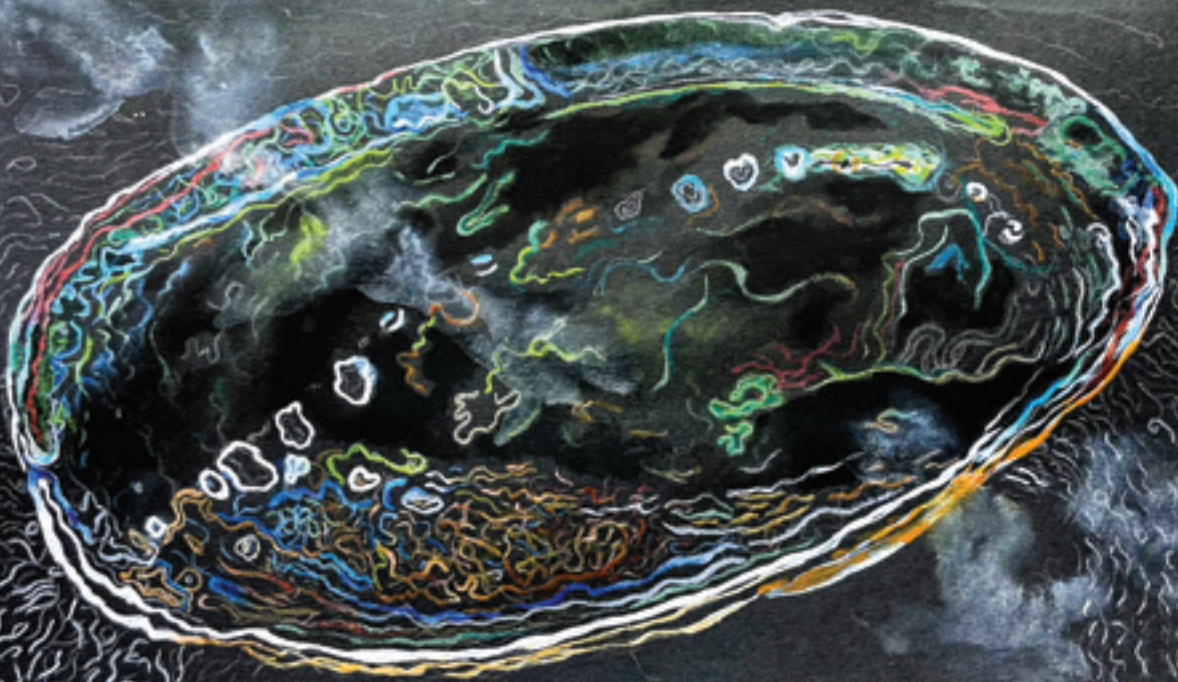




# Outdoor Health Forum 2024

makuminya native track



Outdoor  
Health  
Australia

## PROGRAM

Spring Beach, Tasmania

Sunday 14th to Friday 19th April 2024

\* In palawa kani, the language of Tasmanian Aborigines

# makuminya Native Track

The theme of **Forum 2024** is inspired by Pakana Truwulway Tasmanian Aboriginal Saltwater sister and artist **Janice Ross**. Janice designed a beautiful shell representation of sea country specifically for this event.

*"The wording that both Luke and I have been talking about, that links us across the waters to Aotearoa (New Zealand), it is the Ocean, the great southern seas and the Tasman Ocean. The Oceans and waterways have created many of our boundaries throughout Lutruwita, and many of these waterways have been our pathways that our ole people would travel on, and continue journeys that sustain our identity and protection and care of country.*

*...Interestingly there is country south of Lutruwita named as.....tiralina Eaglehawk Neck and this area shows a strong point of connection in standing and looking directly across the Tasman Ocean to Aotearoa (New Zealand) to their South Island.*



*...In 1831 Robinson was guided by Tikati and Kikatapula, both from Oyster Bay tribe, down the east coast towards to Nipaluna and further south. One recording has -'markomemenmer' (makuminya in palawa kani) – a word for 'native road' – attached at the end. Eagle Hawk Neck connects the Forestier Peninsula to the Tasman peninsula and was the pathway for the Oyster Bay clans seasonal movements through those areas".*

Janice Ross 2024

## Permission from the Tasmanian Aboriginal Centre for our use of palawa kani language

*The Outdoor Health Forum at Spring Beach Camp acknowledge Palawa/ Tasmanian Aboriginal people as the owners of Lutruwita/ Tasmania. We thank the Tasmania Aboriginal community to have been gifted the use of the following palawa kani words for use in the event:*

