

Trellis 4th Annual Networking Conference

Wednesday 17th March 2010, Perth Concert Hall, PH1 5HZ

Tending Body & Soul: Gardening & Health

In association with the Federation of City Farms & Community Gardens (FCFCG)

Programme

- 09:00 **Arrival and Registration** – At registration you will be able to choose the workshops you want to attend. Numbers are limited so please arrive promptly to ensure your first choices.
- 09:30 **Welcome Note:** A few words from: Fiona Thackeray & Alan Bell of Trellis & Helen Pank of FCFCG
- 09:45 **Project Showcases**
- 1. Into the Labyrinth** - Pierre Bernard, Lilybank Resource Centre, Forfar
 - 2. Annie's Garden – Providing a Place in the Sun for Today's Residents & Visitors:** Mrs Patricia Payne, Bandrum Nursing Home, Saline, Fife
 - 3. Providing work experience & skills development:** Silver Birch Project, Stephanie Elder, Manager, & Mark Williams, Senior Support Worker
 - 4. Growing in Confidence:** Norma Forbes, Southton Smallholding, Perth
- 10:45 **Break**
- 11.00 **Keynote Address – Dr Richard Simpson, MSP.**
- 11.30 **Maggie's Gardens** – Andrew Anderson, Maggie's Centre, Edinburgh.
- 12:00 **Workshops – Round 1**
- 1. Horticulture Skills Workshop:** John Smith, Suntrap Lifelong Learning Centre, Edinburgh.
 - 2. 'Grow & Learn' – Assessing the Achievement in Horticulture Award:** Margaret Teale, Royal Caledonian Horticulture Society.
 - 3. Focal Points: Getting the most out of photography in your project:** Max Blinkhorn, Photographer, Edinburgh.
 - 4. 'Cultivating Health, Enterprise and Tatties' - Inclusion & Health:** Helen Thomson & Niall McShannon, Clydesdale Community Initiatives, South Lanarkshire.
 - 5. The Professionals – Next steps for the field of therapeutic gardening?** Fiona Thackeray & Jenny Simpson, Trellis.
- 13:00 **Lunch, networking and leaflet exchange**
Marketplace Stalls: Browse the stalls and chat with representatives of organisations related to health and gardening.
- 14:00 **Workshops – Round 2** (1-5 as above, your chance to attend a second workshop).
- 15:00 **Evaluation and Close**
Tea & Seed Swap: Time to spend tokens exchanged for seeds handed in at Registration.