

# Wellbeing Gardens Program



Maggie Beer Foundation is excited to announce a new initiative to support the development of a number of spectacular gardens in aged care homes across Victoria - our Wellbeing Gardens Program!

From the nutritional benefit of an edible garden at the back door, to being involved in a flowering garden, everyone feels happier in a beautiful, outdoor environment. Having a space to be proud of, to 'potter in' and give a sense of purpose improves people's health and, for many residents in aged care homes, gardening enables them to undertake an activity that they have always loved.

Wellbeing Gardens provide a space where elderly people, their families and friends can walk in the sunshine, breathe fresh air and socialise. Research shows that gardening is beneficial for older people because it:

- Increases levels of physical activity and helps mobility and flexibility, whilst encouraging the use of all motor skills
- Improves endurance and strength
- Helps prevent diseases like osteoporosis
- 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.



## Garden Grants

If your aged care home is located in Victoria and has an existing space that is looking a little tired, one that is crying out for expansion or you want to start from scratch, we would love to hear from you. Supported by the John Saville Eastwood Estate, Maggie Beer Foundation will award a total of 10 grants to aged care homes across Victoria. These grants will be distributed in the following way:

### plant

One aged care home will be awarded **\$10,000** to assist with the creation of a wonderful Wellbeing Garden. We encourage applicants to come up with a spectacular edible or aesthetic garden for their residents. With a grant of this size, the possibilities are endless!

### sprout

Many aged care homes already have small garden spaces which are desperate for expansion. Four successful applicants will receive **\$5,000** each to upgrade the space that might just need an extra little bit of work!

### grow

Ongoing maintenance of gardens is expensive, so five recipients will be awarded **\$2,500** each to put in new seedlings, fix up infrastructure or buy ever needed tools and equipment. A little assistance can go a long way!

Once grants have been awarded funds must be spent at agreed suppliers within 6 months of the awarded grant. In 2016, a follow up evaluation will be required complete with pictures, stories and details of your success.

**Applications open** 10am EST 1st September 2015 **Applications close** 5pm EST 13th October 2015

**Successful applicants notified** by 5pm 4th November 2015

## apply now

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