



Bridging
the **Divide**

About the project

Bridging the Divide is a project that looks to promote conversations about climate change in the Macedon Ranges. Everyone in the community will continue to experience the direct and indirect impacts of climate change, regardless of their circumstances, and conversation is just one tool that can be used to increase the resilience of a community. We hope you enjoy trading these questions around the kitchen, classroom or campfire.



How to use these conversation cards

1. Spread the cards out on a table with the logo facing up
2. Players are to randomly select 1 card
3. Players ask the question on their card to the person next to them.
Once answered, the person who just answered, then asks their question.
4. The cards include a quote and/or a fact about climate change which can be shared after answering.
5. The card can then be placed back on the table and the process can be repeated as desired.

**For more information about how you
can manage climate change visit:
mrsc.vic.gov.au/Climate-Change**



**CENTRAL VICTORIAN
Primary Care Partnership**



Bridging
the **Divide**

What is one of your earliest memories in nature?

“

My mum was a biology teacher, and I loved the pre-excursion forays we had to do to ensure her students would find interesting life forms among the rocky shallows at Ricketts point or on the forest floor in the Dandenongs. I feel these explorations began my interest and love for what surrounds me. – Nicole, 64

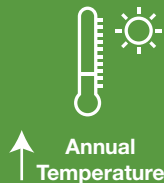
”

Solastagia



Refers to the homesickness you can feel whilst still being at home. This feeling can occur after a natural disaster that results in major changes to the outlook and landscape around a community. It is particularly prominent in indigenous and farming communities.

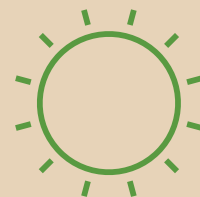
Climate Change in the Macedon Ranges





Bridging
the **Divide**

**Have you had
experience
with extreme
weather
event/s?
What did you
do to recover?**

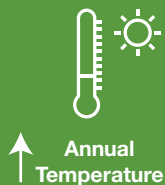


**Increasing
Heatwaves**



The death toll from heatwaves in Australia has exceeded that for any other environmental disaster.

**Climate
Change
in the
Macedon
Ranges**



↑ Annual
Temperature



↓ Annual
Rainfall



↓ Frosts



↑ Fire
Season



↑ Heatwaves

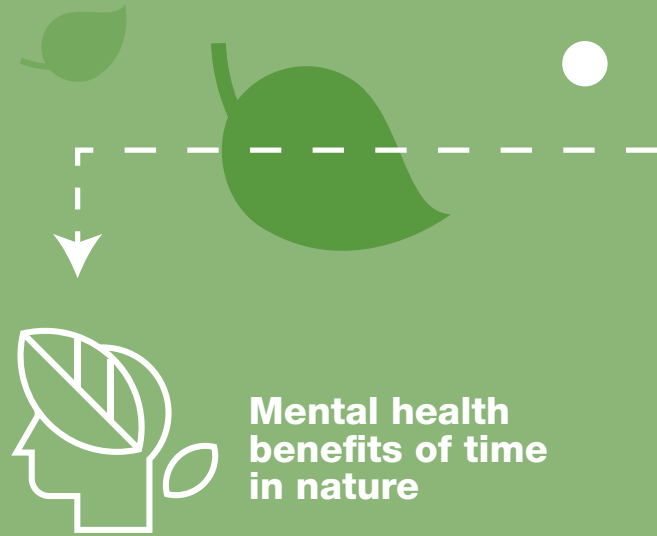


↑ Severe
Weather



Bridging
the **Divide**

Do you have any memories of when the environment nurtured your own wellbeing and contentment?

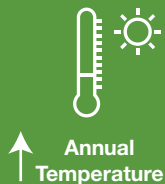


Mental health benefits of time in nature

Time in nature has proven to

- Improve cognition
- Decrease anxiety, depression & stress
- Increase overall resilience and wellbeing

Climate Change in the Macedon Ranges



Annual Temperature



Annual Rainfall



Frosts



Fire Season



Heatwaves



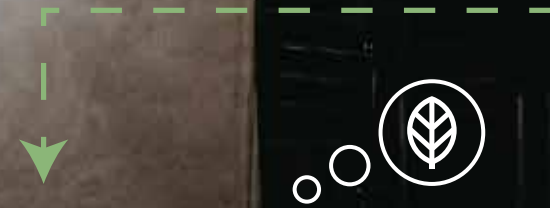
Severe Weather



Bridging
the **Divide**

What do you love and enjoy most about the natural environment?

“ It’s silent and it doesn’t ask anything of you. – Jojo, 20 ”



Visualisation

Even just visualising nature whilst quietly sitting has shown to bring mental health benefits to individuals.



Bridging
the **Divide**

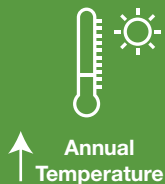
Have you noticed any changes to the environment in your lifetime? If so, what is it and how does it affect you?

