

Winter 2025

# Saltbush Balnarring Beach Newsletter



[saltbushbalnarringbeach.org.au](http://saltbushbalnarringbeach.org.au)



“

*A few nights of peace  
can make a world  
of difference to  
someone when  
life is feeling  
overwhelming*

-Saltbush Guest



## Warm Winter Welcome

We know that winter can be a particularly hard time when life is already difficult. A short break to catch your breath, clear your mind, and take a rest surrounded by nature can make all the difference to get through these long, cold months. With new heaters and beautiful fresh linen donated, cleaned and managed by major sponsor “Bay Linen Hire and Laundry Services,” our self-contained houses are cosy and comfortable. We are delighted to share that thanks to a generous donor, this winter we can offer a special price for people who need a restorative break to bring a little sunshine back into their lives. If you are interested in becoming a referral partner with us, or if you work in an organisation that supports people in need, please contact us to find out more.



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## School Holiday Activities

Each school holidays we run activities for children with their families, designed to help them immerse themselves in nature, be active and creative, and to forge new friendships.

Our winter school holiday program consisted of 3 different activities across 3 days. The first activity was bush cooking with delicious damper, then a session of creating beautiful nature art, and finally a woodlands walk. As to be expected in Melbourne winter, the weather was a bit wild at times, but fortunately not enough to deter our intrepid adventurers, who all had a wonderful time



## Bunnings Sausage Sizzle

Whether for fundraising or just having the chance to talk to people about Saltbush and what we do, our dedicated volunteers and Board members are great at getting out into the Community and helping drive support so we can keep helping those who need it most



## Visiting Clonard College

Our C.E.O. Maree recently visited Clonard College to explain all about what we do at Saltbush Balnarring Beach, and how we help people who need time and peace to rest, restore and revive. The students enjoyed creating artworks celebrating the beautiful natural environments around our grounds that help to soothe and heal our guests. We are so grateful that the school has dedicated the results of their fundraising to Saltbush this year





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## Garden Project Update

After many hours of hardwork, our volunteers have completed stage 1 of the garden project thanks to the generous support of the Mornington Peninsula Shire. We are delighted to announce we have received a grant from Open Gardens Victoria and will now be able to extend the gardens even further, creating a beautiful, healing sanctuary for our guests to enjoy and further enhancing wildlife biolinks.



## CALL FOR VOLUNTEERS



### ARE YOU HANDY WITH TOOLS?

- ✓ We are looking for help to install new kitchens in our respite accommodation
- ✓ Help improve the houses at Saltbush so people who need it most can have a safe and restorative break

## New Kitchens Project

Thanks to generous support Of Community Bank Balnarring who have funded 6 new Kaboodlle Kitchens for Saltbush, RJ Cleary Plumbing who are project managing the installations, Benny's Tiles who are providing splash-backs and the Red Hill Lions who are paying for clean-up, we are able begin much-needed renovations of the kitchens in our houses. The one thing we were missing were volunteers to help dismantle the old kitchens and install the new ones. We put a shout-out to the community and are so grateful for the many people who put up their hands to help, including local tradies and a team from St Ives College, Sydney (part of Kildare Ministries) We now have enough volunteers for 3 teams who will begin the renovation works in August. Thanks so very much to everyone who is helping make this project happen!

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## Merricks Coolart Landcare Update

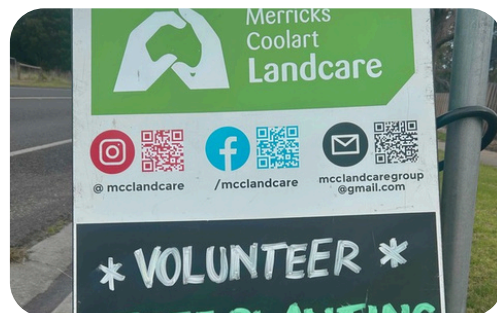
There's been a whole lot happening out in the back paddocks recently. After a few delays due to lack of rain, Merricks Coolart Catchment Landcare Group kicked-off the winter planting season on the "Balnarring to the Bay" (Biolink 1) project here at Saltbush.

Over three different planting sessions, nearly 200 Landcare members and volunteers have gathered to rejuvenate the empty land that has been used for farming for years.

Spurred on by a shared vision, morning tea treats, and the promise of post-planting BBQ, the volunteers got to work at the first planting session in June. Planting a forest on this 7 acre paddock always looked daunting, but with a record number of highly motivated volunteers getting 1000 plants in the ground in under 3 hours, revegetating this massive paddock suddenly began to seem totally achievable.

After that first amazing day, an even bigger planting event happened over a full weekend in July. A big thank you to Mornington Peninsula Koala Conservation for partnering with Merricks Coolart Catchment Landcare group to make the weekend such a success. Together over the two days they planted a further 2100 trees and shrubs.

More than 7000 plants will be planted here this season, with another seven planting sessions planned with the community and schools. Stay tuned for the next planting session by following our social media.



## Thanks to Our Sponsors

We are so very grateful to our sponsors, donors and funding partners who help us to keep the lights on, to maintain and improve our facilities and gardens, and ensure a safe, restorative break for our guests.

Community Bank  
Balnarring & District

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