

INSPIRED

JULY 2009

WELCOME

Winter has arrived in the nation's capital and this often signals an increase in staff absences for business. Did you know that the presence of indoor plants in an office can reduce sick leave by over 60%! Read all about this in our article **"Reduce sickness this winter with indoor plants"**.

We have been promising to showcase the latest in indoor planters, and this quarter we have delivered. The LECHUZA DELTA is featured in our article **"Latest in Planters"**.

In future issues we will show you what's green in design, the most fashionable indoor plants available and the latest in research on indoor plants and our health.

Our regular **"Before and After"** article showcases Workspace Commercial Furniture in Fyshwick.

Green Inspiration were at Duffy Primary School for Education Week 18-22 May. The ACT Education Minister, Andrew Barr, and other officials attended the function and the beautiful plants were praised by many.

We hope this issue gives you some inspiration and look forward to providing you with more *Inspired* articles in the future.



Green Inspiration at Duffy Primary School

REDUCE SICKNESS THIS WINTER WITH INDOOR PLANTS



Many studies have been conducted to analyse the effects that indoor plants have upon personnel working in indoor environments. All of the results have shown health benefits to workers when indoor plants have been introduced.

In a Norwegian study of personnel working in a hospital radiology department, a **25% decrease in complaints** was observed after the introduction of indoor plants. Major improvements were observed for headaches (45%), feeling heavy-headed (33%), fatigue (32%), dry throat (22%), and dry/itching skin on hands (21%).

The radiology department reported that **short-term absence due to illness decreased** from a usual 15% to 5%, (more than **60% reduction**) and with the plants remaining the decreased rate persisted for 5 years.

"25% decrease in complaints"

"absence due to illness decreased from 15% to 5%"

Source: "Improving the Indoor Environment for Health, Well-being and productivity, Ronald A Wood BSc. PhD. 30th April 2003

LATEST IN PLANTERS

**“attractive in its design
and convincing in its
functionality”**

The new LECHUZA DELTA planter is attractive in its design and convincing in its functionality. It has been made just for stylish arrangements & exquisite plantings, and makes a big impact in any interior setting.

**“made just for stylish
arrangements & exquisite
site plantings”**

The DELTA comes in a range of colours & sizes and belongs to a series of exclusive planters produced by LECHUZA.

If you like this look, contact Green Inspiration on (02) 6296 3029 and we will create a design which works for your workplace or residence.



Source: www.lechuza.com, article “DELTA – Shines with both beauty and intelligence”

BEFORE & AFTER



Green Inspiration were contacted by Workspace Commercial Furniture to provide a solution for an outdoor garden bed, which had been neglected for some time.

The client brief and environmental factors were considered in the design process. Green Inspiration were able to provide a solution which improved the appearance of the front entrance through contrasting form and colour.

Dianella Revoluta “Green Flax Lilly” and Cordylina Australis “Red Star” were chosen.

The result was a more inviting entrance and the customer loved it!