The Dig In Project Video Transcript

**Narration:** The Dig Project

Purple Orange teamed up with North Brighton Community Garden to bring the concept of community gardening into the homes of two people who have difficulty going out to connect with others.

**Sally (a home gardener):** I'm a bit on my own. People don't realise that my mind is all [there]. I would like to make more mates. I've always like to garden.

**Nicole (a home gardener):** It like sort of feels like you can't really grow as a person when you don't have much of a chance to interact though people.

The more you're interacting with other people, the easier it is to keep doing that. And then obviously, the less you interact, the harder it is. And that's something that I've really, really struggled with over the past few years especially because I'll try to get it started up, and then I will like have like a health flare up kind of thing, and I struggle to leave the house and I'm getting migraines and all that fun stuff. And then it's like, it's just so hard to get back into the routine.

I heard about this, and I was like, 'Oh my gosh, this is perfect.' This is exactly what I'm looking for. People are coming to me and that they're going to be very understanding and accommodating is just like, it's eased so much.

**Narration:** It started with an initial visit for the home based and community gardeners to get to know each other and discuss plans. Hello, I'm Renee. Hello, you know me. How are you going? Alright Hey

**Katie (a community gardener):** I'm like not a very confident gardener, but I do enjoy fresh vegetables. And I like getting my hands in the dirt.

**Jess (a community gardener):** Yeah, I'm just, I'm quite interested in connecting with others in the community. So I'm really excited to be involved in this as well.

**Elizabeth (project organiser):** So I wondered about something like this? Because, so it's flat underneath, these ones sort of a slant down a bit. Do you know which one I'm talking....[fades out]

**Narration:** Over the next four months, Sally and Nicole worked with the community gardeners to bring their gardens to life.

**Colleen (community gardener):** And here we've got strawberries. And then we've got some leek at the back. I grow seeds and plants myself, I've got my own greenhouse at home and being able to share that wonder with Sally and show her the magic of growing things, and being able to produce and be self sustaining is just amazing. And it's nurturing. And it's getting us out exercising and building a social relationship as well. We'll get some longer stakes, so that they can still keep fruiting for you for a bit.

**Katie:** I've gained connection with some people in the community. And I feel more confident as a gardener. Yeah, we've had a lot of fun learning from each other. And we've had some chats off the topic of gardening as well, which have been really interesting. So all in all, it's been a really fun project.

**Nicole:** In terms of Community and Social and that kind of stuff. It's just been such a great starting point for the long term. Beforehand, I'd be hesitant to sort of join in on things because I didn't think that people would be very accommodating to sort of what I needed. So I would just sort of shy away from things in general, but I've learnt that I can ask for what I need with things and people actually just like having me there rather than me having to keep up exactly.

**Colleen:** And we mates.

**Sally:** I've got a mate here.

**Narration:** So much can grow from a little community connection.

Sally and Colleen chose to continue gardening together after the project officially finished.

Nicole joined her local community garden after gaining gardening experience and connecting with others.

Get in touch with Purple Orange to learn more about The Dig In Project and other ways you can help create inclusive neighborhoods.

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