



Providing Volunteer Gardening Services since 1988

The latest news and announcements from Easy Care Gardening



The warmer days are coming!

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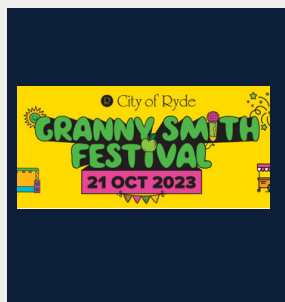
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Calling for Volunteers

Volunteering is defined as “giving one’s time willingly for the common good and without financial gain”. As a widespread social activity, volunteering contributes so many elements to the functioning of society. Many communities and not-for-profit organisations such as Easy Care Gardening rely on unpaid labour for essential and productive resources. Approximately six million Australians commit their time, energy and expertise to voluntary activities annually.

In addition to the benefits for clients, volunteers also benefit from their efforts in terms of their expanded social networks, increased self-esteem, and overall better health. In addition to social benefits, a 2019 study from the online employment marketplace SEEK found that up to 85 per cent of employers believe volunteering is just as credible as paid work, with the majority 92 per cent saying that relevant volunteering experience gives a candidate an edge in a job interview.



Pictured: Some ECG volunteers with lifelong friendships made through volunteering in the garden

Despite all the benefits of volunteering, the numbers have declined significantly during the Covid-19 pandemic. While a third of people between the ages of 40 and 54 volunteer through organisations, the participation drops significantly for the younger demographic, with only one in five of those aged 15 to 24 years old choosing to volunteer.^{1, 2}

Along with many organisations, Easy Care Gardening have an immediate need for volunteers at this present time.

If you or anyone you know, can spare a few hours on Mondays and can work in or around the areas of Cherrybrook, Westleigh, Thornleigh and Beecroft, please call us on 02 9983 1644 or click [here](#) for more information.

1. https://www.volunteeringaustralia.org/wp-content/uploads/VA-Key-Statistics_2020.01.pdf

2. *The Decline of Formal Volunteering in Australia (2001-2020): Insights from the HILDA Survey, Sept 2022*

What's On



Dance Party for over-55s - St Ives Community Centre
Enjoy a fun evening of music and dance and join the Dance Party with DJ Sue, **Tuesday 24 October, 3:30pm to 7pm.**

Get ready to dance the night away with DJ Sue, renowned for igniting the party spirit. Whether you're a dance enthusiast or just looking to enjoy great music, this event is perfect for you.

Refreshments are provided. Don't miss out! **Click [here](#)** for more information.

Back to Basics Seniors exercise will run each Tuesday in October at the Ku-ring-gai Community Groups Meeting Room. Improve your current fitness levels, your balance and your overall health and wellbeing.

More information [here](#).



The City of Ryde Granny Smith Festival will be celebrating 38 years featuring old favourites and new activities, with amusement rides, market stalls, food trucks, performances, youth zone, kids activities and ending the night with a Celebrity Performance and Fireworks Spectacular!

With over 230 stall holders, 880 performing artists and 700 local participants who proudly take part in the grand street parade, this is one not to miss! **Details [here](#).**

Hornsby Shire Council are running a free **compost and worm farm workshop** on Thursday 19th October 10am - 12pm. Learn how to save the environment by turning food waste into nutrient rich compost for your garden. **Details [here](#).**



Urban Plants - Growing Food for Wildlife.

Would you like to help wildlife in need by growing or donating native foliage? Learn about caring for native plants and The Growing Food for Wildlife project, which aims to grow food for sick, injured, and orphaned native animals in the care of local wildlife rescue groups. Bookings essential.

Click [here](#) for more information.



Meet Paul!

Paul Cripps joined us as the new HR Manager in August. Paul's HR Career spans over 20 years as he has worked in both Australia and the UK.

Welcome Paul!



The Green Crew Corner

ATTENTION VOLUNTEERS!

WANTED - Mulch Delivery Driver (Casual)
with a **competitive per hour pay rate on offer to the successful candidate!**

Requirements of the role:

- Current and valid car driver's licence
- Able to load mulch into 6x 4 ft trailer or bags from local council mulch location (Macquarie Park/Pennant Hills/Hornsby)
- Experience backing trailer including from major arterial roads onto clients' properties
- Able to commit to 1 day per week and to complete the paper work required for deliveries of mulch



For more information email Paul Cripps, HR Manager
hr@easycaregardening.org.au

WANTED - VOLUNTEERS AVAILABLE ON MONDAYS

Volunteers are always welcome however we have an immediate need for volunteers available on Mondays and able to work in and around the Cherrybrook, Westleigh, Thornleigh and Beecroft areas. Please let your team leader know if you know anyone who may be interested.

Remember to send your pictures in for the Tallest Weed Competition, for the chance to **win a \$50 Bunnings voucher!** Email us at info@easycaregardening.org.au Images of weeds will need a tape measure showing the true size of the weed. The winner will be presented with the prize at the ECG end-of-year celebrations.

HERO of the Month



The Thursday Earthworms Team

If you need an example of what it looks like to benefit from volunteering, take a look at the team dubbed the *Thursday Earthworms*. The team consists of a diverse age range spanning 32 years to 80 years young.

Jutta Filla, the most experienced of the team at eighty years young, discovered the volunteer opportunity 11 years ago through her local garden club. She says, "I love the fresh air and staying mobile". Fellow Earthworm Jo Toomey says despite feeling tired at the end of the day, being in the garden keeps her fit and healthy. "I want to give something back. I feel fulfilled, happy and contented because we are making a difference."

The Thursday Earthworms have a great sense of comradery and friendship, with the team being part of a WhatsApp group chat. The conversation is centred around encouraging each other and showcasing their efforts at the end of a gardening session. Before and after images from their work in the garden are shared as well as non-garden related banter such as the latest cake baked or an incredible bagel recipe.

The social benefits of being a part of this team have a positive effect on the overall wellbeing of each team member. Research shows that the stronger our sense of belonging, the stronger our wellbeing, while the lack of belonging contributes to anxiety and depression. In fact, lack of belonging is a stronger indicator for depression than loneliness or lack of social support.¹

Thank you to the Thursday Earthworms for your hard work, enthusiasm and positivity in the garden.



Pictured L-R: Steve Griffith, Jutta Filla, Bailey Nauredine, Jon Smit Jo Toomey, Vicki Budden, Larissa Hansen

"I love the fresh air and staying mobile!"

Volunteer Jutta Filla,
80 years young



The team shares images of their efforts in the garden each week

1. <https://www.calm.com/blog/belonging-science-mental-health>

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



If you want a garden full of colour throughout summer, now is the time to get your hands dirty. October is the perfect time to plant your summer-flowering varieties. This will ensure they are established in time to produce spectacular blooms. It's not

so much a question of [what to plant in October](#) as what can't you plant, as the conditions now suit the planting of most plants.

Here are some things you should be doing in the garden this month:

- Plant summer-loving plants such as salvias, gerberas, frangipanis, gardenias, lavender, kangaroo paws (*Anigozanthos*), Echinacea and dahlias.
- Mulch to enrich your soil - Add mulch around plants to prevent roots from drying out and to help them retain water.
- Aerate and fertilise lawns - October is the most important time of year to fertilise your lawn. But first you'll want to aerate your lawn's roots.
- Control slugs and snails - conditions are also ideal for slugs and snails to increase their populations.

This essential preparation for summer will ensure your garden will be at its best!



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 or Phone (02) 9983 1644