



IPHA Newsletter #26

Late summer 2025 edition

www.indigenousplantsforhealth.com

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Indigenous Plants for Health (IPHA) is a not-for-profit incorporated association, formed with the objectives of raising aware-ness, researching Australian health-promoting plants and supporting protection of their habitats.

We acknowledge that Aboriginal and Torres Straight Island Peoples are the Traditional Owners of this country, and they retain their relationship and connection to the land, sea, and community.

From the President Jen Stroh

IPHA website upgrade progress 2025

During January many hours have been dedicated to meetings and thinking about how to improve and update our website. We have engaged Leigh Baker for a 3-month stint to help steer us with technical solutions and revamps 'under the hood'. So far Leigh has converted a lot of background code to make uploading information easier for ordinary folk. She is working on the Front-page look and side bars and educating us on how to best use the WordPress format we have. Leigh has also made the Plant Profile page more access friendly.

Volunteers needed

Please dig deep to support us in any way you can. We need helpers for:

- ❖ Maintenance of our website
- ❖ Newsletter (quarterly) creation and format
- ❖ Newsletter contributions
- ❖ Help with Field Day organising

Annual Grant funding

See update on our latest Grant funding recipient Yilyapinya Yarning Circle garden later in this newsletter. If you would like a project funded for 2026, please view our Guidelines on our website and apply accordingly or have a chat with someone on our committee.

Editor's note

Apologies for the delay in completing this newsletter, we hope it was worth the wait. You will find this edition packed with information, so please give yourself the time of day to focus on some significant reports here. In particular, Felicity's excellent account of the inaugural Symposium on Traditional Medicines featuring First Nation's presenters, and Dick Copeman's thought-provoking, and at times confronting, account of his experiences working with the First Nation Community, in his role as a bushfood pioneer.

IPHA NSW Field Day

The next field day will be held at Somersby on near Central Coast, Darkinjung Country, NSW on **Saturday 5th April 2025**. Further details about the programme and registration to come

Dr. Renata Buziak, New Committee Member for IPHA



For exhibition details, public program, free download of wildflowers art activity cards for adults and children, visit Renata's website: <https://renatabuziak.com/wildflowering-by-design-traveling-exhibition-qld-2023-2025/>

Renata is a biochrome artist, researcher, and educator working at the intersection of art and science, helping people to reconnect with nature. Her experimental process that she calls the biochrome,

merges her passions for nature and photography by blending photographic and organic materials in collaboration with nature.

Renata holds a PhD from Queensland College of Art, Griffith University. Her research delved into the healing plants of Minjerriba / North Stradbroke Island, in consultations with members of the Quandamooka community. Renata has completed several artist residencies; she engages in multidisciplinary collaborations and intercultural collectives. Renata's biochromes have been showcased in exhibitions nationally and internationally, received awards, feature on ABC Gardening Australia, and are held in public and private collections. In 2022 Renata led the Art. Nature. Science. Program at Binna Burra, and she currently lectures at JMC Academy.

'Widflowering by Design'

In the series Granite Belt Wildflowers: Out of Oblivion, Renata restores our appreciation for wildflowers of the forest floor, sharing her studio research from a remote property in the Granite Belt and transforming tiny wildflowers into large-scale portraits. Several textiles from this series are included in the 'Widflowering by Design' touring group exhibition that "explores contemporary responses to our botanical and wildflower heritage and presents works by Queensland female artists who work across the art and design spectrum". In 2025 this exhibition will be available for viewing in several regional Qld galleries starting with Gympie Regional Gallery from 23 January until 8 March.

Unveiling the Future of Australian Traditional Medicine: A Groundbreaking Symposium. Felicity Kerslake

In a landmark event for the field of traditional medicine, the inaugural National Symposium on Australian Traditional Medicine took place on November 11-12, 2024, at Western Sydney University. This pivotal gathering, hosted by the NICM Health Research Institute in collaboration with the Australian National University and supported by The Jacka Foundation for Natural Therapies, marked a significant step forward in recognising and advancing the rich heritage of Australia's Indigenous healing practices.

