



NEPEAN CONSERVATION GROUP INC

ABN 44 531 738 131 Reg. No. A0020791U

PO Box 157, Sorrento 3943

www.nepeanconservationgroup.org.au info@nepeanconservationgroup.org.au

Nepean Conservation Group's Mission is

To lead and inspire the community to appreciate, recognise, conserve, protect and celebrate the environment of the Nepean Peninsula.

The NCG acknowledges and pays respect to the Bunurong people, the Traditional Custodians of the lands and waters of the Nepean Peninsula.

NCG October 2025 Newssheet



Storms rolling in over Bridgewater Bay from Bass Strait., Mornington Peninsula National Park. 26 October 2025. Photo Ursula de Jong

Welcome to your NCG October 2025 Newssheet. We do welcome your feedback and engagement.

Your 2025 committee members are:

Ursula de Jong (President), Catherine Walker (Treasurer), Eddy de Jong (Secretary); General committee members: John Atchison, Jane Byrne, Chris Dunn, Lisa Howard, John Trewarne, Olivia [Ollie] Cable for communications portfolio.

Contacting us: info@nepeanconservationgroup.org.au

Membership: membership@nepeanconservationgroup.org.au

President: president@nepeanconservationgroup.org.au

**THANK YOU TO ALL WHO CAME TO OUR PLANTING WORKING BEE on Saturday 6
September 2025 9.00-11.30 am, at Bridgewater Bay Mornington Peninsula National Park**

Fourteen of you came along to do planting, weeding and follow-up environmental work, as part of the 2024-2025 Port Philip Bay Fund Grant. We are very grateful to the Victorian State Government for the funds to deliver this project, "Stewardship of the Bay: conserving the coastal environment - Portsea to Rye" which allowed us to undertake work across a number of our bushland reserves: Police Point Shire Park, Sorrento Foreshore, Moonah Warren and Bridgewater Bay.

The final report has now been submitted, detailing our work and how we spent the grant of \$24,907 [refer to report summary in the Newsheet]. On 6 September, we planted 150+ grasses at Bridgewater Bay and 100 moonahs grown for us by Jane Byrne and the children at St Joseph's PS. The weather was kind to us, and we worked as a team to dig, plant, stake, guard and water all plants on a challenging site [special thanks to a neighbour to allowed us to attach a hose to her water mains]. We also dug out many smilax tubers, removed polygala seedlings and deheaded any flowers on remaining polygala shrubs. Knowledge was shared and much was learned! We also thank our contractors, NatureLinks, without their work to remove woody weeds and scramblers we would not be able to undertake hands-on ground work. The environmental changes here are significant, though more ongoing work is always needed!





NEW MOU BETWEEN NCG Inc AND MPS

A new environmental agreement is waiting to be signed between the NCG Inc and the MPS. This will replace our current MOU which expired 30 June 2025.

“Stewardship of the Bay: conserving the coastal environment - Portsea to Rye” PPBF Grant 2024-2025 provided by the Victorian state Government

The Nepean Conservation Group worked with the Mornington Peninsula Shire, Parks Victoria, volunteers and contractors to conduct on-ground coastal bushland management works to remove woody weeds and scramblers and hand-weed ground flora weed plots, improving the overall extent and condition of the Bay’s natural ecosystems through targeted habitat restoration. This project was located in the interface between the marine and terrestrial zones from Portsea to Rye, along the Port Phillip Bay Foreshore, and in the Mornington Peninsula National Park. It encompassed sand, dunes and bushland reserves. Building on previous work, together we created more resilient biodiverse habitats and biolinks. The project invited active participation in working bees run by people with expertise, with hands-on learning on the ground, weeding techniques, habitat-care and some tube planting, leading to greater understanding and appreciation of the local coastal Bay ecosystem. Follow up work is necessary for a sustainable outcome. Across our four sites this grant has enabled us to achieve a noticeable reduction in environmental weeds, improved biolinks, improved biodiverse ecosystems and habitats for flora and fauna, and an enthusiastic response to planting and weeding "events" by volunteers.

Our project has meaningfully contributed to "Protecting Victoria’s Environment – Biodiversity 2037", Victoria’s plan to stop the decline of our native plants and animals and improve our natural environment, by working towards its two overarching goals: Victorians value nature, and Victoria's natural environment is healthy. The NCG with local people have worked with PV and the MPS because we value our coastal environment and take seriously our commitment to stewardship of our place, by caring for our environment to ensure that it is healthy and resilient in a world now impacted by climate change and global warming. The NCG's work through this grant directly addresses "A healthy environment for healthy Victorians" on the southern tip of the Mornington Peninsula, by 3. Raising the awareness about the importance of the state’s natural environment, through our Newsheets, Friends Groups and working bees. 4. Increasing opportunities to have daily connections with nature, through our seasonal rambles and working bees. 5. Increasing opportunities to act to protect biodiversity through hands on working bees, field workshops and rambles. 14. Engaging with Traditional Owners to include Aboriginal values and traditional ecological knowledge in biodiversity planning and management, through cultural walks and workshops.

