

FUNDED PROJECTS

Australian Ecosystems Foundation Inc. (AFEI)

Walk n' Talk n' Do
Lithgow

Australian Red Cross Society

Mental Health Matters – Farming Communities
Blue Mountains, Hawkesbury, Lithgow and Penrith

Barrinang Inc.

Wambinya Buram-Buram Bang
Lithgow

Capertee Valley Landcare

Capertee Valley Bushwalk Project
Lithgow

Capertee Valley Landcare Inc. & Cementa Contemporary Arts Festival

Resilient Farmers
Lithgow

Central Tablelands and Blue Mountains Community Legal Centre

Field of Law
Lithgow

Hawkesbury Be & Co.

Hawkesbury Community Pop-Up Café
Hawkesbury

Hawkesbury Community Outreach Services

Thrive Well-Being & Resilience Mentoring Program / Festival
Hawkesbury

Hawkesbury Community Outreach Services

The Feedbag Garden
Hawkesbury

Hawkesbury Remakery

C.L.A.S.S. (Creative Lifestyle and Sustainability Skills)
Hawkesbury

Kurrajong Heights Bowling and Recreation Club

Bilpin Stories: Drought and Fires
Hawkesbury

Leep NGO

Farmers and Friends Online
Lithgow

Lifeline Australia

Lifeline Rural Gatekeeper Training
Hawkesbury and Lithgow

Lithgow Information & Neighbourhood Centre

LINC Resilience Coaching Project
Lithgow

Lithgow Area Women's Shed

Lithgow Area Women's Shed Project
Lithgow

Lithgow City Council

Farming Strong
Lithgow

Lithgow Life Skills (DBT) and Art as Therapy

Lithgow Life Skills (DBT) and Art as Therapy Course
Lithgow

Lithgow Public School

Movement Sensory Modulation Pod
Lithgow

Macdonald Valley Association

Connections
Hawkesbury

Marathon Health

New Access
Hawkesbury and Lithgow

Mid Mountains Community Garden

Feel Good, De-Stress, Grow Veggies
Blue Mountains

Mulgoa Valley Landcare

Creatures and Critters
Spotlighting Adventure
Penrith

PA2Health PTY LTD

Community Well-Being Program
Blue Mountains, Hawkesbury, Lithgow and Penrith

Peppercorn Services Inc.

Blokes of Tomorrow
Hawkesbury

Rainbow Lithgow

Rainbow Connection
Lithgow

RUOK? Campaign

by Ambassador Garry Sims

RUOK? Campaign
Blue Mountains, Hawkesbury, Lithgow and Penrith

Rural Aid – Tea & Talk

Phone & Face-to-face counselling
Lithgow

Scouts Australia

Youth Mental Health First Aid for Scout Leaders
Blue Mountains, Hawkesbury, Lithgow and Penrith

St Albans Men's Shed

St Albans Men's Shed on Wheels
Swap Meet Country Fair
Hawkesbury

St Albans Common Trust

Building Resilience of Forgotten Valley Farming Communities
Hawkesbury

St Albans RFS

St Albans Pioneer Trail Run and Events
Hawkesbury

Suicide Awareness 'Let's Talk Lithgow'

Social Circus
Lithgow

Strong Nation Community Services

Mindfulness Well-Being Workshops
Hawkesbury

Tarana Farmer's Market

T.A.C.T. Project
Lithgow

The Big Fix

Lithgow Sprint: Changing the Story
Blue Mountains and Lithgow

Trybal Productions

The Garden of the Mind
Lithgow

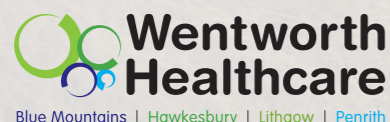
University of Newcastle, Centre for Rural & Remote Health

Drs in the Paddock
Lithgow

EMPOWERING OUR COMMUNITIES

Highlights – Well-Being Grants to Support Farming Communities

For more information about Wentworth Healthcare or Nepean Blue Mountains PHN visit www.nbmphn.com.au



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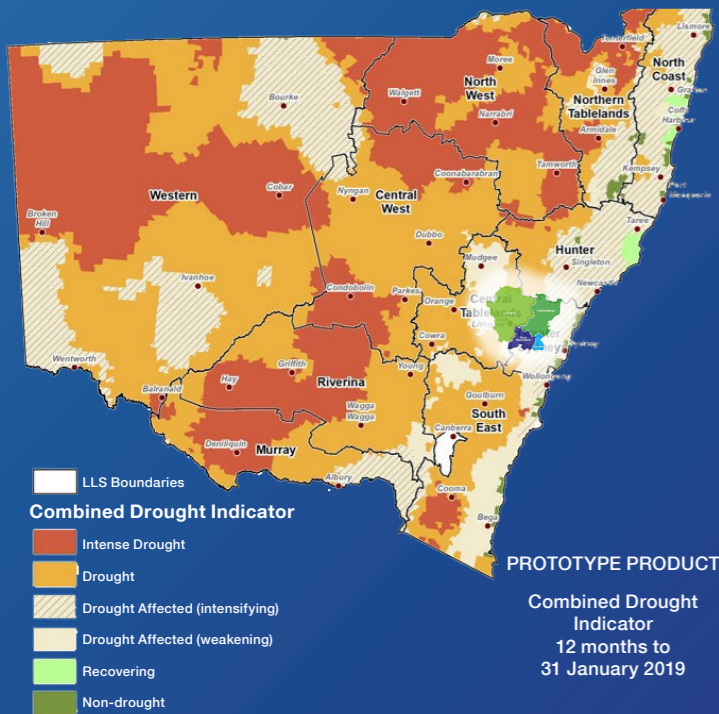


Background:

In January 2019, **99.8% of NSW was considered in severe drought, drought, or drought affected.** By July 2019, the Bureau of Meteorology stated that the present drought was now officially the worst on record in the Murray–Darling Basin. The Hawkesbury area was identified as one of the most impacted areas within the Nepean Blue Mountains region.

