

MEDIA STATEMENT



Thursday, 6 October 2016

Mental health workshop to focus on benefits of being outdoors

A workshop at the Bunbury Community Garden on Wednesday, 12 October that involves participants making spinning flowers out of plastic bottles will highlight the benefits being outdoors has on mental health.

The Spinning Flowers Workshop is being held as part of Mental Health Week and encourages people to get out in the fresh air and be creative.

The workshop involves using recycled plastic drinking bottles, which are mounted on corks and a metre-long fibreglass rod and cut into flowers that spin in the wind. Participants paint their own flowers with acrylic paints.

City of Bunbury Arts and Cultural Development Officer Anna Edmundson said the workshop was an ideal way to raise awareness of the importance of good mental health.

“This is a great opportunity for people to see how being busy outdoors, whether it is being creative or just pottering in the garden, can have benefits for mental health,” Ms Edmundson said.

The workshop is open to everyone but spaces are limited. To book your place email aedmundson@bunbury.wa.gov.au.

The Bunbury Community Garden is located behind the Withers Library.

ENDS

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