We have organised a Spring coastal guided walk for up to 30 of our volunteers and Friends Groups members with Living Culture on the Mornington Peninsula who "educate, empower and engage" our community. Living Culture's "mission is to educate people about the importance of keeping Aboriginal culture alive. Indigenous knowledge is a living link to the past, present and future." We look forward to undertaking this experience on Sunday 16 November 2025. Refer to invitation in this Newsheet.

INVITATION to a very special Guided Walk followed by a Yidaki-led Meditation on the morning of Sunday, 16 November 2025.

Event Details:

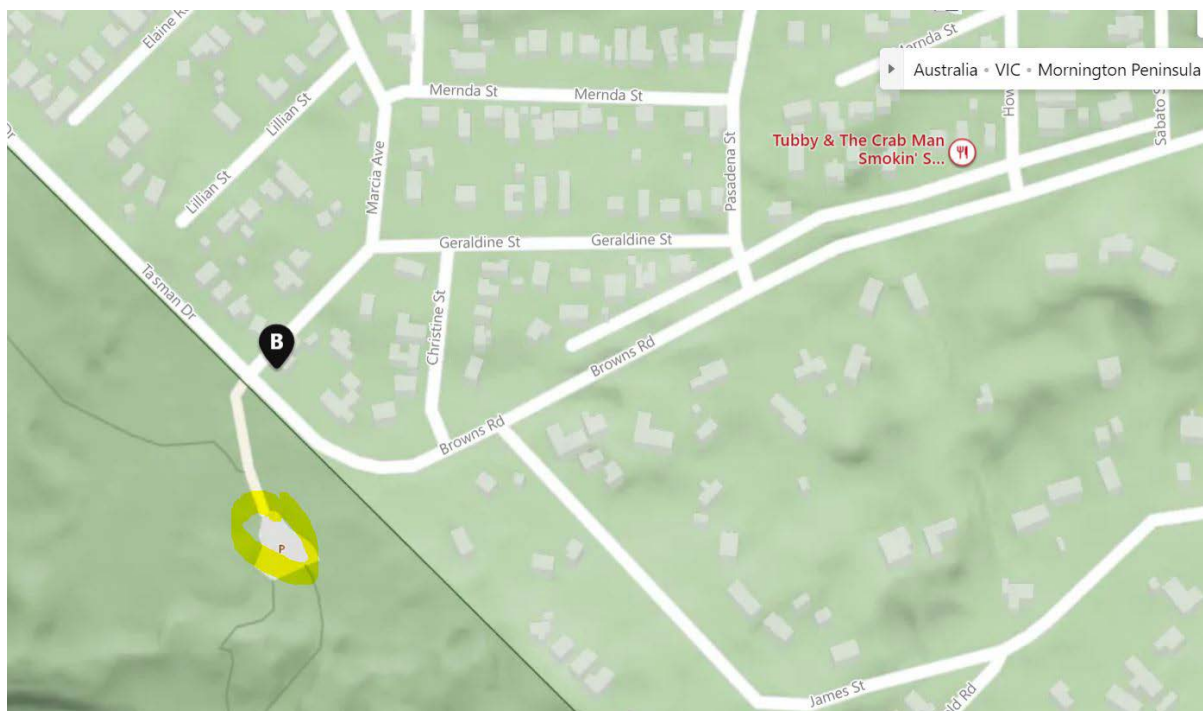
- **Location:** Number 16 Beach, Rye (Tasman Drive, Rye 3941)
- **Meeting Point:** Please meet **at Number 16 Beach Carpark** 15 minutes beforehand for the walk into the track
- **Times:**
 - **Guided Walk with Hudson:** 10:30am – 12:30pm
 - **Yidaki-led Meditation with Uncle Lionel:** commencing at 12:30pm
- **Cost:** free to NCG members and Friends Group Members who have volunteered on our PPBF grant 2024-2025
- **Register to confirm your spot for this special event as** places are strictly limited. Please advise your attendance to info@nepeanconseervationgroup.org.au by midnight Monday 10 November 2025

What to Bring:

- Closed toe walking shoes
- Sunscreen and weather-appropriate clothing
- Bottle of water

Additional Information:

