

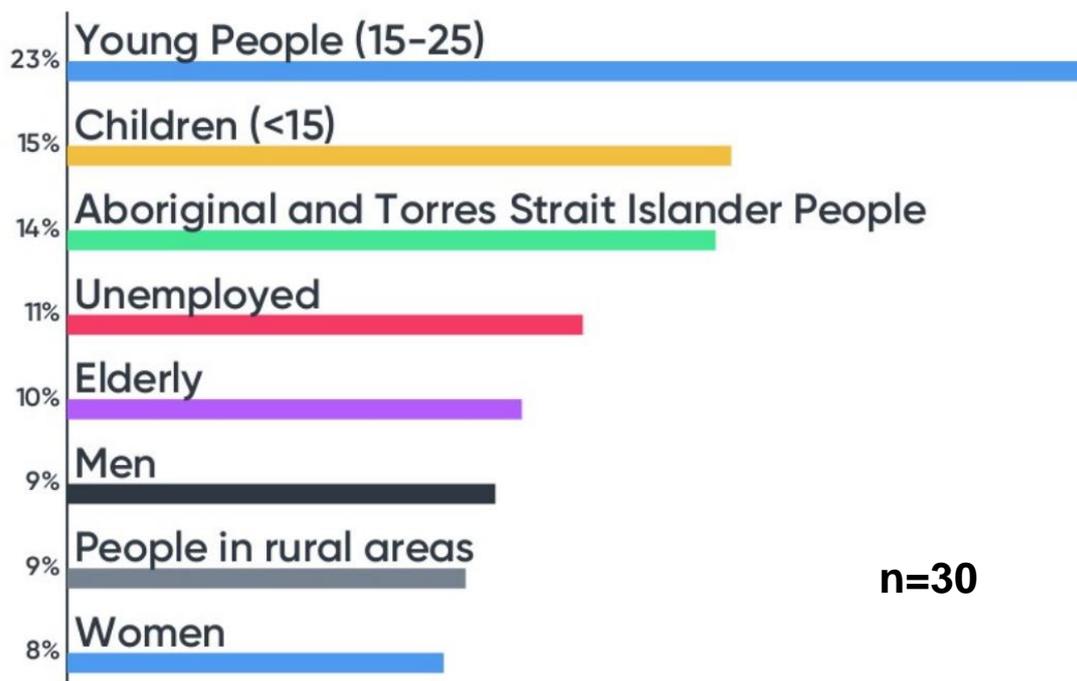
Lithgow Mental Health and Wellbeing Community Workshop Report

December 2018



Centre for
Rural & Remote
Mental Health

Priority Groups



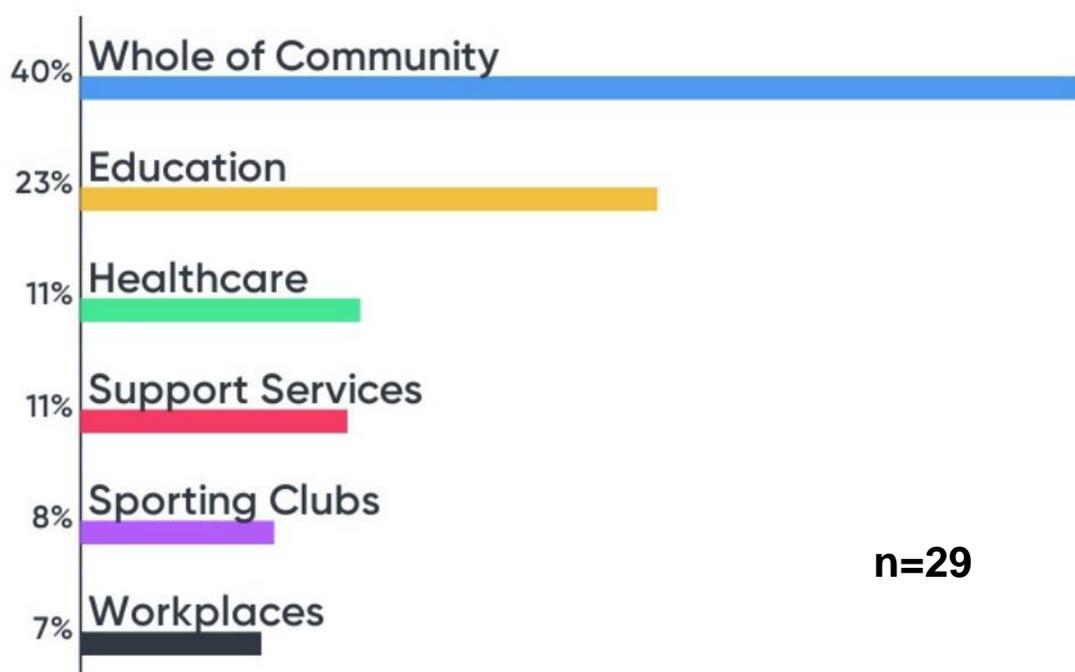
Other suggestions:

Group	No. of responses
Families and parents	10
Disability	8
LGBTQI	7
CALD	6
Volunteers	3
Socially Isolated	3
People in and exiting custody	2
Other: refugees, after school activity groups, physically unwell, carers, libraries, those with co-morbid issues and those of no fixed address	

Example objective & strategies:

