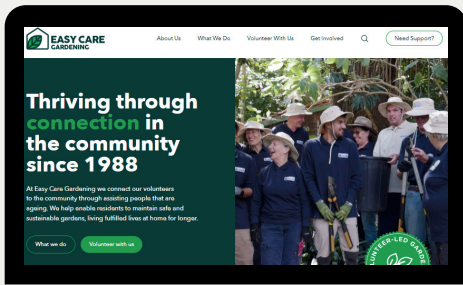


Thriving through connection in the community since 1988

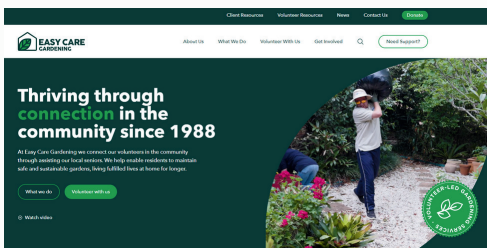
The latest news and announcements from Easy Care Gardening

In this edition

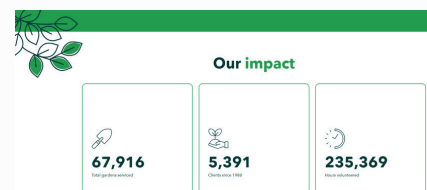


- **New Website**
- **Earth Hour**
- **What's On**
- **Tip of the Month**

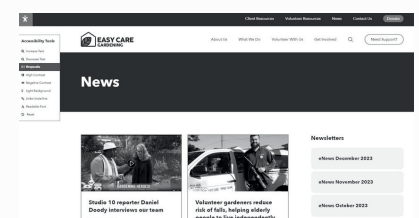
The new site will feature an accessibility bar which can be simply clicked to change how the web text and imagery is presented, such as to increase text, grayscale, and so on.



Home page with a fresh look and feel shows new primary and secondary menu feature



'Our impact' visual is seen on the home page, quantifying the work ECG has completed, updated bi-monthly



Left hand corner features accessibility button with grayscale shown here

A Primary and Secondary menu will provide a cleaner, easy-to-navigate home page giving new and existing users clear pathways to find relevant information. Phase two will see the website connected to a back-end customer relationship management (CRM) system allowing new and existing volunteers to log in, create a user profile, and complete all requirements to be a volunteer in the one spot and online. You will notice a tweak in our messaging extending what we do as much more than a gardening service helping to keep seniors at home for longer. A greater emphasis on community, connection, and shared learning will be seen throughout the site. Visit www.easycaregardening.org.au to check it out.

New Website is now LIVE

In this digital age, most of us know the importance of having an online presence. Websites play a key role in promoting an organisation and can flow to beyond peer-to-peer referrals. It's the perfect platform for social sharing and 'brand' discovery, allowing us to access potential advocates, volunteers and partners.

The website redesign was undertaken with a focus on enhancing user interaction and primarily, improving communication with current and prospective stakeholders. Our organisation's online presence, the simplicity of navigation, and the depth of content have been tailored to attract the appropriate audiences. This not only fosters better engagement but also aids in attracting more volunteers and partners to help us continue our work in the community.

Earth Hour - March 2024

TAKE 60 MINUTES
A DAY TO
MAKE A REAL
DIFFERENCE



In 2004, after being confronted with scientific findings, the World Wildlife Fund (WWF) Australia, met with an advertising agency to discuss ideas for engaging Australians on the issue of climate change. The idea of a large scale 'switch off' was proposed and developed in 2006, originally under the working title "The Big Flick". WWF Australia presented their concept to Fairfax Media who, along with Sydney Lord Mayor Clover Moore, agreed to support the event. In 2007 Earth Hour was held on March 31 in Sydney, Australia at 7:30 pm local time. A few months later, San Francisco ran a similar event inspired by Australia's efforts. The following year saw the Earth Hour hit the world stage, being held internationally on March 29, 2008 from 8 pm to 9 pm local time, marking the first anniversary of the event.

thirty eight countries around the world participated as official flagship cities and over 400 cities also supported the cause. Even landmarks around the world turned off their non-essential lighting for Earth Hour. As the movement grows, the one-hour lights out event continues to be the symbol of a broader commitment toward nature and our planet.

Today we see a movement focused on 60+. Sixty minutes is all it takes to achieve something great. Switch off and get active in nature to power up your commitment to a sustainable future for the Earth. Earth Hour has always drawn its power from the people. By bringing the community together for the Hour plus, you can help make a difference for people and the planet.