- All children under 16 years must be accompanied by an adult
- Distance: Approximately 1.8 km return (no wheelchair access)
- There are no restrooms at Number 16 Beach
- If the walk is cancelled due to poor weather, we will email you as soon as possible
- Please refer to our website for Terms & Conditions: www.livingculture.com.au
- MELWAY Reference: 167 10J



Register to confirm your spot for this special event as places are strictly limited. Please advise your attendance to info@nepeanconseervationgroup.org.au by midnight Monday 10 November 2025

A unique coastal woodland

Coastal Moonah Woodland is a vegetation type that is characteristic of the southern Peninsula

Sandy, lime-rich soils and a dynamic coastal climate produce this vegetation, characterised by a canopy of Moonah and Coast Teatree with a diverse mix of shrubs and groundcovers.

Local volunteer groups and the Shire work together to protect this threatened vegetation community.

Moonah

(Melaleuca lanceolata)
Moonah's are extremely long-lived trees. Their multi stemmed trunks twist and turn, and over time, often come to rest on the ground. Cream coloured flower spikes are plentiful in summer, turning into hard seed capsules that persist on the branches.



Coast Swainson-pea

(Swainsona lessertiiifolia)
The scrambling Coast Swainson-pea displays a cluster of deep-purple flowers from early spring, followed by plump, hairy pods that contain hard coated seeds. This hard coating allows seeds to persist in the soil for several years.



Hairy Spinifex

(Spinifex sericeus)
A running grass with deep roots, Hairy Spinifex helps to stabilise sand dunes, protecting the shoreline from wave action and erosion. Female plants grow large spherical flower-heads which break free. You may notice them rolling across the sand.



Blotched Blue-tongue

(Tiliqua nigrolutea)
Blotched Blue-tongues can weigh up to 1kg. As they are not very agile, the animals they feed on are mostly slow-moving – such as snails. Their jaw muscles are strong so that they can easily crush beetles and the shells of snails!



Red-spotted Jezebel Butterfly

(Delias aganippe)
These butterflies are seen in summer and have a slow graceful gliding flight. Bright red spots can be found on their underside, along with some splashes of yellow. Native mistletoes are an important food source and provide sites for egg laying.



Sea Spurge

(Euphorbia paralias)
Sea Spurge is an introduced weed – each plant can produce up to 5000 seeds! This creates dense colonies that negatively impact native flora and fauna habitat. Local volunteers are targeting the removal of Sea Spurge from Port Phillip Bay's coastline.



Mornington Peninsula Shire acknowledges and pays respect to the Bunurong people, the traditional custodians of these lands and waters. The Nepean Conservation Group work in partnership with the Mornington Peninsula Shire to protect the biodiversity values of this area. This work was supported by the Victorian Government through the 2020-21 Port Phillip Bay Fund.



NEPEAN
CONSERVATION
GROUP INC.
Caring for our environment since 1973



Interpretative Sign update and installation

After three years work, the NCG has received an email from the MPS to say that the both signs have now been approved by Friends of Sullivans Bay and Western Sister. The signs are being installed in a patch that they have worked actively to restore. The wording will be updated on the sign above to read the following:

Sandy, lime-rich soils, and a dynamic coastal climate produce this vegetation, characterised by a canopy of Moonah and Coast Teatree with a diverse mix of shrubs and groundcovers. The Friends of Sullivan Bay and Western Sister work together with the Shire to protect this threatened vegetation community.

The original work was undertaken by the NCG Inc with a PPBF grant 2022-2023, supported by the Victorian State Government. We are very pleased to report this progress.

Repower Mornington Peninsula would like to invite you to an event we are hosting on **Saturday the 15th of November in Rye.**

The event is called **Solar and batteries - is now the time?** We have engaged experts to provide advice on home electrification. There will be time for a Q and A and refreshments.

A link to register attendance can be found [here](#). Attached is a copy of our poster.

SPIFFA End-of-Year Celebration Monday 8 December, 6:00–8:30pm

Dear SPIFFA members and family,

We'd love you to join us for our End-of-Year Celebration on Monday 8 December, 6:00–8:30 pm at Hickinbothams Winery, 194 Nepean Hwy, Dromana.

We'll gather around the fire to cook up a barbecue dinner – please bring your own food (meat or vego option, plus perhaps salad or nibbles to share). Drinks will be available from the bar.

At 7:30 pm, we're delighted to have Gidja presenting her new publication Fringe Dwellers of Wurnmarrinh, the Western Port Saltmarsh Guide – a wonderful opportunity to get a sneak peak at what is certain to be an invaluable guide for years to come.

All are welcome – we look forward to celebrating the year with you!

Warm regards,

The SPIFFA Committee

MPS free water-wise gardening workshop.

