



Community Wellbeing and Resilience Grants Round 3 Funded Activities

Wentworth Healthcare, the provider of the Nepean Blue Mountains Primary Health Network, funded Round 3 Community Wellbeing and Resilience Grants by the Commonwealth Department of Health and Aged Care. to support the mental health of those affected by the 2022 floods.

Our Community Wellbeing and Resilience Grants enable communities to choose their own way to respond to the losses, anxiety and distress they have experienced, as well as actively participate in their recovery. Round 3 provided grants up to \$10,000.

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.

| Auspicing Organisation | Activity Description | Local Government Area |
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| Freemans Reach School of the Arts | Free community Christmas BBQ for local residents including local music and entertainment for adults and children. | Hawkesbury |
| Hawkesbury Community Media Assc Inc Pulse FM for Bilpin Shed | Free monthly creative workshops offering a range of craft activities including jewellery, basket making, drumming, dancing, murder mystery plays and tufting classes. | Hawkesbury |
| Ebenezer Public School | Community art project at Ebenezer School, including a wellness creative painting day focused on local wildlife where a local artist will work with students to create a themed mural. | Hawkesbury |
| Glen Alice Community Assoc | A raft of community events such as a barn dance, movie night and Christmas gathering connecting the isolated community at the only community building in the area, the Hall. | Lithgow |



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| <p>Macdonald Valley Association</p> | <p>Various 'Wild At Art' Projects comprising painting dishes along roadsides to remind community about local wildlife safety; transforming two large sandstone boulders into roadside sculptures with the help of an artist: painting wildlife themes on local telephone poles and creating a road mural crossing. Wombat Warriors project at MacDonald Valley School.</p> | <p>Hawkesbury</p> |
| <p>Aboriginal Culture and Resource Centre</p> | <p>A Colour Run event connecting adults and children from remote areas of the region to Country.</p> | <p>Blue Mountains</p> |
| <p>Noro Robbins Music Therapy</p> | <p>An eight week program to be held at Chisholm Catholic Primary and Pitt Town Public School's with registered music therapists. Sounds and Expressions is a fun engaging program enabling the children to focus on emotions and turn them into songs and jingles.</p> | <p>Hawkesbury</p> |
| <p>Winmalee Neighbourhood Association for Local Playgroup '</p> | <p>Family wellbeing events including mental health workshop and doula, an evening for parents with guest speakers including a mindset coach. Family event in the park with a nature safari instructor, including sensory activities. Art class 'Sip and Stich' (BYO) evening for adults in Wilberforce. Summer play session in Bowen Mountain park with face painter for children and adults. Art sessions, sensory play, parachute play.</p> | <p>Hawkesbury</p> |
| <p>North Richmond Community Centre</p> | <p>Working with young people in the community to organise an under 18's Halloween party, The Undead Disco, to be held at the North Richmond Community Centre utilising local businesses such as face painters, photography booths and up and coming DJ's.</p> | <p>Hawkesbury</p> |



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| <p>Colo Soccer Football Club Colo Cougars Inc</p> | <p>A fun day with music and entertainment on the soccer fields to thank the adults and kids of the club who were directly impacted by the floods and pitched in to clean up after each event.</p> | <p>Hawkesbury</p> |
| <p>Glossodia Community Centre</p> | <p>A Ladies Wellbeing Night In with interactive stalls focused on wellbeing and breast cancer awareness and a presentation on mental and physical health by a local healthcare representative A resource bag will be provided to participants with emergency preparedness and stress management information.</p> | <p>Hawkesbury</p> |
| <p>Kurmond Public School</p> | <p>Bounce Back, a whole school tailored program that is a student centred and teacher led. Students will learn to navigate sadness, adversity, frustration and rejection. The program becomes self sustaining.</p> | <p>Hawkesbury</p> |
| <p>Upper Colo Association</p> | <p>A family movie night by the Colo River with food, face painting and games.</p> | <p>Hawkesbury</p> |
| <p>Sydney Vaulting Club Windsor</p> | <p>After having to relocate their own horse as well as others during the floods, the Windsor Peninsula BBQ and Walking Tour activity is both a thank you to members for their hard work and gathering for the people they helped. A history walking tour will be led by heritage volunteers providing historical information about the flood levels throughout the area, informing new residents about the future potential dangers, and how the community can help each other.</p> | <p>Hawkesbury</p> |



