



*The latest news and announcements from Easy Care Gardening*



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Feature

# Easy Care Gardening Turns 35



*Some of our incredible volunteers and ECG staff at our Volunteer Appreciation Day, May 2023*



*Marie Clark, Citizen of the Year Nominee, 2023*

On the 8th of August, Easy Care Gardening (ECG) will celebrate its 35th birthday. Over the last 35 years, 3,339 volunteers have collectively given 184,298 hours of their time to serve the local seniors of our community.



The organisation weathered many storms over the years, including the Covid-19 Pandemic. During the height of lockdowns, ECG continued its work in the community to maintain the gardens of elderly people, so they could remain safe and independent in their own homes.



*Volunteers in the garden*

Post-pandemic, ECG has set their sights on transformation in line with the upcoming aged care reforms, which call for the use of technology, innovation and investment in workforce and capital to better service the elderly community.

A new database has been introduced to improve the management of clients and volunteers and vehicles have been updated to help our garden coordinators get to and from each garden. The generosity of our partners through grant funding has kept the team stocked up with tools to be able to perform tasks quickly and efficiently. The ECG website is set for a refresh, which will encompass added functionality in line with best practices by other not-for-profit organisations.

The ECG staff team is excited for what's ahead. Bernice Lockard from the ECG Administration team knows first-hand what it takes as her husband Steve also volunteers for the organisation. "I feel so proud of the difference ECG makes, not only to our clients but also to the marvellous teams of volunteers. They share their time and energy and a sense of community. It's great to be a small part of it."



## **National Student Volunteer Week 2023 on 7-13**

**August** acknowledges and celebrates student volunteers and promotes volunteering to students and young people across Australia. The theme for 2023 is *Give. Grow. Belong*; which taps into a generation who are more socially conscious than ever before. Rather than stand idly by, students around Australia are committed to getting involved with causes they believe in to contribute to positive change. For more information on student volunteering at Easy Care Gardening click [here](#).



## **Volunteers needed for a Sydney-based non-pharmaceutical study.**

Many dementia researchers see a future where lifestyle changes in fitness & nutrition will potentially protect the brain from cognitive decline.

Professor Ralph Martins from Macquarie University is heading a new trial to help prevent dementia. Contact [Macquarie University](#) or [click here](#) for more information.

Dementia trial aims to see if disease can be held off with lifestyle changes

By 9News Staff | 8:27pm Mar 13, 2023



Interested in improving your physical and brain health?

Join our 2-year study to identify which lifestyle factors can reduce dementia risk

What's involved?  
If eligible, you will receive health education and monitoring for two years to encourage several lifestyle changes which may reduce your risk of developing dementia.

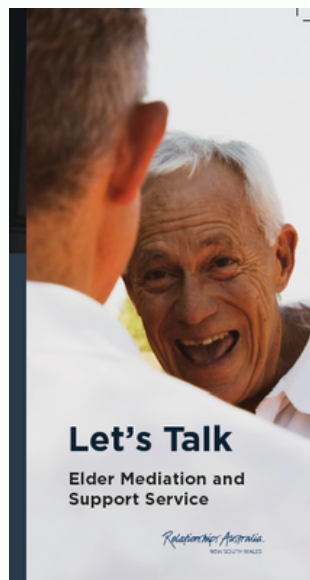
If you are interested in FREE access to expert health professionals, 6-monthly detailed health assessments and improving your brain function & general health, please contact us on:

au.armor@mq.edu.au  
0493 499 035  
02 9850 2774

Volunteers needed

You may be eligible if you:

- Are 50-79 years of age
- Eat an average diet
- Do not engage in regular exercise
- Live within 5km of gates in Macquarie Park, West Ryde, Chalmerswood or Rouseville
- Have access to a computer, internet and mobile phone



**The Let's Talk Elder Mediation and Support Service has been refunded**, which means that Relationships Australia NSW is able to continue to offer the Let's Talk service at no cost to older people and their families across NSW. Let's Talk Elder Mediation and Support Service provides an opportunity for older people, their families and carers to come together to address issues of concern in a professional, safe, respectful and confidential environment. Supported by practitioners trained in Elder Mediation, Elder Law, Issues of Ageing and Counselling, this person-centred, targeted and highly effective intervention program offers family mediation, casework, counselling, and referrals to older people. More information [here](#).

Australian Nursing Home Foundation is a not-for-profit aged care service provider that offers a comprehensive range of aged care services: nursing homes, home care packages, community care and community housing to name a few. They will be hosting a free three-series Zoom course for people aged 65 or over on media browsing skills. For more information email [cmu@anhf.org.au](mailto:cmu@anhf.org.au)

The advertisement for ANHF (Australian Nursing Home Foundation) features the organization's logo and the text '續寫精彩人生' (Continuing a精彩 life) with a 'LIVE' icon. Below this, it says '線上裝備課程 (廣東話)' (Online equipment course in Cantonese) and '7至8月隔週授課 輕鬆掌握最新資訊' (7-8 months, alternating weeks, easy to grasp the latest information). It lists dates '7月25日至8月22日 星期二 (每兩週一次) 早上10時半' (July 25 to August 22, Tuesday, every two weeks once, 10:30 AM). The course topics are: 25/7: 如何保存及清理多餘手機資料 (How to save and clean up extra mobile phone data); 8/8: 中醫師和你分享如何治療及預防慢性痛症 吳夢潔(中醫博士) (Chinese doctor shares how to treat and prevent chronic pain with Angela Ng, PhD in Traditional Chinese Medicine); 22/8: 照顧者門戶協助長者申請政府服務 鄭煥豪 (Carer Gateway社區事務主任) (Carer Gateway community services officer). Contact information: 致電澳華養老報名 (02) 9784 0839. A photo shows an elderly man and a woman looking at a tablet. Small text at the bottom states: '參加者需年滿65歲或以上，課程以ZOOM形式進行，名額有限，欲報從速' (Participants must be 65 years or older, the course is in ZOOM format, limited seats, apply quickly).



