



Impact Report

2021-2022



trellis
gardening for wellbeing

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Introduction

This report follows another unusual year. Another year of expecting the unexpected and constantly adapting to changes brought about by covid-19 which continued to affect our services and the people we support. Despite these hurdles we were delighted and encouraged to see some real success stories emerging from our efforts. New services have flourished with greater reach than ever and there have been countless heart-warming stories of the positive impact on people's lives.

At a time when there is so much turmoil and disadvantage, our support to ensure that anyone who wants to can enjoy the peace and wellbeing benefits of meaningful gardening activity has never been more needed.

What follows is a combination of the hard statistics and softer outcomes of our work. Compiling these results allows us to share what we do with a wider audience, but it also helps us to stop and reflect on the difference our work makes. It's clear this work supports nationwide priorities: that people might live healthier lives; for children and young people to have good health and wellbeing; to reduce inequalities; to improve our food culture and enhance the environments and communities in which we live.

During the year we saw some personnel changes with the retirement of our fantastic Office Manager, Jane Campbell – our first retiree - only to find a great new replacement in Lorna Baker. We were also delighted to welcome Emma Martindale to the team to help us move closer to some of our long-standing aims:



creating a professional body to support practitioners in education, training and development at all levels and set clear standards of quality and practice for the sector. We also began our 'Calyx Project' Gardening with Care programme, with support from Scotland's Garden Trust - the Calyx, a long-term project to increase the quantity and quality of gardening and outdoor space for people in care settings. I am fortunate to see all the evaluation feedback, quotes and photos that didn't make it into this report, and they are truly inspiring.

We continued to receive government support together with funding from foundations and trusts, large and small. In addition, we were lucky and very grateful to receive significant donations from individuals. We used some of our reserves to enable our team to devote time to some important new projects (read on for more details) but remain in a strong and sustainable position.

Thank you to all our generous funders and donors for their continued support, and to the staff team, fieldworkers, trustees, patrons, volunteers and especially the indefatigable groups of therapeutic gardening people in our network who make it all happen. This report is testament to your generosity and dedication and comes with our sincere gratitude - we couldn't do it without you.

A handwritten signature in black ink that reads "Fiona". The script is cursive and elegant.

Fiona Thackeray,
Head of Operations



Our Story So Far

OUR MISSION

Everyone who needs, or wants to, can have access to good quality therapeutic gardening activities and services.

OUR AIM

To develop an Institute that provides a spectrum of excellent support services, representation and guidance to meet the needs of a fast-growing therapeutic gardening sector.

This encompasses:

- skills training, education & workforce development
- good practice sharing
- inspiration & support for start-ups
- professional recognition, codes & policies to define the field & its practice.

OUR PURPOSE

To support practitioners at all levels, via a range of services, to help people improve their wellbeing & quality of life through gardening.

We hope that by providing our services:

- *practitioners feel more connected*
- *practitioners have more confidence to run gardening activities*
- *practitioners offer accessible, high quality services using their improved therapeutic gardening skills & knowledge*

so that everyone who needs, or wants to, can have access to good quality therapeutic gardening activities & services.

Our impact at a glance

Trellis Impact 2021-22



12,500 disabled & disadvantaged people supported to garden



1,050 hours of online study



206 gardening packs sent to practitioners



99% of attendees gave our live demonstrations 5★



528 practitioners learning from our live demonstrations

188 queries answered



31 'how-to' videos created



500 projects in our network



767 registrations for our seminar series



21 new projects given in-depth advisory support



Without your support over the past year, we would not have been able to keep going. Thank you.



Fantastic and educational as always, also it's good to engage with like-minded people, the sources and information you provide always leave me wanting more and very interested in the next session.

19

live online
gardening
demonstrations

528

attendees at our
live demonstrations

99%

of live demo
attendees gave
our sessions 5*

Training & Events

Live Online Demonstrations

After such a positive response to our online demonstrations last year we created a full programme of online sessions for 2021-22. We ran 17 live demos over Zoom including topics such as: composting, hanging baskets, small space gardening, festive floristry, houseplants, windowsill gardening and a food growing series. Hosting the sessions with the support of an Occupational Therapist allowed us to give important advice on how to adapt activities for different needs.

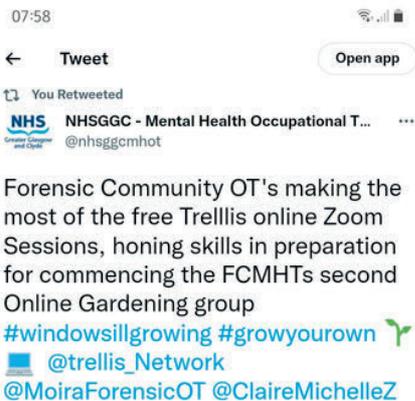
Our online demos attracted a varied audience with some practitioners joining in with clients whilst others used the sessions to learn the activity to repeat later in their own settings. Those who attended our sessions support people in mental health recovery, older people including people with dementia and children and adults with additional support needs or learning disabilities. Participants came from organisations such as SAMH, Alzheimer Scotland, the NHS and Macmillan Cancer as well as occupational therapists, palliative care workers, community food growing groups, rehabilitation workers and care home staff, to name just a few.

