

2 March 2023

Grants helping to Support Community Connections in Flood Impacted Communities

Wentworth Healthcare, the provider of the Nepean Blue Mountains Primary Health Network, has awarded 45 grants, worth over \$250,000, to support the wellbeing and resilience of flood affected communities.

The Community Wellbeing and Resilience Grants, funded through the Commonwealth Department of Health and Aged Care and NSW Health, allow residents to choose their own way to respond to the losses, anxiety and distress they have experienced during the flood events, as well as actively participate in their recovery.

Wentworth Healthcare CEO, Lizz Reay, said a diverse range of applications were received and she was pleased with the huge variety of activities that have been funded.

“We are proud to support communities directly impacted by the floods through activities like Wallacia Progress Association’s community festival, Macdonald Valley Association’s free concerts with afternoon tea and music appreciation talks, and Pitt Town Progress Association’s Picnic Fun Day. A range of age groups are benefitting from this funding, from events for children involved in before and after school care, to sporting activities and music programs in residential aged care facilities,” said Ms Reay.

“Research shows the importance of people coming together, socialising and providing informal support to each other after a natural disaster. This is particularly relevant to communities that have been affected by multiple disasters, like many in our region. The activities we have funded focus on social cohesion and connectedness, support mental health healing, and build on existing community resilience by encouraging post-trauma growth,” she said.

“It is also encouraging to see groups providing outreach activities to often isolated communities. These activities would just not happen in these areas without this funding,” added Ms Reay.

This time of year may be triggering for those who have been impacted by the multiple floods that have hit our region over the years. Those experiencing distress or in need of mental health support can access free mental health support can contact **Head to Health** on **1800 595 212** from Monday to Friday between 8:30am - 5:00pm.

A list of organisations and activities that have been funded under the Community Wellbeing and Resilience Grants is available on the Wentworth Healthcare website:
nbmphn.com.au/CommunityWellbeingResilienceGrants

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