If the world around us is healthy, so are we.

Here are some of the elements that help achieve a healthy balance.

Streams need....

- Shade from a continuous edge of overhanging plants
- Clean water low in silt, nutrients and pollution

Trees and shrubs need....

- Fertile soil – leaf litter eaten by insects and birds
- Leaf litter – retains moisture in the ground, provides food and habitat for insects
- Pests and weeds removed
- Lots of birds, insects, lizards, worms, fungi and bacteria
- Puriri, karaka, nikau and kohekohe are signs of fertile soils

Small fresh water creatures like skinks, geckos and insects need....

- Rotten wood, loose rocks and soft ground to live in, eat, burrow
- Trees or bushes for cover, food and shelter
- No mice, rats or cats

People need...

- Light: people need sunlight. Skylights let light into bush-surrounded properties
- Gravel or semi-turfed driveway to reduce flooding and erosion
- Inspiration from a close relationship with nature

Fresh water birds need...

- Insects, fish, crustaceans, berries, seeds and nectar
- Connected bush cover
- Perching, roosting sites
- Secret places for their nest
- Loose bark, soft ground, rotten branches for insect food to live in
- Conservation-friendly cats
- No rats or possums, mice or mustelids (stoats/ferrets)