



Ngunnawal Bush Healing Farm

Community Newsletter – Edition 2, November 2020

The Ngunnawal Bush Healing Farm 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 8 Snapshot

The eighth Ngunnawal Bush Healing Farm program is being delivered from 2 November to 24 December 2020, with eleven participants.

Through this program, participants can try a range of new activities and receive intensive case management support to assist them to achieve better life outcomes. Program 8 includes:

- opportunities to engage with Ngunnawal and other community Elders
- visits to local sites of cultural significance
- spending time on country in Tidbinbilla Nature Reserve and other locations
- creating cultural art through painting, sculpture, carving, weaving and fabric crafts and visiting local art galleries around Canberra
- learning about Aboriginal culture, history, dance, horticulture, and genealogy (cultural family history tracing)
- culturally based education programs including:
 - Living and foundation skills with Yeddung Murra;
 - *SMART Recovery, Coping and Anger Management*; and
 - Pathways to certificate level studies with CIT Yurauna Centre

The Ngunnawal Bush Healing Farm program culminates with a celebration day where participants can join in traditional dance, share reflections about their healing journey, and be recognised for their achievements and commitment to abstinence from drugs and alcohol.

NAIDOC Week 2020

The Ngunnawal Bush Healing Farm celebrated NAIDOC week from 8 to 15 November 2020.

Recognising this year's theme: Always was, Always will be, several program activities were run outdoors to support stronger connection to country, including a picnic at Gibraltar Falls.



Gibraltar Falls, Tidbinbilla



Program 7 Wrap-up!!

On Thursday, 22 October 2020 Program 7 participants and their families celebrated the completion of a ten-week Ngunnawal Bush Healing Farm program.

We were proud to have Ngunnawal Elder Roslyn Brown open the event with a heartfelt Welcome to Country and shared the day with local Aboriginal Elders from the ACT Nannies Group, Ngunnawal Bush Healing Farm service providers and other invited guests.

Participants delivered a traditional dance, led by CIT Yurauna Centre teacher, Mr Chayden Reid - a proud Dunghutti and Gamilaroi man and were presented with certificates of recognition featuring artwork by a Program 7 client.



The Program 7 group presented a beautiful totem mural to the Elders and Ngunnawal Bush Healing Farm staff as a thank you for their ongoing support.



Upcoming Day Programs – Open for Applications NOW

Program 9	Duration 10 weeks	Dates: 1 February to 1 April 2021
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About the Ngunnawal Bush Healing Farm

The Ngunnawal Bush Healing Farm 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 Ngunnawal Bush Healing Farm 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.

Who can attend?

Anyone aged 18 to 50 years, who identifies as an Aboriginal and/or Torres Strait Islander person and does not have a history of violent and/or sexual offending.

To be selected for the program, you need to:

- Be 4-6 weeks free from alcohol and other drugs
- Be free from medically assisted opioid dependence treatment (e.g. not receiving Methadone /Buprenorphine/ Bupival)
- Able to attend the program Monday to Thursday for up to 10 weeks, and
- Remain free from all drugs and alcohol while attending the Day Program.

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 or 0466 869 334 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!