

Trellis is the charity that's been supporting Scotland's growing network of over 330 therapeutic gardening projects for 10 years. We help nearly 9000 people take care of their health and wellbeing each week through our network of therapeutic gardening projects. And with your support in 2015-16 we were able to do so much more.



- We welcomed **42 new gardens in 2015-16, reaching a record 332 projects by March 2016.**
- Our weekly Trellis e-Bulletin circulation now reaches over **1,600 groups and individuals with an interest in therapeutic gardening**, more than doubling our readership from the previous year.
- Our new social media network is also growing rapidly since starting in 2013. By March 2016 we had over **650 Facebook likes and 5,500 Twitter followers.**

We help therapeutic gardeners to share knowledge, experience and good practice.



- The **10th Anniversary Conference** on 11<sup>th</sup> March 2016 attracted **120 delegates with a special tree-planting led by Trellis patron and BBC Beechgrove Gardens presenter, Jim McColl.**
- Trellis hosted a series of **eleven networking events** across Scotland in 2015-16, creating time and space for almost **200 people** to come together to share knowledge skills and good practice in therapeutic gardening.

We provide training opportunities for everyone in our network to learn new skills and improve their gardening projects: from basic horticulture and propagation to gardening with specific groups and bespoke sessions for individual projects.

- In 2015-16 our training sessions brought new ideas and knowledge to 217 people. Topics included Gardening with Children with Complex and Additional Support Needs, Therapeutic Gardening for Mental Health in Psychiatric/Psychological Services, An Introduction to Gardening and Health and Safety in the Garden.
- We ran taster and **demonstration sessions** to encourage care home staff, carers and people recovering from ill health to start or resume gardening. This was an extension of our existing core services and only possible due to your support.
- We also ran “Dragons in your Garden” **workshops** in partnership with Froglife, to demonstrate how to increase biodiversity and attract amphibians. Over the course of the year 14 workshops around the country involved nearly 200 participants.

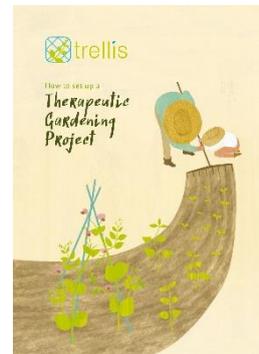


We offer an Advisory and Information Service to anyone needing help relating to therapeutic gardening or setting up and developing their projects.

- Our information service answered **400 queries in 2015-16**, an increase of more than 50%
- Our part-time Project Advisor and freelance fieldworkers provided **on-site support to 60 projects**. Again this represents an increase of 50%, demonstrating the impact of recruiting a Project Advisor on the support we can offer.
- Trellis continues to work with several NHS regions across Scotland: NHS Fife via Queen Margaret Hospital in Dunfermline and Stratheden Hospital in Cupar for young people with mental health issues; NHS Tayside at Ninewells hospital. We also provided on-site support to many new projects including Westbank Day Hospital in Falkirk, CLAN Cancer Care in Aberdeen, SAMH Kirkcaldy, Kirriemuir Community Allotment, L’Arche Edinburgh, for people with learning disabilities, The Happy Club in Glasgow for children with disabilities and autism, and many care home groups including The Embrace Group at their facilities around the country. We also organised a highly successful network meeting for the Scottish Prison Service at HMP Polmont.

We develop resources to meet network need: reflecting themes and concerns arising from networking events, conference and training courses

- Dr Richard Simpson hosted the **launch of our Guide to Setting up a Therapeutic Gardening Project**, a comprehensive reference point for those just starting a gardening project
- We created 3 **new factsheets**. One on the theory and evidence of the benefits of Therapeutic Horticulture to assist projects in making their case, another on Adaptive Gardening Tools to aid a variety of conditions and finally a factsheet on container and companion planting.



We raise the profile of therapeutic gardening through the media, lobbying and by contributing to policy development



- We attended over **30 National events** to represent therapeutic gardening projects including the Horticultural Trades Association Parliamentary Receptions and the annual Gardening Scotland Show.

### Of course we had challenges too....

Rising demand for our advice services increased the workload for our Information Service team, so additional staff hours had to be allocated to cope with this.

A rise in new projects requiring longer term, more in-depth support meant that it was imperative to retain our current project worker whilst re-allocating other staff time to support this work. It has been an ongoing juggling act to keep pace with the demand for visits from our project advisors particularly when the majority are freelance.

We are now focused on sourcing funding which will allow us to recruit further **Project Advisors** following the success of our pilot in the West of Scotland so that we can meet the demand for our specialist knowledge.

We are also acutely aware of the fast pace of change in the digital sector with more and more people accessing information online via mobile devices. We are very conscious that our existing digital kitbag is lacking and this year we are working to **update our website** so that the journey for our service-users is as simple as possible.

If you think you can continue to support our work, we would love to hear from you.