**makuminya** – native track  
**milaythina** – country  
**tunapri** – to know  
**patrula** – fire  
**kipli** – food; and  
**muka** – salt water

*in palawa kani, the language of Tasmanian Aborigines.*

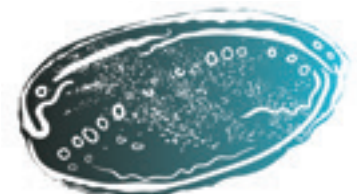
## HONOURING THE LUTRUWITA/TASMANIAN ABORIGINAL COMMUNITY AND FIRST NATIONS PEOPLES, AND SHOWING RESPECT

**We gather together on the land and sea country of the Tasmanian Aboriginal community, in Lutruwita/Tasmania, country of Palawa/Tasmanian Aboriginal people.**

The **2024 Outdoor Health Forum** deeply appreciates the generosity of our **First Nations** colleagues and friends in sharing their knowledge. **Outdoor Health Australia** and the **Forum** upholds the rights of First Peoples to Indigenous Data Sovereignty (IDSov), Indigenous Data Governance (IDGov), and Indigenous Cultural and Intellectual Property (ICIP). We adhere to the Australian IDSov and IDGov Principles outlined in the 2018 and 2023 Communiqués, developed and endorsed by over **130 Aboriginal and Torres Strait Islander leaders** (refer to Maïam nayri Wingara 2018; 2023).

Adhering to these principles requires that **Forum** participants refrain from sharing **First Peoples'** knowledges, stories, practices, and ways of being outside the **Forum** or reproducing them in any way unless specific permission is granted. Failing to adhere to these principles undermines the generosity of **First Peoples** gifts and may lead to claims of cultural appropriation. We greatly appreciate your support in following these guidelines as the **Outdoor Health** community continues to grow with, and gain guidance from, our valued **First Peoples**.

In line with these principles, we request that **Forum** attendees do not take video recordings of presentations or sessions provided by **First Nations peoples**. The taking of still photos is permitted for the purpose of personal records, but should not be publicly or privately shared without explicit permission to do so.



# WELCOME TO OUTDOOR HEALTH FORUM 2024

*“Being on country, healing yourself and healing country, it’s intrinsic, it goes hand in hand... that’s what Outdoor Health is.”* Luke Mabb

After two decades of national community events, **Outdoor Health Australia** (formerly known as **AABAT**, the **Australian Association for Bush Adventure Therapy**) is pleased to host our first national Forum under the new name. **Outdoor Health Forum 2024** is hosted in partnership with our colleagues **Adventure Therapy Aotearoa**. The 5-day event is led by our visionary leader Waka

Waka man **Luke Mabb**, supported by a crew of Aboriginal and Māori cultural mentors and a team of 20+ hard working volunteers.

Being five days allows us to include over 60 presentations and workshops, providing a broad range of evidence-informed nature-based health and wellbeing practices. As well as Bush

Adventure Therapy, the outdoor health community includes Indigenous approaches, Ecotherapy, Equine assisted therapy, Green social work, Therapeutic horticulture, and Occupational therapy outdoors, to name a few. What an amazing community to be part of! We look forward to sharing time together on the land and sea country of the **Palawa people**.

## SUNDAY

	Time	WORKSHOP / ACTIVITY	LOCATION
 <p>Anytime throughout The Forum, you can relax in the Chill Bell Tent, visit the Nature Connection Storytelling Pod, or join in the pop up yarning sessions around the firepit.</p> <p>The mini lounges in the Hall will also be available if you need a little quiet space.</p> <p>During meal times feel free to eat in the hall or grab your tucker and eat outside or in the Tin Camp area.</p>	3:00pm – 5:00pm	Registration / Check in / Settle in	Registration Tent
	4:30pm – 5:00pm	Sunset Pre-Forum Refreshments All meals served from the Kitchen in the Main Hall	Main Hall & Kitchen
	5:00pm – 6:30pm	Welcome to Country – Smoking Ceremony and Cultural Dancers Receive the flame from Uncle Ken Jones (Boandik man SA) Uncle Ken Jones, Luke Mabb, Djuker Hart, Aunty Cheryl Mundy, Janice Ross	Cultural Ground
	6:30pm – 8:00pm	DINNER – palawa kipli inspired foods	Main Hall & Kitchen
	7:30pm - 8:00pm	EVENING OFFERINGS / ENTERTAINMENT “Warming up” – light connections facilitated by Mike Naismith	Tin Camp
	8:00pm - 9:30pm	Aunty Cheryl Mundy Warren and Donna Mason	Tin Camp
		First Nations Sharing Circle and Fireside Yarns	Cultural Fire

