

# Empowering Our Communities

## Well-Being Grants to Support Farming Communities

The Nepean Blue Mountains Primary Health Network has received funding through the Empowering our Communities initiative for community-led mental health, social and emotional well-being and suicide prevention initiatives.

Due to the ongoing drought, significant parts of our region have been recognised as drought affected. The objective of these grants is to support organisations and community-led initiatives which will promote individual and community resilience as well as reduce associated stigma.

Below are the organisations and community groups that have received funding to date.

For more information please visit [www.nbmphn.com.au/grants](http://www.nbmphn.com.au/grants) or phone 4708 8191.

Organisation	Type of Event or Initiative	Local Government Area
Aus Ecosystems Foundation Inc. (AFEI)	Utilising walking tracks to provide a space where Aboriginal Youth can participate in walk 'n' talks with local Aboriginal elders and be involved in care and conservation of native Australian animals.	Lithgow
Capertee Valley Landcare	Bush walks highlighting the link between mental and physical health.	Lithgow
Capertee Valley Landcare Inc. & Cementa Contemporary Arts Festival	Four events over a one-year period that will focus on restoring the hydration of the valley.	Lithgow
Hawkesbury Be & Co.	A pop-up social event offering free coffee and conversation. Hawkesbury Be & Co. focuses on community connectedness and reducing social isolation.	Hawkesbury
Hawkesbury Community Outreach Services	Providing food packages to disadvantaged areas.	Hawkesbury
Leep NGO	Working with Hartley Branch of the NSW Farmers Assoc. to deliver a digital program to improve the mental health of farmers and communities affected by drought.	Lithgow
Lithgow Information & Neighbourhood Centre	Delivering resilience workshops within the community focused on the resilience doughnut model.	Lithgow

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Lithgow Life Skills	Encouraging socialisation and stress reduction while teaching new coping mechanisms through the delivery of DBT & Art As Therapy.	Lithgow
Lithgow Public School	Promoting mental health and well-being for children living in rural and regional areas within the Lithgow LGA using a Movement Sensory Pod located within the school.	Lithgow
Macdonald Valley Association	Providing community-based assistance to people in need, improving knowledge and connectedness, facilitate visits by professional service providers and the training of volunteers who are leading and advocating groups in need.	Hawkesbury
Peppercorn Services Inc.	Supporting men to connect through community led gatherings and facilitated 'Tomorrow Man' workshops.	Hawkesbury
Rainbow Lithgow	Monthly counselling & outreach casework for trans and gender diverse youth, day or weekend trips to provide social activity for isolated members of the LGBTIQI+ community and an art exhibition with LCC Library.	Lithgow
Rural Aid	Promote mental health and well-being by introducing a pilot program facilitating regular peer support groups, follow-up and on-going phone/face-to-face counselling support.	Lithgow
St Albans Common Trust	Community events including mental health coaching, working groups, information sharing, muster training sessions, an annual gala night and the documentation and recording of local history to foster social connectedness.	Hawkesbury
Tarana Farmer's Market	Promoting an ongoing program of events to improve farm community health and well-being as well as building resilience within drought affected farming communities.	Lithgow

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The Lithgow Area Women's Shed	Delivering skills workshops to the community, focusing on practical skills for socially and geographically isolated women.	Lithgow
Trybal Productions	Theatre Show incorporating the lived experience of community members through spoken word, art, poetry and music.	Lithgow
University of Newcastle, Centre for Rural & Remote Health	Farmer-health focused events reaching out to farmers offering physical and mental health 'check-ins', Q-Fever vaccinations and a vet-related farm dog health examination.	Lithgow

## Commissioned Services

Through the Empowering Our Communities initiative we have been able to commission a variety of organisations to deliver programs and training workshops that will improve the mental health and well-being of community members.

Organisation	Program	Local Government Area
Lifeline Australia	Gatekeeper Training designed to teach individuals who have regular contact with others in their community (i.e. "gatekeepers") to recognise and respond to people at potential risk of suicide, to support those who are bereaved by suicide or those who have lived experience.	Hawkesbury and Lithgow
Marathon Health	NewAccess, developed by Beyond Blue, is an in-person or over the phone free mental health coaching program for anyone aged 16 and over.	Hawkesbury and Lithgow
Red Cross Australia	Mental Health Matters is a short course to encourage early intervention and a supportive culture to help reduce the impact of mental health issues.	Blue Mountains, Hawkesbury, Lithgow and Penrith.

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