The symposium brought together a diverse array of attendees, including allied health clinicians, industry representatives from bodies such as the Therapeutic Goods Administration (TGA), researchers, and First Nations people. This eclectic mix of participants underscored the symposium's commitment to fostering a holistic and inclusive approach to traditional medicine.

At the heart of the event were key themes that explored the opportunities and challenges facing this emerging sector. Central to these discussions was the proposal for a new way forward that ensures First Nations People's involvement at every stage, respecting cultural traditions, practices, and economic opportunities.

The symposium boasted an impressive lineup of speakers, each bringing unique insights to the table. Keynote speakers included:

1. Professor Sheryl Lightfoot, Canada Research Chair of Global Indigenous Rights and Politics at the University of British Columbia, offered a global perspective on Implementing United Nations Declaration on the Rights of Indigenous Peoples; strengthening protection of traditional knowledge and cultural intellectual property



2. Professor Ronald Quinn from the Griffith Institute for Drug Discovery delved into the partnership for commercialising Aboriginal traditional knowledge historical perspective.

3. Professor Emma Kowal, Professor of Anthropology at Alfred Deakin Institute for Citizenship and Globalisation, *presenting on Oral evidence of traditional use of Indigenous medicine- towards recognition.*

The event covered a wide range of topics, showcasing the current research landscape of traditional medicines and the historic new treaty, the first World Intellectual Property Organisation (WIPO) Treaty that will establish in international law that has a new disclosure requirement for patent applicants whose inventions are based on genetic resources and/or associated traditional knowledge. This WIPO Treaty is also the first to include provisions specifically for Indigenous Peoples as well as local communities.

Attendees were treated to presentations on partnerships and benefit-sharing models, innovative solutions for preserving ancient knowledge to address contemporary global challenges, and the potential of functional native foods and ingredients to name a few. One of the symposium's highlights was the exploration of novel uses for traditional medicines. Researchers presented findings on the cultural, phytochemical, pharmacological, and toxicological properties of various Indigenous remedies, demonstrating the potential for integrating these ancient practices into modern healthcare systems.

The symposium also addressed critical issues such as intellectual property rights, the challenges of regulation and documenting oral traditions for regulatory purposes, and the need for sustainable partnerships that respect Indigenous knowledge and promote economic opportunities for First Nations communities.

As the curtain fell on this groundbreaking event, it was clear that the National Symposium on Australian Traditional Medicine had not only shed light on the immense potential of Indigenous healing practices but also paved the way for future collaborations and innovations in the field. The gathering served as a catalyst for change, promising a future where Traditional Australian Medicine plays a vital role in the country's healthcare landscape, all while honouring the wisdom and rights of Australia's First Nations people.

With plans already underway for future symposiums, the event has set a new standard for dialogue and cooperation in the realm of traditional medicine, marking the beginning of an exciting chapter in Australia's history.

Felicity Kerslake leads the Australian Bushfood Education Centre and is a passionate advocate for Australian Traditional Medicines through her education and consulting roles as a naturopath and nutritionist. She is an IPHA Committee member. More information about Felicity's work can be found www.bushfoodeducation.com.au or email learn@bushfoodeducation.com.au.



News from Woodfordia – home of the legendary Woodford Folk Festival

Lake Gkula Easter Programme Live

If you've been to the Woodford Folk Festival, you might recognise some familiar faces in this year's Lake Gkula Easter Programme – and they're back to serenade you once again.

Set against one of our favourite backdrops, Lake Gkula, this Easter's lineup features a mix of returning favourites and exciting new acts to bring the afternoons to life with live music at the Lake House.

https://woodfordia.org/lake-gkula-easter-programme-live/?inf_contact_key=5ba479dc98488399076623c8f1b919e37e470d92b8b75168d98a0b8cac0e9c09



Indigenous Plants for Health (IPHA) Field Day Report – 5/10/2024

By Jen Stroh, President IPHA & Graeme Patterson, Field Day participant



Our generous hosts Sophie and Xavier (above) and their two children welcomed about 20 folks to the gorgeous 10-acre property 'Yina' on Quandamooka country (Mount Cotton - near Brisbane). Even though it was sunny and quite hot, we were able to relax under the wide eaves of the beautifully renovated Queenslander and two gazebos erected for the day.

