

Walking the South East Seasons with Nature in Mind

The Project

Nature in Mind launched in January 2017, a unique year-long program based on Weaving the South East Seasons Aboriginal calendar. The program gives young people the chance to contribute to environmental sustainability and experience the benefits of connecting to Country.

The program kicked off with Elder Doug Nicholls welcoming attendees to Country and smoking each participant to prepare them for the program. The young people heard from Doug on cultural artefacts, law through message sticks, and the Weaving the South East Seasons Aboriginal Calendar. Once a month the young participants undertook walks and got their hands dirty assisting with some restoration projects. Having the Calendar as the framework added so much to the program, adding a depth of appreciation about the region, First Nations culture and connection.



Healthy relationships and outcomes

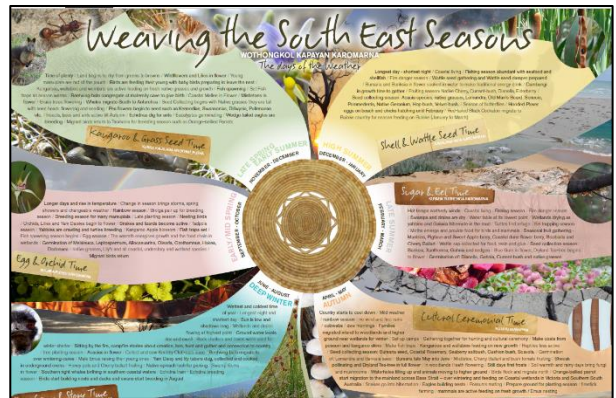
The program increased the mental health and wellbeing of the participants, promoted environmental sustainability and leadership, and shared local Aboriginal knowledge of Country.

“Seeing young people connect with Country is inspiring”

David New
Natural Resources South East

Partners

South East Natural Resources Management Board, Uniting Communities ([headspace Mount Gambier](#)) City of Mount Gambier and Friends of Parks Inc.



Where to from here

Following on from the success of the first year of the program, Friends of Parks Inc. has provided additional funding to grow the program. In 2018 we ran program activities with The Junction Mental Health Volunteers, Burrandies Aboriginal Corporation Homework Group and Pangula Mannamurna Aboriginal Men’s group. The initial program has also led to the development of the [SE Young Enviro Volunteers Group](#) and aims to continue to build on these programs.

More information

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