



WELLBEING IN IN NATURE

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LET'S TALK ABOUT...





Understanding our "WHY?"



Wellbeing in Nature



Rail Trail Rides



Takaway Suggestions



UNDERSTANDING OUR "WHY"



Challenges

Strategic Response

Stakeholders

Strategic Objectives

Outcomes

Organisation |

Passengers

Social Impact

1 in 6 Australians
(3.6M people) are
over 65 y.o. and 1 in
2 have a disability; 1
in 9 Australians
(2.9M people)
under 65 also have
a disability.

Life challenges and COVID19
restrictions mean older adults and people with a disability (PwD) are more isolated from people, the community and the environment, despite support from family, friends and support services.

Our Local Chapters

provide older adults
and PwD who cannot
ride for themselves
with trishaw rides,
connecting them
with their
community and the
environment.

Our National Body

chapters and
supports established
chapters, so the
Cycling Without Age
experience can be
offered to more
people in more
places.

Passengers: Older adult (aged 65+) or PwD living in the community or residential care.

Volunteers: Active citizens operating local chapters; national Council members

Collaborators:

family, carers, service providers, advocacy groups, government, CWA International

Funders: private donors, corporate sponsors, family foundations, philanthropists & local governments Activate New Chapters

to offer more rides to more people in more places

Support Established Chapters to keep improving their service and deepen their

impact

Govern CWAA Chapters

with sound operational and financial policies, practices and risk management

Become a Sustainable
National Body that is
trusted and well
recognised

More rides for more people in more places

Keep improving and making a difference

Safe & Effective Local Chapters

Sustainable, Trusted & Well Recognised

Opportunity:

Access to new places, new experiences, new activities.

Socialisation:

Making new friends, forming deeper relationships, feeling more positive.

Community:

A sense of inclusion, belonging and participation.

Our Vision is for older adults and people living with a disability to enjoy life, feel involved in their community, and feel connected to other people and the environment.

Environment:

Boost to energy, health & wellbeing.

BUILDING BESPOKE PROGRAMS TO ACHIEVE OUR OUTCOMES



Passengers

Opportunity:

Access to new places, new experiences, new activities.

Socialisation:

Making new friends, forming deeper relationships, feeling more positive.

Community:

A sense of inclusion, belonging and participation.

Environment:

Boost to energy, health & wellbeing. More Rides Program

Ride 4 a

Reason







THE BENEFITS





Reduce stress levels

Enjoy the calm of nature, helping to lower your blood pressure and reduce production of stress hormones.



Open up creatively

Nature is an endless resource of inspiration.
Head outside for a world of opportunities to be creative.



Be more present

Use the outdoors to practise mindfulness, helping you be more relaxed and less anxious.



Improve your mood

Establish a
connection with
nature to help
build positive
long-term
outcomes for your
wellbeing.



Better your physical health

Walking, running,
cycling - it all helps
release positive
hormones that
improve our
physical and
mental health.













Working alongside
Healthcare professionals
to provide opportunities of
being out in NATURE to
IMPROVE PHYSICAL and
MENTALH HEALTH whilst
building SOCIAL
CONNECTIONS



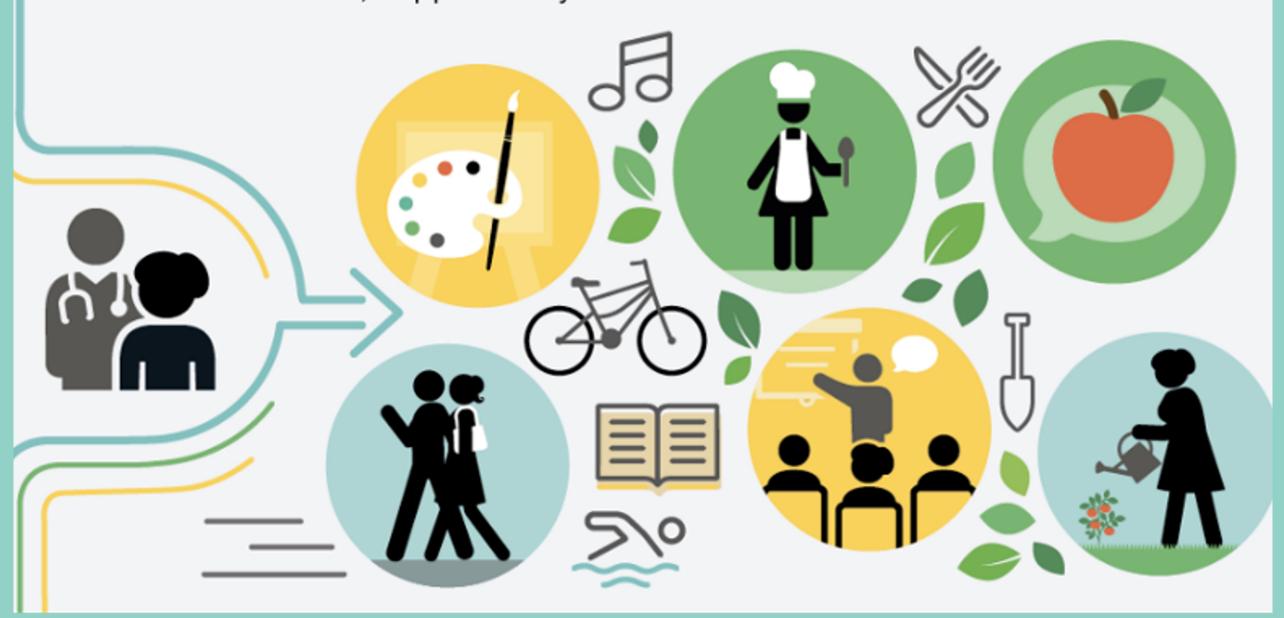
Feeling the wind, feeling the sun, the fresh air, smelling the ocean and the bush...this is NATURE **CONNECTION** and **SENSORY** STIMULATION. They build relationship with the person sitting next to them and the rider which is about social interaction. All these elements contribute significantly towards mental health and wellbeing





Social prescribing - addressing people's needs in a holistic way

GPs and other health care professionals can refer people to a range of local, non-clinical services, supported by a link worker or connector

















It gives them a feeling of BELONGING and for most of them, it is the only place they possibly feel that at this point in their life.

Veronica – Senior OT

Fremantle Hospital
Older Adult Mental Health Service







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"Simply escaping out into nature provides the FREEDOM,
RELAXATION and PHYSICAL
ACTIVITY, which is needed and known to have a POSITIVE
IMPACT on mental states such as anxiety and depression"

DR RONA WEERASURIYA, DEAKIN UNIVERSITY

Health, Nature and Sustainability Research Group Associate Researcher

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You do not remember days...you remember MOMENTS







Rail trails are repurposed abandoned railway lines, offering scenic paths for walking, cycling, and horseback riding. Initiatives like Cycling Without Age have emerged, utilising some rail trails to offer rides and connections with NATURE for its passengers.

















NATURE



FUN

FREEDOM

FRESH AIR

SUGGESTIONS TO TAKE AWAY







CONNECT WITH HEALTHCARE PROFESSIONALS



RESEARCH ANY RAIL
TRAILS OR NATURE PARKS
IN YOUR AREAS



INITIATE A UNIVERSITY STUDY
ON EFFECTS OF NATURE ON
YOUR PARTICIPANTS