

Summer 2007

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Issue 3



Trellis at Gardening Scotland, June 1-3rd, 2007

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John Davidson & Gordon Croll demonstrate easier gardening techniques

Trellis Network Events

Ayrshire: 4th Sept 2007
**Hansel Market Garden,
Symington, KA1 5PU**

Inverness: 12th Sept 2007
**L'Arche, 13 Drummond
Crescent, Inverness,
IV2 4QR**

To book, Tel: 01738 624348
or Email:
horticulture@yahoo.co.uk

Trellis was pleased to be invited to take a stall at the Gardening Scotland event, held at Ingliston June 1-3rd, where we took the opportunity to spread the word about therapeutic gardening and raise awareness of the work going on at projects throughout the network. Situated within the Garden for Life 'Living Garden' area, in which stalls from around 20

related organisations promoted biodiversity and health through gardening, our display was enlivened with photos from projects in the network (thanks for all contributions). We also ran demonstrations of 'easier gardening' techniques with adaptive tools on hand for everyone to try out. With well over 400 visitors to the stall the event was a great success.

Trellis Consultation

Nine months into our first year, how do you feel our services are shaping up? Are we using our funding in the best way to help projects? Please take 5 minutes to complete our consultation form on pg.7 or visit us at www.trellisscotland.org.uk and complete online. This will provide crucial evidence to help us make a strong bid for lottery funding and ensure Trellis' support for therapeutic gardening in Scotland is here to stay.

Welcome to our Patrons

Trellis has been extremely fortunate to attract the support of two prominent figures as patrons.

Jim McColl MBE – the well-kent face of gardening as the BBC's Beechgrove frontman. Jim has served on the board of our oldest network project and is instigator & director of the Calyx project

Lord Haddo – Marquess of Aberdeen. The Haddo Estate includes a country park and cultural & heritage centre.

Trellis Website

www.trellisscotland.org.uk

Exciting work is underway on our virtual plot. The new content will be revealed in the coming month and we hope you will become a regular visitor. Forums are planned where you will be able to exchange tips with others in the network, start debates and post queries. The site will always be shaped by your needs and when it's completed we'd love to hear your comments.

Stratheden Hospital: 20 Years of Horticultural Therapy

Peter Sinclair writes ~

The Horticultural Therapy Department at Stratheden Hospital is celebrating its 20th Anniversary. Set in the grounds of the hospital, the HT department evolved from the garden department, which formerly supplied produce for the hospital kitchen, flowers for the wards and maintained the garden grounds. Patients were encouraged to become involved in work roles and, as in many other psychiatric hospitals, this participation appeared to improve the patients' well being. Today the department uses horticulture as a purposeful

activity/occupation through which clients, who are both inpatients and day patients, can work towards personal goals to help maintain or improve their mental health and help towards rehabilitation. Facilities include ornamental gardens, a vegetable garden, orchards, polytunnels and heated glasshouses which the participants take great pride in maintaining and improving. As part of our celebrations we hosted an Open Day on the 27th of June where people were given the opportunity to come and look around.



The new wheelchair accessible pathways at Stratheden



The inauguration of the newly completed ornamental pond at Stratheden

Selected works by our craft groups were on display for visitors to enjoy including ceramics, driftwood art and photography. The day also saw our new ornamental pond opened by George Brechin, Chief Executive of NHS Fife, with the planting of a commemorative rose, The Elizabeth Casson (see below).

