

Spring 2010

Issue 14

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Trellis 4th Annual Conference

A bright dry day, heralding spring, set the tone for the 2010 Trellis conference, held at the Concert Hall, Perth on Wednesday 17 March. This years theme, Tending Body & Soul: Gardening & Health, attracted 106 delegates to book their place at the event.



The day got off to a lively start with the popular Project Showcase presentations. This was a superb opportunity to learn more about four therapeutic gardening projects, straight from those who manage and work in them. This year we had the pleasure of hearing from Pierre Bernard, Lilybank Resource Centre, Forfar; Patricia Payne, Bandrum Nursing Home, Saline, Fife; Stephanie Elder & Mark Williams, Silver Birch Project and Norma Forbes of Southton Smallholding, Blackruthven, Perth.

The keynote address by Dr Richard Simpson, MSP, former NHS psychiatrist, avid gardener and champion of therapeutic gardening, emphasised the importance of

wider recognition of the strong links between gardening and the social, emotional and physical health of the Scottish population. Further reinforcing the life enhancing qualities of gardens, Andrew Anderson, Centre Head, Maggie's Centre, Edinburgh, engaged delegates with an illustrated talk on Maggie's Gardens across the UK and their special place in cancer care.

Five workshops, ranging from Horticulture Skills (John Smith, Suntrap, Edinburgh); Assessing the Achievement in Horticulture Award (Margaret Teale, RCHS); Getting the most out of photography in your project (Max Blinkhorn, Edinburgh); Cultivating Health, Enterprise and Tatties (Helen Thomson & Niall McShannon, Clydesdale Community Initiatives) to Next steps for the field of therapeutic gardening? (Kay Diack Associates & Trellis team), provided a varied programme as well as the all important opportunities to network with others who have an interest in therapeutic gardening. The day also provided time to network as one delegate summed it up, "I feel a lot of the people I have spoken to/ listened to will provide me with a lot of inspiration for my work."



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Growing Communities in Scotland Network Events are open to all who are involved in therapeutic & community gardens - an excellent opportunity to meet others & share experiences

Friday 30th April
 Knowetop Community Farm, 113 Castlehill Road
 Dumbarton, G82 5AT

Tuesday 4th May
 Bayhead Bridge Centre
 Lamont Lane, Stornoway
 Isle of Lewis HS1 2EB

Tuesday 11th May
 Camphill Blair Drummond
 Blair Drummond House
 Cuthil Brae, Stirling
 FK9 4UT

For Booking Forms please contact naomi@farmgarden.org or download from Trellis web pages <http://www.trellisscotland.org.uk/Home>

Project Profile...The Kinross Potager Garden opens for the season ...

The warmer weather is arriving at last, and we are looking forward to welcoming Mrs Bode's P 5 class from Kinross Primary over the summer term, to grow vegetables, and learn about gardening in balance with the environment. We are very grateful to John McAdam and his staff at Kinross Dobbies, who have donated us seed potatoes, onion sets and other items such as compost and organic fertiliser which the children will enjoy using.

On 27th March, we launched the season with a Daffodil coffee morning in aid of Marie Curie Cancer Care. We were blessed with a sunny morning and all enjoyed the baking. The children painted flower pots and sowed seeds in them. Sainsbury's kindly donated some refreshments and bunches of daffodils and we raised £88.16 for Marie Curie Cancer Care. Thank you to everyone who helped and attended.



We also sold plants which we grow at the garden, and which have stayed healthy in our wooden cold frames over the winter. We still have a good supply of shrubs, hedging plants, perennials, strawberries and currant bushes, at very reasonable prices. We will be selling plants at the Feel Good Fair at the Rugby Club on the afternoon of 15th May, or phone Amanda on [01577] 840809 if you would like to see our stock at the garden.

There will also be a PLANT SALE at the garden on SATURDAY 29TH MAY, from 10.30 to 12, which will include young vegetable and herb plants, grown by the children.

We will also be helping with the exciting development of a wildlife border at Swansacre playgroup, by 2nd Kinross Guides, as part of their celebrations of the Centenary of Guiding. We will need some scaffolding boards or similar to build a raised bed, about 4m x 2m. Is anyone able to help please? Watch out for progress reports over the summer!

Volunteers always welcome, any enquiries about the garden to Amanda James 840809 or amanda@tyafon.plus.com.

The Big Lottery 2014 Communities Fund recognises gardening as a physical activity ...

Trellis are delighted to announce that due to lobbying at the Physical Activity Health Alliance Conference, we can confirm that *gardening as a physical activity* is now supported by the Lottery and funding may be available from the 2014 Communities Grants Programme. For information on the fund and how to apply visit the BLF web pages at http://www2.biglotteryfund.org.uk/prog_2014_communities.htm?regioncode=-sco&status=theProg.

NB Stress the importance of gardening for the physical, mental and social health of your group in your application.

RePaint Scotland, recycles water based paint products. Currently, they have a lot of wood/ fence paints that they would like to donate to community garden/ allotment type projects. It is in 10 litre, white plastic tubs and is a red cedar colour. They have around 75 tubs to donate and would do this on a first come, first served basis. Anyone who would like some paint can collect from their base in Ibrox, Glasgow. Please phone 0141 440 1556.

Growing Communities in Scotland

Fieldworker news

A new fieldworker has been recruited for the Glasgow area. You may have met Kate Kelly at the Trellis conference in March, a great asset to the fieldwork team, and a friendly face with lots of knowledge and experience to share. In order to request a fieldworker visit to support your project in any part of the country, please contact Vicki Ferguson, Growing Communities in Scotland Fieldwork Co-ordinator, based in the Trellis Office, phone 01738 624348 or email vicki@trellisscotland.org.uk.

