

Therapeutic Horticulture Conference 2026

13th March 2026, The Bield at Blackruthven, Perth PH1 1PY
Programme

9.00am Registration Open Tea & Coffee

9.45am Welcome address

Therapeutic Horticulture: A pivotal moment - Trellis CEO, Fiona Thackeray

10.30am - 11.15am Workshops Session 1

A Horticulture Masterclass: Seed Sowing & Raising Seedlings Workshop Brian Cunningham

B Planting Hope & Smashing Stigma: Supporting Youth Mental Health - Suzanne Fox

C Horatio's Garden: Nurturing wellbeing after spinal injury - Chelsea Lowe

E Healthy Bugs Healthy People - Neil Clapperton, Buglife Scotland

G Make a Bird Nesting Material Hanger - Jenna McDonald

H Bield Garden Tour & Networking Opportunities - Pamela Grossi

Break 11:15am -11:30am

11.30am - 12.15pm Workshops Session 2 (11:20am departure for **I** Southton)

B Planting Hope & Smashing Stigma: Supporting Youth Mental Health - Suzanne Fox

D Why don't we go into the garden? - Step Change Design Ltd

E Healthy Bugs Healthy People - Neil Clapperton, Buglife Scotland

F Cultivating Mental Health in NHS Primary Care - Emma Martindale & Helen Foulkes

G Make a Bird Nesting Material Hanger - Jenna McDonald

H Bield Garden Tour & Networking Opportunities - Pamela Grossi

I Southton Smallholding Tour: A Therapeutic Horticulture Project - Norma Forbes

Lunch 12.15pm - 1.15pm Buffet Lunch

Trellis – Spotlight on MH Wellbeing Sessions undertaken by Trellis in 2025-26 1.15pm - 2.00pm
Thanks & News Fiona Thackeray 2.00- 2:15pm

Break 2.15pm - 2.30pm

2.30pm - 3.15pm Workshops Session 3 (2:20pm departure for **I** Southton)

A Horticulture Masterclass: Lawn Scarification & Using Mulches on Beds - Brian Cunningham

D Why don't we go into the garden? - Step Change Design Ltd

F Cultivating Mental Health in NHS Primary Care - Emma Martindale & Helen Foulkes

G Make a Bird Nesting Material Hanger - Jenna McDonald

I Southton Smallholding Tour: A Therapeutic Horticulture Project - Norma Forbes

3.15pm - 3.30pm Round Up & Thanks in The Barn