

Capacity building

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Connecting Elders and Seniors with Nature

Murrumbidgee Landcare Inc



Blooming Connections brought older Murrumbidgee residents together through nature-based activities, building skills, friendships and confidence while promoting wellbeing, environmental awareness and long-term community connection across the region.

The issue

Across the Murrumbidgee region, many older residents face social isolation, limited opportunities for connection and reduced access to community activities. Rural living increases these challenges through distance, transport barriers and fewer local programs. Community feedback revealed a need for inclusive initiatives that promote connection, well-being and engagement with nature. While Murrumbidgee Landcare offers a range of environmental programs, few are tailored for seniors. This gap, combined with declining social interaction in recent years, highlighted the need for Blooming Connections, a program designed to support older community members through shared, nature-based experiences that foster belonging and enhance mental and physical well-being.

The solution

To address social isolation and improve well-being among older residents, Murrumbidgee Landcare implemented the Blooming Connections program, supported by the Connecting Seniors Program through the Department of Communities and Justice. Over twelve months, seven activities were delivered, including seed propagation, weaving, fishing, nature journaling, bird watching, exploring First Nations artefacts and a wrap-up party that encouraged contact sharing. Each activity combined environmental learning with social engagement, offering inclusive and enjoyable experiences. By fostering connections, promoting hands-on participation and celebrating local knowledge, the program successfully strengthened community ties and enhanced participants' confidence, belonging and connection to nature.

The impact

The Blooming Connections program created lasting benefits for participants and the broader community. All attendees gained new skills through practical, hands-on learning in activities such as seed propagation, weaving, fishing and nature journaling. Each participant was also provided with the tools and knowledge needed to continue these skills independently or in groups beyond the program. The initiative successfully built confidence, strengthened social networks and encouraged ongoing connection through shared interests. By combining environmental learning with community engagement, Blooming Connections fostered long-term wellbeing, sustainability awareness and a stronger sense of belonging among older residents across the Murrumbidgee region.



Key facts

- Seven activities were delivered across the Murrumbidgee region, engaging 92 senior participants.
- Each participant learnt a hands-on skill and received materials to continue it.
- The program strengthened community connections and improved well-being through nature-based engagement.