



WELLBEING IN NATURE

KAREN O'CONNOR

LET'S TALK ABOUT...



Understanding our “WHY?”



Wellbeing in Nature



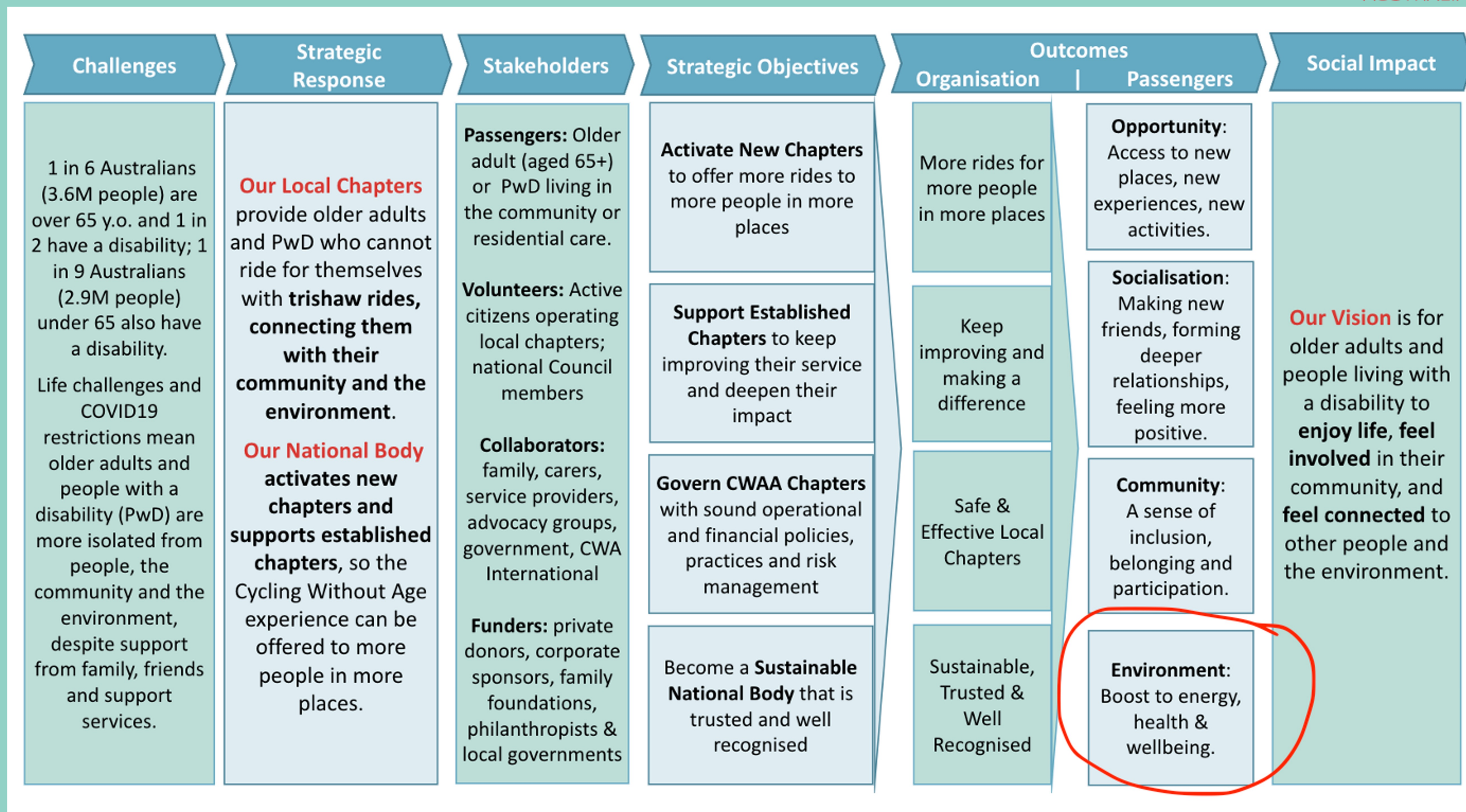
Rail Trail Rides



Takaway Suggestions



UNDERSTANDING OUR “WHY”



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

Rides 4 All

Wellbeing in Nature
Rail Trail Rides



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

”



“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

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.



CAUTION

- ⚠ No lighting
- ⚠ Uneven surface
- ⚠ Steep and wet conditions at times
- ⚠ Bats in tunnel
- ⚠ Maintain silence at headlight

DANGER

Do not enter tunnel without proper lighting and safety equipment. Bats may be present.

Gator

Mike



CYCLING
WITHOUT AGE
AUSTRALIA



NATURE



FUN

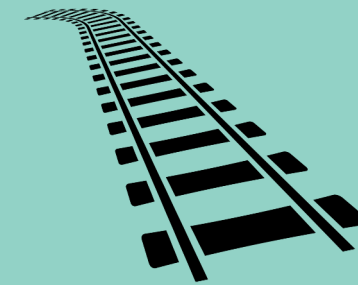
FREEDOM

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