

Summer 2009

Issue 11



A Busy Summer for the Trellis Network – keeping you up to date with all the news

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“How fair is a garden amid the trials and passions of existence”
Benjamin Disraeli(1804-1881)
quoted in ‘Gardeners Cuttings’
edited by Charles Elliot, 2007

Sunny weather at **Gardening Scotland 2009** ensured a steady stream of visitors to the Trellis stand. Plant admirers were attracted to the ‘interactive sensory garden’ display of clematis, ‘lamb’s ears’ and herbs. As well as general information on Trellis, visitors could take away information on projects that welcome volunteering and a team of willing Trellis staff and Board Members were on hand to promote and discuss therapeutic gardening.

Fund Raising Winner

The £25 National Garden Token prize for the ‘Guess the number of Beans in the Jar’ competition was won by Violet Duncan, Perth. The competition raised over £40 for Trellis funds.

Pallet Garden Inspiration

While taking a walk around the Pallet Garden Competition it was clear that several members of the Trellis network had been very creative and industrious. The Bridgend Allotments, Edinburgh were Bronze Medal winners with their fascinating

Kitchen Garden, incorporating scaled down kitchen units, appliances and crockery with planting to fill every nook and cranny. The Ochil Community Gardens, Clackmannanshire, demonstrated their creativity in their ‘**Fruit and Veg Men**’ constructed from pots surrounded by corn, fennel, rhubarb, sage salad and terracotta tiles imprinted with foliage and flowers. Meanwhile, Green Routes, Stirlingshire,

were awarded a Bronze medal for the ‘**Green Man**’ beautifully constructed from wire and moss with ivy, chrysanthemums and lobelia features, complete with rake straw hat. Whilst the Lilybank Biodiversity team, Forfar were awarded a Silver Gilt Medal for their ‘**Bumblebee Heaven**’ with a elegant bee attracting planting scheme incorporating a blue and purple palette of flowers, a logpile, suggestions of stone walls and nooks and crannies under terracotta pots to entice bees to nest...

*Inspiration for us all...to enter the Gardening Scotland 2010 Pallet Garden Competition see the Gardening Scotland web pages:
<http://www.gardeningscotland.com/pallet%20garden%20comp.php>*



and



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Growing Communities Scotland

Fieldworker News

The Growing Communities Partnership now have 7 fieldworkers in Scotland and they are all really keen to start work, so do let us know if there's anything you need help with. Our fieldworkers have a huge range of experience, including publicity, business planning, education, wildlife gardening and supporting volunteers with mental health support needs, and they are spread all over Scotland, so watch out for a regional networking event near you soon.

Network Meetings

Fieldworkers will be running network meetings in your area twice a year so they will be in touch to find out more about what you would like.

They will also be making regular contact with you so that we can see how best to support you.

Site Visits

Fieldworkers will also be making site visits and supporting projects by phone and email. If you feel it may be useful to have some support with an issue or a new development or discuss the possibility of a site visit, please get in touch with Vicki Ferguson at vicki@trellisscotland.org.uk

Garden Project Study Tours

June was a very industrious month for Growing Communities Scotland with Vicki Ferguson and Naomi Knights organising study tours in Aberdeen on 18th June and in Glasgow on the 30th. Study tours are designed to showcase garden projects at local and national level in order to raise awareness of the benefits they offer. MSPs, MPs, Local Authority policy makers and practitioners in social care, green space and health-related roles, as well as health board policymakers are invited along. We are always keen to invite those who may go on to champion the cause of gardening projects and whose influence may encourage investment. *Individual gardening projects are in a unique position to know who could be influential in your local area – please get in touch with us and let us know who you would like to see invited on a study tour.* Contact us at the Trellis Office on 01738 624348 or email info@trellisscotland.org.uk.

The Glasgow study tour visited *Alderman Road Community Garden, Urban Roots in Toryglen and the Riddrie Community Garden*. In Aberdeen we visited *Aberdeen Forward, Healthy Roots, Easter Anguston, Foxlane Garden Centre and Solstice Nurseries*. Both tours were well attended by folk from local authorities, the Scottish Government and the health service who all went away much more aware of the social, environmental, therapeutic and economic benefits of garden initiatives (and full of yummy strawberries from Riddrie!)



Project Profile – Riddrie Community Garden

Lunchtime on the Glasgow Study Tour was spent at the newly opened Riddrie Community Garden (tasting those delicious strawberries!). This garden is a vital part of the Riddrie & Accord Resource centre. It was officially opened on 23rd June 2009, there were various workshops to try out including flower arranging, planting and digital photography with musical entertainment provided by Tam on the bagpipes and accordion and Gerry

on the guitar. The garden has been seven years in its creation and the resource centre users are looking forward to “enjoying the fruits of their labour”. There is a community café and toilet facilities and Riddrie are delighted to extend an invitation to other groups to come along to enjoy the garden...the Riddrie Community Garden, Dinnart Street G33, phone 0141 276 2100.