This hands-on workshop will show you how to create a beautiful, thriving garden that uses less water and is more resilient to climate change.

The workshop will be held on **Friday 14th November from 2-4pm at the Sorrento Community Centre.**

Please feel free to share this amongst your community group and click here to [register your spot!](#)

Kind regards,



CAITLIN BELLO (she/her) | Assistant Education Officer

Email: caitlin.bello@mornpen.vic.gov.au

Phone: 03 5950 1681

90 Besgrove Street, Rosebud VIC 3939

Connect with us! [Website](#) [Facebook](#) [Instagram](#)

On 3 October the NCG was advised:

Mornington Peninsula Planning Scheme Amendment C286morn Ocean Beach Road Sorrento Built Form Review – Council Decision to Adopt the Amendment

I write to let you know that Council adopted Amendment C286morn with changes at its meeting on Tuesday, 23 September 2025.

You can view the minutes and officer report with recommendations (including amendment documents), as well as a recording of the meeting at www.mornpen.vic.gov.au/councilminutes.

Council will send Amendment C286morn to the Minister for Planning for approval. The Minister will then decide whether to approve the amendment with or without changes. We'll notify you of the Minister's decision.

If you have any questions, please call us on (03) 5950 1003 or email

strategic.admin@mornpen.vic.gov.au.

Anne Grogan, Coordinator - Strategic Planning

Coast Care grant updates:

On 1 October 2025 NatureLinks Crew started on the Coastcare grant at Coppins track beginning on the eastern end. They have already cleared some decent areas of polygala for the Autumn planting. Next on the list is the boxthorn and dolichos between the (missing!) SLSC and the Coppins rotunda lookout.



NCG Inc Seniors Ramble from St Paul's to Coppins Lookout on Sunday 26 October was an amazing success given the weather!



