



URBAN GREENING WITH SOCIAL HOUSING COMMUNITIES

The social role of the Royal Botanic Gardens and Domain Trust

Presented by Phil Pettitt, Community Greening Coordinator



PARTNERSHIPS



Family &
Community
Services

The Royal BOTANIC
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WHO ARE WE?

Community Greening currently have four staff members, who are externally funded (three FACS and one Eden Gardens Foundation)

- Community Greening Coordinator
- Community Greening Officer
- Aboriginal Community Greening Officer (part-time)
- Youth Community Greening Coordinator



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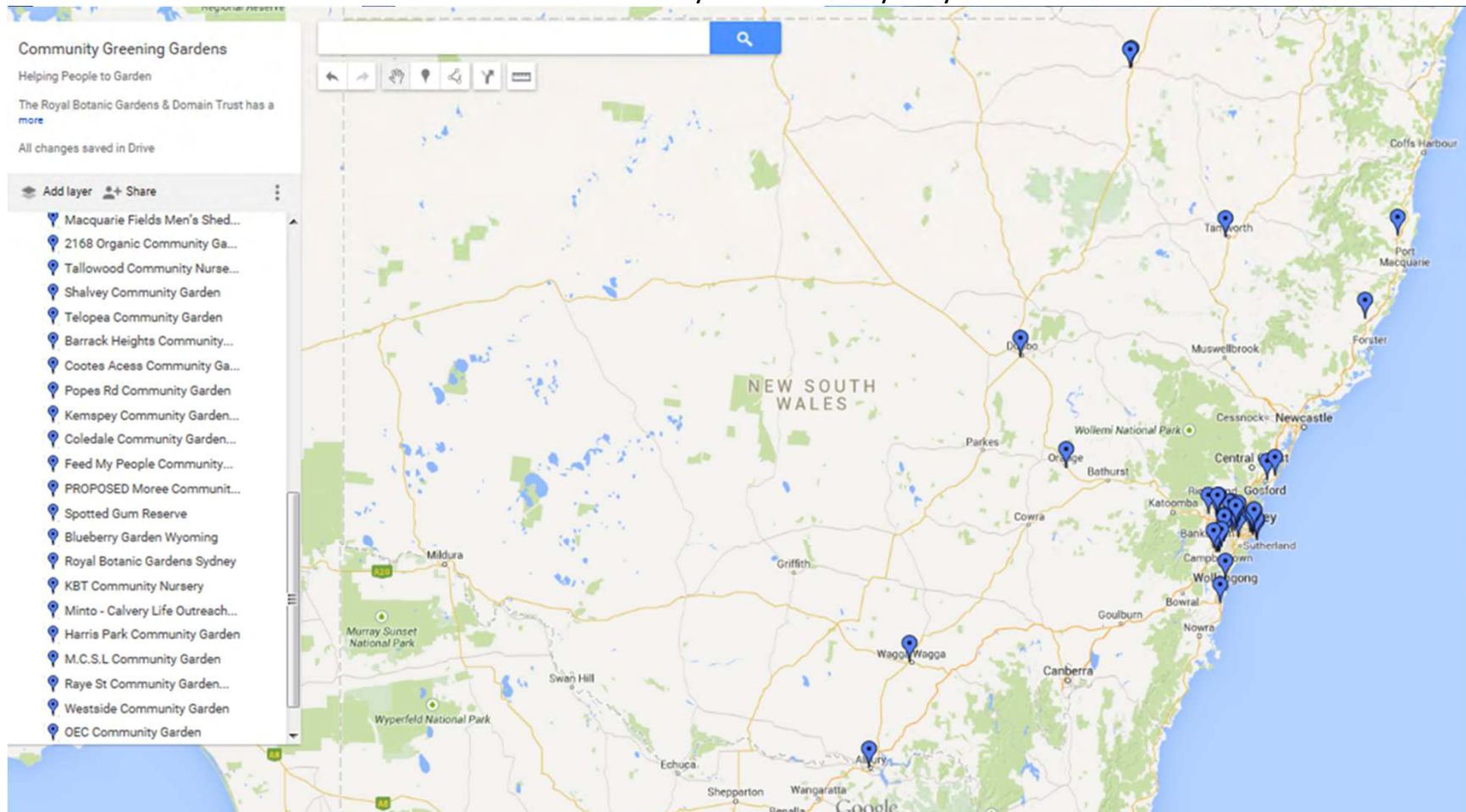
Do low-income neighbourhoods have the least green space?

