

The Living Roof

The SRF Health Garden GP Plus HCC Marion

Welcome to the SRF Health Roof Garden at GP Plus Health Care Centre (HCC) Marion. The garden is a health promotion and community building program conducted for and by people living in Supported Residential Facilities (SRFs) in the Adelaide Inner South. It has grown into its current position on the rooftop at GP Plus HCC Marion from an award winning project which operated at a previous Primary Health Service location in Clovelly Park. SRF residents are central to the project and have been involved in the planning and development of the garden from its inception, and will continue to operate the garden with priority in the new health care centre. In time the roof garden space may also be opened to other healthy lifestyle groups.



Chronic disease and mental health issues are prevalent in the SRF population, along with very high levels of unemployment and social isolation. Despite the many and varied health risk factors, SRF residents have traditionally disengaged with healthy lifestyle choices and have also had very low access rates for primary health services. Through the Health Garden program SRF residents are able to engage in healthy lifestyle practices with other community members and with health service staff. The main health messages and activities conducted in the garden are focused on healthy eating, drinking water, QUIT smoking and increased physical exercise.

The roof garden is of course a non-smoking venue.

Green Roofs

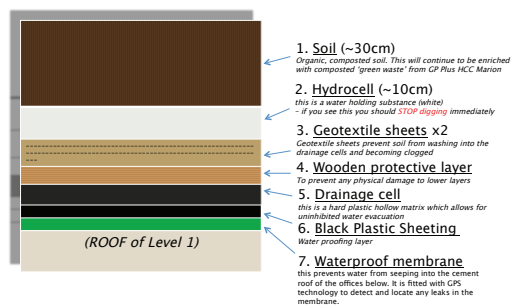
A green roof is a roof of a building that is partially or completely covered with vegetation and soil, over a waterproofing membrane. Green Roofs compensate for the loss of valuable earth at the ground level.

Roof gardens contribute greatly to the urban environment and enhance the liveability of cities, with proven therapeutic effects on public health and wellbeing.

Benefits of green roofs include:

- > Enhanced population health
- > Pollution and dust mitigation
- > Managing storm water run-off
- > Noise reduction
- > Building insulation and increased building lifespan
- > Enhanced urban biodiversity
- > Green roofs offset what is known as the urban heat island effect – where exposed city building components such as cement, asphalt and metal heat up during the day and increase the temperature of surrounding areas
- > Food production
- > Recreation and aesthetics

SRF Health Garden – GP Plus HCC Marion Rooftop Garden Layers



The SRF health roof garden at GP Plus HCC Marion promotes all of the above societal, economic and environmental outcomes and will be grown according to organic principles. The garden space also includes compost and worm farm facilities to process food scraps and green waste from the health centre.

Living Walls

Green living walls such as those at GP Plus HCC Marion can also be incorporated into a green roof and serve to achieve the same beneficial outcomes as described opposite.



For more information

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