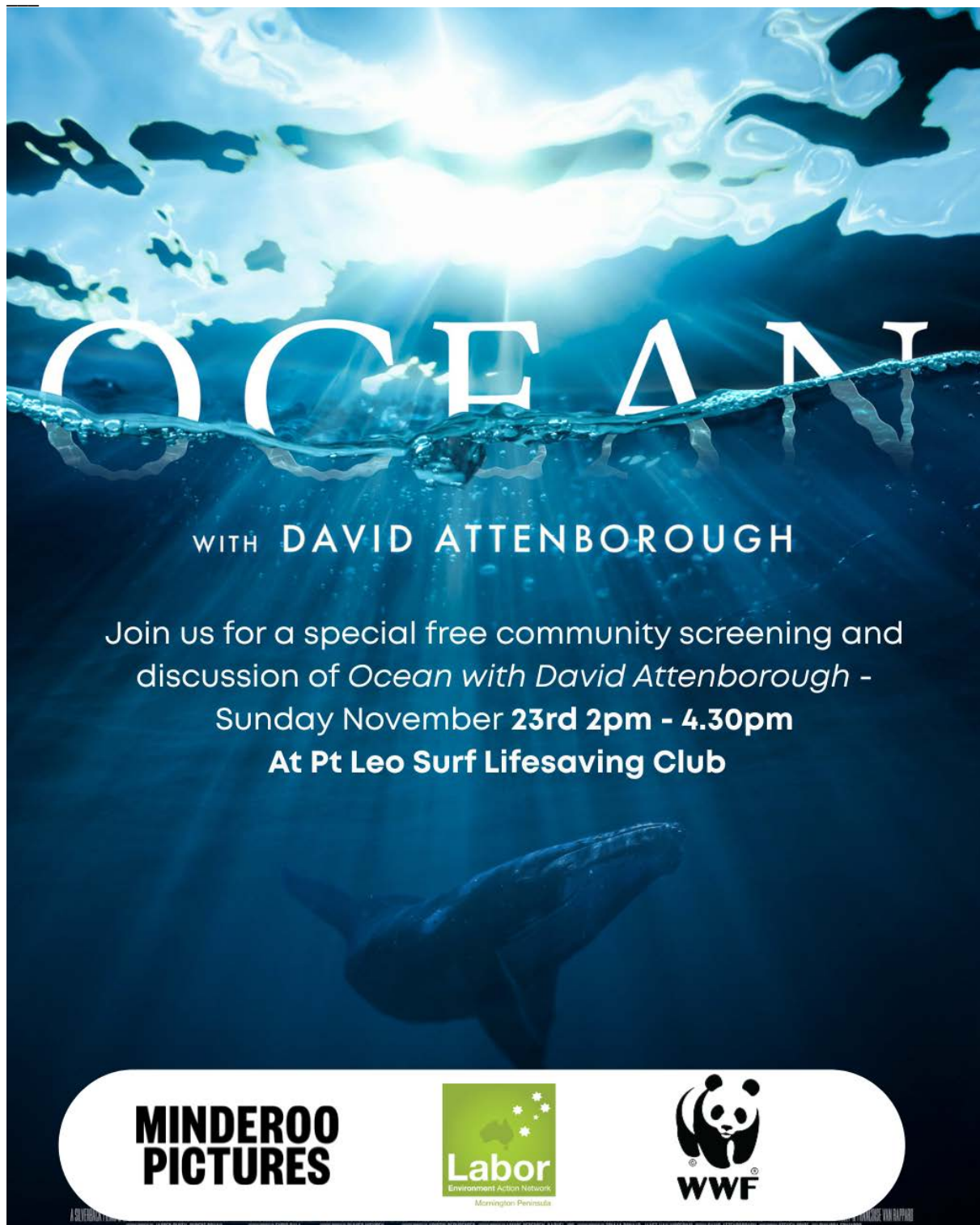


Nine walkers joined the **Nepean Conservation Group [NCG]** for this amazing coastal moonah woodland ramble. Views from Jubilee Point were stunning – in the distance Cape Schanck and Point Lonsdale; and across to the Bay; nearby cracks in the cliff face clearly visible. This beautiful walk along sandy tracks, steps and stairs, took us from St Paul's to Sorrento Back Beach. We certainly had a great “nature dose” – with storms threatening! Low tide, calm oceans and dark skies accompanied us. We were so fortunate for a break in the rain from 8.00am until 11.00am – but we kept our eyes on the radar. We learned about our local flora [the NCG indigenous plant brochure was given to each person] and observed numerous middens along the way. Few of the local inhabitants – such as the cheeky fantails and the shy bluetongue lizards were to be seen – they knew what was coming.

We also learned about environmental history along the way, noticing especially the effects of this dynamic coast over the past 25 years, exacerbated by the impacts of climate change and global warming. A useful handout was available to each person. We wisely decided not to have a morning tea break, but walked to Coppins Lookout and back. Walkers recounted stories and their memories of this place over many decades. Concerns were expressed re the lack of resources and people available to PV – damage to the tracks is palpable. The demolition of the SSLSC was noted and the impacts of the construction works on our fragile unique coastal environment over the next 18-24 months considered in some depth. We all got back to our cars just before torrential rain hit us at 11.19am!!



In spite of a number of cancellations for the day, and members deciding not to come because of the weather forecast, we enjoyed being out and about in our Nepean Peninsula. We appreciate the MPS Seniors Festival organisers support for this event and look forward to contributing to next year's program.



Special screening of Ocean narrated by the incredible David Attenborough.
All are welcome, but you must sign up.

Here is the link:

<https://www.trybooking.com/events/landing/1491920>

Hooded Plovers season well under way!

Two Hooded Plover breeding pairs in Mornington Peninsula National Park have hatched twiggy-legged chicks! These littlies survived as eggs through some rough spring weather thanks to shared incubation duties from their vigilant parents, but now their lives also rest on their own downy shoulders. Over the next five weeks they'll need to mirror and obey their parents to navigate the perils of ocean beach life, feeding themselves, hiding from predators, and dodging sneaky waves. We'll watch on, holding our breath.

The lay of the land:

Nests = 8

Portsea Point King (not national park)

Portsea Farnsworth (hatching imminent!)

Blairgowrie Montforts (hatching imminent!)

Rye Big Rock

Rye Car Park East

St Andrews Car Park East

St Andrews Boags Rocks

Gunnamatta Fingal Track East

Chicks = 5

Rye Heyfield East x 2

Gunnamatta Fingal Track West x 3

Fledglings = 0



Image credit – Friends of Hooded Plovers



Winners of the 2025 Nature In Focus Photography Competition

Dear CVA community,

We are thrilled to announce the winners of the **2025 Nature In Focus Photography Competition**! This year's competition was truly extraordinary, with over 1,300 stunning entries showcasing the beauty and diversity of Australia's natural environment.

From coastal ecosystems to inland habitats, from native species to sustainability initiatives, each photograph captured the spirit of conservation and demonstrated the vital importance of preserving our natural world for future generations.

Thank you to everyone who participated, shared their vision, and helped us celebrate Australia's unique biodiversity through the lens of a camera. The creativity and passion displayed in every entry has been truly inspiring.

A few examples are showcased – and a link is provided if you wish to see them all!
Enjoy!