We had a range of fascinating speakers (see below for summary). Sumptuous bushfoods themed morning and arvo teas were supplied by Sheryl Backhouse from the Queensland Bushfoods Association, then more tasty food for lunch (supplied by IPHA). To balance our brains and bellies, the food was fortunately interspersed with some welcome and fascinating walks around the property.



[Welcome to Country](#) was shared by Kaylah, a local Quandamooka traditional owner. She talked about her family history in the area (including Moreton Bay, Redlands Coast and Minjerribah/'Stradbroke Island') and their intimate connection to Country. Kaylah has been involved

in reviving the dialect specific to Quandmooka people called Jandai. Quandamooka people are members of the broader Yuggera language group.



Dr Don Sands: Insect Pollinators of indigenous Rutaceae Species

Don's seemingly (at first) narrow focus on pollinators, revealed a far broader theme: the dangers facing our whole ecosystem when pollination relationships break down due to climate change, deforestation and urban development. Don, and his CSIRO colleagues, have conducted painstaking studies of 'obligatory pollinators', where an insect species evolves as the sole pollinator of a plant species – especially moth species and their exclusive partnerships with specific native Rutaceae species. An example of this is the interdependence of the Heliozelid moth and *Boronia* species. For more information see the great YouTube video 2024 by Natura Pacific "The Heliozelid Moth and *Boronia* Flower – a Match Made in Nature". <https://www.youtube.com/watch?v=OR0FkYAj-2Y> CSIRO results reveal alarming declines in these partnerships that can trigger accelerated extinction rates across other plant, invertebrate and higher order vertebrate species, leading to wider ecosystem depletion. Don indicated that if this trend continues, the environmental impact could match the scale of previous global mass extinction events.

Native Rutaceae plant family species include the beautiful *Boronia*, *Zieria*, *Phebalium*, *Crowea*, *Correa*, *Flindersia* and *Citrus* (eg finger lime). Rutaceae are renowned for their aromatic foliage and flowers.

Jiale Zhang: Update on *Persoonia* spp. (Geebung) Research Project at Qld Uni

Jiale's in-depth exploration of the chemical constituents of geebung (*Persoonia* spp.) gave a fascinating insight into the kind of thorough analysis all our indigenous edible and medicinal plants arguably deserve but rarely receive. IPHA has been privileged to help sponsor Jiale over the past 3 years to help him complete his PhD in this subject. Keep an eye out for exciting final updates next year after Jiale finalises his research. The IPHA founding members particular interest in this potential medicinal plant inspired them to form the IPHA 7 years ago. As you may have noticed we adopted *Persoonia* as our logo.



Andrew introduces Jiale

Jiale's results so far highlight the high degree of variability of geebung's chemistry - depending on the species, the part of the fruit tested and the level of ripeness. For example, some potentially therapeutic ingredients (e. g. flavonoids) and nutrients increased with ripeness while others decreased with ripeness.

First Nations peoples plant use knowledge stresses the need to understand the growth habits, seasonality and morphology of each plant. There is much to learn. The takeaway message perhaps is that species and plant part selection, quality and seasonality, are key to safe and effective use of indigenous plants.

Useful plants like geebung have a huge list of constituents (as seen on one of Jiale's slides). Often, we can't be sure which of these are therapeutically 'active', and which other constituents may potentiate and/or reduce effects of the active ingredients. This synergy is the basic philosophy behind the art and science of Herbal/Botanical Medicine since the dawn of time. So, while lab produced pharmaceuticals with 'active' ingredients isolated have the advantage of being able to 'standardise' dosage, their synthetic aspect may leave much to be desired.