*“My commitment to AABAT/Outdoor Health Australia, is my belief that we must use our connection to country for healing the generational impacts of colonisation – to reconnect our youth to themselves and to country and DEEP culture... by DEEP culture I mean connection to self, family and community, and our responsibility to care for look after our country – our stories and the future for our generations. I am not referring to sacred work – I am talking about the day to day principles of looking after self; looking after others; looking after country. And sharing our stories of survival, strength and growth in this country we now call Australia.”*

Aunty Judy Atkinson, March 2024

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 Jobs, Products and Regions

# MONDAY

TIME	Tin Camp	Main Hall	Oceanside Marquee	Cultural Ground Marquee	Volleyball Marquee	Ecology Centre
6:30am - 7:30am <b>Sunrise Sessions</b>	Yoga Radhika Swami		Refreshing Cold Dip! Daisy Grodzki	Sit Spot Led by Sarah Sackville or Karen Breedon	Reflective Run / Mindful Walk (all fitness levels) Karen Breedon, Julie Hughes	
7:00am - 9:00am	<b>BREAKFAST</b>					
9:00am - 9:30am	<b>Morning Gathering</b>	Cultural Welcome – Grounding in place Luke Mabb, Aunty Cheryl Mundy				
9:30am - 11:00am	<b>Learning Together</b>	<b>OHA Welcome</b> Kate Gilson (Chair), Anita Pryor (Forum Co-Convenor), Uncle Ken Jones				
		South Asian Introduction: International Adventure Therapy Committee Tanya Ginwala				
		Aotearoa Kia Ora Kaydy-Moana Jones				
		Traditional Māori Storytelling and its use in Holistic Healing Kaysie Te’Maia				
11:00am - 11:30am	<b>MORNING TEA</b>					
11:30am - 12:30pm <b>Knowledge Sessions</b>	Trail Tracing and Walking with Grief Laura Engel	Becoming Ethical: Centring Ethics in Outdoor Health Practice Ben Knowles (30m) Beyond Representation Pei Ting Tham (30m)	Efficacy of Boys Adventure Based Occupational Therapy Group Max Jessop	Plants and Bush Tucker Walk Djuker Hart	Bollywood in the Bush Shamila Millard	Growing EcoPsychological Flexibility Rich Thorpe
12:30pm - 1:45pm	<b>LUNCH</b>					
1:45pm - 2:45pm <b>Explorative Workshops</b>	When Adventure Looks Like Still and Chill Bronwyn Paynter (30m) Muddy Roots: Outdoor Education from Indian Tradition Siddesh Barale (30m)	Bridging Gaps Arianne Reis, Nicole Peel, Tonia Gray	Sound Medicine Hike Catherine Marty	Maastuyker Island: A Therapists Reflections of Compassion Fatigue and Caring for a Wild Island Georgie Carr	Sand Play Kim Wood	Horsepower in EMDR Therapy Sue Jakes, Nadine Delaney
2:45pm - 3:30pm	<b>AFTERNOON TEA</b>					
3:30pm - 5:00pm <b>Yarning Circles</b>	Finding Comfort in the Discomfort Christina Gwillam	Our Bunganditj Drowned Forest Uncle Ken	Yatra Bushwalking in Mindfulness Ronny Hickel, Amalia Patourakis	Shared Experience and Practical Suggestions for Tailoring Adventure Therapy Sessions for Clients Across the Life Span Kylie Agnew, Joanna Bechtle, Wayne Enright	Sustaining a Career Kit Kline	A Spirit of Adventure Fiona Cameron, Val Nicholls
5:00pm - 7:00pm	<b>DINNER</b>					
5:00pm - 6:00pm	Join OHA Annual General Meeting – byo dinner plate – Main Hall					
7:00pm - 10:00pm <b>Evening Offerings</b>	Fireside Yarning	The Franklin Movie screening, followed by Q+A Oliver Cassidy			Guided Nocturnal Wander Daisy Grodzki (30m)	Fly by Night: Invertebrate Observation Dassi Herszberg (near Ecology Centre)