The Nature in Focus Photography Competition is proudly supported by Chevron Australia

[CHECK OUT ALL THE WINNERS](#)

MPS Senior Exercise Parks Come and Try Sessions - Nov and Dec 2025

Come and Try sessions for **November** and **December**, where our friendly Senior Exercise Champion Volunteers will be present to support community members to try out the new Seniors Exercise Parks.

MPS Senior Exercise Parks Come and Try Sessions - Nov and Dec 2025

Session Details

 **Time:** 9:30 AM – 10:30 AM

Dates & Locations:

- **Wednesday 5 November** - Hastings Foreshore Reserve, 91 Marine Parade, Hastings
- **Friday 7 November** - Dunns Road Reserve, 127 Dunns Road, Mount Martha
- **Tuesday 11 November** - Dunns Road Reserve, 127 Dunns Road, Mount Martha
- **Friday 14 November** - Hastings Foreshore Reserve, 91 Marine Parade, Hastings
- **Tuesday 18 November** - Hastings Foreshore Reserve, 91 Marine Parade, Hastings
- **Friday 21 November** - Dunns Road Reserve, 127 Dunns Road, Mount Martha
- **Tuesday 25 November** - Dunns Road Reserve, 127 Dunns Road, Mount Martha
- **Friday 28 November** - Hastings Foreshore Reserve, 91 Marine Parade, Hastings
- **Tuesday 2 December** - Hastings Foreshore Reserve, 91 Marine Parade, Hastings
- **Friday 5 December** - Dunns Road Reserve, 127 Dunns Road, Mount Martha
- **Tuesday 9 December** - Dunns Road Reserve, 127 Dunns Road, Mount Martha
- **Friday 12 December** - Hastings Foreshore Reserve, 91 Marine Parade, Hastings
- **Tuesday 16 December** - Hastings Foreshore Reserve, 91 Marine Parade, Hastings
- **Friday 19 December** - Dunns Road Reserve, 127 Dunns Road, Mount Martha
- **Tuesday 23 December** - Dunns Road Reserve, 127 Dunns Road, Mount Martha

Any questions, please don't hesitate to reach out.

Kind regards,
Clara



CLARA MARUZZI | Community Partnerships - Casual Support Officer

Email: clara.maruzzi@mornpen.vic.gov.au

Phone: 03 5950 3268

Work days: Monday to Wednesday

21 Marine Parade, Hastings VIC 3915

Connect with us! [Website](#) [Facebook](#) [Instagram](#)

Successful Landcare grant recipients announced.

Landcare grant recipients were announced recently and a total of \$3.65 million was awarded for 230 project grants and 302 support grants. You can view the projects here <https://www.environment.vic.gov.au/grants/victorian-landcare-grants>.

Future of forests in Victoria.

On 21 October the Victorian Government released reports from its Great Outdoors Taskforce and the associated Eminent Panel for Community Engagement. Read the Media Release here <https://www.premier.vic.gov.au/our-plan-victorias-great-outdoors>. On the face of it there are many positive sentiments expressed and some useful but minor commitments for new infrastructure works, additional rangers and the like. You can read about the announcement in more detail and the reports of the Great Outdoors Taskforce here <https://www.deeca.vic.gov.au/futureforests/future-forests>. Prepare yourself for a solid read as there is 220 pages of reports and appendices.

Friends of the Earth Melbourne have put together a useful blog and pointed out the need for further legislation to protect forests [here](#).

Significant concerns remain about the approach the Victorian Government is taking on our forests. The Great Outdoors Taskforce report takes the Government's position that no new National Parks will be created in Victoria one step further with this claim:

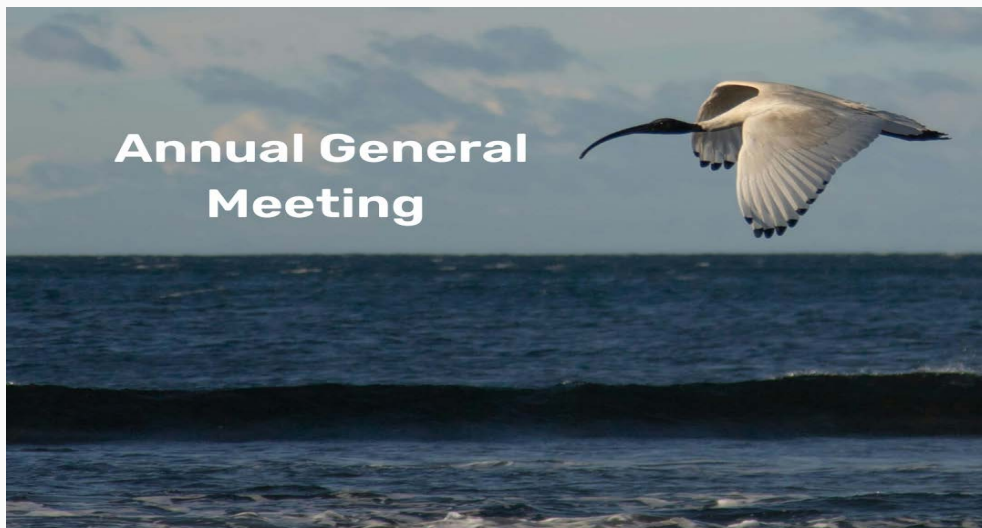
- "We need to improve forest management regardless of land tenure. Commercial native timber harvesting has ended and there is no need to make large-scale changes to land tenure or create new national parks." (Great Outdoors Taskforce report, p5)

