

Wellbeing in Nature

Free Program for Carers

Although many people wouldn't identify themselves as Carers, 1 in 10 NSW residents provide support to a family member or friend, who may be experiencing poor mental health, disability, or chronic health issues.

Similarly, people with alcohol and/or drug dependency, and those with terminal illness, also often have someone who helps with emotional or practical support. **Sometimes, this person is a young person.**

Although every situation is different, it is important for Carers to take some time out to look after their own wellbeing. **This is where nature comes in!**

Wellbeing in Nature is an immersion program, where Carers can get social, connect with nature and learn about plant care and sustainability.



Each three-hour session is facilitated by a MHFA trained facilitator who works in partnership with horticulture staff to deliver an engaging wellbeing experience. Activities include native seed propagation, planting and caring for herbs as well as hands on experience in seed collection and plant ID.

Sessions start off with an informal catch-up, followed by stretching in the botanic gardens and then it's straight into the nursery to work with the plants.

Program participants are also contributing to something bigger than themselves, helping to grow plants for environmental restoration projects across Western Sydney.

What's Involved?

Each program runs for 14 weeks but we are flexible to fit in with the unique needs of participants. Sessions always include a safety briefing, as well as a safe space for conversation and connection over a morning/afternoon tea break.

Location: Cumberland Council Nursery, and Auburn Botanic Gardens, 96 Chiswick Road, Auburn NSW

Intake: Programs commenced in late September, however we accept participants on a rolling basis.

Duration: 1x weekly for 14 weeks, 9:00 am – 12:00 pm or 1:00 pm – 4:00 pm

Transport: Optional complimentary transport will be provided to and from Auburn train station. Alternatively, you can make your own way to site, with free parking available nearby.

Eligibility

Here are some handy hints to help determine eligibility:

- Carers must be 15 years or older to participate.
- Carers do not need to be receiving a Carers Allowance from Centrelink to be eligible to participate.
- Carers receiving a Carers Allowance are eligible to participate.

It's OK if someone doesn't want to commit to the full program, they can always come along and check the program out before signing up!

Referrals are easy, simply call Lucy on 02 4721 4625 or email westernsydney@cva.org.au or, alternatively [register your interest online](#) and we'll be in touch.