A cross-sectional study of Australia's most populous cities

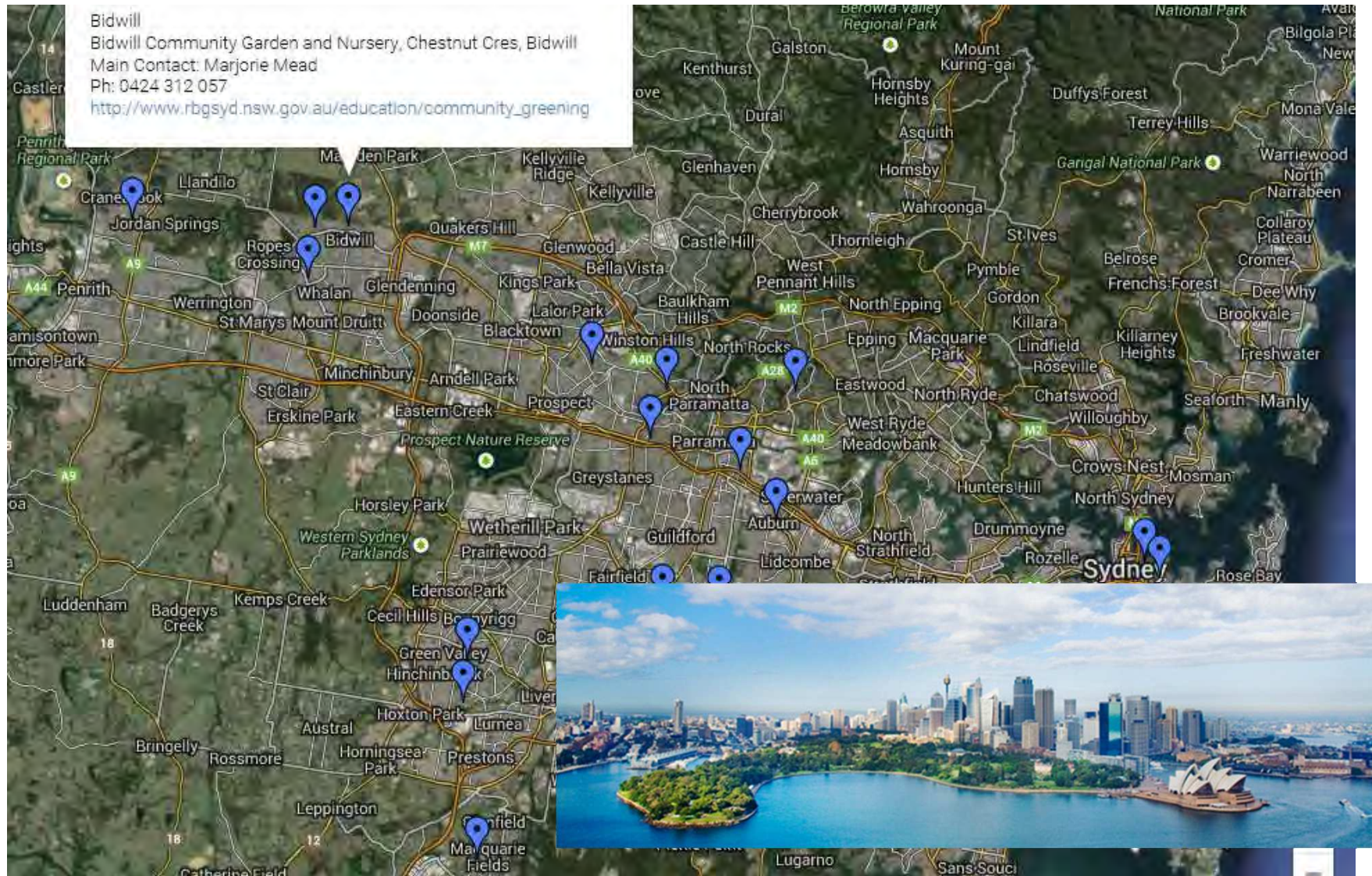
Thomas Astell-Burt^{12*}, Xiaoqi Feng³, Suzanne Mavoa⁴, Hannah M Badland⁴ and Billie Giles-Corti⁴