Thank you to our kind sponsors and supporters



# TUESDAY

TIME	Tin Camp	Main Hall	Oceanside Marquee	Cultural Ground Marquee	Volleyball Marquee	Ecology Centre
6:30am - 7:30am <b>Sunrise Sessions</b>	<b>Morning Harp Lullaby</b> Stephanie Wilson		<b>Dawn Surfing</b> Michael Paxton	<b>Sit Spot</b> Led by Sarah Sackville or Karen Breedon	<b>Mobility and Stretching</b> Lauren Riddel	
7:00am - 9:00am	<b>BREAKFAST</b>					
9:00am - 9:30am	<b>Morning Gathering</b>	<b>Grounding to Ourselves and our Bodies – Sound Bath</b> Luke Mabb, Kaydy-Moana Jones, Georgie Carr				
9:30am - 11:00am	<b>Learning Together</b>	<b>The Mountain Path</b> Paul Pritchard				
		<b>Country/Nature is our Medicine</b> Ruth Langford				
		<b>Saltwater Therapy: How Surfing and The Ocean Has Helped Me Manage a Stage 4 Cancer Diagnosis</b> Tim Baker				
11:00am - 11:30am	<b>MORNING TEA</b>					
11:30am - 12:30pm <b>Knowledge Sessions</b>	<b>Country and the Cultural Determinants of Aboriginal Health</b> Jacob Prehn	<b>Nature's Love: Experiences of LGBTIQASB+ in Outdoor Health</b> Amanda Smith, Ingrid Neumann, Patrick Kay, Emme K, Rell Oliver-Braddock		<b>Tree Bingo</b> Kit Kline	<b>Nature's Crescendo: Harmonizing Well-being with Music, Rhythm, and Regulation</b> Lili Taylor	<b>Let Them Go and Watch Them Grow: Bringing Outdoor Play to Australian Schools</b> Kara Spence
12:30pm - 1:45pm	<b>LUNCH</b>					
1:45pm - 2:45pm <b>Explorative Workshops</b>	<b>Walk and Talk Therapy: Research and Practice</b> Andi Dickmeyer	<b>Mental Health Therapy in Nature Amidst Extreme Weather Events and COVID-19</b> Cassandra Fletcher-Dunham (30m)	<b>Guiding Good Practice For Managing Non-Physical Risk In The Outdoors</b> Becky Harth, Ben Knowles	<b>The 5 Love Languages of Nature</b> Louise Elliot	<b>Storytelling from Earth Presence</b> Moran Wiesel	<b>The Health and Wellbeing Benefits of Connecting with Nature</b> Kate Sollis Emily Flies, Mae Woodruff, Megan Supplitt
		<b>Shooting Stars</b> Rachel Robinson (30m)				
2:45pm - 3:30pm	<b>AFTERNOON TEA</b>					
3:30pm - 5:00pm <b>Yarning Circles</b>	<b>Spiritual Pragmatism, this is how ya do it</b> Ruth Langford, Warren Mason, Donna Mason, Nayri Niara, Tin Camp Studios	<b>Adventure to Thrive</b> Johanna Bechtle, Kylie Agnew	<b>Carving Conversations</b> Michael Naismith	<b>Getting to the Heart of the Matter: Dyadic Developmental Practice/ Psychotherapy (DDP). What it is, how it drew us in and how it fits with Outdoor Health</b> Lorren Arezio, Alberto Veloso, Georgie Carr	<b>Anchored in Ventral</b> Sue Jakes, Nadine Delaney	<b>Igniting Fire in the Belly when the Earth is Burning</b> Clare Pitt, Lucy Sambeek
5:00pm - 7:00pm	<b>DINNER</b>					
7:00pm - 8:30pm <b>Evening Offerings</b>	<b>Tin Camp Session Storytelling, Poetry, and Song</b> Warren and Donna Mason				<b>Guided Nocturnal Wander</b> Nick Hall (30m)	<b>Fly by Night: Invertebrate Observation</b> Dassi Herszberg (near Ecology Centre)
	<b>Song-Story</b> Ruth Langford					
	<b>Moran Wiesel and Tim Devereux</b>					
8:30pm - 9:00pm	<b>Singing Performance</b> Madelena Andersen-Ward					