As I have argued in earlier emails on this topic, I don't know what the rationale is for this policy. What is the logic that attempts to argue we don't need more forest cover in Victoria just because commercial logging of native forests is ceasing? In a State where forest cover has been reduced by more than 60% (State of the Forests 2018 report) compared to 250 years ago, the answer to many of our environmental problems; loss of biodiversity and the increasing demands on forested areas for all forms of recreation is to undertake large scale reforestation and create more parks and reserves. This would be a great way to create new jobs too.

If you have stories or photos for FriendsNET please send to me.

Regards

Stephen Derrick
Editor, FriendsNET
M: 0417 326 860



You are invited to the Annual General Meeting of the Mornington Peninsula and Western Port Biosphere Foundation Ltd

Thursday 27th November: 4.45pm for a 5pm start at Somers Yacht Club, Somers.

Ample parking available onsite: We hope to welcome many of you in person, online attendance is also available. If choosing to join us online, a link will be sent to you prior to the event.

The AGM will be followed by a presentation by Dr Angie Bone, who will explore vital links between health people and a healthy planet.

Dr Angie Bone is a Professor of Practice with the Health and Climate Initiative at Monash University and a Board Member of Doctors for the Environment Australia. She is a senior public health physician, with over two decades of public health leadership and research experience in Australia, France and the UK, with a particular focus on climate change and environmental influences on human health and social justice. Angie's a former Deputy Chief Health Officer for environmental issues at the Victorian Department of Health.

The agenda, minutes of last year's AGM and proxy forms and the 2025 Impact Report and Financials will be available on our website closer to the AGM.

Please RSVP before Thursday 20th November for catering purposes. You can book your tickets [here](#).

If you are unclear about your membership status, please email info@biosphere.org.au

We look forward to welcoming you. Warm Regards, Mel Barker, CEO

Nepean Historical Society

Meeting to be held on Saturday 8 November at 2 pm at the Museum.

Clive will give another of his most interesting and enjoyable talks: this time on The Back Beach Palace.

Coffee/tea and light refreshments will follow the meeting.

We hope to see you all there.



[View this email in your browser](#)

Newsletter October 2025



Welcome to the Spring 2025 issue of our quarterly magazine, *ParkWatch*.

In a world of gloomy news, we're thrilled to share some brightness! After the longest of waits, the central west parks are at the last hurdles to creation. This issue details what areas are in line for protection and what this huge milestone will mean for nature in Victoria.

This *ParkWatch* is full of inspiring stories and news:

- [Central west parks](#) are entering the home straight! The bill has already passed the lower house. Now it needs to pass through the upper house for the new parks to be formally created.
- We [shine a light](#) on the power of citizen science through NatureWatch and ReefWatch.
- What it means for Western Port Woodlands to be [recognised as a Distinctive Area and Landscape](#) (DAL).
- [Changes to the proposed Port of Hastings](#) project and the [marine cuts](#) that put our oceans and communities at risk.
- Up close with macro-photographer and [#1 iNaturalist observer, Reiner Richter](#), and getting [wired up in Wyperfeld National Park](#).

As the days get longer, we hope you have a chance to step outside, breathe the fresh air, and enjoy the beauty you're helping protect!

[Read the full edition](#) or browse the stories below.

You can also check out our [Annual Impact Report 2024-25](#) to discover what we strove for and achieved for nature in Victoria in the last financial year.

Take action to stick up for central west parks



Shine a light on citizen science

Dr Sera Blair, NatureWatch Coordinator, reveals the importance of citizen science to nature in Victoria, from the forest to our grassy plains and marine wonderlands.

Shine on



Cracking the new fire code

We take a look at the new bushfire code, which takes small steps but leaves big gaps.

[Read more](#)

[Read more articles in this edition](#)





Drowning in Political Caution

National risk report skips critical warnings

Australia's first **National Climate Risk Assessment (NCRA)** has been released — and while it rightly warns that 1.5 million Australians could be at risk from sea-level rise by 2050, it **fails to acknowledge** the much larger and more dangerous reality.