Kerrie Oakes: PhD Study on Community Managed Herbal Medicine, SCU (Southern Cross Uni, NSW)



Kerrie's outline of her current PhD study was a reminder of what growers, collectors, dispensers and users of plant medicines have known through the ages - that the level of involvement of the end user in the therapeutic process is a key determinant of health outcomes. Kerrie (a former President of IPHA and member of Herbalists Without Borders) hopes to conduct case studies, both here and overseas, that shed light on best practice community-managed models.

Her aim is to add to existing knowledges regarding herbal medicine practice and produce a model for future research with a timeline completion of the project by 2028. If you would like to share any of your experiences with Kerrie, get in touch: k.oakes.21@student.scu.edu.au

Jen Stroh: Use of 'Oxymel' Method with Native plants

Jen's demonstration of 'Oxymels' – using a mixture of honey and vinegar to prepare plant extracts - dovetailed well with Jiale's and Kerrie's presentations, by providing a simple, yet tried and tested method of extracting therapeutic ingredients and nutrients that anyone can do using home grown plants. Brilliant method, great taste results and ideal for those wanting to avoid the alcohol base and the often bitter taste of many herbal medicine extracts.



Jen (IPHA President) shared her manufacturing experience as well as the 'end product' as samplers. These included oxymels of *Melaleuca quinquenervia* (Broad leaf Paperbark), *Hibiscus sabdariffa* (Rosella), and some exotics like *Thymus vulgaris* (common thyme), *Nasturtium officinale* (nasturtium) and garlic/turmeric/ginger/chilli combination.

See Jen's well researched article (with recent published PubMed studies) on this topic on her website: <https://integrityhealth.com.au/medicinal-herbal-preparation-oxymels/>. This includes some garlic oxymel recipes.

Dick Copeman: Bushfoods in the City – Partnership with First Nations People

Dick shared some of his 'lessons learnt' over several decades as a medical practitioner working with Indigenous communities, as a bush foods enthusiast, and as co-founder of Northey Street City Farm (Brisbane). He focussed on the potential for positive relationships and shared perspectives when First Nations and non-indigenous people work together on bush food projects. He emphasised the need to acknowledge and respect the culture, and wealth of knowledge generously shared by First Nations' custodians.

Dick spoke about a wonderful project in which he had recently participated. This offering is available to all people as an online learning experience. <https://www.growingoncountry.com.au>

Growing on Country has been written, designed and developed by a team of Aboriginal and/or Torres Strait Islander people with contributions and feedback from Elders, knowledge holders, researchers and community members. This is a self-paced 5 module design accessible for one year from purchase. Dick said he learnt so much himself and encourages others to support and access this collective wisdom offering. (see transcript on p. 12).



Dick Copeman and part of THE audience

Tours of “Yina” property

Tours of the property tied in well with the information and ideas raised by the presenters. Our hosts, Sophie and Xavier Ader, covered their bush regen work, making Biochar, their permaculture kitchen garden and extensive Food Forest. Also, we gained from Sophie (an IPHA Committee member) and Xavier, an insight into how and why they chose to introduce native forest regeneration and permaculture practices on “Yina”, and the positive impacts for their family and their way of life.

Andrew Pengelly (Vice President & founding member of IPHA) identified many of the (possibly 100) indigenous food and medicinal plants on Yina (including geebung). He also described some of what we know about medicinal usage of these amazing plants. He has been writing extensively (and teaching) about medicinal plants over many years. More info can be found on the IPHA website, Andrew’s website (<https://herbalfield.eduction>) and his published book on Constituents of Medicinal Plants (3rd Ed., CABI). Look out for his new book on edible and medicinal Australian plants coming out in a year or so. Andrew also conducted a survey amongst participants to help understand what areas of information our members are interested to receive.

We all enjoyed participating in and observing the networking and connection amongst people and plants that was forged in this gathering. Participants shared a wealth of knowledge and awe with each other over cups of herbal teas, coffees and macadamia cookies. IPHA looks forward to meeting you (again) one day virtually or even better in person in the field.



In the meantime, check out our wonderful Plant Knowledge Cards available for sale through our website. There’s always an opportunity to help educate, inform, surprise and celebrate with these lovely Cards.

