



YOUR HEALTH

Reach out for help

The constantly changing news and restrictions about COVID-19 can affect your mental health, leading to anxiety and even depression.

Restrictions on visiting friends, elderly family members and celebrating milestones and events such as birthdays, school graduations and weddings are also creating distress for many people.

Others may be concerned about going out and risking contracting the virus when they are using public transport or in busy shopping centres.

Whatever your concern, it's important to acknowledge it and to seek help if it is affecting your wellbeing.

We've provided a comprehensive list of support services and resources on our website – as well as general mental health support, we've also included links for specific issues such as domestic violence, homelessness or practical help. For details, search "COVID help" at centralcoast.nsw.gov.au

Exercise is also an important aid to good mental health. We've produced videos to help increase your physical and mental fitness through exercise and meditation. Search "exercise" at centralcoast.nsw.gov.au/youtube

YOUR COMMUNITY

Time's running out for grant applications

Community groups experiencing a COVID-related surge in demand for their services are running out of time to apply for Council's 'Working Together Staying Strong' grant program.

The \$300,000 program was established to help local groups and organisations meet the needs of our most vulnerable community members during the pandemic. It closes on 30 September or when funds are exhausted.

Not-for-profit and community groups can apply, particularly those supporting the physical health and mental wellbeing, social connection and safety of vulnerable and at-risk groups. This includes projects such as:

- food hamper preparation and delivery
- swags for rough sleepers
- mental health support
- counselling services
- organisational volunteer support
- helping people get around
- small equipment purchases

Eligible applicants can apply for between \$1,000 and \$10,000 per project in combined funding and in-kind Council services. Search 'grants' at centralcoast.nsw.gov.au

YOUR BUSINESS

Backing businesses to grow

Although it has been a difficult year for the local economy, the Central Coast is now seeing an influx of visitors to the region, and promising sales figures in areas such as retail and restaurant spending in key tourism destinations.

While ATO data shows 47.2 percent of Coast businesses are accessing JobKeeper payments, many have also used the downturn to review their operation and give their business a makeover, moving to new delivery methods, revamped services or increasing their visibility.

Our website has a range of information to help businesses during this difficult economic period. This includes:

- enabling businesses to become a Council supplier
- Bigger Backyard local business program
- Shop Local campaign
- 'low-touch economy' webinar
- Central Coast grant finder
- small business water audits
- dedicated customer service support
- COVID-safe resources

Search "business support" at centralcoast.nsw.gov.au



Central Coast Stadium Strategy

We're developing a plan for the future of Central Coast Stadium – the Central Coast Stadium Strategy.

This strategy outlines the objectives and options for the ongoing future of the stadium, as well as a potential naming rights sponsor and management of the stadium.

You're invited to have your say. Submissions and feedback will be accepted until **5pm 28 September 2020**.



yourvoiceourcoast.com



Join a forum - Disability Inclusion Action Plan

Do you have ideas or feedback about how we can make the Coast even more accessible and inclusive?

We are inviting people who live with a disability and their family or carers to join an online forum to help Council develop our new Disability Inclusion Action Plan 2021-2025. Forums are taking place on 17, 22 and 24 September 2020.

To register go to yourvoiceourcoast.com or contact:

Celia Pennycook, Social Planner
P: 4350 5340

Jodie Frost Foster, Disability Inclusion Officer
P: 4325 8109



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