



## Merry Christmas and Happy New Year to all



We would like to wish the people of the Padbury Community and surrounds, as well as our sponsors and supporters, a very Merry Christmas and Happy New Year.

We give our thanks to everyone for their support in our journey to reduce isolation and loneliness throughout our community, and for getting behind the establishment of a community garden to create a meeting place, a wellness place, a place that belongs to everyone in Padbury to continue our work in advancing mental health.

We are so excited for 2024 and all that we know it will bring with it. We look forward to meeting more of you and seeing you in the garden!



### Acknowledgement of Country

We acknowledge the Whadjak Nyoongar people, the traditional custodians of the boodja (land) in which we live and are creating our community garden. We pay our respects to Elders both past and present.



**FOR OUR ELDERS**  
2-9 JULY 2023



### What's been happening at Padbury Community Garden Inc ?

Attending regular planning meetings to implement Phase 1 of the establishment of the garden, for when approvals are granted by the City



Organising 'teams' to break down the work load for Phase 1 works



Increasing our capacity to support the community through workshops and activity sessions for 2024



# From the PCG Chair

Welcome to our Birak - Festive Season Newsletter!

At the time of writing, we are finalising our Memorandum of Understanding (MoU) with the City of Joondalup. This is a major milestone and provides the legal agreement of the Padbury Community Garden Inc. to establish a community garden at Gibson Park near Gibson Park Community Hall. We have spent some weeks negotiating with the City as to what we can and can't do with the land, to come to a commonly agreed arrangement. Stay tuned for the announcement of when this document has been formally signed.

Simultaneously to the negotiations for the MoU, the Committee have submitted a detailed plan of the proposed first phase of the garden design to seek approval by the City. We are currently awaiting the outcome.

I would like to thank everyone involved in the discussions with the City of Joondalup for both the MoU and garden design for their hard work and ongoing commitment. The City, especially the Community Projects team, have been very supportive in helping us get to where we are and we are extremely grateful for their time.

I would also like to thank our Committee Members for taking the time to host and help out at the various fundraising events and other PCG activities that we have hosted throughout 2023. Padbury really is a great community.

Merry Christmas and Happy New Year to all.

David  
PCG Chair



## What is an MoU you ask?

A Memorandum of Understanding (MoU) typically establishes a framework for the collaboration between two organisations, and expresses the common goals or vision of the two parties. In general, an MoU will not deal with the specific details of particular projects. Rather an MoU is usually more of a 'high level' agreement.

This is the document that the City of Joondalup and the PCG Committee have been busy working on since the Council Briefing and Meeting in August, where PCG received unanimous support to establish a community garden at Gibson Park, Padbury.





# Have you been waiting to get involved? Are 'TEAMS' for you?

PCG are forming '**TEAMS**' to implement components of Phase One of the establishment of the community garden, so that we can get the community more involved in the areas they love and are interested in. Community members can be involved to whatever level or capacity they would like, have time for, or are interested in.

Please contact us on [padburycommunitygarden@gmail.com](mailto:padburycommunitygarden@gmail.com) if you would like to be a member of one of our teams. Everyone is welcome!



## Proposed 'TEAMS'

### Grounds Team

Planning, sourcing and overseeing contractors.

### Reticulation Team

Design, pricing and what about a water tank?

### Storage and Equipment Team

Sourcing, pricing, coordinating with Grounds Team

### Garden Bed Team

Design, sourcing and pricing

### Plant Planning Team

Establishing lavender & rosemary, fruit trees, herbs, vegetables and busy bees



PCG final committee meeting for 2023

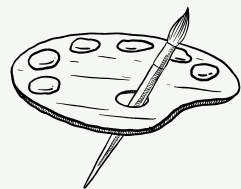


Executive Committee in discussion about the garden design

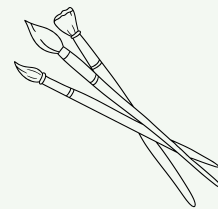




Thanks to **Creative Party Flair** for joining with PCG once again and providing an opportunity for the community to come together and hold some space for art therapy. Creative Party Flair donate all proceeds to PCG from these sessions, and we are truly grateful for this.



