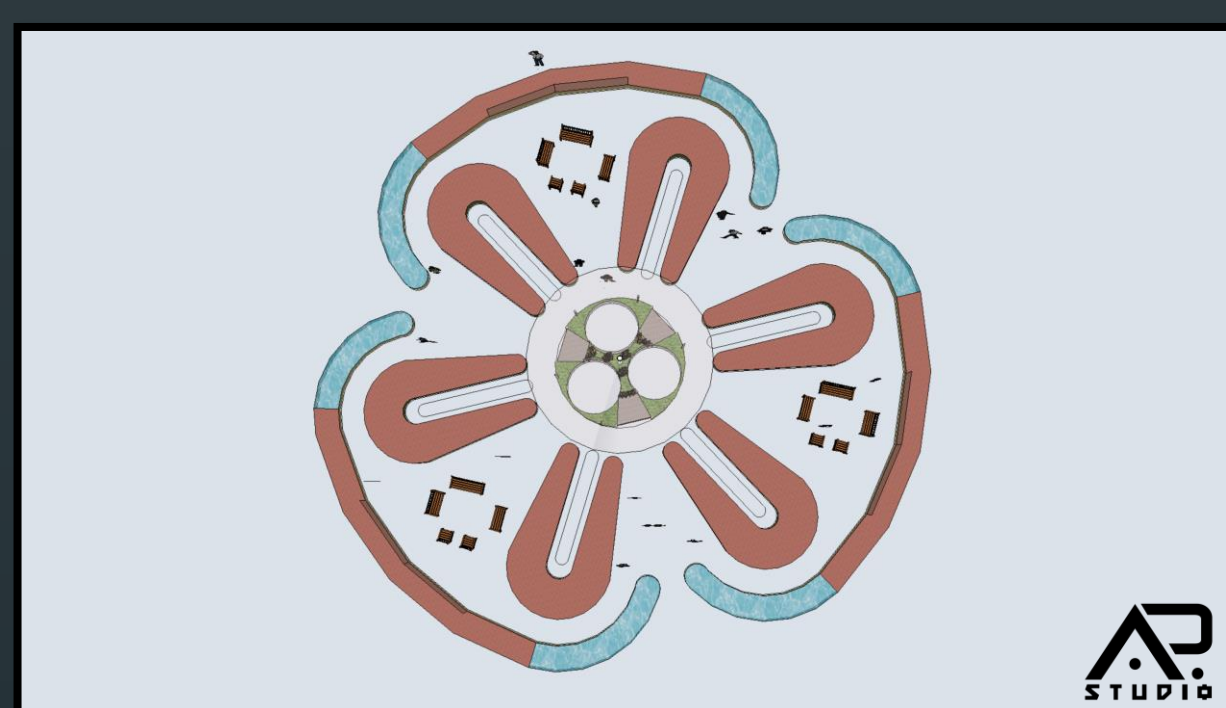
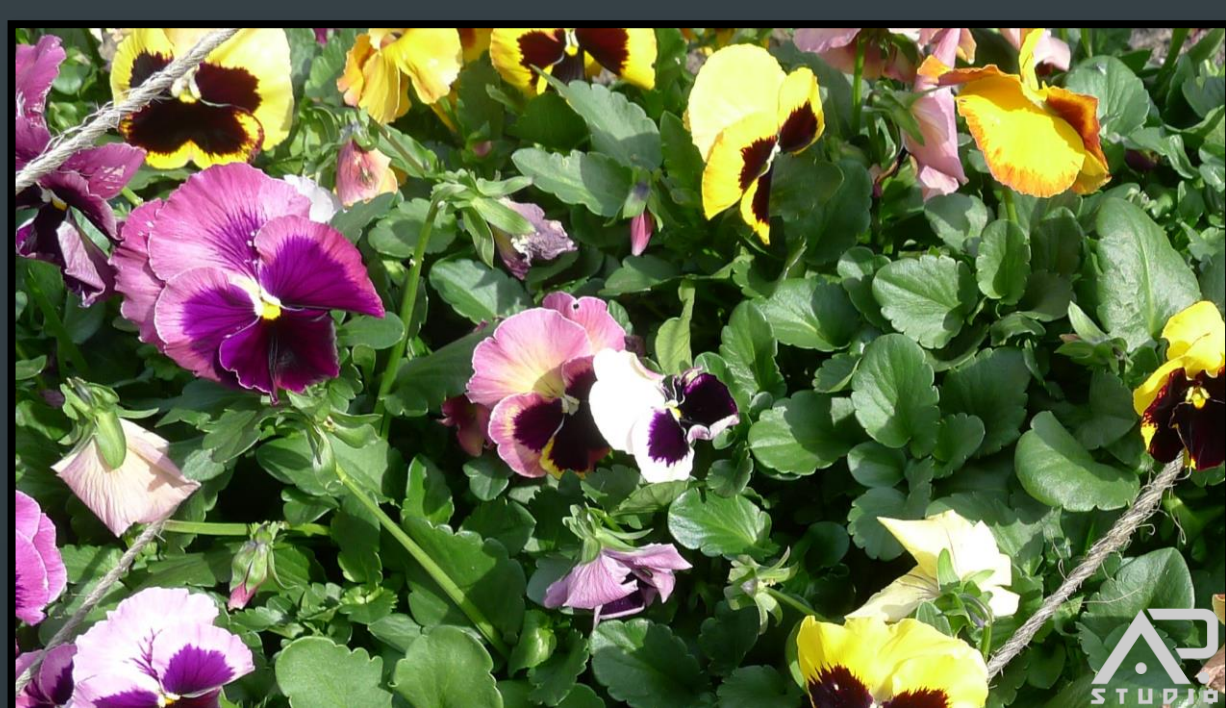
