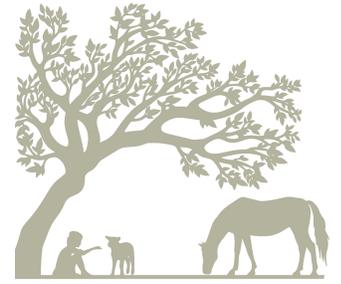




# Tales of...

## FROM THE GROUND UP

### wellbeing farm



September Newsletter

### SPRING



We welcome the new energy that spring brings and the opportunity for new beginnings. A chance to freshen up our routines, clear our minds and re-energise our bodies. This month at the farm, we have welcomed new life and lost another, an opportunity for us to navigate grief and discover our support networks. As our days warm up, we are practicing personal awareness and recognising our body signs to stay hydrated, seek shade ect. The animals demonstrate this for us so naturally. We have been working together with our participants and support workers to model and practice procedures for safety around the potential new risks that can arise such as snakes, heat exhaustion ect.

### WORDS FROM DANIELLE NOON...

The earth is alive. Just like us, it breathes in and out, nature evolves and regenerates using seasons. Springtime represents renewal, the coming out of the darkness, it brings new energy, joy, hope & cheerfulness, along with warmth & sunshine. Our days start to get longer and our nights become shorter. For farmers this is a time to prepare the land, sow the seeds. For us, this is a time to act, make plans, take necessary risks & step out of our comfort zone- to set ourselves up for the coming seasons. It is a perfect window of opportunity to learn new skills & set our intentions whilst looking to the future. For true growth we must be patient & resilient, as it can take many months before we see the seeds that we have planted, start to grow.

### FARMYARD & ANIMAL UPDATES



- Maebelle delivered a beautiful little filly, however complications after delivery led to a rough start and she passed away a few hours later. We are very grateful for our vet's compassionate care whilst attending to the foal. During her short life with us she was named Hope.
- The rescue battery hens have graduated the foster program and have been adopted by a farm community member.
- Peaches and Starlight have hatched a small clutch of chicks.
- The farm community have constructed a new frog motel.
- We have harvested some fresh produce - jaboticabas, cucumbers, pumpkins, and snow peas.
- We have refurbished our green house into a cool, loose parts garden room to explore our senses.
- Options Day 2023 - From the Ground Up Wellbeing Farm was excited to share with the wider community our farm's values and purpose. Thank you volunteers and event organisers for such a wonderful day.

### MONTHLY AFFIRMATION



Spring: a lovely reminder of how necessary and beautiful change can be

### NOTICES



- Please remember covered shoes and hats.
- For anything booking related please contact Sarah- [admin@fromthegroundup.net.au](mailto:admin@fromthegroundup.net.au)
- Please adhere to session times - 50mins client contact including debrief, 10min indirect note taking.
- Pet dogs to remain in your vehicle. Registered assistant dogs may attend with prior arrangement.