# Art Therapy



## Getting out in the Community



Thank you to **Jellybeans Child Care Padbury** for inviting us to their Annual Christmas Party. It was wonderful to be able to meet and share our vision with so many of the local young families. We can't wait to see you all at future events, workshops and in the community garden, where connections can be nurtured and lifelong friendships can be formed.



# What to plant in December and January



Tomato



Radish



Cabbage



Broccoli



Eggplant



Cauliflower



Brussels sprouts



Basil



Lettuce



Cucumber



Beetroot



Broad bean



Rhubarb



Carrots



Asparagus



Chives



Spinach



Bean



Zucchini



Sweet potato



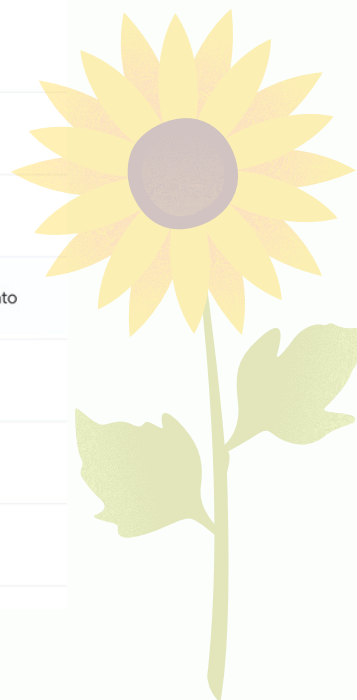
Celery



Coriander



Turnips



## Congratulations!

Kristy Brown  
was the lucky winner of our  
Christmas Raffle.

Well done Kristy!!  
Lots of goodies to share  
around in that  
huge toy hamper.



## Christmas Cracker Jokes

How do frogs open their Christmas presents?

A: Rippit Rippit

What did the Christmas tree say to another?

A: Lighten Up!

Why are Christmas trees so bad a knitting?

A: They have too many needles

How do you tell if a Christmas tree is a girl?

A: If it's wearing a tree skirt

## PCG Kids

Answers for last month's puzzle



Corner



# Workshops & Activities 2024



We are putting together a list of workshops and activities for 2024 that will include more in the community garden, hands on such as wicking bed construction, composting and kombucha. We will also continue our Annual Easter Egg hunt for the kids, High Tea and painting workshops, macrame and rock painting for Art Therapy for kids and adults.

If you would like to request a specific workshop, please contact us with your idea and we can see what we can do to make it happen.

If you have a skill in gardening, arts and crafts, or health and wellbeing, and would like to run a workshop, please contact us at [padburycommunitygarden@gmail.com](mailto:padburycommunitygarden@gmail.com)

## Kid's Easter Egg Hunt



## High Tea



## Kombucha Workshop



## Worm Farm Workshop



## Macrame Workshop

## Mandala Rock Painting Workshop



## CONTACT US



[padburycommunitygarden@gmail.com](mailto:padburycommunitygarden@gmail.com)



[Facebook Page](#)

[Facebook Group](#)



[Instagram Page](#)



# Health & Wellbeing

PCG would like to announce that we have signed a partnership with the Mentally Healthy WA - Act Belong Commit program. This partnership will enhance the opportunities we can provide the community to advance Mental Health. We look forward to working together with the program, to sharing meaningful resources with the community.

'To ensure good health:  
eat lightly, breathe deeply,  
live moderately, cultivate  
cheerfulness, and  
maintain an interest in life.'

WILLIAM LONDON

+THE GOOD BODY



Being active in the arts keeps you connected to others and gets your creative juices flowing. PCG together with local businesses, regularly provide opportunities for the community to engage in Art Therapy sessions. It's a great way to Act Belong Commit!



Mentally Healthy Partner



Thank you  
to our  
Sponsors and  
Partners

We are so grateful  
for your support  
and involvement  
in this community  
project