206 gardening activity packs were sent to registered participants following the demo sessions.

In addition to our own demo series we ran sessions for the Care Inspectorate, for activity co-ordinators and City of Edinburgh Council's Wellbeing Forum.

Really enjoyed the session. Feel confident to be able to do this with clients.

Excellent to take part in and brilliant techniques to use with others.



9:16 AM · Feb 1, 2022 · Twitter Web App



182

organisations
reached via our
external demos
or talks



practitioners
increased
confidence, skills &
knowledge

practitioners
reported their
own wellbeing
improving as
well as that of
those they
support

Training & Events

Talks and In-person Workshops

We were delighted to run two in person workshops during the year, despite all the periods of restrictions, 1 for The Scottish Borders Learning Disability Service Staff Team as a CPD Day. 40 people attended and Clare from the department said:

“The day was a tremendous success and left people feeling connected, relaxed, hopeful and optimistic for the future. One attendee described the day as being “like a big hug.”

We also provided a talk for students at Fife College during their wellbeing festival. Two talks were given on how to reduce plastic use in gardening: 1 for Perth Organic Gardeners and the other for the Generations Working Together Food Network. In total 114 people attended these events, talks and workshops.



Good variety and mix of content/presentations to keep up interest throughout. Presenters very knowledgeable and inspiring. Ideas for people in different settings, so something for everyone to take away.

-attendee, Care Inspectorate Zoom session



Training & Events

12

seminars in 5 days

767

registrations for our seminar series, from 5 continents

27

countries represented at our seminar series

Online Seasonal Gardening Activity Course

Covid forced many of our services online during the pandemic. This included our previously in-person Seasonal Gardening Activity Training which was developed into 4 online units.

Having the training online has meant that people can study at their own pace without extra travel time or costs. In 2021-22 we had 134 people register for our courses, incorporating 1,050 hours of study!



Thank you for this course - every time I do a topic it inspires me to do more with my client group. I don't think any training course can hope to do more than that.

Online Seminar Series

Again, as a result of covid, our previous Annual Conference became a week-long online seminar series. In March 2022, we welcomed inspirational speakers from across the continents giving people working in therapeutic gardening great insights and opportunities for collaboration and learning.



I'm not sure if you and everyone at Trellis know how PHENOMENAL this seminar series is ... I mean, talk about punching above your weight. It's such a privilege to listen to.



Our 2022 Seminar Speakers

Information Services & Resources

Query Service

Our query service provides people running gardening groups the opportunity to ask us any therapeutic gardening related question, and if we don't know the answer, we'll find out from our network. In the year we answered 188 queries on a wide range of topics from risk assessments to composting systems, funding, local projects for referrals, accessible design and the big question: how to start a therapeutic gardening project?

Enquiries came from so many different organisations large and small across health, care, custodial, environmental and education sectors, which reflects the diverse range of settings using gardening to support wellbeing. Among others, we helped mental health, homelessness and addiction charities, disability, community and young people's organisations, environmental and heritage bodies, individuals seeking referrals for loved ones/themselves, NHS, prison and care groups.

Online Discussion Sessions

As services began to open up for our network we hosted 3 discussion sessions focusing on different topics important to the success of their return to normal functioning:

- Reopening safely
- Making the most of outdoor spaces to increase revenue
- Funding

Videos

We created 31 videos, uploaded to our YouTube channel for people to access whenever they need them at no cost, including making our Seminar Series recordings available to view after the event. To date, 1403 people have viewed these videos, increasing their knowledge and understanding of therapeutic gardening to share with the people they support.

Activity Ideas

We also created 9 new activity sheets for people to download from our website, again at no cost. This gives practitioners a wealth of ideas and inspiration particularly for the winter months and rainy days. Seasonal packs full of ideas were created to support our online learners but were also made available as a stand-alone resource.



The easy read worksheet and instructions will be great to share with my members to help with an explanation of how to do things and why we are doing it but also as an aid to memory.

188
queries answered

30

people attended
our online
discussion sessions



Thanks, these sessions are a great support, especially when you are just starting a project.



31
videos created

9

new activity idea
sheets available



18

regular members
attending forum
meetings

NASTURTIVM WIGWAM



Grow nasturtiums from seed and create a wigwam for them to climb up.