<http://www.biomedcentral.com/1471-2458/14/292>

"We found that low income communities are least likely to have access to green space" Dr Thomas Astell-Burt -
University of Western Sydney



Bidwill – a long connection to RBG Sydney



Green space is associated with walking and moderate-to-vigorous physical activity (MVPA) in middle-to-older-aged adults: findings from 203 883 Australians in the 45 and Up Study [Thomas Astell-Burt1,2,3](#), [Xiaoqi Feng2](#), [Gregory S Kolt1](#) *British Journal of Sports Medicine*



“Yard maintenance was better for properties nearby a produce garden”

The effects of produce gardens on neighbourhoods: A test of the greening hypothesis in a post-industrial

Allison M. Krusky (MPH, RD)*, Justin E. Heinze, Thomas M. Reischl, Sophie M.

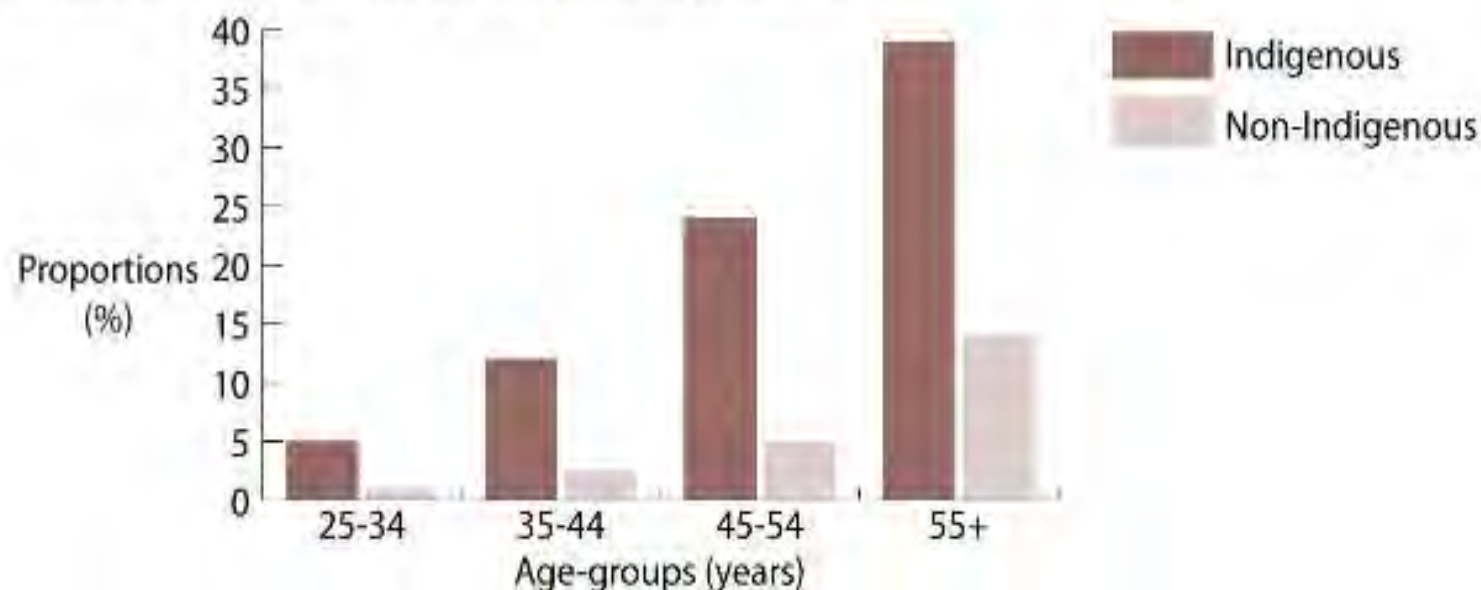
Aiyer, Susan P. Franzen, Marc A. Zimmerman University of Michigan School of Public Health, United States





