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Community garden helps connect consumers

A sensory garden in Haberfield is helping mental health consumers connect with others and giving them new skills and employment opportunities.

Set in the grounds of Haberfield's Library, the garden features a range of flowers and fixtures established by Sydney Local Health District's Health Promotion team, Neami National, gardeners, librarians and the Royal Botanic Garden.

Suzanne Gleeson, from the Health Promotion Unit, said the project had greatly contributed to the participants' wellbeing and paved the way for educational opportunities.

"A group of participants recently completed a six week outreach course at Petersham TAFE to formally acknowledge their new found skills," she said.

"Regular attendance at the garden provides people with structure and routine, an opportunity to get outdoors and to make connections with new people."

The garden is a credit to the students on placement with the Health Promotion Unit, mental health consumers and librarians who worked hard to rejuvenate the plot and erect a new scarecrow.

The Haberfield Community Garden will continue for another six months thanks to Inner West Council with potential for it to be extended.

For more information, please contact Suzanne Gleeson on Suzanne.Gleeson@sswahs.nsw.gov.au



The new scarecrow is right at home in Haberfield.