

# Community Wellbeing Grants

Supporting communities impacted by  
the 2019/20 bushfires

The Nepean Blue Mountains Primary Health Network has received funding through the Federal Government's response to the 2019/20 bushfires. The Community Wellbeing Grants fund community-led mental health, social and emotional wellbeing and suicide prevention activities.

Our Community Wellbeing Grants are allowing communities the opportunity to choose their own way to respond to the losses, anxiety and distress they have experienced, as well as actively participate in their recovery.

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.

We are still accepting grant applications. Please visit [www.nbmphn.com.au/communitygrants](http://www.nbmphn.com.au/communitygrants) for more information.

Auspicing Organisation	Activity Description	Local Government Area
Belong Blue Mountains	One day Culture and Connection Workshop for the Walanmarra Aboriginal Women's Group. The group will share their creative skills and interests with women of all ages and backgrounds.	Blue Mountains
Blackheath Area Neighbourhood Centre	Two lunchtime community picnics at Blackheath in the park with live local musicians.	Blue Mountains
Blackheath Area Neighbourhood Centre	Two x three hour fairy door workshops for children and adults with bushfire recovery support available at each event.	Blue Mountains
Blackheath Area Neighbourhood Centre	Two x three hour Mindfulness workshops. The events include mindful guided meditative exercises and practices, accompanied by a light guided floral design activity and morning tea.	Blue Mountains
Blackheath Area Neighbourhood Centre	A local artist will run two art workshops aimed at adults. Each workshop will include reading, a creative process, reflection and sharing of art works and skills learned.	Blue Mountains

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Auspicing Organisation	Activity Description	Local Government Area
Blackheath Area Neighbourhood Centre	Three workshops aimed for all ages to learn about the various elements of sustainable food production in and for their own community including composting, raising seedlings, seasonal planting, and more.	Blue Mountains
Blackheath Area Neighbourhood Centre	A psycho-educational wellbeing group for individuals aged 18 & over with a diagnosis of depression or bipolar disorder. Delivered over 9 weeks by a qualified facilitator.	Blue Mountains
Blackheath Area Neighbourhood Centre	Existing members of the mens shed with the appropriate skills will build and supply beehives to community farms and other community groups who have expressed interest. All materials will be sourced locally to support local businesses.	Blue Mountains
Blackheath Area Neighbourhood Centre	A series of workshops for the local community of Mt Irvine to come together and discuss the placement and ongoing maintenance of microbat and sugarglider boxes.	Blue Mountains
Blackheath Kookaburra Kindergarten Inc	Picnic in the park for the 2020 & 2021 Kookaburra Kindy families. The activity will encourage social connections between families that may feel isolated.	Blue Mountains
CatholicCare	Cheeky Monkeyz is an after school group multi sports activity for young kids. The program helps with gross motor skills, hand eye coordination, self-confidence and social and listening skills while having loads of fun.	Hawkesbury
CatholicCare	Weekly one hour mindfulness sessions running over a period of five weeks conducted at the Blue Mountains Botanical Gardens. Tools including workbooks, course material and downloadable sessions will be available.	Blue Mountains

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Auspicing Organisation	Activity Description	Local Government Area
Hawkesbury Community Outreach Services	Six weeks of one hour programs aimed at skills development for high schoolers to reduce stress, enhance wellbeing, and develop new coping strategies. Topics will include Mind Movement, Healthy Habits, Art Therapy and more.	Hawkesbury
Hawkesbury Community Outreach Services	High Tea for approx. 20 mums, including an information sharing session on child car seat restraints and child first aid. Child-minding will also be available to offer parents some reprieve and the opportunity to network.	Hawkesbury
Hawkesbury Remakery	Monthly childcare by qualified minders for a community craft group. This will offer parents respite and enable them to attend the crafts program, whilst providing their children with age appropriate activities in a safe environment.	Hawkesbury
Hawkesbury Remakery	Introducing new activities to the local playgroup including a zoo trip, sensory play and a magic show. The funds will also ensure all children are able to participate.	Hawkesbury
Hawkesbury Remakery	One hour dance lessons each week for approximately 20 women in the community.	Hawkesbury
Hawkesbury Remakery	Enhancing the craft activities provided by the resident Makers. The activities will be hosted once a month over a five month period. Makers will provide crafts such as feltmaking, mosaic, chalk painting, and upholstery.	Hawkesbury
Hawkesbury Remakery	Three movie nights for kids, families, youth and adults to be held in Colo Heights. The events will be free and will include fairy floss and popcorn. There will also be local food vendors present with the option to purchase dinner if desired.	Hawkesbury

