

00:00:08:09 - 00:00:11:27

Unknown

Can I keep my hands? My pockets? Yeah. Absolutely.

00:00:13:10 - 00:00:14:22

Unknown

People are the reason we're here,

00:00:15:15 - 00:00:19:23

Unknown

While, it is a garden. The garden and the the farm work that we do is more of the medium.

00:00:20:01 - 00:00:24:06

Unknown

My name is Rob Wright and I'm the program coordinator for opendoor group's Gardengate program.

00:00:24:13 - 00:00:27:28

Unknown

open door groups 25th anniversary for the garden gate program.

00:00:27:28 - 00:00:29:24

Unknown

to me, it means that

00:00:29:24 - 00:00:31:26

Unknown

we must be doing something right.

00:00:32:10 - 00:00:35:10

Unknown

Gardengate was founded back in late 90s,

00:00:35:10 - 00:00:39:20

Unknown

as a partnership between Open Door Group and the Kamloops Food Policy Council.

00:00:39:20 - 00:00:40:25

Unknown

and it was a program that was,

00:00:40:25 - 00:00:47:00

Unknown

brought up to support people living with, disability or different abilities to work in the horticulture sector.

00:00:47:00 - 00:00:50:15

Unknown

And it ran like that for a few years until we switched to what we do now.

00:00:50:15 - 00:00:54:21

Unknown

And Garden Gate now is a similar program, but we are now a mental health program.

00:00:55:18 - 00:01:06:22

Unknown

all of the clients that I work with have a fairly significant mental health or substance use diagnosis, and, a majority of them live well below the poverty level.

00:01:07:04 - 00:01:12:21

Unknown

I'm Laurie Kitamura, I'm an occupational therapist with Kamloops Mental Health and Substance Use with Interior Health.

00:01:12:21 - 00:01:28:11

Unknown

Some people might start out here not having any confidence in their work future, and having maybe a new diagnosis or a diagnosis that they're struggling to figure out. And so this is a place where people can learn how to manage their symptoms in a supported setting,

00:01:28:23 - 00:01:38:01

Unknown

My name is Don Claridge. I've been, volunteering for Garden Gate for just about 12 years, and, I do whatever anyone else doesn't want to do.

00:01:38:07 - 00:01:41:17

Unknown

I wasn't in too good of, medical condition.

00:01:41:17 - 00:01:47:28

Unknown

And so, I came here and there was a big sense of, safety and security

00:01:47:28 - 00:01:49:04

Unknown

When you're not feeling well.

00:01:49:04 - 00:01:51:19

Unknown

Those two things can really make a difference.

00:01:51:26 - 00:01:54:19

Unknown

there's really magic in this process.

00:01:54:19 - 00:02:01:16

Unknown

You you take a seedling from from the greenhouse you, you transplanted into soil and you watch its growth.

00:02:02:08 - 00:02:06:01

Unknown

My name is Estelle, and I'm a volunteer at Garden Gate,

00:02:06:04 - 00:02:11:15

Unknown

I think what sticks with me is the, interactions between,

00:02:11:15 - 00:02:14:20

Unknown

Rob and the staff

00:02:14:20 - 00:02:18:20

Unknown

and the participants. We all work seamlessly together.

00:02:18:20 - 00:02:23:00

Unknown

My name is Bernadette Siracky and I'm the president and CEO of the Kamloops Food Bank.

00:02:23:00 - 00:02:25:15

Unknown

We've known Rob and Garden Gate for many years

00:02:25:15 - 00:02:28:26

Unknown

they are very generous with their harvests and they donate

00:02:28:26 - 00:02:38:02

Unknown

much of the product to the food bank. So we're able to distribute fresh, healthy produce to our clients and to agencies in town that make meals.

00:02:38:17 - 00:02:43:11

Unknown

at Garden Gate is as well as like the large Open Door Group organization. We foster well-being

00:02:43:11 - 00:02:43:23

Unknown

and

00:02:43:23 - 00:02:45:23

Unknown

are working to provide,

00:02:45:23 - 00:02:46:12

Unknown

sustainable and

00:02:46:12 - 00:02:48:22

Unknown

meaningful employment for every individual.

00:02:49:03 - 00:02:54:26

Unknown

I think it's important because it gives, Anyone who wants to have a chance, it gives them a chance.

00:02:55:05 - 00:03:04:05

Unknown

it is safe. It is respectful. It's supportive. It's focused on people's strengths. It's focused on community.

00:03:04:05 - 00:03:09:26

Unknown

just this place is just so special. We are so lucky to have Garden Gate.

00:03:09:26 - 00:03:16:19

Unknown

If I could wave my magic wand, I would see a garden gate in every community