

## New Zealand invests in ensuring mental wellbeing

25 August 2020 | News

**The new fund will enable initiatives that will support and grow the mental wellbeing for individuals**



The Ministry of Health has welcomed Sport New Zealand's new \$68 million T? Manawa fund for community led play, active recreation and sport.

The new fund will enable initiatives that will support and grow the mental wellbeing for individuals, families and communities to adapt and thrive after their lives have been disrupted by COVID-19.

T? Manawa will fund new or existing projects or programmes for children and young people. In its first year the fund is focused on high deprivation communities, where physical activity levels have been impacted by COVID-19.

Physical activity is important for both physical and mental health, and in organised forms plays an important role in bring communities together.

Mental Health and Addiction Acting Deputy-Director General, Toni Gutschlag said "For most people, mental health support starts with family and friends. The networks and groups we belong to (such as marae, sport and recreation clubs, arts groups, playcentres, churches and peer support groups) play a vital role in helping us find a positive path through challenging times.

Investing in play, active recreation and sport will help strengthen and protect communities, and it's great to see Sport New Zealand channelling funds directly into communities."

Funds like T? Manawa strengthen and enable community-led responses and solutions and put decisions into the hands of communities – who are best placed to know what is going to work to meet their needs.

Grassroots approaches to identifying and responding to needs is vital to ensure resources will hit the spot in terms of meeting wellbeing needs.