Supplies

- nasturtium seeds
- general purpose compost
- 9cm pot or recycled plastic food container with drainage holes
- watering bottle/can
- wigwam pot (40cm x 40cm approx. or upcycle a container)
- canes/sticks approx. 60cm tall
- string/scissors/plant labels/pen
- empty yoghurt pot



Top Tips

- Once the seedling (sprouted seed) has grown its first set of wavy-edged leaves, gradually introduce the young plants to growing outdoors (if not already outside) by extending the hours left outdoors, bringing indoors each evening if frost is forecast. Remember to put them back outside the next morning.
- Take care not to overwater once the plants are established.
- Try picking the leaves and flowers to eat raw in a salad.
- Be careful when picking - bumble bees love visiting nasturtium flowers also!

Trellis Books

As our financial year drew to a close we printed our Year Round Gardening Activities book. The book includes 52 simple yet inspirational ideas to help people wanting to support others to take part in gardening activities. The resource includes extension activities and ways to adapt the sessions for different needs. This resource is now with a small group of care-sector practitioners to use and provide feedback before we print a final version.

As well as being a tremendously useful go-to guidebook and inspiration source for practitioners, this new book added to our 'Plastic-free Gardening' book and the 'Guide to Setting up a Therapeutic Gardening Project', expanding the range on offer from Trellis Books. These publications, as well as each being a great resource, offer an excellent way to support our work, with 100% of proceeds going directly to fund help for therapeutic gardening groups.

Professional Development Support

Following the enthusiastic interaction that came from our Seminar Series in 2021, it was clear that there was both a desire and a need to enable better collaboration and professional development for the therapeutic gardening sector. We created a forum with 18 regular representatives from all corners of the UK to address this need. We have made impressive progress on several fronts including creating a draft Code of Conduct and templates for supervision, as well as discussions about defining terms, quality standards and CPD.



In-depth Support

During the financial year our fieldworkers provided intensive support to 21 projects, 17 of which we managed to complete as in-person site visits. The projects were located all round the country and in a variety of settings. Below are just a few examples of the groups we supported with tailored advice and guidance including help with design and gardening skills.

Highland Champs

Highland Champs, a project for care-experienced young people, asked us to help define and give ideas to make their backyard area more attractive.

What we did:

- provided sketch ideas to improve the space
- gave a selection of starter plants
- helped tidy the area
- introduced their development worker to other organisations who might be able to help provide materials or manpower



Perth Royal Infirmary

We were approached by PRI Stroke Ward to create a new design for the garden space for both patients and families to enjoy. What we did:

- Our fieldworker designed a truly accessible and health-boosting new garden layout
- provided CAD and 3D designs to improve the space taking accessibility into consideration



© Inglis Thorburn

Springfield Bank Care Home

Springfield Bank Care Home for older people who require care is situated in Midlothian.

What we did:

- Ran sessions to improve garden spaces e.g. planting up pots and raised beds.
- Supported the activity coordinators to increase their skills, knowledge, and confidence - they now run a weekly gardening club.
- Advised on the purchase of tools and equipment, and how to adapt their use to the residents' needs.

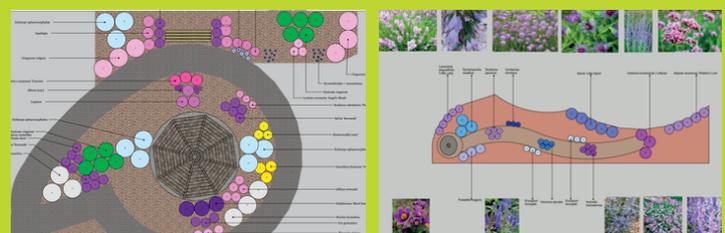


Ellon Academy

Ellon Academy in Aberdeenshire runs a School Garden Project for pupils with additional support needs which is already very active. They approached Trellis to help them with design and planting ideas for a memorial garden.

What we did:

- visited the site to meet the users of the garden
- provided CAD designs and planting plans for a new memorial garden
- provided links and ideas for materials
- made contact with local plant nurseries



Acknowledgments

Trellis would like to thank the team behind all the hard work and successes illustrated in this impact report:

Fiona Thackeray, Lorna Baker, Jane Campbell, Jenny Simpson, Joan Wilson, Jo Cook, Natalie McCall, Emma Martindale and Sharon Watters. And Fieldworkers: Toni Clark, Diana Robertson, Inglis Thorburn.

Our staff team have been ably guided by our dedicated trustees and our charitable work wouldn't be possible without our funders, fundraisers, donors and members.

We thank you all most sincerely for helping us to improve people's lives through therapeutic gardening.

We thank you for your continued support of our work.

Did you know that leaving just 1% as a gift to Trellis in your will, means those closest to you will still receive 99%? And it costs you nothing now. Find out more on our website.



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