



Choosing trees for Greek landscapes
 20.10.2010 10:00:00
 1/2

Athens Plus

Είδος: Εφημερίδα / Κύρια

Ημερομηνία: Παρασκευή, 15-01-2010

Σελίδα: 14

Μέγεθος: 318 cm²

Μέση κυκλοφορία: Μη διαθέσιμη

Επικοινωνία εντύπου: 210 4808000

Λέξη κλειδί: ΚΕΘΕΑ

GARDENING AS THERAPY

Rehab program on Mt Pendeli

In the foothills of Mount Pendeli, the Paremvasi Alternative Community, which belongs to the Therapy Center for Dependent individuals (KETHEA), has been using gardening, recycling, composting and tree planting as part of its rehabilitation program. For dependent individuals aged over 20 and their families, the community is managed by an 11-member committee titled "Elpida." The work is voluntary.

Material for the 38 composting bins comes



Working on the compost bins. [Kanaris Tsinganos]

from cuttings and kitchen waste, such as vegetable and fruit peels, and is cut up to break down faster.

"It is creative work," explained therapist Anna Stavropoulou. "Goals are completed within a short time so participants see the results of their work. Manual labor and daily contact with other people and nature is therapeutic."

The community's garden is filled with mint, dill, parsley, oregano and celery, and flower beds contain pittosporum, cotton lavender and other perennials.

"In summer we grew organic melons," said university student Aristides, 26.

Apart from composting, the group clears and maintains a firebreak, work that proved invaluable during the forest fires last summer when the community was only evacuated as a precautionary measure.

"When I came here, it was the first time I had used a tool," said Aristides. "In my efforts to stay clean, I have discovered skills I didn't know I had."

Now in its 20th year, KETHEA has been strong on ecology since its inception.

Members of the group build artificial nests for birds and recycle everything they can, from batteries to kitchen oil and paper.

LEONIDAS DILSIZIAN



For more information, visit www.kethea-paremvasi.gr.



The activities provide contact with nature and other people. [Kanaris Tsinganos]