



Delivering a Healthy WA



Government of Western Australia
Department of Health

24 June 2009

Good for the environment and good for the community

Community members have taken advantage of the change in season and planted more than 900 seedlings at two planting days in Beeliar Regional Park – one at North Lake and the other at The Spectacles.

Plants and other materials were paid for using part of \$40,000 in funding provided by the Fiona Stanley Hospital Project this year to promote healthy community activities in parks. Over the next five years the Project will provide \$200,000 for these types of activities in regional parks in Perth's southern suburbs. The funds will be managed and distributed by the Department of Environment and Conservation under its Healthy Parks, Healthy People program.

More than 25 people, ranging in age from 18 months to 80 turned out to plant more than 400 seedlings on former farming land around North Lake. The species planted included Melaleuca, Hardenbergia and a range of Baumea species.

The seedlings were planted in a relatively degraded area alongside more mature plantings and will eventually provide habitat for a range of wetland species. Community members planted the seedlings, protected them with stakes and plastic and then watered the area to give the plants the best chance of survival after one of the driest autumns on record.

The day was organised by the Friends of the Cockburn Wetlands Education Centre and the Department of Environment and Conservation.

Another 20 people, aged between seven and 70 planted more than 500 seedlings at The Spectacles wetlands. Agricultural land use in the past and, more recently, a fire has left the area degraded.

Species were selected to suit the transitional environment between the wetlands and Banksia woodlands, following advice from local Indigenous people. Many of the species planted are traditionally used for food. Amongst the seedlings were a range of Banksia species, *Eucalyptus rudis* and *Xanthorrea pressii*.

This planting day was organised by the Friends of the Spectacles and the Department of Environment and Conservation.

Fiona Stanley Hospital Executive Director Brad Sebbes said it was great to see so many people giving up their Sundays to help rehabilitate parts of the regional park.



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“I attended the planting day at North Lake and I was really impressed with the people who were out planting the seedlings, interacting with each other, enjoying the sunshine and helping to improve the condition of the Park,” Mr Sebbes said.

“Maintaining and rehabilitating the natural environment around the new Hospital is crucial to its development. Working with local groups and supporting grassroots environmental programs is an important part of this work.

“Over the next five years the Hospital will contribute \$2.3million to environmental rehabilitation and protection programs – most of which are locally focused to support the community and environment near the Fiona Stanley Hospital site.”

DEC Healthy Parks, Healthy People Coordinator Cathy Gazey said planting days were a great way for people to get involved in conservation projects in and around Perth’s regional parks.

“Planting days provide excellent opportunities for residents to take part in the management of their local park and to meet other people who are concerned about the environment around them,” she said.

“People who participate in planting day get some healthy physical activity, mental restoration and relaxation from contact with the natural world. They also expand their social networks.”

In addition to the planting days, the \$40,000 will be used to fund community education programs at the Cockburn Wetlands Education Centre, reticulate a newly rehabilitated section of North Lake (including the seedlings planted on the planting day) and activities promoting Aboriginal heritage and links to the Park.

The Cockburn Wetlands Education Centre is a not-for-profit organisation located in Beeliar Regional Park that carries out work in rehabilitation, education and training in relation to wetlands and their management.

Fiona Stanley Hospital will be the major tertiary hospital in the south metropolitan area. Work is under way on the Murdoch site and construction of the main hospital buildings is expected to commence later this year.

For more information about the Fiona Stanley Hospital project and its environmental programs, visit www.fionastanley.health.gov.au or call 1800 659 475.

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For more information please contact:



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