

Media Release



Health
South Western Sydney
Local Health District

12 October 2015

Feet planted firmly in Bowral's new sensory garden

Mental health consumers and staff at Bowral & District Hospital can soon experience the joys of a brightly coloured garden with scented paths, ahead of the official opening of the Berrima Cottage Sensory Garden.

The sensory garden at Berrima Cottage in the grounds of Bowral Hospital features flowers and fixtures that include wind chimes, a shade cloth and outdoor seating which Community Mental Health Rehabilitation and Project Officer Peter van Dort said was chosen to illustrate the five senses.

"An array of flowers, a mural, and a water feature offer a kaleidoscope of colours and aromas that stimulate the senses," Mr Van Dort said.

"A swing as well as different textured reeds and vegetables provide a charming learning environment for children and adults to touch," he said.

The sensory garden began life as a disused area but was converted into a luscious landscape thanks to the generous funding from The Veolia Mulwaree Trust, and the hard work of the Schizophrenia Fellowship of NSW and Wingecarribee Health Association for Men, who partnered to give birth to the project.

Speaking ahead of the official garden opening this month, Bowral & District Hospital Acting General Manager Valerie Jovanovic said the garden was a credit to the mental health service consumers and mentors who worked hard to build the garden this year.

"I'd like to thank all the consumers, staff and organisations that have helped create a beautiful, sensory space for Mental Health consumers for years to come," Ms Jovanovic said.

Ms Jovanovic said caring about the hospital and working together has and will continue to help improve the environment of the hospital.

"We appreciate the help and donations of everyone involved in the Sensory Garden," she said.