

CITY OF HOBART – ‘STILL GARDENING’ AUTUMN GATHERING
REMARKS BY
HER EXCELLENCY THE HONOURABLE BARBARA BAKER AC
GOVERNOR OF TASMANIA
GOVERNMENT HOUSE, FRIDAY 17 MAY 2024

Good morning and a very warm welcome to you all for this Still Gardening event. It is lovely to have you all here for morning tea before heading off on your tour of the gardens with Tara, our Estate Gardens Manager.

Before we begin, may I acknowledge the Muwinina people upon whose Country we gather. I acknowledge today’s Tasmanian Aboriginal Community as ongoing custodians of Country. I recognise their enduring culture and continued connection to land, sea, and waters.

I am delighted to support the Still Gardening program, which combines community wellbeing and environmental stewardship, two issues on which I have a focus.

I was very pleased to learn that Still Gardening has a policy of no chemical use, recycling of plastics and garden tools. As well, Still Gardening organises workshops on composting and recycling to promote sustainability and the reduction of waste.¹

The Still Gardening program aims to promote mental health within our community. The therapeutic benefits of gardening are widely recognised – the alleviation of stress, anxiety and depression, and the promotion of physical wellbeing through movement and engagement in outdoor activities.

This program also aims to create meaningful connections between participants and volunteer Garden Mates. Through sharing experience and exchanging knowledge and skills, friendships are made. Importantly, social isolation is mitigated. The younger volunteers also learn from the wisdom of some seasoned and experienced gardeners.²

¹ Email Monique Brumby/Paula Chatwood 14 May 2024

² <https://www.hobartcity.com.au/Community/Community-programs/Positive-Ageing/Still-Gardening-Program-and-Garden-Mates>

I thank everyone for their participation in this excellent program. May I thank Monique Brumby for her dedication and enthusiasm for this important program. I think it is an excellent initiative of our Hobart City Council.

Please enjoy the morning tea and our garden.