

BUSHMEAD

SHAPED BY NATURE

WHAT'S HAPPENING IN THE COMMUNITY OF BUSHMEAD IN *October*



FACEBOOK GROUP

Bushmead's residents have started a Facebook Group to share resident events, happenings and keep in touch.

 /groups/Bushmead6055

MEDITATION SESSIONS

To encourage you to press 'pause' during Mental Health Week, there will be a series of free meditation sessions hosted in Giant Park.

6:30pm - 7:15pm
Wednesday 12, 19 and 26 October

With the meditations in the park, please be wearing long-sleeved loose clothing and mosquito repellent.

CONNECTED TO NATURE, CONNECTED TO COMMUNITY

Cedar Woods Properties are committed to playing an active role in supporting the development of a strong community in Bushmead and surrounds.



Scan here to sign up for updates.

BUSHMEAD BLUE TREE

The Blue Tree Project is sparking important conversations about looking after your mental health and checking in with others in the community. At Giant Park, one of the retained trees has been painted blue, so when you're out and about in Bushmead you're reminded that "it's OK not to be OK".

We know that being connected to your community and connected to nature can have positive impacts on your mental health. During Mental Health Awareness Week, and throughout the year, we encourage you to get involved and stay connected with your Bushmead community.



KADINA TRAIL PARKRUN

A free, fun, and friendly weekly 5km community event. Walk, jog, run, volunteer or spectate - it's up to you!

The Kadina Trail Park Parkrun kicks off every Saturday at 8am. Meet at Cnr Fortitude Vista and Northgate Promenade, Bushmead.

Please register before you come along and bring a scannable copy of your barcode.

Register here:
www.parkrun.com.au/register
More details about Kadina Trail:
www.parkrun.com.au/kadinatrail/
Find out more
parkrun.com.au/kadinatrail/course

BUSHMEAD CONSERVATION COBBERS

Community Watsonia Weeding & Gladi Grab

Rushmore Green Bushmead BBQs
Sunday 16th October - 9am

Community Snake Info Session

Giants Park
Sunday 30th October - 10-11am

Like the Bushmead Conservation Cobbers Facebook Page to keep up to date with events and initiatives:

 /BushmeadConservation

PILATES IN THE PARK

At 9am every Saturday morning in Giants Park, there's Pilates in the Park!

BYO Mat. First class FREE*! All welcome. Giants Park, cnr Leeuwin Boulevard and Greenslope Drive, Bushmead

*second class is \$10 and \$20/class thereafter (casual)



LIFE IS BETTER TOGETHER

We all know that Bushmead is a great place to live, and that's something worth celebrating. One of the best ways to do this is to get together with your neighbours and friends, and we'd love to help you do this!

A Better Together event can be anything that brings the community together to meet new people and celebrate the best of Bushmead!

When you're ready to host a Better Together event, call or email Jesika from Creating Communities to receive details on your \$100 contribution from Cedar Woods.

jesika@creatingcommunities.com.au
08 9284 0910

BUSHMEAD

SHAPED BY NATURE

*it's ok to
not be ok*

*"We are stronger than we
believe, braver than we think
and loved more than we know"*

There is always somebody available to listen.
If you, or somebody you know, needs to talk contact
Lifeline on 13 11 14 or Beyond Blue on 1300 224 636

