

Pathways' Project Patch

Vege gardens encourage healthy living!

Being active, learning, taking notice, giving and connecting – the themes of the 2009 Mental Health Awareness Week are being celebrated on a daily basis for people taking part in Pathway's Project Patch.

Pathways, a leading community-based mental health and wellness service provider, has been supporting people using their services to start their own vege garden. The initiative is part of the organisation's Healthy Lifestyles Programme which focuses on holistic wellbeing by encouraging people to eat well, be active and make healthy choices.

Pathways chief executive Paul Ingle says Project Patch came about as a result of the recession and an increasing number of people coming under financial stress. "We wanted to do something practical to support the people using our services to make their money go further – particularly the weekly shopping bill."

Mr Ingle says vegetable gardens have now been installed at all of Pathways residential properties. Tenants have been given gardening kits including vegetable plants and staff are involved with supporting people to grow their own veges. "The interest and enthusiasm from tenants has been outstanding. We hope to soon be able to offer the same opportunity to people who use our mobile services."

Once the vegetables are ready to eat, Pathways plans to bring in cooks to demonstrate delicious ways of cooking the produce.

Ends.

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