What are people doing in your backyard?

**BUG Bicycle Users Group**
*Cycling to promote health and bike friendly communities and enjoying coffee with friends*
- local bicycle rides, social activities
- all levels of riders welcome
- working for and promoting a cycle-friendly environment

**Cross Country**
*Running with family and friends for fun and fitness*
- running for all ages and levels, with possibilities of competing if desired
- an activity for family & friends – all together at the same time and place
- being active, healthy & outdoors

**Gotta Dance**
*Dancing, listening to music and laughing with friends while working hard to put on a show*
- for those with cognitive impairments, 8 years+, who want to dance!
- no previous dancing experience required
- being part of a group whose members enjoy dancing, having fun and always smile

**Hash House Harriers**
*Being active, having fun, socializing*
- running to be with friends, followed by dinner and drinks with lots of laughs
- a great way of meeting people and exploring the Shoalhaven area.
- all are welcome, young (over 18) and old, fast or slow

**Berry Men’s Shed**
*Working shoulder to shoulder, collaborating, and teaching each other for personal and community benefits*
- ‘boys toys’, machinery, tools, painting, woodworking
- socializing, tea times, outings
- building and repairing things for local schools, nursing homes, community members, etc...

**TIM TAMS**
*Creating and setting the scene*
- volunteers behind the set of Nowra Players
- building the set, sewing costumes, painting the scenes, organizing the plays
- ‘gophers’
- being involved in a group, enjoying company

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