

Llandilo, 1 May 2019

Planting the seeds of sustainable living for people with disability

Australian Foundation for Disability (Afford) has received a \$15,000 grant from resource management company SUEZ for its Educational Sustainable Living Sessions program.

The grant will assist the disadvantaged people with disabilities who attend Afford's many programs to access hands-on group sessions on the importance of healthy living and maintaining a sustainable lifestyle.

Communication Fundraising & Events Coordinator for Afford, Toni Preston said the funds will be used to conduct weekly therapy sessions at the organisation's new community garden in Llandilo for participants from across Afford's 22 sites.

"They will learn the fundamentals of growing vegetables in small and large areas, and how to create healthy meals through the healthy eating cooking classes held on site," Mrs Preston explained.

"Growing their own vegetables, and learning how to recycle garden and household waste and to create healthy meals, helps them take their first steps towards leading independent lives and relieving the financial burden placed on families and the community."

The program will also help eliminate the social disengagement barriers that people with disabilities feel and face each day, with benefits flowing into the wider community.

Anita Manohar NSW Business Development Manager for SUEZ attended the community garden on 1 May 2019 to present the cheque to Toni Preston, saying that the company was pleased to support the valuable project.

"The Educational Sustainable Living Sessions are a wonderful way to empower disadvantaged members of the community living with disability to contribute to a brighter future for themselves, their communities and the environment," said Ms Manohar.

"We congratulate Afford on the initiative and look forward to seeing the impact it will have in the coming years."

Penrith Mayor, Ross Fowler OAM thanked SUEZ for its continued support of a range of organisations through its annual Community Grants scheme.

"SUEZ Community Grants are a great example of business giving back," Cr Fowler said. "Organisations like Afford make a positive difference to the lives of many of our residents and it is wonderful to know that people living with disability in our City will now benefit from their Sustainable Living Sessions."

Afford is a not-for-profit organisation servicing Western and Inner Sydney, with a primary focus on supporting people with mild through to exceptional disability to lead fulfilling, joyful lives. Approximately 2000 people stand to benefit from the program.

Now in its fifth year, the SUEZ Community Grants program has donated more than \$740,000 in funding to community organisations and projects across Australia that help communities and the environment thrive.

Learn more about the SUEZ Community Grants program, the successful applicants and their projects at www.suezcommunitygrants.com.au.

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SUEZ Media Office: (02) 8775 5527

About SUEZ

SUEZ finds smart and reliable resource management solutions to make the best use of water and waste for towns, cities, business and industry.

