



Rotary Club of Christchurch South Inc.

P O Box 12-243, Christchurch 8023, NZ.

SERVICE ABOVE SELF



Bulletin

#36 for 01 April 2026

Speaker Report for 01 April 2026 Burwood Therapeutic Gardens



We were delighted to have Tracey Hawkes and Susan Gee from Burwood Hospital to speak to us at our meeting. Enthusiastic, caring and determined to get their 2 years in the making project completed.

Their vision was to “create a wheelchair accessible and dementia friendly therapeutic outdoor area, and to form an equitable safe space to aid health and well-being” for their patients.

Patients are 60 years plus in age and are in dementia care or physically compromised.

Most patients stay for approx 3 weeks, and in that time can lose function and physical strength due to being away from their normal environment or struggling physically due to illness and periods of being bed-ridden. The gardens are a simple weapon for rehabilitation and mental well-being. Outdoor spaces reduce anger, anxiety, can reduce medication and allow people to do things – walk in the garden, partake in exercise programmes or simply enjoy the fresh air and environment which has been thoughtfully established.

The garden has a yellow loop pathway which winds its way down the different areas and brings the patient back to where they started. There are handrails at the right height, and special seating which allows the patients to use them with ease – the right height and arms to assist with getting up again.

The gardens include specialised features:

Sensory garden – colours, smells and textures to explore

Memory Garden – The backyard with common flowers that are easily recognisable, vegetable patch

Active Area - Games and physical activities, music and a “hands on garden”

Native Garden – Imitating a bush walk – peaceful, lush and welcoming.

To date, the gardens are emerging. The yellow pathway is in, and the planter boxes installed along with some plantings. There will also be a covered in all-weather area for access on the not so good days.

Funds have all been raised by public contributions and fund-raising. There are 60 volunteers involved in the project.

The gardens will be accessible to all patients in the hospita, as well as the public.
“Gardens are good for the soul”

We look forward to visiting the gardens at some stage when they are completed and both Tracey and Susan should be so proud of their efforts to date.

Thank you for your excellent presentation.

Thanks to Diane for the report and for the photos.

Upcoming meetings:

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8/04/2026	Paul Gardner	An update from the Sydenham Corps of the Salvation Army – Major Paul Gardner
15/04/2026	Michael Campbell	The <u>Ferrymead</u> Heritage Park – Stepping Back in Time
22/04/2026	Author Deb Donnell	Christchurch Then and Now Volume 4 – New Book Release by Christchurch Author Deb Donnell **Friends & Family Night – Books for Purchase***

- **April Walk - SATURDAY 18 APRIL**

Date: SATURDAY 18 April

Park / Meet: Te Kura Wetlands Area. 600 Cashmere Rd. It's on the right hand side when driving from Cashmere along Cashmere Road. Not far passed Hendersons Road.

Walk: Through the Wetlands Area. Cashmere Stream Track and Hoon Hay Track

Lunch: 12:00 at Urban Eatery, Oderings, Stourbridge Street.

Leader: Viv

If you are unable to join the walk, you are welcome to join the group for lunch.

If the weather is unsuitable for walking then we will just meet for lunch.

Please let David (david.buist@xtra.co.nz) if you are walking, lunching or both.

- **UPCOMING ROTARY COMMUNITY SERVICE PROJECTS**

- 1. Cashmere Stream Esplanade**

Saturday 2nd May '26.

10-12 for maintenance followed by a shared lunch.

- 2. John Taylor Walkway**

Saturday 13th June '26

10-12 for maintenance Followed by a BBQ.

- **3. Cashmere Stream Esplanade**

WINTER PLANTING DAY

Saturday 18th July

10-12 with a shared lunch to follow.

Notices:

- **River Clean Up (Mother of all Clean Up's)**

ME

Date: Saturday 9 May

Start time: 10am by the Scout Den, Centaurus Road next to The Brickworks

It would be great to support this again this year as we have done over the last many years.

Duties:

Duty	8-Apr-26	15-Apr-26	22-Apr-26
Cash Desk	A Airay	G Dockrill	A McKinnon
Cash Desk	A McCully	M Osselton	M Soares
Reception	S Mackenzie	G Bailey	D Buist
Speaker's Host	M Soares	M Bruce	G Bailey
Grace	M Soares	M Bruce	G Bailey
International Toast	S Mackenzie	G Bailey	D Buist
Thanks to Speaker	A Airay	G Dockrill	M Soares
Quote for the Week	A McCully	M Osselton	A McKinnon
Speaker Reporter	M Opie	V Ellis	A McCully

Leave:

	from	to
S Haye	11/08/2020	TBA
E Bermingham	01/01/2023	TBA
SMcLean	20/03/2024	TBA
A Kim	30/06/2025	TBA
R McKinney		mid April

The link for the club web pages is

www.christchurchsouthrotary.org.nz

Facebook pages is

<https://www.facebook.com/ChristchurchSouthRotary>

Reminders:

**Record your apology at the Reception Desk at a prior meeting,
OR email: chchsouthrotary@gmail.com before
11.00am Wednesday.**

**You will get a reminder a couple of days before the meeting re
apologising and to advise if bringing a guest.**

Emergency apologies to Alan McKinnon (021 142 7668)

OR, Club Secretary Viv Ellis (027 490 3161)

DUTIES If you are unable to carry out your allocated duty, it is **YOUR** responsibility to arrange a substitute.

LEAVE OF ABSENCE

Please advise all leave of absence of 3 or more weeks to the Secretary, by email or in writing.