nature connection support services

# What is nature connection support services?

We support participants to be in nature and access the wellbeing benefits of nature-connection. These specialised supports are delivered by skilled and experienced mentors and are especially suitable for people with psychosocial disability.

Accessible – Supports are local, safe, and transportation is provided

Enjoyable – Activities are engaging, unique, and non-stigmatising

Beneficial – Participants access the wellbeing benefits of nature-connection while building their knowledge, skills, and experiences

# What are the benefits of nature-connection?

Connecting to the natural world brings us many physical, mental, and social wellbeing benefits. For example, spending time in nature:

* Improves mood and self-esteem
* Reduces stress and anxiety
* Restores attention, perception, and cognitive performance
* Increases resilience and self-confidence
* Strengthens relatedness
* Develops autonomy and competence
* Helps clarify thoughts, dreams, and priorities
* Enhances wellbeing and life satisfaction
* Elicits awe and spiritual sentiments

Unfortunately, many of us are unfamiliar with or feel uncomfortable in nature and this prevents us from enjoying its benefits. Disconnection from nature can also contribute to lifestyles that are harmful to ourselves, our communities, and our environment.

# What will I be doing?

First, we will go to natural space and get settled in.

Then we will do activities aimed at building comfort, competence, and confidence in nature. A range of practical and theoretical activities are available to choose from. For example, we could make a campfire and brew billy tea, practice navigation using clues from the landscape, or learn to identify native birds.

Activities are informal, relaxed and flexible and can be done for an hour or a few. At all stages, participants choose the pace and level of challenge.

# Where will I be going?

Nature-connection can be practiced in any accessible natural space. This could be a national park, the local botanic gardens, or a nearby hill, creek, or wetland reserve. Participants are invited to suggest natural places of personal significance.

# What will I need?

All necessary equipment will be provided. Participants just need to wear clothes suitable for the outdoors and the current weather conditions. Non-essentials can safely be left behind.

# What does it cost?

NDIS funded participants are billed under line item: 04\_40x\_0104\_1\_1 Assistance with social and community participation: Access Community, Social and Recreational Activities - Level 2. For very high intensity supports, the Level 3 price limit may be applied with participant agreement. Transportation is included and can be billed as part of the support time.

# Who do I contact?

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Mitchell has a background in mental health support work, nature-connection mentoring, bush craft, outdoor leadership, group facilitation, youth work, and ecological restoration. He also has qualifications in psychology and ecology.