(With Thanks to Margaret Traynor, Glasgow City Council for information on the garden opening)

Letters from Brazil...

Fiona Thackeray writes from Curitiba ~

Curitibanos are proud of their Botanic garden with its glasshouse modelled on Kew. But few of the visitors disembarking from the regular tour buses get as far as the Garden of Sensations, inaugurated last December, though five years in the making. Designed in collaboration with visually impaired and physically disabled groups from the city, the brief was to create a garden as accessible and stimulating as possible as well as being aesthetically pleasing, so as to exclude no one. Renata Peres, the botanist in charge of the project, tells me the aim was also to use native plants where possible.



Raised beds and handrails curve around the garden

A handrail guides visitors around the small (1m²) raised beds and metal plaques offer botanical information in both Braille and ink text. Blindfolds are available for sighted visitors who want to bypass their

usual reliance on sight and experience the garden through its textures, sounds and scents. Previous work had found visitors got more out of their tour when using eye masks in this way.



Kids with blindfolds experience the sensory garden.

The city council supported the project providing a landscape architect to draw up the plans. A sweeping sandstone path leads around a gently sloping loop that takes in over 30 raised beds accommodating fine specimens of the plant kingdom's more stimulating members, from the smelly (Lemon Balm) to the fuzzy (Geranium, African Violet) and the downright bizarre (St George's Lance, *Sansevieria cylindrica*).

When the gates were first opened, the garden received 8000 visitors in a month. Numbers have since eased a little, but There's still a lot of work to be done in enabling disabled groups and the public at large to learn more and more about the wonderful world of botany.

For me, a visitor from afar, the experience was a positive one - stimulating yes, beautiful too, and encouraging to know that here in a city the size of Curitiba (1.8 mil and growing), there is still space for creative, socially-oriented gardening.

Looking for a 'sensory garden'?

Bandrum Nursing Home, Saline, near Dunfermline in Fife has an established sensory garden with beautiful views across the adjoining countryside. 'Annie's Garden' was constructed for the use of those people attending the nursing home but Rachael Payne contacted us to offer the garden to other groups who would like to come and use it. If you are interested please contact Rachael on 01383 851030.

Free Deaf and Deafblind Awareness Training Available Many practical and interactive training courses held at the Tayside Deaf Association, 36 Roseangle, Dundee DD1 4LY. Contact: george.mcgowan@taysidedeaf.org.uk

Shirl's Garden Watch

www.shirlsgardenwatch.co.uk

Summer's here and gosh we've been feeling the heat! Spring bulbs are now a distant memory as summer blooms respond to warm rays of the sun. Bare earth is no more, with foliage and ground hugging plants helping the war against weeds... most of the time!

Juvenile birds are arriving in the garden daily. Starlings, Greenfinches, Goldfinches, Dunnocks, House sparrows and Great tits have all fed their young at the feeders. Yes, more seed is eaten at this time of year than in the depth of winter! My favourite juveniles have been the Blackbirds especially as they explore the running water at my pond. Ah... but we were also thrilled to see three Blue tits fledge from a garden nest box too!



A Painted Lady

Birds and wildlife fed: Perhaps I should consider feeding the plants this summer especially if it is to be as warm as forecasted. I don't usually spoil my plants but I have planted a few extra like the perennial wallflower shown above with the Painted Lady butterfly. This year I am looking to continue helping bees by providing more nectar-rich plants. However my Catmint (Nepeta Walker's Low) is still a serious favourite with bees after many years.

Have a great summer in the garden... and do keep an eye out for Painted Ladies as more are expected this year. Watch underfoot too as they sunbathe on gravel!

Tayside Biodiversity Partnership Buzzy Gardens

Most people are fascinated by bumblebees. How do those tiny wings propel such a large insect around? Honey Bees - there's frightening news about their demise. Wasps? Not many champions for them...

Hoverflies? Well, they hover. We have such a diverse reaction to the many different types of insects. Yet as Edward O Wilson said, "*if people were to disappear, the world would regenerate back to the rich state that existed ten thousand years ago. If insects were to vanish, the environment would collapse into chaos*".

Maybe we need to start respecting our garden insects a bit more. For instance, of the 25 species of bumblebee in Britain, there are 6 common species in Scotland but even these "common species" are in trouble. In Tayside you can download information, or take part in an online survey via

http://www.taysidebiodiversity.co.uk/Project_Bumblebee.html Or a survey form can be sent to you - just telephone 01382 433042/e-mail Tayside.biodiversity@ukf.net.

