



# Community Garden

## OPEN DAY

The gates to the Walgett Aboriginal Medical Service Community Garden were wide open to the Walgett and broader community at their Open Day on Wednesday 4<sup>th</sup> October 2017.

The Garden Day was open to all, with approximately sixty community members attending and they were invited to wander around the garden, sampling the seasonal array of products produced from the garden over recent months including herbal teas, pickles and chutneys, infused oils and sauces.

A supervised children's play area was set up to allow the adults to stroll around at their leisure.

Many took advantage of the morning tea & lunch provided to sit around and chat with friends & family.

WAMS staff who organised the event and assisted on the day were -

Sophia Byers  
Annie Dean  
Ernest Sands  
Lyn Rummary  
Bradley Smith

Community Gardener  
Health and Fitness Trainer  
Groundskeeper  
Executive Support Officer  
Public Health Worker







In 2008 WAMS saw the need for a community garden to promote healthy eating and increase accessibility to fruit and vegetables for those living in poverty and/or suffering from Chronic Disease.



It is well known that Chronic Disease is a serious problem amongst the whole population of Australia, but even more so for Aboriginal people who are developing chronic diseases such as renal failure, diabetes, cardiovascular and respiratory diseases much earlier and with more co-morbidity than non-Aboriginal people.



The community garden was established in 2009 and now consists of ten raised garden beds with shade cover, a shed and rain water tank. There are a further three non-raised beds and an area set aside for fruit trees and a bush tucker garden.



The garden is open to community members who have chronic disease and their children who may be at risk of developing chronic disease. During business hours, they can pick fresh fruit, herbs and vegetables as they wish. For those who are unwell and with limited mobility, WAMS provides a delivery service once per fortnight depending on availability of produce.



Recently aspects of utilizing the produce from the garden has also commenced with the pickling and bottling of produce.

