



The Hon Ray Williams MP

Member for Castle Hill

Parliamentary Secretary to the Premier and Western Sydney

MEDIA RELEASE

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HELPING SENIORS STAY SOCIALLY ACTIVE IN CASTLE HILL

Seniors in Castle Hill can look forward to having more opportunities to get social and make new friends thanks to a NSW Government initiative to combat isolation.

Member for Castle Hill Ray Williams said applications are now open for the Seniors Staying Social Grants Program with \$600,000 in one-off grants for locally driven projects that promote social inclusion for older people.

“Funding could go towards enhancing an existing program, expanding a program to suit a wider audience or creating new programs to combat social isolation,” Mr Williams said.

“There are so many health benefits to social interaction and we want our senior citizens to be involved with our community with even more activities on offer for them to enjoy.”

Acting Minister for Seniors Geoff Lee said the NSW Government is looking to support projects that help older people connect with each other and enable them to develop quality relationships.

“We want to provide more opportunities for our seniors to get out of the house and try new activities while having great conversations with people they have never met before,” said Mr Lee.

“Loneliness and social isolation can have adverse effects on our senior’s mental health so we are looking to fund programs which foster inclusion and encourage positive social outcomes for people over 65.”

“Our seniors can make new friends while trying out activities for the first time which can challenge their minds while helping them stay fit and healthy,” added Mr Lee.

“Activities which are already helping NSW seniors stay social include ocean swimming clubs, walking groups, table tennis clubs, dancing groups, art classes, and walking basketball teams.”

Social inclusion is a key priority of the NSW Ageing Strategy and is part of the NSW Government’s key commitment to meet the needs of our ageing population.

Applications close on 19 April 2020.

For more information: www.facs.nsw.gov.au/inclusion/seniors/seniorsstayingssocial

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