For more information:
Tel: 01334 696227/696001
PeterSinclair@fife-pct.scot.nhs.uk
Horticultural Therapy Dept
Stratheden Hospital, Cupar, Fife

Dr Elizabeth Casson Commemorative Rose

The first woman to graduate from Bristol University as a doctor, Elizabeth Casson established her own residential clinic – Dorset House – for women with mental disorders in 1929, and worked as its medical director. She founded the first UK 'School of Occupational Therapy' at Dorset House in Clifton in 1930. Her interest in the profession continued with her involvement in the Association of Occupational Therapists, established in 1936, and her work contributed to the creation of the World Federation of Occupational Therapists in 1952. The College of Occupational Therapists launched a beautiful new rose at Chelsea Flower

Show in May 2005, developed by Harkness Roses and named to commemorate her life and work. Elizabeth Casson herself understood that occupation mattered and used gardening as a therapeutic medium for her patients. It seemed wholly appropriate that this rose be planted at Stratheden where the Occupational and Horticultural Therapy departments work alongside each other so closely. There has always been a strong connection between occupational therapy and horticulture, a legacy from Dr Casson herself, who used the gardens at her Dorset House clinic to such positive effect in the treatment of her patients.



The College of Occupational Therapists' *Elizabeth Casson Rose* is pale pink with lilac tones. It is robust, free flowering and repeats well. The semi-double blooms are large clusters, making a clear display that is at its best when planted in groups, particularly in beds or as a dividing hedge.

The Elizabeth Casson Rose is available from: Harkness Roses – www.roses.co.uk

*Recently published***Safe Recruitment Guidance Published**

Guidance on the recruitment of staff to work with vulnerable people in social care settings has been published by the Scottish Executive. The move, just a few weeks after legislation to protect vulnerable groups was passed by the Scottish Parliament, aims to help employers to recruit safe staff in caring roles. A Safer Recruitment Group, including COSLA, public and voluntary sector employers and trade unions helped develop the guidance. It is available at www.scotland.gov.uk/Publications/2007/03/13154149/0

'Setting up for Success'

Setting up and running a community organisation can be challenging. Setting up for Success is a practical handbook inspired by the experience of hundreds of projects and organisations who have all achieved great results in their local, regional and national communities and this handbook aims to help others to do the same.

'Setting up for Success', by Anna Allen and Catriona May, will help community organisations develop and grow from strength to strength. Presented in an accessible format with topics to suit different levels and needs, the guide also provides extensive links to other useful resources. Written in clear, down-to-earth language with plenty of practical tips and case studies, it will show organisations:

- how to get members and keep them
- how to work with management committees
- how to manage budgets and finance
- how to plan effectively

plus all that you need to know about promoting projects and activities, developing policies, getting involved in decision making, and how to become sustainable

Delivering for Mental Health

The Scottish Executive has published the **Report on the Scottish Recovery Indicator Conference**. The Conference was organised to collect feedback on this approach from an audience made up of a wide range of diverse interests in recovery. The report is available for download from the Scottish Executive website by clicking [here](#).

Alternatively:

Scottish Executive publications are made available to the public via Blackwell's Bookshop, whose details are:

Blackwell's Bookshop
53 South Bridge
Edinburgh
EH1 1YS
Tel. 0131 622 8258
Fax. 0131 557 8149
Email.
business.Edinburgh@blackwell.co.uk

Postage is free on all Scottish Executive publications

*Federation of City Farms & Community Gardens ~ Networking Event***28th September, 10-4pm, Battleby Centre, Perth**

The Federation of City Farms & Community Gardens invites you to this year's networking event, in association with Trellis.

On offer are practical workshops covering: project promotion, monitoring biodiversity, CoSLA allotment guidelines, felt-making, engaging communities in your project, adaptive gardening and the John Muir award. Last year's event brought together 120 delegates from all over Scotland – this year promises to be an equally good chance for networking.

A sliding scale of fees applies from £15-£60

To book a place or find out more, call Naomi- 0131 623 7058;

Email: Naomi@farmgarden.org.uk

www.farmgarden.org.uk

The Guardian Allotment Blog

Check out the top tips on offer from one of the UK's latest converts to gardening at this address. Maybe you can offer them some advice? Go to

<http://blogs.guardian.co.uk/in dex.html>

and click on '[allotmentblog](#)'

Events News

Green Exercise Conference

11th & 12th Oct 2007

Crutherland House Hotel, East Kilbride, The 1st national conference of its kind on creating environments & outdoor spaces that promote positive health and wellbeing. Green Exercise is being recognised as a beneficial and cost effective way to improve the nation's physical and mental health. Find out more from:

greenexercise@conventionmanagement.co.uk

Scottish Development Centre for Mental Health 10th Anniversary Conference

23-24th Oct 2007

Glasgow Thistle Hotel.

