

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.

Organisation	Type of Event or Initiative	Local Government Area
Australian 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
Barrinang Inc.	Providing support to develop and maintain good mental health and well-being through a variety of activities, such as on-country experience, art classes and more.	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
Central Tablelands and Blue Mountains Community Legal Centre	A solicitor will be providing free legal support to identified areas of need.	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 with a demonstration garden available to allow residents to grow and pick fruits and vegetables.	Hawkesbury
Hawkesbury Community Outreach Services	A 6-month mentoring, resilience, capacity and skills building program for young people in the Hawkesbury area.	Hawkesbury
Hawkesbury Remakery	This project's focus is to build awareness and provide training opportunities through a hub for creative and sustainable craft practices, as well as up-skill staff, makers in residence, and volunteers in mental health literacy.	Hawkesbury

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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
Lithgow Information & Neighbourhood Centre	Creating an innovative way to engage with people, to improve overall mental health and well-being, connectedness, and self-worth, through the use of 'social' circus arts.	Lithgow
Lithgow City Council	The Farming Strong project will promote mental health and well-being by equipping farmers with knowledge to design and implement innovative solutions, helping to build business viability.	Lithgow
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 Modulation Pod located within the school.	Lithgow
Macdonald Valley Association	Addressing a number of challenges the community faces on a day to day basis that impact socialisation, stress levels and the ability to connect with health services.	Hawkesbury
Mid Mountains Community Garden	Promoting mental health and well-being through assisting the community to develop skills to grow food both together and at home, receive training in mental health skills and improve safe access to their garden.	Blue Mountains
Mulgoa Valley Landcare	A spotlighting adventure for local families to participate in learning about nocturnal animals and native flora and fauna with a focus on connectivity, mental health and well-being.	Penrith

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PA2Health	A four week digital well-being program, offering video and audio tools in stress management, healthy recipe packs, dietary information, nutrition tips, fitness videos, weekly challenges, daily values-based messages and regular check-ins.	Blue Mountains, Hawkesbury, Lithgow and Penrith
Peppercorn Services Inc.	Supporting men to connect through community led gatherings and facilitated 'Tomorrow Man' workshops.	Hawkesbury
Rainbow Lithgow	Monthly group counselling & outreach casework support for LGBTQIA+ individuals, and an art exhibition for members of this community.	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
Scouts Australia	Utilising a 'Train the Trainer' approach, Scouts Australia will deliver Youth Mental Health First Aid Training for Scout Leaders. This training will provide them with additional skills to assist them in working with youth who may be experiencing mental health challenges.	Blue Mountains, Hawkesbury, Lithgow and Penrith
St Albans Men's Shed on Wheels	Hosting 'Mechanics in Residence' shed sessions with experts on hand to check the community's vehicles and farm equipment, 'School Boxcar Racers and Lantern Making Activity' and a 'Country Fair Swap Meet' event.	Hawkesbury
St Albans Common Trust	Community events including musters, information sharing, mental health skills training, an annual gala night and the documentation and recording of local history to foster social connectedness.	Hawkesbury
Strong Nation Community Services	Delivering Mindfulness Well-Being Workshops to promote mental health and well-being in the Hawkesbury community.	Hawkesbury
Suicide Awareness 'Let's Talk Lithgow'	Social Circus is an innovative way to engage with people, improve overall mental health and well-being, connectedness and self-worth through the use of social circus arts.	Lithgow

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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
The Big Fix	Working with the general community, and young people in particular, to gather stories and provide a variety of training in community and farming innovation, regeneration, mental health, resilience, and sustainability, marketing and digital media.	Blue Mountains
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

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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
Australian Red Cross Society	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
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
RUOK? Campaign by Ambassador Garry Sims	Delivering interactive and engaging presentations. The presentations will highlight the importance of social connections and empower and inspire others to listen, take action and support those experiencing mental health challenges.	Blue Mountains, Hawkesbury, Lithgow and Penrith

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