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Auspicing Organisation	Activity Description	Local Government Area
Hawkesbury Remakery	Facilitated crafts group for children aged 2-5 years old running once a month. Each event will have a themed approach to extend their imaginations and experience.	Hawkesbury
Kurrajong Community Forum Inc.	Bringing the community together to make decorations for the festive season out of recycled materials. The project will also include decorating community spaces and a community BBQ.	Hawkesbury
Kurrajong Heights Bowling and Recreation Club	Social gatherings for both senior and junior members of the Bilpin district for coffee, cake and games. The activities will foster the development of a playgroup and social lawn bowls team to increase community social connectedness.	Hawkesbury
Kurrajong Heights Bowling and Recreation Club	Five evening life drawing classes for individuals aged 18 and over. Classes will be tailored to all levels of artistic ability. The aim is to teach basic skills in seeing and drawing through a series of practical exercises.	Hawkesbury
Lower Macdonald Rural Fire Brigade	A bbq for the the local community to bring residents and members of the RFS together. The event will encourage connection and support, and will allow the opportunity to share their experiences.	Hawkesbury
Macdonald Valley Association	Weekly community exercise and conditioning classes facilitated by a qualified trainer, running over the course of 16 weeks. The activity will connect the community while improving mental and physical health.	Hawkesbury
Marathon Health	Partnering with a Martial Arts Dojo to provide LGBTIQA+ youth with martial arts classes once a month for four months. Attendees will learn self-defence, defence strategies and empowerment.	Lithgow

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Auspicing Organisation	Activity Description	Local Government Area
Megalong Valley Community and Landowners Association	Weekly health and wellbeing classes facilitated by local practitioners.	Blue Mountains
Megalong Valley Community and Landowners Association	The Megalong Makers day is a planned activity open for all local residents and landowners to come together. It will also provide an opportunity to showcase local talent, resources and services in the Valley to local residents and visitors to the area, as well as a way to connect with each other.	Blue Mountains
Mt Tomah Residents Association	An artist will paint a mural every three months alongside a BBQ and social event.	Blue Mountains
Mt Victoria Community Association	Restoration of the gardens at Bell RFS station. An event will be held to officially open the garden which will include an unveiling of a plaque recognising the dedication of RFS volunteers. This will be followed by a luncheon for members, residents and invited guests.	Blue Mountains
Mt Wilson Progress Association	A one day stone wall building workshop for members of the Mt Wilson community. This activity will build capacity while improving mental health and assisting with healing through bringing members of the community together.	Blue Mountains
Mt Wilson Progress Association	Beginner Tai-Chi classes running for five weeks, facilitated by a local instructor. Open to those residing in Kurrajong through to Bell.	Blue Mountains & Hawkesbury
Mt Wilson Progress Association	Beginner Yoga classes running for five weeks, facilitated by a local instructor. Open to those residing in Kurrajong through to Bell.	Blue Mountains & Hawkesbury
Mt Wilson Progress Association	Beginners Pilates classes running for five weeks, facilitated by a local instructor. Open to those residing in Kurrajong through to Bell.	Blue Mountains & Hawkesbury

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Auspicing Organisation	Activity Description	Local Government Area
NSW Rural Fire Service Blue Mountains Group Support Brigade	A group of ladies across the Mountains will meet over a period of approx. six months to participate in group patch-working sessions. The sessions will be conducted in various areas including Blackheath, Clarence, Dargan, Mt Victoria and Woodford. Upon completion the patch-work item/s will be donated to impacted families.	Lithgow
Springwood Neighbourhood Centre	Two fun social gatherings including 'Christmas in July' and a 'Grandparents Day'. Participants will also enjoy a stroll through local apple orchards and lunch at a Bilpin restaurant.	Blue Mountains & Hawkesbury
Winmalee Neighbourhood Centre	A family gathering day for families involved in the recovery of the Colo Heights Saw Mill. The event will strengthen family bonds, honour a shared heritage of culture and connect children to extended family.	Hawkesbury
Winmalee Neighbourhood Centre	A small community get together providing an opportunity for those affected by the bushfires to connect at an informal social event.	Lithgow
Winmalee Neighbourhood Centre	Opportunity for the community to come together and catch-up to clean up roadsides, backstreets, and community gathering areas.	Hawkesbury
Winmalee Neighbourhood Centre	In collaboration with Killibinbin Native Nursery, this activity is a hands on workshop for communities interested in planting native plants to their area. Participants will learn how to replant appropriate vegetation on their land.	Lithgow
Winmalee Neighbourhood Centre	Participants will be hosted on a guided nature walk on two important riparian zone sites on the Macdonald River. The convener will share cultural and historical knowledge of the Valley and the technical guide demonstrate effective techniques of bush regeneration.	Hawkesbury

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Auspicing Organisation	Activity Description	Local Government Area
Winmalee Neighbourhood Centre	A meeting of Clarence and Dargan communities to consult with all locals on what they would like to see built on a parcel of land that once held a building that was used by the community. The intent is to gather feedback to present to Lithgow City Council on an appropriate strategy that council would see viable. Funding will be used on catering.	Lithgow
Winmalee Neighbourhood Centre	Weekly social tennis open to the community every Tuesday. A great opportunity for people to connect by standing around and talking to one another. This activity will also include semi regular BBQ's to provide people with the chance to socialise and get to know each other better in the area.	Hawkesbury