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| <p>Hawkesbury Remakery</p> | <p>A series of natural and historic workshops in the Windsor area with a focus on the river designed to remind participants of the beauty of the area and to explore and reflect in art form. Artworks will be displayed at the Hawkesbury Remakery. Workshops to include basketry, pastel drawing, photography, bush tucker and jewellery, and scrap metal sculptures.</p> | <p>Hawkesbury</p> |
| <p>Windsor Experience Action Group Inc</p> | <p>A community celebration event at the riverside to commemorate the return of an historical and tourist icon. The Paddle Wheeler will return to Windsor and be docked at the wharf all day, and there will be live entertainment, catering, and an art exhibition. Live broadcasting from Pulse FM and the ABC Radio.</p> | <p>Hawkesbury</p> |
| <p>Pitt Town & District</p> | <p>Monthly adult and children's crocheting workshops creating items such as blankets, sensory items and poppies for Anzac Day both in a workshop and at home, which will be donated to various organisations. The end of year event to be held at Lynwood Country Club, a local business located in the heart of their town, will be a celebration and provide an opportunity for social connection.</p> | <p>Hawkesbury</p> |
| <p>Hawkesbury Area Women's & Kids Services Collective Inc – The Women's Cottage</p> | <p>Women's meditation group and Women's Healing Through Art and Talking Circle offering a sense of connection and belonging.</p> | <p>Hawkesbury</p> |
| <p>MacDonald Valley Association</p> | <p>A Trivia Night and a Picnic in the Garden with large grazing table catered by a local business or a BYO picnic option.</p> | <p>Hawkesbury</p> |



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| <p>PCYC Hawkesbury</p> | <p>A series of outreach school holiday programs in remote and flood affected areas of Lower Portland, Sackville, Wilberforce and Wisemans. Community and youth program with structured sport and recreation based activities utilising primary schools and community halls and partnering with Merana Aboriginal Assn, and sporting codes such as AFL, football, cricket.</p> | <p>Hawkesbury</p> |
| <p>Wilberforce Soccer United Club</p> | <p>A sports introduction day at a local sports field inviting new players to join, and old ones to return after a reduced season. The Western Sydney Wanderers will run a sports session for men and women.</p> | <p>Hawkesbury</p> |
| <p>Richmond Community Services</p> | <p>A series of trauma informed mindfulness and art workshops. One session offers parents support in implementing a program preparing children for natural disasters including resources, and offering other services.</p> | <p>Hawkesbury</p> |
| <p>Blue Mountains Women's Shed</p> | <p>Various art workshops to bring together women of all ages and backgrounds over a morning tea in a safe nurturing friendly environment to encourage social cohesion and build friendships</p> | <p>Blue Mountains</p> |
| <p>Henry Double Day Research Assc Aust</p> | <p>Creative community gatherings with permaculture-based education delivered at the Earthcare Centre at Hawkesbury. Partnerships include community organisations, neighbourhood centres, Western Syd Uni, Richmond TAFE etc.</p> | <p>Hawkesbury</p> |
| <p>Richmond Agricultural College</p> | <p>Four full-day art-based and educational 'Our River' workshops for primary school children focusing on the Hawkesbury river and connection to environment. Students will learn, play and connect with nature.</p> | <p>Hawkesbury</p> |



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| Barrinang Incorporated | Various activities centred around gratefulness with focus on engaging seniors. Journaling programs for flood affected community members in partnership with a local GP. Aboriginal dance group to learn cultural dance, story telling, language and connection to country with performances in the wider community. Wool felting group to create totem animals for Seniors Week and Aboriginal events. | Lithgow |
| Western Sydney University Early Learning Centre | Walking with Little Footsteps will engage under 5 year olds in various traditional Indigenous creative arts experiences On Country at the creek by an array of both WSU educators, WSU First Nation students and Aboriginal consultants. They will create a video, and it will be used as a pilot program. | Penrith |