With Scotland's Future in Mind, Learning from the past: shaping the future.

Uniting speakers & delegates from a wide spectrum of Scottish life to acknowledge the social and economic imperative to invest in Scotland's future mental health, and consider the challenges ahead. Contributions from Greenspace, NHS, Scottish Prison Service, Forestry Commission, Oxfam, Scottish Arts Council. More details:

www.sdc@sdcmh.org.uk

Woodlands of Dalriada 26 – 29 Aug 2007

Woods for All - invites you to attend 4 days of Access & Inclusive Activity at 3 beautiful woodlands in Mid-Argyll including:

Woodcraft, Orienteering, Guided Walks, Stories and Music and Wildlife and Heritage.

Groups and individuals associated with care and support organisations can apply for **financial assistance with travel & accommodation.**

For information & advice, please contact:

hugh@reforestingscotland.org
Tel: 01546 830212

See www.reforestingscotland.org

Biodiversity - 'How to Help' Slot No. 2

Catherine Lloyds shares her tips for a biodiverse garden

- In spring leave suitable nesting materials out for the birds to collect – dog combings, natural wool, hay, straw. Swallows and house martins need an area of damp soil to construct their mud nests.
- When planting, include native wildflowers to help attract birds and butterflies. Try to avoid too many flowers with double rows of petals as these often do not provide as much nectar as species with just a single row.
- Protect birds during the nesting season – only cut down bushes and prune hedges at the end of the nesting season – if they are berried plants, preferably leave until February or March to extend winter feeding for the birds.
- Put up a mixture of bird and bat boxes: on a tall tree or on the outside of the house or garage (keep well away from cats, Grey Squirrels, etc!).
- Consider secreting a hedgehog box into an area that will not be disturbed.

Details on grants or local projects are available from Catherine Lloyd, the Tayside Biodiversity Co-ordinator: **Tel: 01382 434000** or email: tayside.biodiversity@ukf.net

www.taysidebiodiversity.co.uk

Outwith Tayside, check the Scottish Biodiversity Forum website to find out more about your area:

www.biodiversityscotland.gov.uk/

A poem for The Garden of Your Daily Living

~ contributed by Methlick Community Garden Project

Plant three rows of peas:

1. Peace of mind
2. Peace of heart
3. Peace of soul

Plant four rows of squash:

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness

Plant four rows of lettuce:

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another

No garden is without turnips:

1. Turnip for meetings
2. Turnip for service
3. Turnip to help one another

To conclude our garden we must have thyme:

1. Thyme for each other
2. Thyme for family
3. Thyme for friends

Water freely with patience and cultivate with love.

There is much fruit in your garden because you reap w'hat you sow.

Funding News

GlaxoSmithKline Impact Awards

The Kings Fund, in association with GlaxoSmithKline (GSK) has announced the next round of the [Community Health IMPACT awards](#), launched on the **2nd July 2007**. The awards are designed to recognise and reward the work of small- to medium-sized voluntary organisations in the UK with a proven track record in community health care. The awards are open to registered charities who are at least three years old, work in a health-related field in the UK and have a total annual income of under £1 million.

The deadline for completed applications will be the 28th September 2007.

www.kingsfund.org.uk

Tel: **020 7307 2466** or E: funding@kingsfund.org.uk

Guide to Raising Funds

The Scottish Council for Voluntary Organisations (SCVO) is making available, free of charge for a short period of time, the updated version of its popular "How to Raise Funds" guide.

The guide has been fully updated by Pam Judson and is aimed at small and medium-sized organisations working in Scotland. It explores fundraising myths and truths, what you need to have in place before you can fundraise effectively, writing effective proposals, researching funders, bringing it all together and what to do when you get the money.

