

FOR IMMEDIATE RELEASE

Final call out for community to “Give the Gift of Wellness”

Sydney, NSW, 12th October 2015

Newtown Neighbourhood Centre (NNC) is calling for community and local business support in its bid to raise \$15,000 to fund its pilot fitness and nutrition program, to be held in Camperdown Sydney.

The Gift of Wellness campaign is in its final week to raise money to help individuals living with and recovering from mental illness to provide them with access to services and professionals that are otherwise out of their reach.

Participants will meet twice a week for eight weeks in Camperdown Oval to begin their path to wellness, receiving invaluable guidance, nutritional information and a fitness regimen tailored to their specific needs and skill levels.

Mark Wilcockson, a personal trainer from Newtown Gym who will be providing the physical training said, “Not only will participants improve their sleeping habits, but they’ll have fewer negative thoughts and improved control over their body. Group training provides social support and will bring a group of people who are possibly feeling isolated, out to connect with each other and those around them.”

According to the Australian Bureau of Statistics one in five (20%) Australians aged 16-85 experience a mental illness in any year. The most common mental illnesses are depressive, anxiety and substance use disorders.

To combat this alarming figure, NNC needs public support. Project Coordinator Helen Hwang is confident that the program will improve the quality of life for individuals who live with mental illness, ‘[the program] will provide exercise, nutrition and fitness, but will also help participants build social connections’ – an important step in the road to wellness.

Funds raised by NNC will be put towards resources such as a ‘equipment, clothing and sports gear. This way, participants can continue their exercise when the program ends,’ Hwang added.

“Gift of Wellness” campaign information

<http://www.newtowncentre.org/give-the-gift-of-wellness.html>

Donations to campaign

<https://www.chuffed.org/project/wellness>

About

Newtown Neighbourhood Centre exists to create a more inclusive, resilient, vibrant and self-reliant community. We are a not-for-profit incorporated association serving Sydney’s inner western suburbs.

www.newtowncentre.org

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