



PADBURY COMMUNITY GARDEN *news*

Djeran is traditionally the time of year to nourish and prepare the body for the cold of Makuru.

Have you heard, PCG are now an endorsed Deductible Gift Recipient (DGR)!

What does that mean?

As an organisation we can now receive tax deductible gifts and contributions from the public, business and organisations.

PCG have been endorsed for DGR status under the category of 'a community shed'. This means that our purpose and aims are much like a Men's or Women's Shed, in that our main purposes are to **reduce isolation** and **advance mental health** throughout the community – Our dream is that the community garden will be a great hub for our community.

This means that you, as a taxpayer, can claim an income tax deduction for donations of \$2 or more to Padbury Community Garden. The greatest advantage of having DGR status is larger donations from corporations and businesses can be claimed as a tax offset to them – **mutually benefitting both the businesses and PCG.**

We are hoping this will bring in the ***much-needed additional funds*** to enable PCG to establish its garden, and in turn, enable us to provide more opportunities for bringing the community together.

How does PCG plan to meet these required areas?

How long is a piece of string?

At this point the sky is our limit. We have so many creative minds behind the scenes working hard in the Committee, brainstorming ideas for workshops, events, guest speakers, gatherings, courses and much more.

Have your say...

A survey will be sent out to the community soon, we would love as many responses as possible as this is YOUR chance to have Your say for YOUR community garden!

Have your say on what activities you might like to attend or be involved with at the community garden. Please take the time to fill the survey in, let us know you support our vision and tell us your ideas. After all, this idea, this vision, this dream, is all about you... the wonderful Padbury Community.

Fundraising

We kicked off the year with our morning tea where we had the chance to say *Thank You* to everyone who volunteered, supported, and stood with us at PCG.

Our Vice Chair, Ellen Ender, thanked all the volunteers for their valuable efforts and shared updates on where we were with the garden.

Jack from the Whitford Lions Club presented our volunteers with certificates of appreciation and presented PCG with **two more than 'smile worthy' cheques.**

- \$1000 cheque - Royal Show - We had a number of volunteers give their time to help the Whitford Lions Club at their hiring tent - hiring out wheelchairs, strollers and gophers to the public.
- \$2500 cheque - Christmas Cakes Sale at Lakeside Joondalup shopping centre – For two BIG weeks we saw our volunteers enjoying the wonderful experience, conversing with the public and embracing the Christmas and community spirit.



Councillor John Raftis, who represents our ward in the City of Joondalup came along and gave PCG his ongoing support once again. Vanessa Albury from the fundraising committee created some beautiful tables with fundraising items for sale, including seeds, gardeners' soap and moisturiser, and other gardening goods.

Some of our amazing members donated items for sale: Karen Thompson donated worm wee (which gardens love), Ben Ezzy donated seeds and pumpkins harvested from his garden, and Ellen Ender donated succulents.

The morning tea was a great opportunity for volunteers and the committee to chat about the garden and to get to know each other better.

The PCG would like to extend our thanks to all these wonderful people. We are always open to new ideas so if you have something in mind that you feel may help raise funds and benefit the PCG and or the community, feel free to reach out via Facebook or in person and one of our members will be happy to have a chat.

In the Spotlight this month

Helen Hanson is the facilitator of Padbury Community Garden Wellbeing Workshops. With over 35 years' experience as a nurse and facilitating change management in mental health we are very fortunate to have Helen's passion and expertise empowering health in our community.

Helen helps support people to believe and know they make a difference and that they matter. Helen uses a variety of modalities; the clinically proven Emotional freedom technique (Tapping). Reconnective healing and intuitive intelligence training and life coaching.

Products for sale

We would like to thank the local companies that have jumped on our PCG journey and supported us with these wonderful products, we have many items for sale where proceeds go towards our fundraising goals.

Here are this month's gardening product available -

Blueberry Fertilizer - \$25

Gardeners hand cream \$15 – Gardeners Soap on a rope \$9

Used coffee bags – Gold coin donations.

To order these items please email fundraisingpcg@gmail.com



Fertiliser for your Blueberry

WPMK
This fertiliser has been developed by commercial blueberry growers in Western Australia to achieve maximum growth and yield in blueberry plants..

1lt Concentrate for \$25

This fertiliser is suitable for Rhododendron, Azelias, Camellias and other acid loving plants.

Autumn – Winter
Dilute 5mL per L of water.
Spring – Summer
Dilute 10mL per L of water.
Example – 45mL in a 9L watering can in Winter.
This should be enough to feed 6 medium to large bushes. Feed Weekly.

Apply the liquid feed when your soil is on the dry side. Apply just enough until you see runoff out the bottom of the pot. Remember, if it washes past the root zone, the plant cannot use it.



Gardeners Hand Cream

Gardeners Natural Hand Cream
250ml Pump Pack
\$15 each

A natural cream with sesame, almond and apricot oils, lanolin, cocoa butter and 4 Aussie essential oils of Lemon Myrtle, Tea Tree, Peppermint and Lemon Scented Eucalyptus gum.

Handy Soap on a Rope

is a hand made natural soap, that is designed to hang for ease of using.
Contains Lavendar and Tea Tree oils, pumice stone that's ideal, to get out that stubborn gardening dirt.

\$9.00 each

Both made locally



Also, on our FB pages you will also find some wonderful people in our community helping us with our fundraising ventures such as -

- ◆ *Karen Thompson* our go to Worm & Worm Wee Guru – Who donated all the sales of her worms & wee to PCG.
- ◆ *Ben Ezzy* our Seed Guy (and exceptional veggie gardener) – Ben sources and sells locally collected seeds and donates all the sales to PCG. So, check out his posts on FB to see what seeds he has available.



Upcoming Workshops

Building Personal Power – A wellbeing workshop with Helen Hanson. Self-doubt can be crippling but we all experience it at times. In this workshop we explore ways to start transforming self-doubt to self-love.

Date: Thursday 27th April

Time: 7-9pm

<https://www.eventbrite.com.au/e/581294305917>



1 hour Wellbeing Workshops with Helen Hanson 9.30 – 10.30
@ Gibson Community Hall on Sat 29th May - Sat 20th May - Sat 3rd June

Sat 6th May – Kids Painting Workshop <https://events.humanitix.com/kids-creative-painting-workshop>

Check out FB <https://www.facebook.com/padburycommunitygarden> for more info or email us at padburycommunitygarden@gmail.com

Past Workshops....

Reclaiming Self-Love Workshop – Facilitated by the wonderful Helen Hanson

Helen would like to thank the wonderful women who attended the first workshop.

"It was such a privilege to work with you all. Join me on the 27th of April for the next workshop. More on this soon x Helen"

Words of gratitude from some of the community members that attended.

"Thank you Helen, would recommend it for anyone looking for rest and restore."

"Look at our relaxed faces, Wazeerah Ahmad."

