

30 January 2019

## Well-Being Grants for Farming Communities Now Open

Today Wentworth Healthcare launched their *Well-Being Grants for Farming Communities* program to help support the mental health and well-being of farming communities in the Nepean Blue Mountains region.

*Well-Being Grants for Farming Communities* will provide small to large grants of between \$1,000 and \$50,000 to organisations and community-led initiatives that will help support the mental health, long-term well-being and resilience of farming communities.

Wentworth Healthcare, provider of the Nepean Blue Mountains Primary Health Network (NBMPHN), is funding these grants through the Federal Government's *Empowering our Communities* initiative, which aims to help farmers, families and communities deal with the uncertainty, stress and anxiety of drought conditions.

"Coming from a farming family myself, I understand the financial and emotional strain extreme weather conditions can have on farming families and the wider community," said Lizz Reay, CEO of Wentworth Healthcare.

"Significant parts of our region have been identified as being impacted by drought and the objective of these grants is to support organisations and community-led initiatives which will promote individual and community resilience and help reduce the stigma associated with mental illness," she said.

Under the Application Guidelines, a range of activities and initiatives aimed at farming communities may be considered appropriate for grant funding, including, but not limited to:

- community events or workshops that promote resilience and increase links to mental health and suicide prevention services
- activities known to improve physical and mental health that can be delivered in a group setting, such as exercise or well-being classes
- community education on topics such as managing stress, anxiety and depression or changing business and financial pressures
- programs aimed at building community networks and social cohesion for farming communities

Those eligible to apply for grant funding include not-for-profit organisations, community groups, individuals or organisations auspiced by a not-for-profit, social enterprises, local governments, sporting clubs and the like.

"We are open to a variety of proposals from a range of community groups and organisations that will help support the immediate and long-term mental health needs of our farming families and communities," said Ms Reay.

"Our aim is to make the application process as simple and as easy as possible, as we want these grants to start making a difference to people in effected areas as soon as possible," she added.

For the full application guidelines and to apply, go to [www.nbmphn.com.au/grants](http://www.nbmphn.com.au/grants).

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The Nepean Blue Mountains PHN is a program run by  
Wentworth Healthcare – a not for profit organisation which  
works to improve health for the communities of Blue Mountains,  
Hawkesbury, Lithgow and Penrith.

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