

|  |
| --- |
| 2021-22 Victoria in Bloom: Gardener  of the Year |
| Paul Nelson -video transcript |
| OFFICIAL  [Paul Nelson]  I got injured at work had work cover injuries for 40 years, this was my last injury and I ended up here. I have been here for 10 years.  I have trouble breathing, as I have got COPD, so I come up here to breathe  then I just broke a leg, broke a thumb, so got to get both knees done and both hips now.  Doing the garden for 5 years, its helped save my life. Physically with a back injury, you have to keep moving and it’s very hard to do, it’s been very helpful for that.  For a commercial garden, it was a desert, got too much sun, and had no shade. The palms were here, the olive tree the culta lime but I put nearly everything else in here over the last five years. |
| What I get out of the garden is health, keep moving, exercise, breathing, doing something for others, get some vegetables and herbs, in the springtime and summertime usually.  I spend about an hour a day. To hand water I just use a hose, the finger that takes 20 minutes to half an hour, quite relaxing, tranquil, serenity, with a cup of coffee in the other hand, it’s a good way to start the day  The Victoria in Bloom competition I won 3 years ago, it’s important to have competitions like this, for community workers are very rare these days, everyone is at home addicted to their screens, people should get out more, and community sport is very important as well, garden…  It was practically a desert, so I put 150 bags of soil in and got the worms working and smiling back at me. |
| [End of transcript] |

|  |
| --- |
| To receive this document in an accessible format, phone 8633 4357, using the National Relay Service 13 36 77 if required, or [email the Victoria in Bloom program manager](mailto:email%20the%20Victoria%20in%20Bloom%20program%20manager) <vicbloom@dffh.vic.gov.au>.  Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne.  © State of Victoria, Australia, Department of Families, Fairness and Housing, October 2022.    Available on the [Housing website](http://www.housing.vic.gov.au/vicinbloom) <www.housing.vic.gov.au/vicinbloom> |