

## Community awards close Friday

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Community groups across the Sunshine Coast and Gympie are being urged to submit nominations for the Healthy Towns Awards program before entries close on Friday, 14 September.

Ruth Polley, from Hope Reins said Healthy Towns gave local organisations a chance to be recognised for their work in the community and secure additional funding.

“Last year’s Health and Happiness award came with a grant for \$5000, which gave us the opportunity to continue helping disadvantaged people build relationships and connections.

“For example our sessions help people deal with issues like deal with anxiety, loneliness, depression and anger,” Ms Polley said.

“Healthy Towns really reinforced how many programs are helping people connect to services in their communities.

“You might be experiencing mental health issues, have a disability or be unemployed but there are great programs out in the community that can help you find your path.

“The idea of building connections was something that really resonated with us because we all need an opportunity to connect to the people and places around us.

“Through the support of the Healthy Towns awards and local businesses we’ve been able to continue healing horses and helping hurting humans.”

Healthy Towns is a joint initiative of Central Queensland, Wide Bay, Sunshine Coast PHN; University of the Sunshine Coast; Griffith University; Caloundra Community Centre; Sunshine Coast and Noosa Councils.

Robb Major, PHN Senior Manager for the Sunshine Coast said the application process could be completed in under an hour.

“Whether you’re a group supporting young mums, refugees or planting trees we want to hear about your success and encourage you to keep up the great work,” he said.

“You could also be awarded up to \$5000 to support your activities in the community.

“The research shows when people are involved in their community, they are happier and therefore healthier.”

Go to [www.healthytowns.org.au](http://www.healthytowns.org.au) to submit your nomination now.

### Grants include:

- \$5000 for Health and Happiness
- \$1000 for Connections between People
- \$1000 for Connections with Place
- \$1000 for Connections with Greenspace

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