Copies can be downloaded from the website [here](http://www.scvo.org.uk) or by visiting www.scvo.org.uk on the Information pages.

Or call the SCVO Information Service free on 0800 169 0022

ILA Scotland

The income threshold for the [ILA Scotland](#) £200 scheme has been raised from £15,000 to £18,000.

This means that everyone earning up to £18,000 a year now has access to £200 in their Individual Learning Account per year for use toward tuition fees for a wide range of courses approved by ILA Scotland.

If you earn more than £18,000 a year, you can get £100 toward your learning. This is a great opportunity also for voluntary groups that may have a limited training budget. Their volunteers or staff can use their Individual Learning Accounts to access training that supports their organisation's aims.

For more details:

Phone: 0808 100 1090

enquiries@ilascotland.org.uk

ILA Scotland, PO Box 26833, Glasgow G2 9AN

The Jephcott Charitable Trust like to make grants that will make a difference. Preference will be given to charities or projects that are having difficulty getting started, or raising funds from other sources. This often means that the Trust funds capital projects, e.g. for equipment or materials, rather than running costs. Grants are made to charities in all parts of the world.

Eligible areas include:

- The Natural Environment - the Trust has supported a number of projects involved in conserving the natural environment. It does not support projects involving animal welfare or heritage sites or buildings.
- Education - projects benefiting people of all ages and backgrounds. They may provide formal education, teach vocational skills to enhance the possibility of employment, enhance computer skills or health awareness, or support distance learning.
- Health - A very wide range of healthcare projects are supported.

Projects that require long-term funding are not normally considered. The Trust prefers to make one-off donations to get many projects started, rather than support fewer projects over a long period.

Contact: The Secretary, The Jephcott Charitable Trust, Cotley, Streatham Rise, Exeter EX4 4PE or visit <http://www.jephcottcharitabletrust.org.uk>

Contact Trellis

Trellis is the national charity that supports, promotes and develops horticulture for health, well-being and life opportunities for all.

**Bell's Cherrybank Centre
PERTH, PH2 0PF**

Phone: 01738 624348

E: hortictherapy@yahoo.co.uk

Mob: 07770 724399

Submissions

'The Propagator' is your newsletter. We need your input. Send short project profiles (c200 words), news, letters/rants, tips, poems, recipes, diary dates and ideas by email or post.

Next deadline is 20th Sept.

You can now download the newsletter from:
www.trellisscotland.org.uk

Consultation Form : Please complete & return to have your say about the problems affecting gardening projects in Scotland, and how our services could help.

1. What problems affect garden projects (yours/others you know of)?

<i>Problem</i>	<i>Applies (mark X)</i>
1 Lack of Funding	
2 Isolation from professional peers/similar projects	
3 Lack of recognition for achievements/potential of service	
4 Few referrals/people attending	
5 Staff shortages	
6 Lack of knowledge/skills for fund-raising	
7 Lack of training	
8 Prejudice from local residents	
9 Vandalism	
10 No time for fundraising/planning/development work	
11 Garden project staff not valued by others within organisation	

Other problems:

2. Which problems are the most urgent priority? (Choose up to 2)

3. What support services could Trellis offer to counter these problems and help your project develop/fulfil its potential? (e.g. Field Worker visits, network meetings) Please indicate how often, how local, ideal format (e.g. 'Quarterly meetings within 50 miles of project')

4. Does your project need services to help develop better connections with other projects and local communities (e.g. Network meetings, web forums)?

5. What actions could help achieve better representation & profile for projects and the field of therapeutic gardening (e.g. events, press articles, lobbying)?

6. What kinds of advisory services would most help your project (e.g. query service, newsletter/ website/briefings with information on funding, policy etc)?

7. Any other suggestions about how Trellis should operate to create the best conditions for therapeutic gardening to flourish in Scotland?

Please continue overleaf if necessary