

## Partly Wheelchair accessible Nature Trail

Our Nature Trail is a great experience for children and can be a challenge for adults, as it leads through bushland over logs and along an artificial creek bed.

To make this experience more inclusive, we have upgraded part of the trail to allow for wheelchair access.



Most parts of the gardens are wheelchair and bike accessible. Dogs on leads are also welcome and a water fountain and dog bowl next to the 400 year Old Gum Tree keeps everyone fresh and hydrated.

For people who might have difficulty taking longer strolls, a wheelchair and walker are available at the Community Centre during opening hours.

### Opening Hours:

Garden: 7 days a week from sunrise to sunset

Community Nursery and NRC:

Monday by appointment

Tuesday 9am - 4.30pm

Wednesday 9am - 12.30pm

Thursday 9am - 4.30pm

Friday by appointment

653 Research Rd. Nuriootpa, 5355 SA

Tel.: (08) 8563 8330

[bushgardens@barossa.sa.gov.au](mailto:bushgardens@barossa.sa.gov.au)

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**Government  
of South Australia**

Northern and Yorke  
Landscape Board



**Health and Wellbeing**



*The Barossa Council*

The rise in mental health statistics in Australia indicates that we need more intervention in our lives. Spending time in nature has been found to improve mental health of adults and children. Some find purpose in nature while others are so busy, they don't get the time to stop, slow down and take a breath.

In a busy stressful life, it can be difficult to see the value of spending time in nature, but research from around the globe continues to find that being outdoors is good for us. Not only does it improve our physical health, but is fundamental to our mental health and wellbeing.

Urban development forces people to live on smaller properties with compact or no gardens. The Barossa Bushgardens offers several spaces to enjoy a relaxing day out. Going for a walk, looking at flowers, feeling and smelling plants in the Sensory Garden or having a break under the shelter in the Dementia Friendly Garden, are just some possibilities.

## Sensory Garden



With sensory experiences, there is always much more going on than meets the eye. Sensory activities help to build nerve connections in the brain, encourage the development of motor skills, support language development and encourage 'scientific thinking' and problem solving.

## Dementia Friendly Garden

The Dementia Friendly Garden was designed to help elderly people and their families or carers to enjoy a relaxing time in a safe space.



People suffering from dementia tend to remember things that they have experienced a long time ago and the very old rural fencing as well as farming machinery and rustic looking sculptures may help them bring back memories.

***"Plant seeds of happiness, hope, success and love; it will all come back to you in abundance. This is the law of nature."***

Steve Maraboli

## Labyrinth

Walking the Labyrinth can provide benefits for people of all ages and from all walks of life. The meditative and reflective nature of a labyrinth walk can relax the mind, give gentle exercise and offer relief from stress and anxiety associated with our daily lives.



## Food for the Soul Garden

Our newest addition, once developed, will contain a total of nine raised garden beds of which some will be wheelchair accessible, whereas others are suitable for people that have back problems or can't bend over for other reasons.

They will be used to combine the growing of delicious organic vegetables with Australian native food plants, that will be grown next to the Reconciliation Circle.

The whole community, including different disability and mental health support groups, students and children, are invited to take care of the gardens.

It serves not only educational purposes, but also enhances social, physical and mental health. It will also be accessible for everyone, anytime of the week so people can do some work whenever they feel like and pick some vegies, once they are ready.