Report compiled by Graeme Patterson and Jen Stroh. Photos by Jen and Andrew

Comments from Field Day participants

“Yet another great Field Day. I had a great time seeing how Sophie’s family have been able to incorporate native plants into a productive permaculture property. And what an honour to meet their ‘Grandmother’ tree. As always, a diverse offering of presentations and talks. Congratulations to the organisers for an informative, relaxing, and fun day. And the food, as always, highlighted indigenous foods and the skills of the team.” Kerrie.

“Great talks by several speakers. I learnt a lot, thanks to everyone and to IPHA for organising such a fun and educational experience.” Renata

Engaging with First Nations People About Indigenous Plants

Dick Copeman, Northey Street City Farm, Brisbane

In 1994, I helped established Northey Street City Farm (NSCF), a 2-hectare community garden on the Enoggera Creek floodplain at Windsor in inner northern Brisbane. There, amongst other things, we planted bush food plants and now have over 60 different species.

I had previously worked for Aboriginal community Controlled Health Services for about ten years and was interested in bushfoods, so I ended up running regular workshops and tours about growing and cooking bushfoods for about 20 years at NSCF. I worked with First Nations (FNs) people on joint projects around nutrition and bushfoods, a recipe book, cooking workshops, a bushfoods training course, field trips and a bushfoods festival and I also helped design bushfood plantings for a number of FNs school and community groups.

These experiences showed me that there was on-going interest amongst both indigenous and non-indigenous people in learning about and growing bush foods. I was puzzled, however, by the fact that non-indigenous people who came to my workshops rarely made a connection between bush foods and indigenous Australians. I realised that the connection might be more obvious if a FNs presenter was involved in presenting the workshops with me, so I tried, unsuccessfully at that stage, to find an indigenous person to work with.

In more recent years, as I was gradually retiring from active involvement with bushfoods and with NSCF, a younger group of staff and volunteers initiated a proactive approach to decolonising our activities and engaging with FNs.

They set up a Decolonisation Action Group (DAG) that started reflecting on how individuals, and NSCF as an organisation, could address the ongoing legacy of colonialism and the colonial mindset, and engage meaningfully with FNs people. They invited some FNs people to join them for yarns and food around an open fire at dusk and this became a First Nations Advisory Group (FNAG).

As a result of their efforts over the past six years or so, NSCF’s strategic plan now includes FNs support and engagement as key objectives. Training is provided for staff and volunteers in cultural awareness and FNs engagement, our educational programs are available to FNs at a discounted cost and celebrations of the winter and summer solstices include FNs performers.

Our Earth Kids outdoor education program includes bushfoods activities and it has provided a free bushfood tour for students from the Murri school at Acacia Ridge. That school, and another FNs school have expressed interest in obtaining funding to establish bushfood gardens on their land, which NSCF may be able to assist with.

In the course of these activities and engagements, NSCF has established relationships with FNs people who are actively involved in bushfoods, including Bruce Phillips, a Butchalla/Kabi Kabi man who runs Murri Tukka, which provides bush food experiences for childcare centres and schools, Jacob Birch, a Gamilaroi man who is promoting and facilitating the growing and processing of native grains from SW



Qld, and Derek Oram Sandy who is actively educating the wider community about all aspects of the culture of his Yerongpan clan of the Yuggera people in Brisbane's south. Bruce Phillips has now taken over the running of bushfood workshops at NSCF.

NSCF also auspiced a grant for Dom Chen, a Gamilaroi researcher, teacher, artist, writer and food-grower, who, with Zena Cumpston, a Barkandji researcher, writer, artist and curator, has put together the recently released Growing on Country training module.

Growing on Country

Growing on Country is an on-line learning course for non-indigenous people who are farming, gardening or growing plants on land in Australia and who are using or selling them for food, medical, educational, scientific, or other purposes.

The course materials start by reviewing the horrific history of colonisation and the devastating effects of the violence, killing, dispossession and displacement on FNs people and on their country.