Despite clear scientific warnings that **sea levels could rise by two metres or more this century** due to Antarctic ice sheet collapse, the assessment only models much lower, "plausible" projections. It dismisses high-end scenarios as having "low confidence" — even though a growing body of research shows these risks are very real and may already be locked in.

This is a critical failure of risk assessment. When the consequences are potentially catastrophic and irreversible, good planning must account for worst-case scenarios — not just the convenient or politically acceptable ones.

By downplaying these risks, the NCRA **leaves vulnerable communities underprepared** and policy responses dangerously incomplete. It also continues a troubling trend: Australia has consistently underestimated the pace and severity of climate impacts — from fires to floods to extreme heat — with devastating consequences.

We've written a full response outlining where the report falls short and why we must do better:

[READ OUR FULL COMMENTARY](#)



JUST PUBLISHED

In Arena Quarterly, David Spratt explores the controversial but increasingly urgent case for ramping up research into rapid planetary cooling — including Solar Radiation Management — as a third lever of climate action alongside emissions cuts and carbon drawdown.

The article also delivers a sharp critique of the Albanese government's failure to confront escalating climate risks, including the suppression of key national security assessments.

[READ THE FULL ARTICLE](#)



BIRD OF THE MONTH

Australian Reed-Warbler

Five quick things you may or may not know about the sweet singers of the reeds.

[**LEARN MORE**](#)

From Parks Victoria: Did you know that spending time in nature can significantly improve your mental health?

Whether it's a hike, bushwalk, or a nature stroll, [research shows](#) that spending time in nature reduces stress, boosts mood and enhances overall quality of life.

This [Mental Health Month](#), explore how spending time in green spaces can leave you feeling happier and healthier.

[Five Ways to Wellbeing](#) – Connect, Be Active, Take Notice, Keep Learning, Give – is a well-established, evidence-based model that identifies the behaviours which increase our physical and psychological wellbeing.

Discover 5 ways to boost your wellbeing when you're in nature this spring.

[Read the full guide](#)



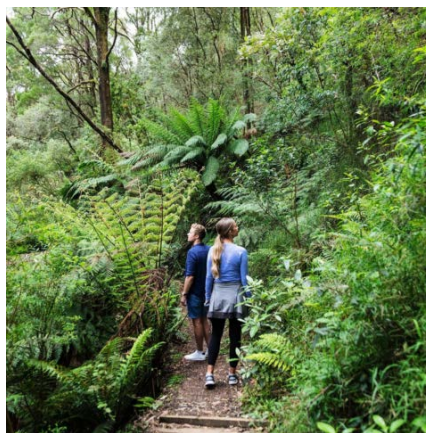
1. Connect

Plan a camping trip with family or friends. Sharing stories and experiences in nature can help you build special connections with others and the natural world.



2. Be Active

Whether you hike, cycle, trail run, mountain bike, scuba dive, or paddle, enjoying your favourite activity in nature can help keep both your mind and body healthy.



3. Take Notice

Pause and observe wildflowers, listen to birdsong, or simply watch changing light through the trees. Mindfulness in nature can help you feel calm and reduce stress.



4. Keep Learning

Learn what Country you are on by visiting the [Acknowledgement of Country Map](#). Using traditional place names reminds us that we are, and always have been, living on Aboriginal land.



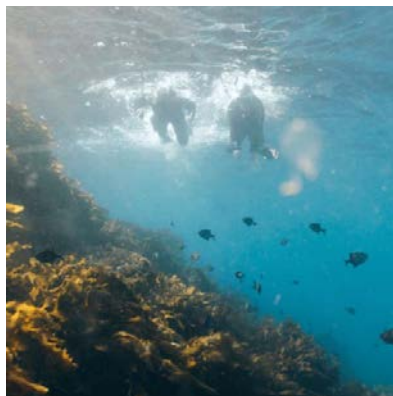
5. Give

[Volunteer in Victoria's parks](#) to give back and make a real impact. Volunteering can help keep you active, connected, and learning with meaningful work that benefits both nature and the community.

Join a free, guided
Park Walk near you

[Book now](#)

Must-visit parks: To inspire your 2025 travel plans, we've handpicked the [best Victorian national parks to visit each month](#). For example:



December – see abundant sea life at [Port Phillip Heads Marine National Park](#).



An echidna spotted at London Bridge, Mornington Peninsula National Park, October 2025. Photos Rob Varney.



**As always we do welcome your feedback and engagement.
info@nepeanconservationgroup.org.au**