It is more common for people to experience greater distress, anxiety, and depression during challenging times. Studies have shown that integrated, deep-rooted approaches are essential to support long-term mental health outlooks, with a need to invest in already existing networks and health services.

The **Well-Being Grants to Support Farming Communities initiative** was implemented in January 2019 to help support the mental health, long-term well-being and resilience of farming communities. The initiative funded community-led initiatives ranging from art therapy groups, live performances, musters, community gardens, social events, wellbeing workshops, and more.



“Health services are friendlier than I thought.”

“This theatre production created a space that welcomed and encouraged bravery, empathy, compassion and laughter.”



Lithgow: Trybal Productions *Garden of the Mind*

Trybal Productions brought the lived experience of community members to life through spoken word, art, poetry and music.

The process included story collecting and storytelling with participants who also completed workshops in performance, music and writing. A mental health worker was involved from start to finish to support participants through their journey.

The final performance, titled ‘Garden of the Mind’ was held at the Lithgow State Mine and was a sell-out with all available tickets exhausted days before the event.

Highlights included the relationships developed throughout, sharing of personal stories, validation of personal performances, a successful final show, the joy and sense of achievement shared with art crew, health workers and participants, and the fact that health services were seen in a new, positive light.

- **25 community members with lived experience participated in the show**

www.nbmphn.com.au/TrybalProductions

“I’ve learned so much today and now I know what we’ll be doing when we get home – we need to make some changes to the worm farms!”

“I feel like some of the things we’ve discussed here will help me get my friends involved more in gardening.”

“This was so helpful as we didn’t know many school families. Thank you for organising!”



Blue Mountains: Mid-Mountains Community Garden *Feel Good, De Stress, Grow Veggies*

The Mid-Mountains Community Garden provided a place for community members to come together, reducing the impacts of social isolation which was especially needed throughout the pandemic.

Hawkesbury: Hawkesbury Be & Co. *Community Pop-Up Café*

Hawkesbury Be & Co. was a fortnightly pop-up social event that fostered community connections and connected isolated people with support.

Be & Co. was our first grant to be awarded and the project proved to meet a need within the community, averaging 41 regular attendees per event. Many of these were at-risk or in-need community members, who were connected with local support and mental health services through Be & Co.

When COVID-19 resulted in restrictions around community gatherings, the project was quickly adapted to be delivered online. These virtual sessions were well received by the community, with some saying it was all they had to look forward to each week during the height of the pandemic.

Some of the highlights included fancy dress sessions, a visit from the Governor of NSW, Her Excellency the Honourable Margaret Beazley AC QC, and watching connections form and flourish.

- **More than 60 young people participated in skills training through Be & Co**

www.nbmphn.com.au/HawkesburyBeCo



“Be & Co. online is one hour in the week that is so enjoyable.”

“This has benefited me heaps!”



Penrith: Mulgoa Valley Landcare *Creatures and Critters Spotlighting Adventure*

The Mulgoa Valley Landcare ‘Creatures and Critters Spotlighting Adventure’ event attracted a group of over 30 people who enjoyed a night of exploring and learning about local flora and fauna at Mulgoa Creek.

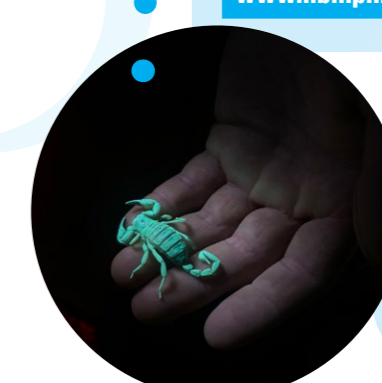
Participants also enjoyed supper and various presentations from Mulgoa Valley Landcare, mental health counselling services, Hooked on Nature and Cumberland Plain Restoration.

Project Lead, Lisa Harrold, said “we were even able to observe a spectacular ‘supermoon’ and enjoyed seeing the creatures and critters that Mulgoa Valley has to offer”.

Some of the highlights from the night for participants included great weather, guest speakers, wildlife presentation, meeting other families with children, being outdoors, walking through the bush at night and the supper.

- **90% of attendees rated the event ‘very good’**

www.nbmphn.com.au/MulgoaValleyLandcare



“The importance of connection to the natural environment.”

“It’s OK to ask for help when you think you may need it.”

“Community events can help people cope with loneliness.”

‘Feel Good, De Stress, Grow Veggies’ assisted the community to develop skills to grow food both together and at home, while receiving training in mental health.

The community were able to navigate COVID-19 restrictions to continue to attend weekly working bees, Mental Health First Aid Training, various workshops on topics such as Worm Farming and Tool Maintenance, a two-part Therapeutic Horticulture Course, open days and complete works that improved access to the garden.

- **75% of people reported an improvement in their wellbeing as a result of engaging in the activity**

www.nbmphn.com.au/MidMountainsCommunityGarden