Dick reporting on iNaturalist

To give just one local example, documented massacres (>5 deaths) of First Nations people in the early colonial period in SEQ included: Pine River – 50. Caboolture River – 7. Moreton Is – 20. N Stradbroke Is – 12. Dugandan – 40. Kilcoy – 60. Grantham – 6.

Growing on Country then invites, indeed exhorts, us as the descendants of settler colonialists, to reflect on and acknowledge that our access to the land and resources that were taken from the FNs people has enabled us to enjoy the power, wealth and lifestyle that we take for granted. It asks us then to think about what we are doing, to question our own assumptions and to change the way we live and operate, particularly in our relationships with FNs people, indigenous plants and the land.

When I worked through this module of the Growing on Country program, I found it personally challenging and emotionally difficult to deal with, even as one who thought he had some experience and a 'good' record in engaging with FNs people.

Access to land is a key concern for FNs people. Over the past 50 years, First Nations people have fought for and obtained Aboriginal Land Councils, Native Title judgements and Indigenous Protected Areas in many of the regional and remote parts of Australia, but virtually none of these provisions for land access exist in the major urban centres such as Brisbane. Most FNs people in urban areas have very little or no access to land, even just for secure housing, let alone for growing bushfoods or other native plants.

Growing on Country presents some inspiring examples of grass roots efforts to regain access to land, including land sharing, obtaining donations to fund the purchase of land and new models of equity in land such as Community Land Trusts.

Many of the FNs people who were separated from their culture and country by colonisation are actively re-connecting with their cultural knowledge, particularly in relation to plants. Many of those who now live in cities still maintain contacts to their country and their older relatives. Women have traditionally done most of the gathering of plant foods and still today, the Aunties are important repositories of knowledge about bushfoods and other indigenous plants.

First Nations people are concerned that non-indigenous people run and control almost all the bushfood industry and that little of its benefits such as employment or income flow back to FNs people. They are calling for the industry to be led by FNs people, for their intellectual property rights in native plants and indigenous culture to be recognised and for monetary payments to be made to them for use of their Indigenous Cultural and Intellectual Property (ICIP).

Engaging with FNs people

Growing on Country says that non-indigenous people often approach the process of engaging with FNs people with specific outcomes in mind. They argue that focussing on the process of engagement is more important than the outcome. If we commit to a good process, new and interesting outcomes are more likely to follow.

What do they mean by good process? They propose the following protocols for engaging with FNs:

- Ask ourselves why we want to engage with them. Who will benefit from a relationship – us or them? What are we bringing to the table that will benefit them? If we have a project in mind, do we have to do it or could they lead it? This challenged me to examine whether my involvement with bushfoods was really benefitting FNs.
- Find out who are the right people to talk to. If we don't already have relationships with people in our area, we could contact local Traditional Owner Groups or Aboriginal Land Councils if they exist, or we may need to ask the local government council for their recommended contacts.
- Acknowledge, respect and engage with the elders. They must be included in any engagement. If we don't engage with them, we can be sure that any younger FNs people we engage with will be consulting their elders before agreeing to anything we propose.

- Respect all FNs people, because they are human beings just like us but also because they have been the successful custodians of this country over many millennia.
- Listen deeply and aim to have meaningful two-way conversations.
I have learnt not to try to guide or push the conversation with FNs people in a particular way and have been gratified to see that, over time, novel ideas and directions do percolate up and interesting things can happen.
- Engage genuinely, not just in tokenistic 'consultation' around outcomes that are already determined, as is often the case when governments consult.
- Take time to build trust and develop relationships. This can initially be frustrating for some of us with a compulsion to get things done quickly.
- Be aware of issues that may be sensitive for FNs, such as the loss of their land, the disruption of their families by children being taken away, 'sorry business' related to deaths and funerals, men's and women's business, and information that is secret or sacred.
- Value and respect knowledge and information that is given to us. It is their intellectual property and we need their consent before we share it with others, especially if we are benefitting commercially from it.
- Share knowledge back into communities. Due to colonisation, a great deal of FNs knowledge has been fragmented or lies dormant within their communities. We should ensure that our knowledge about plants, foods, medicines, artifacts, or other cultural heritage is repatriated back to them
- Allow and facilitate Indigenous people to speak about their own issues. Overcome the marginalising or silencing of indigenous voices within the mainstream
- Be considerate of cultural responsibilities and 'cultural load'.
We need to recognise that Indigenous people have their own cultural responsibilities in addition to the responsibilities that we all have, and that sometimes these two lots of responsibilities can be in conflict, leading to 'cultural load', which can be very wearing over time.
- Negotiate informed consent before engaging or working with FNs people. Ensure that they are aware of what the benefits are and how they will be shared, as well as what the risks are and how they will be managed. This should include financial or other recompense for their time, expertise and ICIP.

