

# Cultivating happiness - the positive impact of gardening for aged care residents. Wicking Planter boxes.

Gardening is a much loved activity for many that brings joy, peace, and a sense of accomplishment. For aged care residents, especially those living with dementia, gardening can be particularly therapeutic. Introducing a wicking planter box can offer numerous benefits, enhancing their quality of life in various ways.

Our <u>Wicking planter boxes</u> are versatile and can be adapted to fit different spaces within an aged care facility. Whether it's a small balcony, a courtyard, or an indoor space with adequate lighting, these planter boxes can be placed anywhere, making gardening accessible to all residents. Available on castors, these can be moved to capture the sun or the shade as required.

Incorporating wicking planter boxes into an aged care facility offers numerous therapeutic benefits including those living with dementia. From cognitive and physical health improvements to social engagement and stress reduction, these planter boxes provide a practical and enjoyable way for residents to connect with nature and participate in tasks they used to enjoy. By simplifying the gardening process, wicking planter boxes make it easier for residents to reap the rewards of this fulfilling activity, fostering a sense of purpose, accomplishment, and well-being.

- · Promotes cognitive stimulation
- · Enhances physical health
- Reduces stress and anxiety
- Encourages social interaction
- Provides a sense of purpose and accomplishment
- · Wicking ensures consistent plant care
- The wicking planter boxes adapt to various spaces and the angled option allows for chair and wheelchair access.





# **Incare Range**

This Australian Registered Designs wicking planter box allows closer access to the front by it's unique tapering leg and front panel.

This angle is available on one side or both sides.



# Sizes and Models

3-Wicking Cells - Angle One Side 125cm L x 80cm W x 80cm H

3-Wicking Cells Angle Both Sides 125cm L x 100cm W x 80cm H

5-Wicking Cells - Angle One Side (not available with wheels) 205cm L x 80cm W x 80cm H

5-Cells - Angle Both Sides (not available with wheels) 205cm L x 100cm W x 80cm H



1 x Planter Box

1 x Wicking Kit

1 x Assembly Guide

# **Feet Options**

### Standard:

60mm round steel feet

### Optional Wheels (125cm model only)

10cm Heavy duty wheels - lockable on front





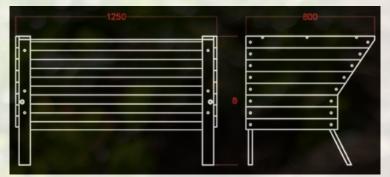






# **Drawings & Box Sizes - Incare Collection**

Available fully assembled or flat packed for onsite assembly



3-Cell Incare Single-Sided range Eco Board Wicking planter box

Shipping Box Sizes - 3-Cell Incare range Eco Board Wicking planter box

1x 12kgs 125cm x 55cm x 18cm 2x 15kgs 85cm x 85cm x 12cm 1x 10kgs 42cm x 42cm x 42cm

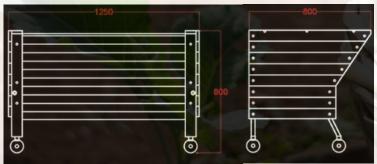


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3-Cell Incare Double-Sided range Eco Board Wicking planter box

Shipping Box Sizes - 3-Cell Incare Double-Sided range Eco Board Wicking planter box

1x 12kgs 125cm x 55cm x 18cm 2x 18kgs 111cm x 85cm x 12cm 1x 10kgs 42cm x 42cm x 42cm



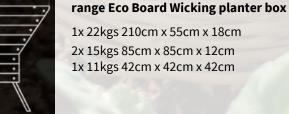
3-Cell Incare range Eco Board Wicking planter box with Wheels

Shipping Box Sizes - 3-Cell Incare range Eco Board Wicking planter box with Wheels

1x 12kgs 125cm x 55cm x 18cm 2x 17kgs 85cm x 85cm x 12cm 1x 10kgs 42cm x 42cm x 42cm



5-Cell Incare range Eco Board Wicking planter box



Shipping Box Sizes - 5-Cell Incare Double Sided range Eco Board Wicking planter box

Shipping Box Sizes - 5-Cell Incare

1x 22kgs 210cm x 55cm x 18cm 2x 18kgs 111cm x 85cm x 12cm 1x 11kgs 42cm x 42cm x 42cm



5-Cell Incare Double Sided range Eco Board Wicking planter box



# **Artesian Range**

The Artesian collection has straight legs





# Sizes and Models

3-Cells (3 long)

125cm L x 55cm W x 51cm H

4-Cells (2 long, 2 wide)

85cm L x 91cm W x 51cm H

5-Cells (5 long)

205cm L x 55cm W x 51cm H

8-Cells (not available with wheels)

165cm L x 91cm W x 51cm H

### What's included:

1 x Planter Box

1 x Wicking Kit

1 x Assembly Guide

# 5-Cells

# **Feet Options**

Standard model

50mm rubber screw in feet

### **Optional Extras**

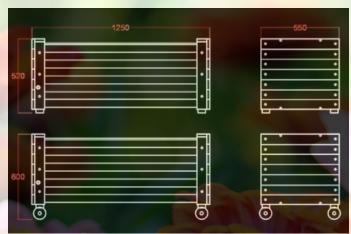
10cm Heavy duty wheels - lockable on front







