



BACKGROUND INFORMATION

Physical Health is important for Mental Health and Wellbeing

Research has proven that our physical health strongly influences our mental health and wellbeing. What we eat, how active we are, the quality of our sleep, smoking or drug and alcohol use, and our level of social connection can all have a significant impact on our mental health.

In late 2020, the **Illawarra Shoalhaven Local Health District (ISLHD) Health Promotion Service** ran a popular online seminar series to raise awareness of the benefits of healthy eating, physical activity and social connection for protecting mental health and wellbeing.

In 2021, we are offering one-off seeding grants to eligible not-for-profit community organisations across the Illawarra-Shoalhaven to support local project activities which promote mental health and physical wellbeing.

What are the Protecting Mental Health NGO Grants 2021?

The ISLHD Health Promotion Service is partnering with the Community Industry Group to provide **funding of up to \$2000** (GST inclusive) to eligible community organisations, with additional information, ideas and support also provided by the Health Promotion team.

We are looking to fund project activities which connect community members with opportunities to become more active, eat better, and build social connections to improve their mental health. Project participants may be clients/service users, staff and/or volunteers, or members of the wider community.

What types of projects will be funded in 2021?

Rather than short term or 'one-off' events, we are seeking project activities that build ongoing connections with/between participants which might have a positive longer term effect on their physical and mental health. Activities should aim to support participants to develop healthier habits, achievable lifestyle changes and increased social connections.

Who can apply?

Not-for-profit, non-government community service organisations that are incorporated, have an ABN and offer services in the ISLHD catchment area (Helensburgh to Durras) can apply.

Who is not eligible?

Government services, including schools, ISLHD core-funded services, or local councils, are not eligible to apply, unless in a partnership with a not-for-profit community organisation. Preschools/childcare services or private businesses are also not eligible.

Who can you talk to?

ISLHD Health Promotion Service team members are available to answer questions or help develop a project idea or application. For more information please contact:

Illawarra:

Katherine van Weerdenburg E: katherine.vanweerdenburg@health.nsw.gov.au
P: 4221 6756 (Tue/Wed/Fri)

Robyn Tindall: E: robyn.tindall@health.nsw.gov.au
P: 4221 6777 (Mon/Tues/Thur/Fri)

Shoalhaven: Kim Gregory: E: kim.gregory@health.nsw.gov.au
P: 4455 9923 (Mon-Thur)

When can you apply?

Applications **open Monday 18 January 2021** and **close Friday 26 February 2021**.

What do you need to contribute?

The funding is provided to cover eligible expenses, but comes with the understanding that your organisation will also make **in-kind contributions** e.g. participants, staff and/or volunteer time, venues, local knowledge, other resources, etc.

You will be asked to promote positive messages around Mental Health and Physical Wellbeing wherever possible, for example; posting articles and snippets on social media, in newsletters and other communications.

If your organisation receives a grant, we will ask you to share your experience with us in a brief post-project evaluation interview, as well as provide photos of your project activities once completed.

How long do you have to complete the project?

Projects can commence as soon as the funds are distributed (late March 2021) and should be completed within 6 months (end September 2021). Alternate timeframes can be negotiated, but projects should commence as soon as possible after receiving the funds.

What do you need to do?

- Come up with a project idea
- If needed, discuss and clarify your idea with an ISLHD Health Promotion Service team member
- Complete the simple 2 page application form provided and submit by **COB Friday 26 February 2021**

When will you be notified?

Applications will be reviewed by a selection panel from the ISLHD Health Promotion Service and the Community Industry Group. All applicants will be informed by mid-March 2021 if their project proposal has been successful or not.