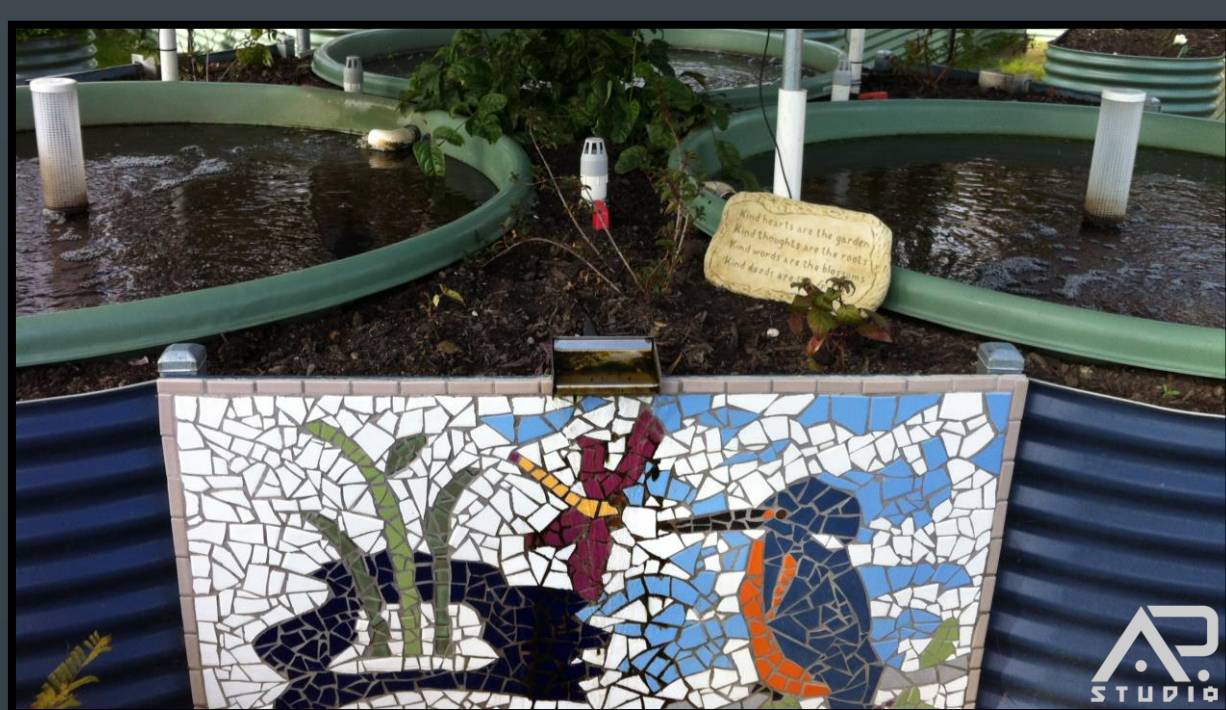
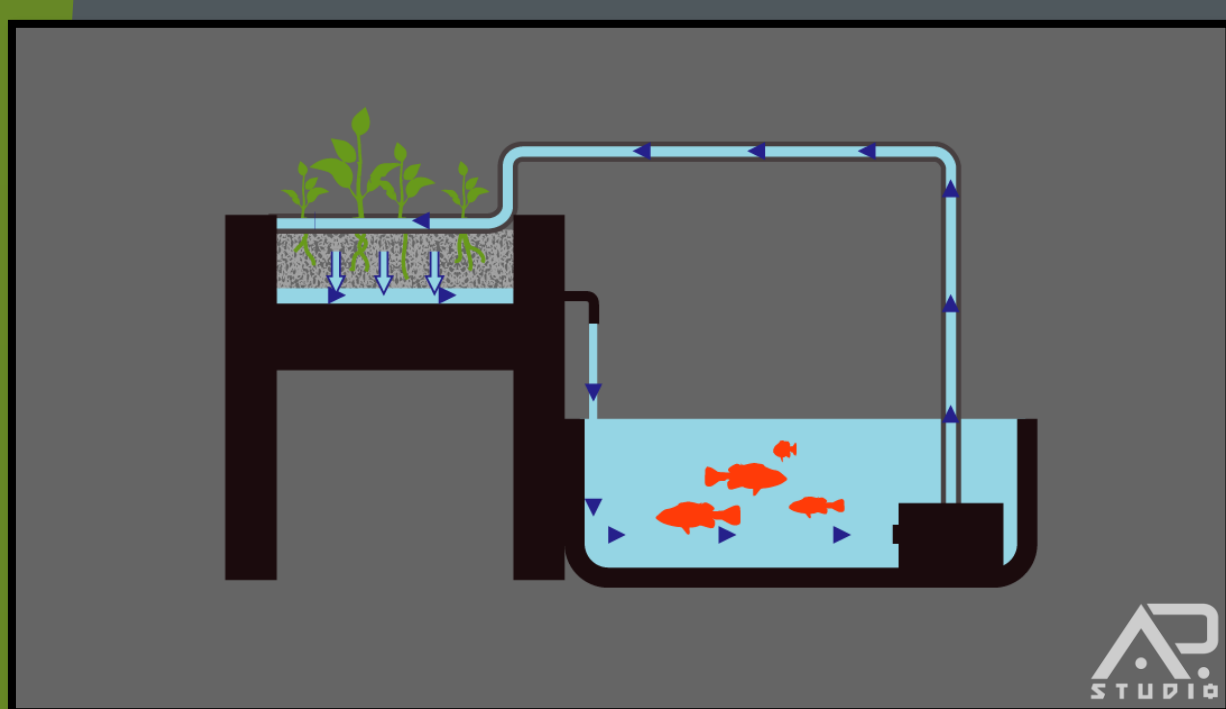