Growing on Country is not, as its title might suggest, a manual of how to grow bushfoods, botanicals or other plants on FNs country, although it does include informative interviews and case studies from FNs around Australia, who are working in a variety of innovative and productive ways with bushfoods, botanicals and native plants more generally.

Growing on Country is, however, a useful tool that can help non-indigenous people, particularly those of us with a passion for growing plants, to follow our passion in a manner that engages respectfully with FNs people, acknowledges their cultural and intellectual property and negotiates reparation and sharing of benefits.

2025 IPHA funded project (\$1500)

Youth Yarning Garden, Yiliyapinya Indigenous Corporation in Brisbane.

Yiliyapinya is an Indigenous led, not for profit organisation, dedicated to brain health and healing for young people (mainly indigenous), families and the workforce. They provide personalised, evidence-informed, applied neuroscience programs using an ecological approach to improve holistic wellbeing. See www.yiliyapinya.org.au

The aims for Term 1 include:

- ❖ Introduce the project to the young people. Have the young people ideate their vision for the space. Can include a meditation session in this space to ground ourselves and understand the land better.
- ❖ Take the kids to a local Native Garden – ‘Benarrawa’ - with whom our Traditional Owner Teacher Aide has an existing relationship – to learn about the plants before we start selecting some for our own garden.
- ❖ Talk with local experts (eg Andrew Pengelly, or the Nursery staff at Indigiscapes) and purchase a range of native medicinal / culinary use plants – ideally tubestock, and local to the area.
- ❖ Purchase some low-cost pest barriers to keep the local possums away.
- ❖ Purchase plants and soil.
- ❖ Purchase gardening implements (eg gardening gloves for youth, some basic tools such as hand trowels, buckets, a hose for watering)
- ❖ Create some laminated Identification and information cards that will stay outdoor with the plants.

The project will conclude at the end of Term 2.

IPHA Committee Members

President: Jen Stroh

Vice President: Andrew Pengelly

Treasurer: Patricia Collins

Secretary: Reesa Ryan

General members: Sophie Ader, Kat Bennett, Felicity Kerslake, Fred Fetherston, Renata Busiak

Webmaster/mistress: *VACANT*

Newsletter editor: *VACANT*

Indigenous Plants for Health Association Inc.**MEMBERSHIP APPLICATION FORM**

Set out below are my membership application details for Indigenous Plants for Health Association Inc.

There is a free membership option for Aboriginal and Torres Strait Islander people, as well as for pensioners or anyone with low income.

Enclosed/transferred is the sum of \$20 annual membership fee. The amount has been paid by:

- ☐ Cheque
 ☐ Cash
☐ Paid by Bank Transfer (Important flag your name with payment)
☐ Paypal, via website www.indigenousplantsforhealth.com
☐ Identify as Aboriginal or Torres Strait Islander (fee optional)
☐ Identify as low income (fee optional)

Post Membership Form and cheque to:

IPHA Treasurer – 196 Bridge St. Muswellbrook NSW 2323, OR if paying by transfer you may scan and email the completed and signed form to IPHA.Secretary@hotmail.com

Bank Details for Payments: BSB 637000**Account 722660722**

Name: _____

Address: _____

Postcode _____

Tel: Home _____ Mobile _____

Email: _____

I agree to abide by the Constitution and any policies, rules or regulations established within the association. These are listed on the website www.indigenousplantsforhealth.com

Signed _____ Date _____