From **Friday 1st - Saturday 23rd March** Easy Care Gardening will be welcoming submissions from volunteers and clients who wish to register how they spent 60+ minutes towards making a positive impact for our community and our planet. Bring someone new to the garden to volunteer for 60+ minutes or spend 60+ minutes collecting brown waste for compost. You could also show us what you did to pass the time during Earth Hour as you switch off your electricity.

To participate simply head to www.easycaregardening.org.au/get-involved. Under *Important Dates*, you'll find *March: Earth Hour, Challenge 60*. *Click Register Now*.

The first 100 volunteers and clients to make a submission will receive a \$20 Coles Voucher. The person who has the most creative initiative in the garden will receive a \$100 Coles Voucher*.

*T&C's apply. For full details see the submission form on the website.



International Women's Day Forum (IWD) - Wednesday, 06

March Join the Ku-ring-gai Council's IWD Forum on Economic Empowerment and Gender Equality. The event, aligned with the 2024 IWD theme, "Accelerating Gender Equality Through Economic Empowerment", seeks to celebrate women's achievements and address challenges hindering their equal participation in the economy. Visit www.krg.nsw.gov.au/Things-to-do or click [here](#) for more information



Wipeout Dementia - Bondi Beach, Friday 5 April brings research and the community together to change the future of dementia incidence. It is estimated more than 55 million people are living with dementia worldwide with nearly 250 diagnosed in Australia every day. Watch as surfing legends Owen Wright and Mark 'Occy' Occhilupo battle it out in the water to raise money for a great cause. Visit www.wipeout-dementia-2024.raisely.com or click [here](#) for more information.



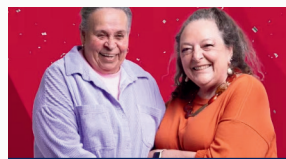
Basic Computer Skills - 10am - 12pm, each Monday in March.

This course that will give you the basic computer skills you need for work, study or in the community. You will also build confidence in a small supportive group. For more information or to book, please call 9952 8352 or visit one of the Ryde libraries to register in person.



Seniors road safety workshop - Wednesday, 20 March 2024. The workshop will look at risk factors for older drivers, low-risk driving strategies, road rules and assessments and new car technology. Register now. Visit www.huntershill.nsw.gov.au or click [here](#) for more information.

Clean Up Australia Day - Sunday, 3rd March. More than 21 million Aussies have participated in Clean Up Australia activities over the past three decades. Get a group of friends, colleagues or neighbours together and register a clean-up site or join an existing registered site. Visit www.cleanup.org.au or click [here](#) for more information.



NSW Seniors Festival

The festival celebrates the role and contributions of older adults to our local communities. It's the largest of its kind in the southern hemisphere, with over 500,000 people attending each year. The NSW Seniors Festival will run from **11-24 March 2024**. The theme of the festival is Reach Beyond! Visit www.nsw.gov.au or click [here](#) for more information.



Tech Savvy Seniors: Scams Awareness - Friday, 15 March 10:00am - 12:15pm.

Learn how to recognise, avoid and report scams to increase your awareness of cybersecurity. Visit www.ryde.nsw.gov.au or 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 three hours of your day to volunteer, visit www.easycaregardening.org.au/volunteer-with-us 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. Visit www.easycaregardening.org.au/donate.

Donations of AUD\$2 or more are tax deductible.



Tip of the Month

Composting is an age-old method of recycling organic materials such as leaves, kitchen scraps, and garden trimmings and turning them into nutrient-rich material that can be used to enhance your garden soils.

Composting in autumn has many benefits, particularly because the cooler temperatures are ideal for producing quality compost. Autumn is also a great time to start composting because you will have plenty of autumn foliage and other plant material available to use in your compost pile.

One of the major advantages of composting in autumn is that the cooler temperatures are ideal for producing quality compost. The micro-organisms that break down organic material, like bacteria and fungi, thrive in temperatures ranging from 12-25 degrees celsius, making autumn an optimal time for successful composting.

Additionally, cool weather means slower decomposition which allows more oxygen to reach the microbes, resulting in higher quality compost with rich nutrients. Autumn leaves are especially abundant this time of year and they contain a high level of carbon which is a necessary ingredient when creating a balanced mix in your compost bin or pile. Other materials such as grass clippings and vegetable scraps can also be added to increase nitrogen levels needed for successful decomposition.

Always make sure all organic matter being added has been chopped up into small pieces, which will speed up the rate at which it breaks down in your pile due to the increased surface area available for microbes to work on. So don't throw away your garden clippings and food scraps. Put them in your compost pile instead and help improve soil health and reduce greenhouse gas emissions, Happy composting!

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



Autumn/Winter 2024