1. Support the wellbeing of young people in the Lithgow LGA
 - Facilitate a community bus for youths, staffed with volunteers
 - Create a low key youth hub (eg. Junction 142 in Katoomba)
 - Support and standardise resilience building programs in schools (eg: Project Air, Inside out)
 - Support healthy relationship programs in schools
 - Facilitate community mentoring programs, staffed with volunteers
 - Attract school camp programs to Lithgow, especially those with an Indigenous focus
 - Establish an Indigenous scouts program
 - Advocate for investment in community infrastructure, such as a community hall or shed
 - Support healthy eating programs in schools for students and parents

Priority Settings



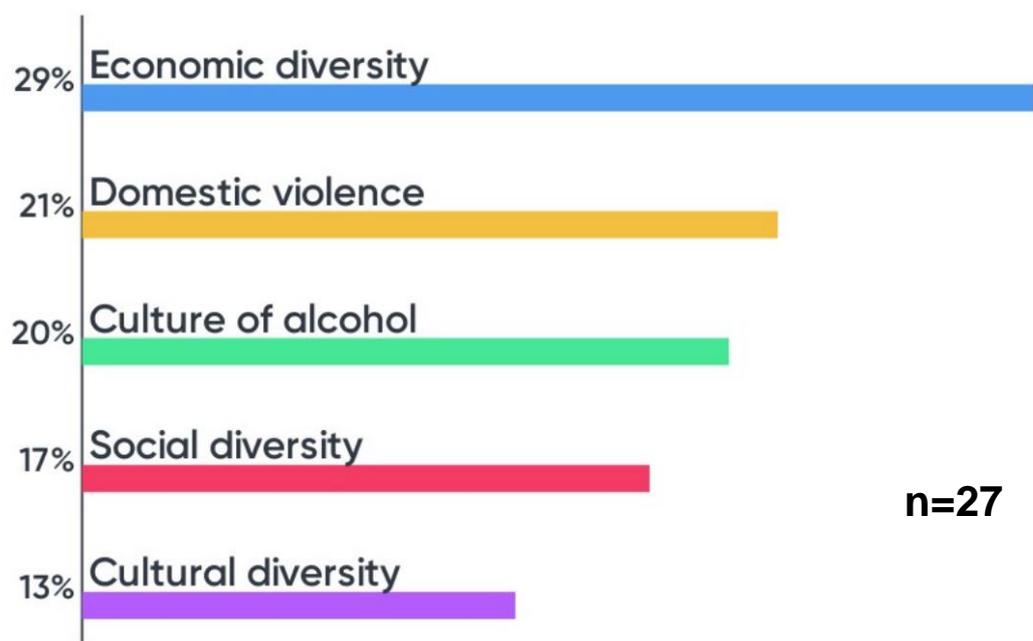
Other suggestions:

Setting	No. of responses
Community Hubs and neighbourhood centre	11
social groups and recreation (inc. sport & spirituality)	6
Extra Healthcare	6
Events	4
Pubs and Clubs	3
Early Childhood centres	2
Housing Commissions	2
Other: Gambling community, Prison Link, Unions, Council, small business and Library	

Example objective and strategies:

2. Promote a connected community to which the whole of community can belong.
 - Form a committee to oversee community engagement and identify community values, led by community
 - Develop a communication strategy:
 - Plan for everyone to have a voice
 - Plan to engage hard-to-reach groups
 - Connecting with neighbours
 - Create a webpage and advertise through all types of media
 - Build the capacity of the community to engage in inclusive and fun interest and hobby groups (eg. music groups, exercise groups)
 - Build the Lithgow sense of community through a strengths based approach
 - Improve transport options for non-drivers
 - Promote activities that already occur

Priority Issues



Other suggestions:

Issue	No. of responses
Trauma	14
Childhood neglect and abuse	3
Transport	5
Addiction and drug abuse	3
Poverty	2
Accessibility	2
Parental support	3
Other: Social opportunities, leadership, emotional regulation, mental health, self-esteem, disability, complex medical problems, gambling and a lack of future planning	

Strong theme of intergenerational impacts on each of these issues

Example objective and strategies:

3. Build economic diversity in the Lithgow LGA and attract businesses to the area
 - Work with council to implement and communicate the economic development strategy
 - Encourage tourism to Lithgow by creating and promoting attractions
 - Consult with council in the development of a creative industry strategic plan
 - Collaborate with the Blue Mountains and Western Sydney on economic plans
 - Facilitate training for local businesses, with a focus on tendering and application processes
 - Work with council to use the local environment to the advantage of the community

4. Support families, parents and young children to develop healthy habits that can support development and positive trajectories throughout life
 - Support parents with training opportunities into:
 - Attachment theory
 - Resilience
 - Health care

- Promote health checks to fulfil bluebook requirements
- Investigate “First 2000 days” from the WNSWLHD
- Advocate for the roll out of the Families First program which involves home visits during the first 18 months of life
- Promote and maintain Lithgow Care website which has a directory to local services and events
- Develop an interagency meeting for early childhood providers
- Promote relevant events through school newsletters, Facebook and local newspapers
- Promote available options for family counselling and support

5. Support education throughout the lifespan in schools, TAFE, workplaces and the community

- Advocate for a Lithgow university which is run by Lithgow people for Lithgow people
- Facilitate workshops, training and sessions on:
 - Distress tolerance
 - Crisis survival strategies
 - Emotional regulation
 - Emotional intelligence
 - Mental health literacy
- Increase education opportunities to aid employability
- Educate to diversify local industry
- Support current local industry with education sessions about wellbeing
- Promote local opportunities for education



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