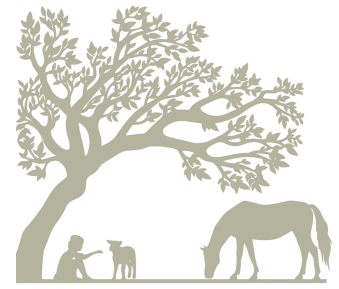


# Tales of...

## FROM THE GROUND UP

### wellbeing farm



October Newsletter

#### HEALING & GROWTH IN NATURE



Nature has powerful and restorative effects that can bring soothing balance to our nervous systems to promote and facilitate recovery and development. The wellbeing farm is a special place that we share the gifts that nature provides. Our loofah project provided opportunities for tactile exploration and discussions regarding self care. Our farm is growing an abundance of bush tucker plants, the leaves and fruits will nurture ours and our animals bodies. Participants identified a essential oil farm scent which they connected to. Essential oils can provide opportunities for using powerful olfactory sense to connect with positive memory, feeling and regulation. Our community created a circle of security with bamboo plants which in time will create a safe and quite nature room space for us to rest.

#### WORDS FROM KELLIE ROCHE...

As Mother Nature continued with her seasonal warm up, and the busy-ness of spring settled in, this month we took the time to slow down, explore all of our senses, connect with the earth, and observe her wonders. To do this, we found or created 'sit spots' around the farm to find pause in, allowing us to feel, observe, and reflect. We explored all of our senses, both inside and out, mindfully observing our bodily responses. We explored further the senses of touch and smell, broadening our exposure to textures and scents, and acknowledging their links to the evocation of memory, emotion, and physical reactions. We guided our participants on a felt journey, supporting an emotional connection, and a sense of belonging here at our farm and among our community. Many people find difficulty in finding stillness or pause in this world that expects us to be active, moving, engaging, and productive much of the time. Everyone has their own innate pace and rhythm. Slowing down to observe, explore the senses, listen to our bodies, and connect with the earth helps us to understand ourselves, our own regulation, our participation in life, connection with others, and care for the earth. Where can you find a 'sit spot' in your everyday life? to find stillness, observe, connect with yourself, and the earth.

#### FARMYARD & ANIMAL UPDATES

- Puddle is a proud mumma of ducklings, we celebrate her first time success as a new mum. Molly, the chicken, was given some eggs and also hatched out some ducklings which she is raising.
- A yr 4 class from St Johns school attended the farm for a site visit as part of a learning opportunity for a project which adopts a human centered design thinking approach to address community challenges. The class is designing and creating a raised garden bed to facilitate accessibility and inclusiveness in our farm community.

#### MONTHLY AFFIRMATION



Adopt the pace of nature, her secret is patience.

~ Ralph Waldo Emerson

#### NOTICES

- For your safety please wait in the waiting area, your facilitator will meet you for your session time.
- Please note our upcoming Christmas holidays closure dates 23/12/2023 - 08/01/2024