



Frequently Asked Questions (FAQ) – The Green Movement Co

What is The Green Movement Co?

The Green Movement Co provides NDIS-funded Exercise Physiology & Psychology in nature-based settings for participants who prefer movement and outdoor support over gyms or clinics. We are a small and experienced partnership of 2 practitioners.

Who do you work with?

We support NDIS participants with mental health conditions, neurodevelopmental disorders (e.g., autism, ADHD), and chronic conditions who may struggle with engagement in traditional settings.

Where do you service?

We service Newcastle and surrounds, up to 30 minutes from Merewether in each direction.

Where do sessions take place?

Sessions usually start at home, local parks, beaches, or outdoor gyms, progressing based on the participant's comfort level.

Do you offer telehealth?

Yes, we provide telehealth sessions as needed.

What does a nature-based Exercise Physiology session look like?

Sessions, programs and education is individualised to the participant and may include gentle movement, strength exercises, mobility work, breathing techniques, and sensory-friendly outdoor activities.

What does a nature-based psychology/ therapy session look like?

Sessions are flexible and movement-based, providing an alternative to sitting in a therapy room.

Is there a specific type of exercise that works best?

The best exercise is the one that suits the participant and is evidence-based. For mental health, it does not matter what type of exercise, what matters is that it is enjoyable, safe, and sustainable. For many, this is not inside a gym.

What type of NDIS funding do I need?

- Capacity Building Supports
 - Improved Daily Living
 - Improved Health and Well-being

Do you accept NDIA-managed participants?

At this stage, we support self-managed and plan-managed participants.





Do participants need a gym membership?

No, we do not require gym memberships.

Can you provide equipment?

We provide basic and necessary equipment but cannot cover extensive equipment costs outside of the NDIS schedule.

Do you charge travel fees?

Yes, we charge for travel up to 30 minutes each way, in line with NDIS price guide rates.

How do I refer a participant?

Referrals are simple! Click here: [Refer Now](#) or scan the QR code below to complete the form. We'll respond within 24 hours.

What happens in the Initial Assessment?

The first session includes a comprehensive assessment to understand the participant's needs, goals, and challenges, plus a service agreement.

How long do participants work with you?

We focus on short- to medium-term programs, aiming to provide tools for independence.

How many hours should a participant dedicate to EP or Psychology?

- To begin: 3.5 hours minimum (Assessment, reporting, and travel)
- To try: 15 hours recommended before committing long-term.

Still have questions or want to connect?

Email: info@greenmovement.com.au or call 0414 077 768.