“ In the past 35 years at Woodend I have noticed changes in weather patterns, prevailing wind directions, and slightly milder winters and hotter summers. – Keith, 71 ”

Climate grief or ecological grief

The grief and sadness felt towards losing the environment around you. This can be felt after a natural disaster but also from just anticipating future loss of species, ecosystems and landscapes.

Climate Change in the Macedon Ranges





Bridging
the **Divide**

Collective Purpose

With others, we're stronger, louder and more adaptive. By engaging or finding your local community our efforts go beyond the individual. Taking part in local climate action projects is a positive way of diminishing fear, guilt or anxiety and can lead to feeling joy, satisfaction, passion and pride.



Do you think there is a divide in generational knowledge and attitude toward climate change?

“ There can be divides created between generations, but I do believe there are many more links that we can have and ought to have with each other. – Janet, 83 ”



Bridging
the **Divide**

When it comes to climate change, What concerns you the most?

“

The thought of having a future where I won't be able to raise kids with this love for the environment and I won't be able to go outside one day and hear all the birds and the insects. – Ruby, 20

”

The World Health Organisation have declared climate change to be “the biggest health threat facing humanity”.





Bridging
the **Divide**

Security and accessibility to fresh food could become more difficult in the future. Do you have any ideas on solutions? Do we look to big business or local community?

“

We may require a more modest lifestyle where we regionally grow more food at the household level, where a closed cycle of production can be achieved without all the transport and packaging currently involved.
– Nicole, 64

”



Nature Provides

Healthy and thriving ecosystems provide all the services humans needs to survive and flourish: nutritious food, clean drinking water, clean air to breathe, medicines and materials for shelter.



Bridging
the **Divide**



Increasing Annual Temperatures

Increasing annual temperatures coupled with increasing rainfall will result in higher rates of food-borne, water-borne and mosquito-borne disease.

Do you take particular actions to care for yourself and others on extreme weather days/events?



You need to hold consistent conversations about what you're going to do and how you're going to do it. – Peter, 71





Bridging
the **Divide**

Do you look forward to the future with hope or with trepidation and anxiety?

If trepidation & anxiety, what do you associate this to? If hope, what are you hopeful of/for?

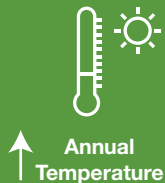


Active Hope

The idea that activism breeds optimism. While passive hope is waiting for others to bring about our desired future, active hope is about becoming an active participant in creating that future.



Climate Change in the Macedon Ranges





Bridging
the **Divide**

What actions could the older generations do to give young people greater hope and confidence in the future?

“

Every day counts. Every day counts in terms of what we do in that day that makes a difference. We need to think: “what did I do today that made a difference to a person, my health or the Planet?” – Janet, 83

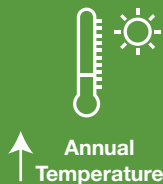
”

Walk and ride more



Participating in active transport options such as walking and cycling cuts emissions and provides enormous health benefits through the increase of physical activity.