# THURSDAY

TIME	Tin Camp	Hall	Oceanside Marquee	Cultural Ground Marquee	Volleyball Marquee	Ecology Centre
6:30am - 7:30am <b>Sunrise Sessions</b>	<b>Earth and Sound Journey</b> Moran Wiesel, Tim Devereux		<b>Family Inclusive Beach Splash</b> Anita Pryor	<b>Sit Spot</b> Led by Sarah Sackville or Karen Breedon	<b>Reflective Run / Mindful Walk (all fitness levels)</b> Karen Breedon, Julie Hughes	
7:00am - 9:00am	<b>BREAKFAST</b>					
9:00am - 9:30am	<b>Morning Gathering</b>	<b>Grounding Together, Sound and Movement Meditation</b> Warren and Donna Mason				
9:30am - 11:00am	<b>Learning Together</b>	<b>Personal Connections with Country</b> Rodney Dillon				
		<b>Restor(y)ing Our Relationship with the Natural World: A South Asian Perspective</b> Tanya Gilwala				
		<b>Tai Mai, Tai Atu, Tae Ora: Tides of Ultimate Vitality</b> Kaydy-Moana Jones				
11:00am - 11:30am	<b>MORNING TEA</b>					
11:30am - 12:30pm <b>Knowledge Sessions</b>	<b>How Can Outdoor Therapy Help 'Fill The Gap' for Key Human Service Professions, Professionals and Organisations?</b> Amanda Smith, Glenn Woods, Clare Raffety, Anita Pryor, Ben Knowles	<b>Setting Up a Business for Success</b> Lori Modde	<b>Nurturing Growth Outdoors</b> Madeline Avci	<b>Cultural Craft and Activities – Spear Throwing, Rope Making</b> Djuker Hart	<b>Connecting with Nature for Resilience</b> Rachel Yerbury	<b>Treating Anxiety by Not Treating Anxiety: The Wisdom of Nature</b> Mauro Vieira
12:30pm - 1:45pm	<b>LUNCH</b>					
1:45pm - 2:45pm <b>Workshop Sessions</b>	<b>Pathways to Knowing</b> Cathryn Carpenter, Tonia Gray	<b>What is an Indigenist Approach to Outdoor Health Practice</b> Glenn Woods		<b>Living With Dementia, Connecting to Nature</b> Pauline Marsh, Venture Out Team	<b>Connect to Country Yoga</b> Kim Wood	<b>Story Weaving for Future Forums</b> Dassi Herzberg
2:45pm - 3:30pm	<b>AFTERNOON TEA</b>					
3:30pm - 5:00pm <b>Yarning Circles</b>	<b>Corazonando in Lutruwita</b> Joselynn Baltra-Ulloa, Sarita Galvez Donoso and Bryan Phillips	<b>What Makes a Great Program?</b> Michael Naismith	<b>Walk and Talk: A Model Developed From Self Responsibility Groupwork and Indigenous Practice</b> Nick Hall	<b>Climate Cafe</b> Lucy Van Sambeek, Clare Pitt	<b>Kāli'i The Rite to Leadership</b> Kahuaolama Julian	<b>Cultural Informed Outdoor Therapy Training</b> Anita Pryor, Clare Raffety, Luke Mabb, Ben Knowles, Tanya Ginwala
5:00pm - 7:00pm	<b>DINNER</b>					
7:00pm - 10:00pm <b>Evening Offerings</b>	<b>Closing Dance and Song</b> Led by Luke Mabb and First Nations Mob				<b>Guided Nocturnal Wander</b> Nick Hall (30m)	<b>Fly by Night: Invertebrate Observation</b> Dassi Herszberg (near Ecology Centre)
	<b>Dance Party</b> Cal Baker					
	<b>Drag n' Dance</b> Trey L'Trash					

# FRIDAY

TIME	Cultural Ground	Oceanside Marquee	Cultural Ground Marquee	Volleyball Marquee	Ecology Centre
6:30am - 7:30am <b>Sunrise Sessions</b>		<b>Mutli-instrumental Relaxation Sound Session</b> Georgie Carr	<b>Sit Spot</b> Led by Sarah Sackville or Karen Breedon	<b>Mobility and Stretching</b> Lauren Riddel	
7:00am - 9:00am	<b>BREAKFAST &amp; PACK UP</b>				
9:00am - 11:30am <b>Morning Gathering</b>	<b>Grounding Breath Work</b> Ruth Langford and Luke Mabb				
	<b>How to Stay Connected</b> Outdoor Health Australia				
	<b>We are Country: Closing Ceremony</b> Djuker Hart and mob				
11:30am - 12:00pm	<b>PACK UP &amp; LEAVE</b>				

# SITE MAP

