

+ Merry Christmas

As we go into the festive season we would like to wish everyone a wonderful Christmas period full of time shared with loved ones, peace and good will. Its always a busy time ~ so don't forget to take time out for yourself, relax, indulge a little, and be safe on the roads. Christmas cheer to everyone - Jitka



**Maggie Beer Sensory Garden
at Caladenia**
**We are seeking interested
volunteers.**

**See below how you can
become involved in 2016.**



Congratulations Caladenia – Sensory Garden

As part of a recent initiative by the Maggie Beer Foundation Caladenia has been awarded a grant towards the development of a sensory garden at Caladenia. The 'Wellbeings Gardens Program' recognises the value of gardens to every aspect of a person's wellbeing and aims to provide spaces where residents, their families and friends can enjoy the simple pleasures of being outdoors, taking a walk in the sunshine, breathing fresh air and socialising with others. Having a space to be proud of, to 'potter in' and give a sense of purpose improves people's health and, for many takes them back to a much loved lifelong activity. Research shows that gardening is of benefit to older person including:

- Increases levels of physical activity and builds both mobility and flexibility
- Connects with all a person's senses – smell, sight, touch, hearing, and taste.
- Improves endurance and strength
- Provides a sense of purpose to everyone involved.
- Reduces stress levels and promotes relaxation
- Provides stimulation and interest in nature and the outdoors
- Improves wellbeing as a result of social interaction
- Provides nutritious, fresh, home-grown produce.
- Provides opportunities for discussion and reminiscence

Our garden is about bringing together the community in a shared community endeavor to create a space that is of interest to residents and both brings together others in its planning, development and maintenance. Residents, staff, families, volunteers and other community groups will provide input into the design and building of our new garden space ~ it will include building walkways and accessible garden beds, planting flowers, shrubs and vegetables, and installing seats and garden sculpture.

However the garden doesn't stop once it's completed. Flowers to smell and pick, places to sit, vegetables to grow and eat, walk ways to enjoy, soil to be dug, pruning, weeding, watering are all part of the cycles and seasons in the garden. Residents will benefit from ongoing support and assistance to be able to a part of the garden space in whatever way they would most enjoy.



We are seeking volunteers who are interested in being a part of our Maggie Beer Sensory Garden.

Beginning in early 2016.

Are you interested?

Please give Jitka a call on 57342164