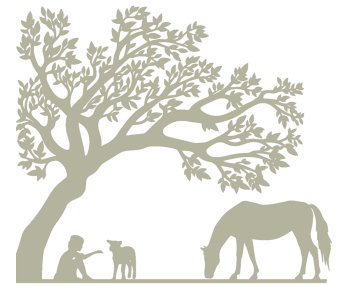


# Tales of...

## FROM THE GROUND UP

### wellbeing farm



August Newsletter

#### PAWGUST

For the month of August we registered a From the Ground up Community Pawgust team.



**PAWGUST** | Guide Dogs.

#### WORDS FROM JULIA CARR...

What a fabulous 6 weeks of activities encouraging wide ranging skills and experiences. Participants helped prepare for our Pawgust Month in so many different ways. They measured distances using tape measure, paces, measuring wheel, fitness technology. They cut out flags, painted rocks for our animal hunt, discovered tracks and marked the tracks with stakes and hammer. These tasks challenged us all physically, mentally and emotionally as we coped with frustration, changes, sharing and waiting.

During the month of Pawgust we covered great distances allowing participants to improve their adventuring ability, balance over rough and different terrain, make hiking sticks to support our journeys and be safe, build resilience. We included many animals in our adventures to help them stay fit, healthy and stimulated. This gave us opportunity to work as a team being responsible for the animals wellbeing and our own emotional and physical comfort. Many participants had novel experiences – doing a duck waddle, seeing a pregnant donkey, learning the chicken names and characteristics, using binoculars to watch our new swans on the lake, discovering wild grasses, noticing bush textures and insects, playing a game with a flock of chickens. We all braved many weather challenges including fierce wind, chilly days, rain and hot and dry conditions. So great for our sensory processing and determination.

The increased chance to walk and talk allowed wonderful space to express emotions. Some I heard were “I love this adventuring!”, “I have never seen that before!” “Wow, I managed to walk all that way” “It is more tricky walking on this tufted grass” “I did it”

Lastly participants calculated and recorded their distances using some good old maths and writing skills to achieve a whopping 78,5km collective distance.

#### FARMYARD & ANIMAL UPDATES

- Pickles and Odee have been adopted by a family that is part of our wellbeing farm community.
- Ex battery hens have been fostered into the farm for some care and rehabilitation.
- Levi and Louie (miniature goat kids) have been introduced into the foster program. They are part of a triplet, however mum only had the milk capacity to feed one baby.
- We are on foal watch with Maebelle for a September foal!
- Together with our volunteers we were so grateful to have had first nations aunty, Bec Domaille from Taribelang Bunda Support Services provide guidance and insight into native vegetation options that would begin to restore balance in our ecosystem and benefit the quality of the farm’s land.

#### MONTHLY AFFIRMATION



Move your body,  
change your mind  
~Rachel Hollis

#### NOTICES

- Please remember covered shoes and hats.
- For anything booking related please contact Sarah-admin@fromthegroundup.net.au
- Please adhere to session times - 50mins client contact including debrief, 10min indirect note taking.