform in a concert at the School of Arts.	Hawkesbury – various locations
Hawkesbury Business Alliance	Six catered networking events focusing on providing support to local business owners in the Hawkesbury. The events will include expert speakers in the fields of business, health, and disaster planning, and will provide informal education to participants of the events.	Hawkesbury – South Windsor to Tennyson
St Monica's Primary School	The creation of a yarnning circle in consultation with the Jarara team to provide a cultural space for students, teachers, and families to participate in smoking ceremonies, language, literature, and cultural experiences in order to embed a deeper indigenous cultural perspective. Students will represent their cultural learning experiences through pictorial representations. Additionally, a sports day will be provided for students and staff to engage in outdoor activities, and a morning tea will be provided for staff.	Richmond



Woodlands Park Pony Club	The event will include multiple activities such as mentoring for the children by top level riders, practical advice from an equine vet on how to care for horses during a flood situation, and a fun day for the club members with a barbeque, jumping castle, games, and activities.	Wilberforce
Colo High School	A full day workshop for year 11 students aimed at teaching resilience, wellbeing, and engagement skills. The workshop will include a study skills facilitator to support learning needs, local mental health providers to workshop resilience strategies, and a wellbeing and mindfulness coach to develop physical activities geared towards senior High School students to support their biological needs.	North Richmond
Pitt Town Progress Association Incorporated	A picnic fun-day at Bona Vista Park which will include a free barbeque, refreshments, and fun activities for children such as face-painting, petting zoo, and treasure hunt.	Pitt Town
Hawkesbury Riding Club Incorporated	A fashion night to restore self-esteem and personal pride by partnering with local fashion shops, boutiques, and horse wear and accessory suppliers.	Hawkesbury region
Richmond Before & After School Care Association Incorporated	A series of fun evenings for children that attend the Richmond before and after hours service. Evenings will include a disco night, movie night, and games night. Events will be catered and include party games with prizes and loot bags.	Richmond
Macdonald Valley Association	Family friendly community events supporting and running concurrently to the St Albans Village Market.	St Albans
Rotary Club of Kurrajong North Richmond	Hanna Park Carols will be organised in partnership with Hawkesbury Valley Baptist Church, Grose World Rural Fire Service, and the local Rotary Club. The event will include two hours' worth of community events such as an open mike, skate park competition, animal farm, games, street art, and food trucks. An additional four hours will be dedicated to live stage performances. The program facilitators will undergo an accidental counselling course.	North Richmond



St Joseph's Primary School	A Wellbeing Activity Day which will consist of two separate events including a colour run with a meal for the students, and an afternoon tea with a guest speaker to present on Wellbeing for the teachers.	Penrith
Chisholm Catholic Primary School	Activities will include a water jumping castle for the students, and food throughout the day for all attendees. The event will provide an opportunity for students, staff, and families to connect in a healthy and positive way.	Bligh Park
St Matthews Primary School	A Fun Day for students, staff, and parents including lunch and various activities throughout the day including face-painting, a jumping castle, and dunking machine.	Windsor
Centre of Excellence in Agricultural Education	A series of full-day environmental science and art-based educational workshops for students focusing on the Hawkesbury River its connection to the environment and individuals.	Hawkesbury region
Centre of Excellence in Agricultural Education	A junior journalism program with two full-day workshops on writing, digital journalism and interviewing skills available to school students who will create a digital magazine profiling people and businesses in the Hawkesbury community.	Hawkesbury region