RFBI Basin View Masonic Village Aquaponic Garden

Interactive Poster



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The Aquaponic Garden at the RFBI Basin View Masonic Village promotes residents' physical and psychosocial wellbeing in a sustainable way.

The Village is home for self-care and hostel residents and residents with advanced dementia. It is located in Basin View, in the City of Shoalhaven, on the south coast of NSW, Australia.

The garden project was conceived to create community within the Village, feed body and mind, soothe the soul and stimulate the senses.

Aquaponics:

- a sustainable food production system that combines conventional aquaculture (raising aquatic animals in tanks) with hydroponics (cultivating plants in water) in a symbiotic environment

The project brief was to establish a garden which was:

- accessible to all
- easy to maintain
- low cost
- environmentally friendly
- containing every feature requested by residents
- a pleasant place in which to spend time, doing meaningful & enjoyable things

Salutogenic approach and values:

Comprehensibility: The garden is an aesthetically pleasing outdoor space for relaxing, enjoying the smells, sounds and colours of the natural environment. It creates a sense of wellbeing.

Manageability: There are opportunities for various challenges e.g. feeding fish, maintaining a garden plot. Garden "work" is important for residents with impairments that limit their capacity to participate in everyday activities.

Meaningfulness: A sense of purpose is fostered by engaging in garden tasks. Produce is used in the Village kitchen or shared with residents and family.

The building strategy involved:

- using environmentally friendly materials and technology
- sourcing products locally
- accepting contributions from the community
- employing the skills of anyone interested
- considering the physical capacities of residents
- delegating responsibilities
- incorporating residents' requests

Key "green" features:

- closed loop integration limits environmental emissions
- water filtration and recycling minimise waste
- use of recycled materials and low levels of solar powered electricity
- use of fish waste as plant nutrients avoids fertilisers
- careful plant selection minimises pests and pesticide use

The Aquaponic Garden team:

Design: Paul Van der Werf of Earthan Group
Commission: Royal Freemasons' Benevolent Institution
Village: Denise Leroy, Leonie Fleming, staff, residents,
Research: Helen Hasan, Pia Winberg (UOW); Alison Wicks (UC)
Poster: Alison Wicks, AR Studio