Climate Change in the Macedon Ranges



Annual Temperature



Annual Rainfall



Frosts



Fire Season



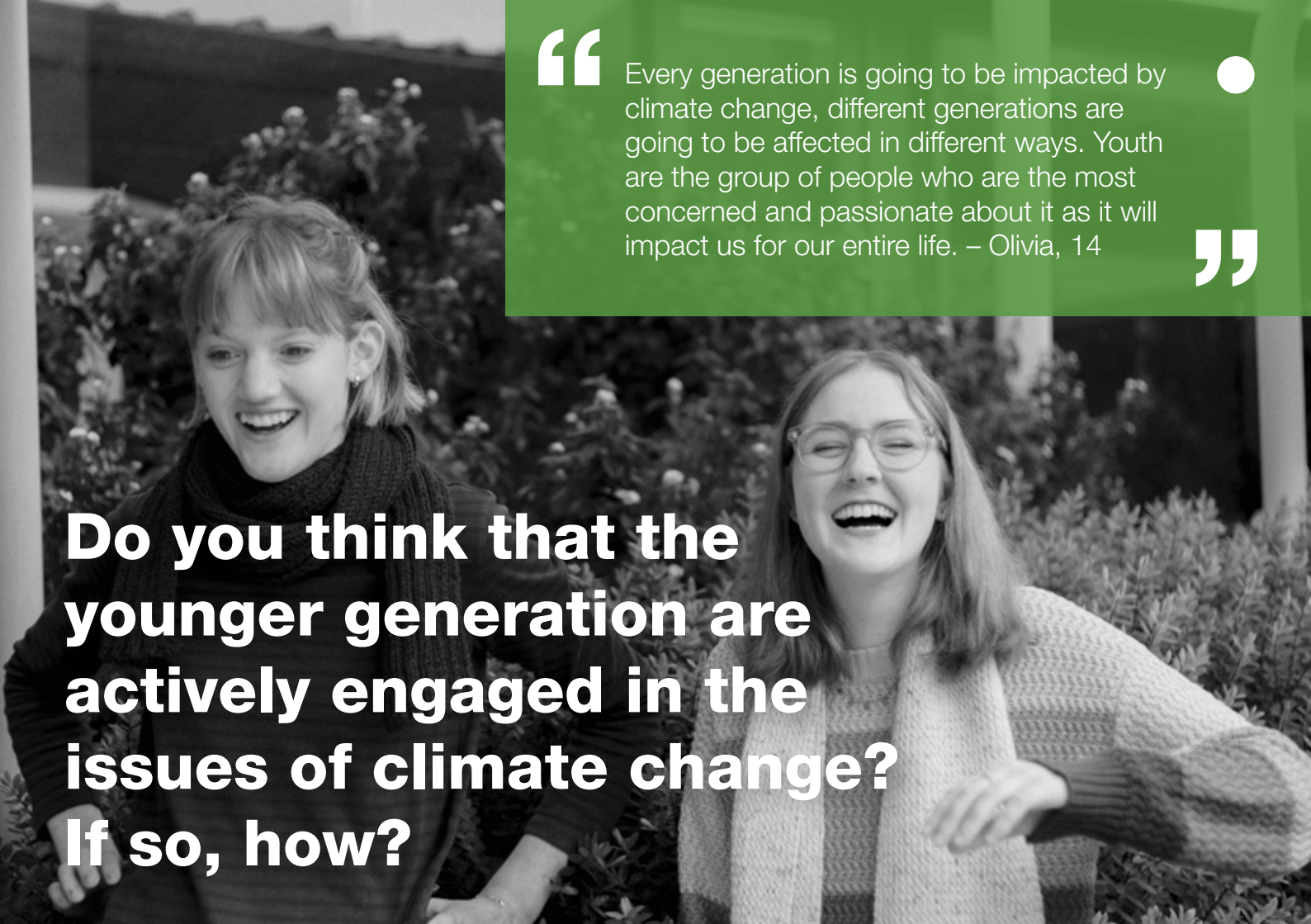
Heatwaves



Severe Weather



Bridging
the **Divide**



“

Every generation is going to be impacted by climate change, different generations are going to be affected in different ways. Youth are the group of people who are the most concerned and passionate about it as it will impact us for our entire life. – Olivia, 14

”

Do you think that the younger generation are actively engaged in the issues of climate change? If so, how?



Bridging
the **Divide**

Do you look to nature during difficult times? If so, how do you relate to nature and what is it about nature that you find beneficial?

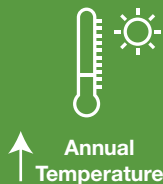


Getting outdoors

Exercising in nature has particular restorative benefits, These include:

- Reducing risk of cardiovascular disease, diabetes, cancer and cognitive decline.
- Enhancing stress recovery, mood recovery and heightened levels of motivation.

Climate Change in the Macedon Ranges



↑ Annual Temperature



↓ Annual Rainfall



↓ Frosts



↑ Fire Season



↑ Heatwaves



↑ Severe Weather



Bridging
the **Divide**



“

Even small things like saying ‘no’ to a plastic straw or limiting our consumption can help to slow down and stop pollution and is a really important way we can hand on a nice, clean world to the next generation. – Claire, 13

”

Nature provides all the things we need to survive and flourish, do you take any actions to ensure this continues for the next generation?



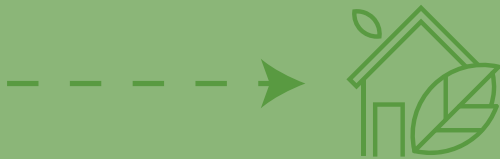
Gratitude

By increasing gratitude in our lives, it shifts our focus from what’s missing to what’s there. In being grateful for our environment, we also recognise our reliance on it and the need to take care of it.



Bridging
the **Divide**

How can we best care for communities in a changing climate? Do we look to adapt our way of life or alter societal systems that have caused climate change?



Climate Refugee

is a term that refers to people being displaced from their homes because of changes to the natural environment or weather patterns. This could be because of unprecedented bushfires that result in a loss of livelihood and industry for an entire community.



Bridging
the **Divide**

Do you take climate or the environment into consideration when thinking about future family plans?

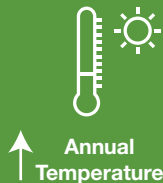


Emotional effects

Young people are more aware of climate change-related health impacts and more likely to experience strong negative emotions.



Climate Change in the Macedon Ranges



↑ Annual Temperature



↓ Annual Rainfall



↓ Frosts



↑ Fire Season



↑ Heatwaves



↑ Severe Weather



Bridging
the **Divide**

Do you think that the younger generation are actively engaged in the issues of climate change? If so, how?



Creativity

Expression through creative means is well known to be therapeutic for the artist, as well as engaging for the viewers. Climate change needs to be explained in many ways to express the reality and emotions it evokes.



“

I went to all the School Strikes when in school and it was really moving to be see that kind of mobilisation of my friends and other schools in the area. It was very empowering to know your concerns were shared by so many others. – Jojo, 20

”