



Ngunnawal Bush Healing Farm

Community Newsletter – Edition 1, October 2020

The Ngunnawal Bush Healing Farm (NBHF) provides a place of healing, where Aboriginal and Torres Strait Islander people can feel safe and supported to make ongoing and meaningful changes in their lives.

Program 7 Snapshot

The seventh Ngunnawal Bush Healing Farm program was delivered from 10 August to 15 October 2020, with ten participants, including four men and six women.

During the ten-week program, participants had the opportunity to:

- meet with Ngunnawal and other community elders
- visit local sites of cultural significance
- spend time on country in Tidbinbilla Nature Reserve
- create art through painting, sculpture, carving, weaving and fabric crafts and visit local art galleries around Canberra
- learn about Aboriginal culture, history, dance, horticulture, and genealogy (cultural family history tracing)
- complete a range of education programs including:
 - living skills with Yeddung Murra Good Pathways
 - foundation skills with JCE Positive Outcomes and
 - pathways to certificate level studies with CIT Yurauna Centre.

Other activities included weekly onsite Healing from Trauma and SMART Recovery programs, bi-weekly physical fitness, healthy cooking lessons, and talks from local Aboriginal and Torres Strait Islander speakers including Selina Walker, Geoff Richards, Rob Scott and Clinton Knight.

Program 7 Statement of Commitment

Program 7 participants developed the following statement as a reminder of what they wanted to do, be and achieve through the program:

We promise to support and help others, to follow the Ngunnawal Bush Healing Farm Guidelines, and to heal with the support of our mob.

We commit to motivate ourselves and each other, be open to change, engage and be encouraging.

We will participate, listen to others, bring our own strengths, be ourselves and invest in strengthening our community connections.

About the Ngunnawal Bush Healing Farm (NBHF)

The NBHF provides a place of healing, where Aboriginal and Torres Strait Islander people can feel safe and supported to make ongoing and meaningful changes in their lives.

What is the NBHF Program?

The NBHF currently offers a day program for Aboriginal and Torres Strait Islander adults seeking support to recover from a history of alcohol and/or drug (AOD) use.

Our day programs use a therapeutic community approach, traditional healing concepts, cultural programs, and life skills training to tackle the underlying social and emotional issues linked to AOD use.

We work with a range of services (health, social, community, educational, government, non-government) to ensure clients can access assistance based on individual needs.

Upcoming Day Programs

Program 8	Duration 8 weeks	2 November to 24 December 2020
Program 9	Duration 10 weeks	1 February to 1 April 2021

Who can attend?

If you are over 18, identify as Aboriginal and/or Torres Strait Islander and do not have a history of violent and/or sexual offending, you can apply for a place on the next day program. To be selected for the program, you need to:

- Be 4-6 weeks free from alcohol and other drugs
- Be able to attend the program Monday to Thursday for up to 10 weeks, and
- Remain free from all drugs and alcohol while attending.

How is the Program delivered?

The program is delivered at the Ngunnawal Bush Healing Farm and at other locations including local sites of cultural significance. All transport, meals and equipment are provided.

How do I refer someone to the Program?

Contact our team at NBHF_Referrals@act.gov.au to arrange a referral or call us on 02 6237 6700 between 9.00am and 4.00pm Monday to Thursday. We're always happy to hear from potential new clients and services keen to connect with us!

Meet the newest member of our Team!!

You might recognise our newest team member – **Mr Calvin Butler** who recently came on board as NBHF Transport and Program Support Officer. Welcome Calvin!!



Ngunnawal Knowledge

The ACT's Traditional Owners, the Ngunnawal people, used and continue to use the plant resources of this region for food, medicine, tools and weapons, fire, ceremonial purposes, water, fibre, dye and paint.

The field guide, [Ngunnawal Plant Use](#), provides information on the native plants of the ACT region and their many Ngunnawal uses.

