

-MEDIA RELEASE-

Immediate Release

One Good Community Wellbeing Grants Initiative now open



Gippsland Primary Health Network (PHN) is offering community groups and/or individuals up to \$30,000 to undertake activities that improve social connectedness, improve access to help and assistance and decrease isolation and loneliness.

The Gippsland PHN *One Good Community Wellbeing Grants Program* will support community development activities enabling communities to identify and address their own needs and bring people together to connect, learn and contribute in their local community through social, educational, recreational and support activities, using a unique community development approach.

Federal Member for Gippsland, Darren Chester welcome's the *One Good Community Wellbeing Grants program*.

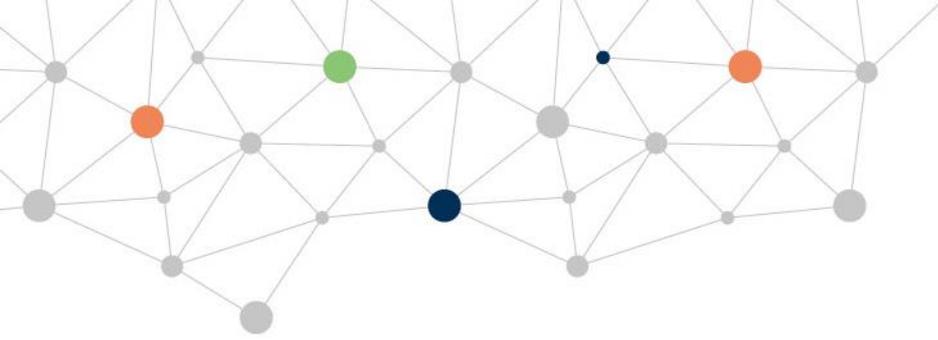
"This grants program is all about mobilising the strengths, skills, passion and experience of individuals, families and organisations to help our communities through hardship now and in the future".

One Good Community was established under the Australian Government's 'Empowering our Communities' program to facilitate community-led projects to support the wellbeing of people living in drought-affected areas.

"We are facing a time of hardship right now in Gippsland and there will be tough times ahead; we cannot say there won't be bushfires, droughts or other major events that knock us, but we can build each other up and create ways to support one another now and in way that is lasting", said Mr Chester.

Gippsland PHN Chief Executive Officer Amanda Proposch said it's important that members of our community come together to support one another during difficult times.

"We want the community to identify and address their own needs and bring people together to connect, learn and contribute in their local community through social, educational, recreational and support activities", she said.



“Whether you’re a small or large group, we encourage you to band together to explore new opportunities”.

Gippsland PHN has committed to supporting a variety of community-led activities which may include:

- Community training and education on topics such as stigma, emotional wellbeing, managing stress, mental health and suicide prevention using traditional training methods and training through social media and digital technology;
- Community training and education that help people to manage their health aided by their partners, families and carers with the support from health care organisations;
- Activities that support improving social and emotional wellbeing connecting people through networking activities to change people’s experience of their own lives and reduce their risk of poor health;
- Ideas that focus on strong community-led and group-based activities that connect to other social and community groups and programs; and
- Activities that will lead to longer-term strategies promoting easy volunteerism and participation by people to improve social connectedness, community networking and wellbeing.

Ms Proposch said these activities aim to bring a sense of connectedness with others, the local communities and people in Gippsland.

“Connecting people in our street, our workplace, sporting groups and friends and families, can be such an important part of holding on to health and wellbeing especially when times are hard; this grant program seeks to support and strengthen these existing connections”, she said.

“It really does help when we build circles of support around one another”.

The One Good Community Gippsland Wellbeing Grants Program is now open. For more information and to apply visit <https://onegoodcommunity.gphn.org.au/>.

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For media/photo opportunities please contact Jade Sarna, Manager Communications on 0428 091 517 or jade.sarna@gphn.org.au