If you live outwith Tayside, join in the Bumble Bee Conservation Trust Bee Watch Survey

<http://www.bumblebeeconservation.org.uk/>. The Trust's book '*Gardening for Bumblebees*' will help turn your garden into a haven for bumblebees - check the website on how to order (£3, including p&t).

And whilst a lot of people dislike wasps, they're highly beneficial - unlike butterflies and bees, wasps in their larval stage are carnivorous and eat their way through tens of thousands of garden pests each season. Oh yes, and hover flies - more friends in our garden. Many Hoverfly larvae eat aphids, but the adults need nectar and pollen. They love Yarrow, Coriander, Fennel and Lobelia - all common in our gardens.

Bee species are the single most important insect pollinator - 80% of the food we eat comes from crops pollinated by them. They are very sensitive to pesticides, particularly insecticides, which taint the nectar in flowers and poison both the bees and their young - another reason to reduce or eliminate chemicals from the garden.

What else can we do? Encourage bumblebees by growing comfrey, borage, marjoram, mint and lavender. They love delphiniums, purple loosestrife, St John's Wort and Viper's bugloss too. And don't forget the different types of heathers for late summer/early autumn. Invest in a bumblebee box to hide in the garden, or simply make a football-sized hollow in the ground and cover with a paving slab (leaving a few gaps around the edges): this will provide a suitable nest site.

The excerpts above are taken from an article kindly sent to us by Catherine Lloyd, Tayside Biodiversity Partnership.

The Natural Partners Event

21st June 2009

Mike Hamilton, Trellis Development Officer, was involved in organising the Natural Partners Event held on the Summer Solstice, in partnership with the Royal Botanic Garden, Edinburgh and The Medical Foundation for the care of victims of torture (MFCVT). The event aimed to celebrate nature's positive effect on our well-being and learn about its special benefits for people recovering from trauma. As well as the Terrace Café, free activities for the public ranged from potting up strawberry runners, learning about healing herbs, face painting and storytelling, to the foot-tapping sounds of the Columille Ceilidh band and decorating the hawthorn 'Cloutie Tree'. The MFCVT would like to expand their gardening therapy services in the Glasgow area. If you know of any garden ground or project who may be able to offer a site to garden on please contact the Trellis Office on 01738 624348 or email jenny@trellisScotland.org.uk

Join the Food Train?

Projects producing excess fruit and veg may be interested in this new initiative ...

The Food Train, a registered charity, voluntary organisation and social enterprise, provides a low-cost grocery shopping delivery service to older, housebound and disabled people living throughout Dumfries and Galloway. Throughout 2009, the Food Train are developing plans to extend their reach to older people throughout Scotland and they need your help. If you are keen to see the establishment of a Food Train in your area during the early stages of our development, please make contact to discuss the needs of your area. Contact Gaynor Kingsman, National Development Officer, The Food Train, Technology House, 9 Newton Place, Glasgow G3 7PR by telephoning 07545 925513, e-mailing gaynor@thefoodtrain.co.uk or visit: www.thefoodtrain.co.uk

Contact Trellis

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Submissions

The Propagator is your newsletter. *We need your input.* Please send a short piece about your project (around 200 words) news, tips, poems, recipes, or anything for the diary. No need to worry about grammar or presentation as we can format and edit it here at the office. The next Deadline is the 28th September 2009.

You can download/print copies of the newsletter from <http://www.trellisScotland.org.uk/newsletters>

Funding News

The Joanies Trust

Registered charities working with young people aged 11-25 yrs are eligible to apply for grants through the Joanies Trust. It awards approx. 30 grants annually (ave. £1000) to support projects that offer intensive support to young people as well as those that promote preventative work, especially those that are designed to lead individual development through integration work opportunities or accreditation. Next Deadline is 31st August 2009. For further information: <http://www.joaniestrust.org.uk>.

J Paul Getty Charitable Trust

Registered Charities working in the UK can apply. The majority of funding is targeted at social welfare projects. Priority is given to long term projects that can meet more than one area of interest: Social welfare priorities include; Mental Health; Offenders; Homelessness; Young People; Ethnic Minorities; Volunteering. The trust is prioritising applications from outside London and SE England to ensure funds are distributed to all parts of UK. Applications resume later this summer. For more information please visit <http://www.jpgettytrust.org.uk>

Gateway Exchange Fund

Aims to support those who are seeking to fund healing, creative self expression, transformation and renewal through innovative projects. Awards of up to £5000 to not-for-profit groups. Please apply through the Scottish Community Foundation 0131 524 0300 or 0141 225 6670, or visit <http://www.scottishcf.org/page11264.cfm>



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