Aboriginal Australians have a life expectancy 10 years lower than the average non Aboriginal Australian

Figure 3. Proportions (%) of people reporting diabetes/high sugar levels as a long-term health condition, by Indigenous status, and age-group, Australia, 2012-2013



Source: ABS 2013 [17]

Diabetes was responsible for one-in-twelve deaths (201 deaths) of Indigenous people living in NSW, Qld, SA, WA and the NT in 2012 [15]. Diabetes was the second leading cause of death for Indigenous people. The overall death rate was seven times higher for Indigenous people than that for non-Indigenous people.











Fledgling nursery brings new life to Bidwill



Ray Donaldson, pictured pruning the plants in the Nursery.

The old saying goes "you don't get something for nothing", but at Edmund Rice Community Pride Nursery, you actually do get something for nothing - they give away free plants.

Public housing residents have warmly welcomed the new nursery, which opened in May. A team of dedicated local volunteers runs the nursery and one of the Department of Housing's tenants, Ray Donaldson, is the co-ordinator. What makes this unique from

other nurseries is that they supply the plants to their customers in the local community free of charge, which in turn helps local residents to transform their neighbourhood. "People cannot believe it when we give them plants for free," Ray said.

The nursery is a joint venture between The Department of Housing, Blacktown City Council, The Botanic Gardens Trust, Christian Brothers and the Probation and Parole Service. Each week the sponsors of the nursery (including the Botanic

"This project has allowed residents to meet neighbours, make new friends, develop gardening knowledge and contribute to the natural environment", said the Department of Housing's Cliff Haynes, General Manager,

"The nursery is really helping to transform the community."

Gardens Trust, the Friends of the Botanic Gardens and Eden Garden - Lane Cove) donate plants to help keep the nursery stocked. Plants are raised from seedlings and propagated by Ray and the other volunteers. Since the opening of Edmund Rice, there have been dramatic changes to the local community. The additional plants, together with the clean up and removal of rubbish and graffiti, have also improved the physical environment. More and more tenants are socialising with one another in Bidwill.

Greater Western Sydney Division.

Ray agrees: "The community thinks the nursery is a great idea, they are really keen, I have people coming back time and time again, sometimes just to look around, or to have a talk to the people who are here. It is very social. The nursery is really helping to transform the community", he said.

**Edmund Rice Nursery
8 Oreades Way, Bidwill
Open Wed and Fri
(9:30 am - 12:00 pm)**





Place of health and happiness

Community gardens have been springing up across western Sydney, bringing joy to people's lives, boosting health and well-being and providing access to fresh, cheap produce. **Alison Mills** reports on this growing concern.

THE green oasis that is Bidwill Community Garden has become a second home for volunteer Marjorie Mead.

Mrs Mead dedicates much of her spare time to being a volunteer at the garden, established in 2001 as a partnership between Blacktown City Council, Housing NSW, Juvenile Justice and the Botanic Gardens Trust.

The Bidwill community garden is one of six in the local government area and Mrs Mead, now the garden's co-ordinator, says the space has given her much to be thankful for.

"[Being involved with the garden] has given me a lot of joy. I've come a long way in the last few years.

"When I first got involved I would hardly say anything to anybody," she explained.

"It's been terrific. You get to meet lots of different people and it helps to get you out of your shell."

Research confirms what Mrs Mead and anyone with a hint of a green thumb already knows.

Community gardens offer "significant physical and psychological health benefits" including "reducing depressive conditions" the authors of a 2007 study by the faculty of the built environment at the University of NSW concluded.

"It is essential urban planners and policy makers respond to changing trends in residential living and open up the public sphere for community gardening."



Smell the roses: Bidwill community garden volunteer co-ordinator Marjorie Mead.

Picture: Gary Warrick

'[BEING INVOLVED WITH THE GARDEN] HAS GIVEN ME A LOT OF JOY'

- — MARJORIE MEAD



Blooming success in Blacktown Garden Competition

Two Community Greening gardens and a Housing NSW complex won prizes at the annual Blacktown City Council Garden Awards held in November.