# **Drawings & Box Sizes - Artesian Collection**



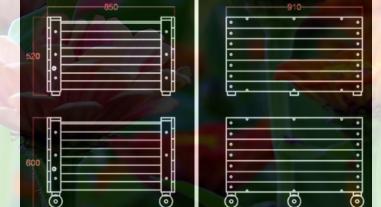
3-Cell Artesian range Eco Board Wicking planter box

### **Shipping Box Sizes - 3 Cell With Feet**

1x 18kgs 60cm x 55cm x 13cm 1x 9kgs 128cm x 45cm x 13cm 1x 6kgs 48cm x 48cm x 43cm **Shipping** 

### **Box Sizes - 3 Cell With Wheels**

1x 20kgs 60cm x 55cm x 13cm 1x 9kgs 128cm x 45cm x 13cm 1x 6kgs 48cm x 48cm x 43cm



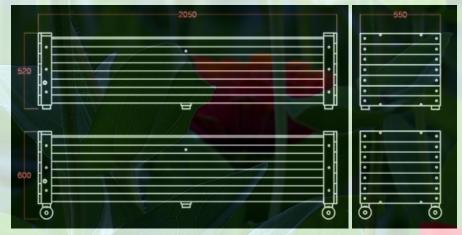
4-Cell Artesian range Eco Board Wicking planter box

### Shipping Box Sizes - 4 Cell With Feet

1x 23kgs 96cm x 55cm x 13cm 1x 10kgs 83cm x 45cm x 13cm 1x 8.3kgs 48cm x 48cm x 43cm **Shipping** 

### **Box Sizes - 4 Cell With Wheels**

1x 25kgs 96cm x 55cm x 13cm 1x 10kgs 83cm x 45cm x 13cm 1x 8.3kgs 48cm x 48cm x 43cm



**Shipping Box Sizes - 5 Cell With Feet** 

1x 18kgs 60cm x 55cm x 13cm 1x 18kgs 203cm x 45cm x 13cm 1x 9.5kgs 48cm x 48cm x 43cm

### **Shipping Box Sizes - 5 Cell With Wheels**

1x 20kgs 60cm x 55cm x 13cm 1x 18kgs 203cm x 45cm x 13cm 1x 9.5kgs 48cm x 48cm x 43cm

5-Cell Artesian range Eco Board Wicking planter box



8-Cell Artesian range Eco Board Wicking planter box

### **Shipping Box Sizes - 8 Cell With Feet**

1x 23kgs 96cm x 55cm x 13cm 1x 21kgs 163cm x 45cm x 13cm 1x 16kgs 48cm x 48cm x 43cm

# **Materials**

Unique designed steel channel powder-coated legs, which allows for easy assembly and strength.

Stainless steel bolts WaterUps wicking cells made from 100% recycled material

### **Eco Board Colours**

Sides are made from 92% recyclable materials and a fire rating BAL-40 Sides are available in 3 colours:







Jarrah

Black Bean Ash Grey

### **Colorbond Colours**









Pale Eucalypt Manor

nor Paperbar

Monument

Red

WaterUps Wicking

Made from 100% recycled material Includes an Inlet Pipe to fill the reservoir and an Overflow Pipe to reduce the risk of root rot.





## **Additional products**

### Lattice

To the back of the planter box, great for growing beans or a vertical garden for privacy and screening

### **Compost**

Reduces waste, enriches soil, and supports sustainable gardening.



# What is wicking?



Wicking is the movement of liquid by 'capillary action', where moisture is drawn upwards due to surface tension and the interaction of adhesive and cohesive forces. If you think of old-fashioned lanterns, the base of the wick would sit inside an oil or kerosene well and draw the oil up to the top of the wick so that it could burn when lit. A wicking garden bed works in a similar way. It uses wicks or "feet" to sit in a well of water to draw water and nutrients up into the lower levels of soil. From there they are taken up by the roots into the trunk, then the leaves, fruit and flowers of plant. In wicking beds, water is drawn up into the pore spaces in the soil to a height of about 350mm.

There, they use the term "sub-irrigated pots" or SIP's. In Australia, we use the terms "wicking" and "wicking beds". Wicking is a system that fall under the category of 'sub-irrigation', which include ebb and flow systems, flood floors, dutch trays and capillary matts. Importantly, wicking is the most versatile, efficient, and effective sub-irrigation system for residential, civil and commercial use for growing both ornamentals and edibles. With water in Australia a scarce resource, due to our climatic conditions and at times harsh growing environment, in recent decades there has been a renewed interest in wicking to help grow plants and keep them healthy Wicking systems have also preformed very well in La Nina conditions on the east coast of Australia. Because of the overflow mechanism our wicking beds avoid water saturated soil.

Wicking garden beds eliminate the problem of deciding when and how much to water. Plants in a wicking bed can last up to 4 weeks or longer without additional watering. In contrast surface watering can require daily watering depending on climatic conditions. For people who manually do this, this can be very time-consuming, and you can end up being a slave to your garden. Few people have time for this, given the busy lives they lead. As a result, their gardens and plant suffer.

### Planter box cross section

