

Friday 11 March 2016

from **9:30 to 16:30**

at **The Bield at Blackruthven,
Blackruthven House, Tibbermore, Perth PH1 1PY**

Cost: £55/£45 for Trellis members
(including lunch and refreshments)

Come and celebrate Trellis' 10th Anniversary with us at the 2016 therapeutic gardening conference. It's for everyone interested in the benefits of gardening. It's an interactive event with workshops, garden project showcases and stalls. It's a unique opportunity to make new contacts and share knowledge, skills and ideas with fellow therapeutic gardeners and health practitioners. Be Inspired!



In response to demand *even more* workshops, networking time and showcases to enjoy

Gardening Masterclass with Jim McColl, MBE...**Therapeutic Gardening with Veterans**
...**Mindfulness** with Mandy Craig...**Veg Box Scheme** with Southton Smallholding
...**Gardening for Mental Health Recovery**...**Engaging and retaining volunteers in a garden setting**...**Wildlife Gardening** with Froglife...**RBGE Taking cuttings & making a Mini Greenhouse**-a practical adaptive gardening session for children ASN and enjoyable for all!

SEED SWAP – Bring along your seeds to swap!

Stalls including: The Horticultural Trades Association; The Caley: Grow & Learn; FCFCG...

Showcases: Rachael Bragg (Researcher & Care Farming UK Coordinator); Liz Curtis (TG practitioner with military veterans, Northern Ireland)



For more information and to book a place visit

<http://www.trellisScotland.org.uk>

Email info@trellisScotland.org.uk or call us on 01738 624348

A FREE bus will run from Perth Railway Station to the venue, see booking form for more details.