

Nature Led Community Resilience

Communities connecting with and restoring nature to help prepare and recover from disaster



Image credit: Darryl Whitaker

What is Nature Led Community Resilience?

Nature-led Community Resilience (NLCR) is an approach to emergency management that benefits both people and nature through disasters. NLCR is founded on the reciprocal relationship between people and nature. When people connect with and support nature's recovery, they are supported in their own recovery with renewed hope for the future.

NLCR involves people healing nature and nature healing people.

Disasters are becoming more frequent; every option to support preparedness and community recovery after disasters is important.



Benefits of NLCR in emergency management

- Complements existing recovery actions
- Evidence-based & best practice informed (including state/national/global frameworks)
- Co-designed & empowers communities
- Supports lasting change and adaptation practices
- A trauma-informed approach that supports the five elements of psychological safety



Generates a sense of safety



Promotes calm



Enables connection with others and the environment



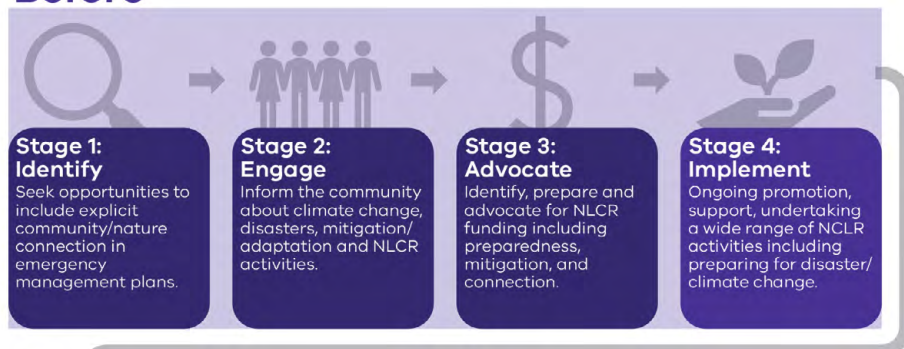
Supports agency through self and collective efficacy



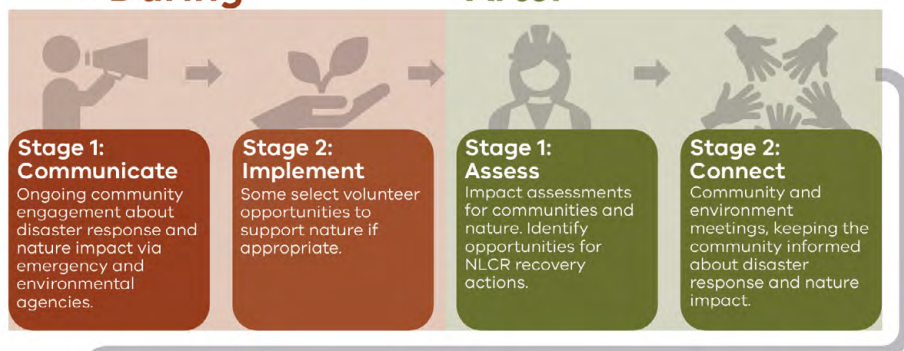
Instills hope

How to implement NLCR

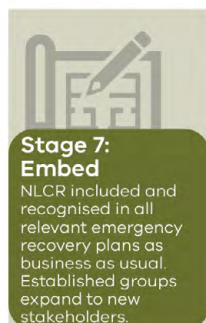
Before



During



After



Access the full NLCR Toolkit



Access the NLCR Story Library



Example of implementation in Victoria

After the Black Saturday bushfires, the Marysville (VIC) community connected with the nationally Endangered local Barred Galaxias fish, being rescued as part of biodiversity recovery efforts. These fish were taken into captivity while their waterways recovered. The return of the fish to local waterways coincided with the human community's healing and return to their homes.

The community saw hope and strength in supporting nature's recovery from the bushfires:

"The fish are back and so are we!"

Since then, NLCR has been incorporated into emergency recovery across Victoria. Recent bushfires and floods in Victoria have demonstrated real examples of the psychosocial benefits of NLCR activities for the community by strengthening connections with nature.

The 'new before'

With worsening disasters, a changing climate, and increasing competition for resources, every action to support community resilience and recovery is essential.

By embedding the principles of NLCR and nature connection more broadly, communities will be more resilient and recover more readily when faced with disaster.

For more information on NLCR visit

www.ari.vic.gov.au/research/people-and-nature/nature-led-community-recovery



© The State of Victoria Department of Energy, Environment and Climate Action. This work is licensed under a Creative Commons Attribution 4.0 International licence. To view a copy of this licence, visit <http://creativecommons.org/licenses/by/4.0/> ISBN 978-1-76136-945-2 (pdf/online/MS word)