

20 June 2019

Lithgow puts on a show for mental health

A theatre production focussed on the lived experience of people in the community with mental illness will be on show later this year.

The show is supported by local mental healthcare providers and will be based on real stories from real people within the community. It will highlight the challenges faced by people with mental health conditions and use these as the basis for songs, poetry, comedy and spoken word.

It is one of four local grants approved by Wentworth Healthcare, provider of the Nepean Blue Mountains Primary Health Network (NBMPHN) under the Well-being Grants to support Farming Communities. The initiative is funded by the Federal Government and is part of the Empowering Our Communities project which was introduced as one of a number of measures implemented to support communities affected by drought.

James Daley, Lead Creative Developer for Trybal Productions, said the aim of the show is to enhance the social and emotional well-being of both the participants of and those who come to view the show.

“The project has the potential to help reduce the feeling of isolation and provides opportunities for informal and formal support. It will be fun and nurturing, and will help to build the resilience needed to sustain people through hard times,” he said.

“What makes this show so powerful is the fact that it is entirely based on the lived experience of Lithgow residents,” said James Daley.

Other organisations that received funding under the Well-being Grants to support Farming Communities were Lithgow Information & Neighbourhood Centre (LINC), Capertee Valley Landcare Incorporated & the Lithgow Area Women’s Shed. Successful recipients of the second round of funding applications will be announced in the coming weeks.

Wentworth Healthcare CEO, Lizz Reay, said the response to the Empowering Our Communities initiative has been positive.

“We are thrilled with the interest in the grants and have enjoyed learning about the strong community connections that already exist in Lithgow. We hope that the grants can build on the social capital that already exists.”

“Since the announcement of the Empowering Our Communities funding, we have conducted a lot of community engagement and consultation. It has been a great opportunity for the community to tell us what they want and need.”

“The general consensus is that there is a definite need to connect people within the Lithgow area, not only to mental health and well-being services, but to each other. We’re proud to be able to support organisations like Trybal Productions to do just that.”

Wentworth Healthcare is currently accepting applications for Round 3 and is open to a variety of proposals, providing their project or service is aimed at supporting the well-being and mental health of the community.

“This is a very creative and practical opportunity for communities and we would love to see what ideas the community has to offer,” said Ms Reay.

Applications for Round 3 close on Friday, July 19. For the full application guidelines and to apply, go to www.nbmphn.com.au/grants.

The show will be held at **the Lithgow State Mine on Saturday, October 12**. Ticket details will be available closer to the date.

ENDS

For interviews or further information contact:

Krystle Goulding

Communications Officer

T 02 4708 8199 | E Krystle.Goulding@nbmphn.com.au

Nicole Parsons

Media & Communications Manager

T 02 4708 8191 M 0412 505 854 | E Nicole.Parsons@nbmphn.com.au

The Nepean Blue Mountains Primary Health Network is a program run by Wentworth Healthcare – a not for profit organisation which works to improve health for the communities of the Blue Mountains, Hawkesbury, Lithgow and Penrith.

This service has been made possible through funding provided by the Australian Government under the Primary Health Network (PHN) Program.