**What?**  
Ku-ring-gai Council  
Eco Festival

**When?**  
The month of  
September

[Click here](#) for more  
information



**What?**

Easy Care Gardening  
at Bunnings Pymble

**When?**

5, 6, 7 September

Stay tuned for more  
information



## The Green Crew Corner

ECG recently featured on the national television show **Studio 10** on the channel 10 network. The live segments went to air at 10.30am and 11.30am on Wednesday 8th August. Reporter Daniel Doody hosts the segment known as *Where's Doody?* which showcases worthy causes from around Australia. Head to [Studio 10](#) to watch the episode and view the clip.



Volunteer Phil Manton with  
Daniel Doody, Studio 10

### W.A.N.T.E.D - Mulch Volunteer, Tuesdays



The Tuesday gardening team are in desperate need of volunteers to assist with loading and unloading mulch on that day. Please notify your garden coordinator or email [admin@easycaregardening.org.au](mailto:admin@easycaregardening.org.au) if you or anyone you know of can assist.



# HERO of the Month



## St James Turramurra Volunteers



Volunteers from St James, Turramurra.

L-R: David, Marvin, Alex, Joy, Zoe, Mackenzie, Chris, Ferry, Harry, Toby, Gin, Sascha, Gabi, Tom, Steve and Eleanor.



ST JAMES  
TURRAMURRA

For many parents, setting a good example for their children is something to strive to do. Angus Sturrock does just that, by going the extra mile and volunteering for ECG, along with family and friends from St James Church, Turramurra.

"It is a great opportunity for those of us who are parents to set an example of serving and volunteering, to our children. It's also a great opportunity to spend time together as family groups."

***"Apart from the benefit to the client, I think that through working together we can build friendships and community and really enjoy the time together."*** Angus Sturrock, ECG Volunteer

The group started five years ago, having met at a Church service. The aim was to come together each school term with the group consisting of mainly families, Angus's family also joins him for each session in the garden. His wife Alex and teenage sons Tom and Chris, along with many other members of the church, will gather on a Sunday afternoon, with the youngest volunteer at 5 years of age and the eldest member at 70 years young. After their time in the garden, the Sturrock family invites the team as well as the client to their home for dinner.

The most recent garden the team worked on was that of 95-year-old Betty. Betty was once an avid gardener and like many of our clients, no longer has the ability to maintain her garden. The benefits of volunteering with ECG are not only with the client. Angus believes that his family benefits immensely from the experience, "We have been blessed with good health and to give a few hours to those clients who need the help, a few times a year is a small sacrifice yet incredibly rewarding."

The selfless act of volunteering and the passion the team from St James Church brings to the garden, is truly commendable. Easy Care Gardening is thankful for volunteers like this and the organisation wishes to recognise this team as *Heros of the month*.



An example of a client's garden in need of maintenance

**If you are interested in becoming a volunteer, [click here for more information.](#)**



# Support Us



Easy Care Gardening is a not-for-profit organisation that relies on volunteers to ensure its work in the community can continue. **If you can spare 3 hours of your day to volunteer, [click here for more information](#).**



Whilst we do receive funding from the Commonwealth Government, it is not sufficient to cover all of our administrative costs and the purchase of new tools and equipment. Your donation today will help countless elderly residents keep living longer in their own home. **Donate now** to Easy Care Gardening using a credit card or PayPal, [click here](#) to make a secure payment. For other ways to donate click [here](#). Donations of AUD\$2 or more are tax deductible.

## Tip of the Month

**QUICK TIP**

### Keeping Fit and Healthy in the Garden

Gardening has long been a popular activity for many people but has also been underrated as a great way to improve overall fitness and wellbeing. The movements involved in gardening help to build

stamina and strength and being outdoors, breathing the fresh air is known to improve mental health. For example, tidying a garden bed with pruning and mulching involves working a whole range of muscles as well as bending and stretching. If you're gardening with others the social interaction, along with exposure to nature and sunlight, lowers blood pressure as well as increasing vitamin D levels in the body<sup>1</sup>.



*Image: Gardening can be a great form of exercise as it involves stamina and strength*

1. Sowah D. Fan X. Dennett L. Hagtvedt R. Straube S. *Vitamin D levels and deficiency with different occupations: a systematic review*. BMC Public Health. 2017;17:519.



If you have an idea, or simply want to share feedback, we would like to hear from you. Contact us at [info@easycaregardening.org.au](mailto:info@easycaregardening.org.au) or Phone (02) 9983 1644