Marjorie Mead, garden coordinator from Bidwill Community Garden, was presented with first place in the sustainable garden section. The judges were impressed with the composting toilet, use of the water tank, worm farm and compost facilities within the garden. Oasis Community Garden, took out third place in the best commercial/industrial/government/community garden section. This was a great effort for the garden coordinator Judy Toomey and her assistant Cheryl in this very competitive section.



Marjorie Mead, Bidwill Community Garden

Prudence Bellamy and Albert Dorn took out a prize for the fifth successive year in the best overall unit/townhouse/villa complex garden category. This year it was second for the duo with the creative flair obvious in their Ross Street complex garden in Toongabbie, just across the road from the Oasis Community Garden. With so much colour and appeal, Ross Street should nominate for the most attractive street in next year's awards.

Meanwhile, Ray Donaldson, volunteer at the Edmund Rice Community Pride Nursery recently created and launched a DVD 'Plants n stuff', made possible with a grant to the Mt Druitt Land, Water and Environmental Education Centre. The DVD included topics such as plant propagation, no-dig gardening and companion planting.

The community garden and nursery in Bidwill and the Oasis Community Garden welcome volunteers to join. These facilities offer an opportunity to develop friendships while learning gardening skills in a pleasant environment.



From left to right: Prudence Bellamy and Albert Dorn, Ross Street complex and Judy Toomey, Oasis Community Garden

AWARD WINNERS



Marjory wins NSW State Seniors Achievement Award

2014 Best Community Garden in Local Area Competition



Best Community Garden 2013



Bidwill Garden Competition

For Housing NSW and
Community Housing residents

Are you proud of your Bidwill garden?

Entries are open for the inaugural Bidwill Garden Competition for people living in Housing NSW and Community Housing properties.

Enter any part of your garden, regardless of its size and age, eg front, back, balcony, established, new, garden maintained by a senior or children's garden.

Collect your entry form at one these locations:

-  Bidwill Community Garden - Chestnut Crescent
-  Bidwill Ministry - Bidwill Square, off Carlisle Avenue, Bidwill
-  Graceades Cottage - 2 Rose Court Bidwill



Important Dates



Entries Close 19th February 2014
Gardens will be judged in March 2014.

Proudly brought to you by the Bidwill Community Garden volunteers and Community Greening with support from Housing NSW and Blacktown City Council.



Chickens- celebrated School holiday fun!







A group of children are gathered around a table outdoors, engaged in a hands-on learning activity. One child, wearing a grey patterned hoodie, is using a small spoon to dig into a clear plastic container filled with dark soil. Another child, wearing a red shirt, is holding a magnifying glass over the soil, looking closely at something. A third child, also in a red shirt, is standing next to them, also looking at the soil. A fourth child, wearing a black and white jacket, is standing behind them. On the table, there are several informational cards. One card has the text "YOU SEE CAN JOINING THE COMPOST" and another has "LIVING SOIL = HAPPY PLANTS". There are also some dried plant samples on the table. The background shows a garden area with various plants and a fence.



School Holiday Activities

Scarecrow competition





Worm Poetry



W OR
O U T
R Y N
M A P
S T O

Name: KRISSEY

Class: 1/2

Worm Poetry



hide from birds.
the ground worms come.
noises means trouble.
food is what worms do.
light for worms means day.
net class: 1/2 The Meadows Public School



Worm Poetry



Worm Poetry





ENVIRONMENTAL CAPACITY

The program reinforces environmentally sustainable practices to gardeners and participants.

This includes:

- Decreased use of chemicals
- Water conservation through water tanks
- Use of mulches and companion planting
- IPM practises and organic pest controls
- All projects promote greening the urban environment



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EVALUATION AND SOCIAL INCLUSION

Evaluation of the program by *Urbis Keys and Young* showed that Community Greening and Youth Community Greening:

- Reduced crime and antisocial behaviour in social housing
- Improved health and community resilience
- Improved educational and employment opportunities
- Improved local coordination and infrastructure
- Improved agency coordination and information sharing



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