Training Days

The Ideas & Inspiration Day - Year Round Garden Activity Planning on Friday 29th January 2010 at Suntrap Garden and Advive Centre, Gogarbank, Edinburgh was found useful and enjoyable for many people. Suggestions and resources used at the training day have been compiled into a publication, entitled, *Planning Year Round Garden Activities Ideas and Resources*, and is available to *download free* from the the Trellis Publications web page at <http://www.trellis.org.uk/> This is a 15 page guide to planning gardening activities through out the year for both established groups and *those who have no knowledge of gardening at all*. It offers top tips for working with groups, basic propagation, planning year round activities and has dozens of further resources at the click of a mouse for e.g.. activity suggestions, video clips of gardening techniques, how to get free year planning calendars and resources for specific gardening topics and age groups.

The 29th March saw the *Linking in with National and Local Policies and Strategies* training day take place at The Hidden Gardens in Glasgow. The programme was delivered by Gillian Flye SCVO Policy and Parliamentary Information Officer and Peter McColl(SCVO Policy Officer-Local) and covered the workings of national and local government and various ways you can get involved in influencing policy, policy areas relevant to community and therapeutic farms and gardens and how to tie in with local strategy, how to link in with current policy directions funding applications/ in the run up to elections and what the FCFCG and Trellis do at policy level and how they can support you.

If you have any specific requests for training in anything from basic gardening skills to project management please contact us at the Trellis Office. We are interested in understanding the training needs of therapeutic gardening projects and providing suitable training opportunities, Email Info@trellisscotland.org.uk, or phone the Trellis office on 01738 624348.



More than just Gardening ... Study Tour

There is a study tour planned for 27th April in the Inverness area. It is aimed at decision makers who deal with funding, policy and health provision. If you know of anyone who would benefit from gaining insight into the services provided by therapeutic and community gardens, or anyone who can champion these services to others in their organisations please forward suggestions to naomi@farmgarden.org.uk, Many Thanks !

Join us at Gardening Scotland 2010!

Gardening & Health is the theme of the Trellis stall at Gardening Scotland. If you're at the show please call in and say hello. Our stall is situated in the Garden for Life, Living Garden colonnade. Gardening Scotland is at Ingliston, Edinburgh on 4th, 5th & 6th June. Open late til 7pm on Friday 4th.



International Biodiversity

The United Nations has declared 2010 as the International Year of Biodiversity (IYB); now we are well into the year you may have seen the distinctive logo sported by a number of organisations.

Each of these organisations has signed up as a "Partner" to the IYB. We may think "what on earth is a flamingo doing on the logo?", but this reminds us exactly that - we all have the same home: earth. A kingfisher or house sparrow is going to be rare to someone elsewhere on the globe just as a flamingo is rare to us here. But it is all part of 'biodiversity'.

Biodiversity is all about the variety of life on Earth. It is essential for our overall well-being, medicines, tourism - and vital services such as food production, fuel and flood prevention. We forget that humans are part of this biodiversity at our peril. Our activities are destroying biodiversity at an alarming rate - these losses are irreversible and damage the life support systems we need.

Swifts, swallows and sand martin sightings!

Trellis readers are already at the forefront in safeguarding biodiversity and we are all doing "our bit", but we need to encourage everyone else too, as well. Take a look at your local Biodiversity Partnership web site and see what projects you can get involved in within your neighbourhood. In Tayside, May is "Biodiversity Month" - we have over 140 events planned (check www.taysidebiodiversity.co.uk for the programme: there really is 'something for everyone'). We are also collecting "first sightings" of swallows, house martins, sand martins and swifts. Go on to the home page of www.taysidebiodiversity.co.uk and click on the brightly coloured 'postcard' image - and let us know more.

Throughout Scotland sightings of swifts are needed - and even more importantly, swift nest sites. They return to our shores in early May - more information on www.concernforswifts.com.

And to find out what's happening right across the UK during this all-important year, click on www.biodiversityislife.net which takes you direct to the International Year of Biodiversity web site.

Who's Got the Active Factor?

The Wester Hailes Health Agency!

Winners of the Physical Activity & Healthy Communities: Active Communities Award. The gardening team from Wester Hailes collected their prize at the Physical Activity Awards Scheme 2010.

Over 360 delegates converged on Heriot-Watt University to attend the 4th Annual Scottish Physical Activity and Health Alliance Conference. The awards recognise outstanding efforts that reflect the national strategy, Lets Make Scotland More Active.

Free Training

Mental Health First Aid training (free) is available throughout Scotland. This may be of interest to people on projects who would like to know more about mental health and how to support people with mental health issues. The best way to check where and when courses are on is through the Mental Health First Aid web site: <http://www.smhfa.com/>

Funding

Community Food and Health Scotland has announced that their small grant scheme will be open for applications from 29 April 2010 and will close on 9 July 2010. Grants from £500 to £4,000 are available to groups and agencies who would like to tackle one or more of the barriers to healthy eating, such as affordability or availability, and the negative impact of culture and lack of food skills. Projects funded in the past include; Girvan Youth Trust, awarded £3,360 towards kitchen equipment for catering and hospitality training; Lamancha and District Community Association, awarded £1,150 towards Pick, Cook and Eat training course. Application packs will not be available before 29 April 2010 but for more information, visit <http://www.communityfoodandhealth.org.uk/funding/smallgrants.php#>.

The CSV Action Earth Campaign runs from 1st March until 31st July 2010.

Easy-to-access CSV Action Earth awards of £50 help projects to purchase plants, tools and materials and to cover volunteer expenses. Projects have included pond and woodland clearances, litter picks, planting projects and habitat creation (e.g.. bird, bat and insect boxes. You can apply for up to 3 of these for different projects on different dates. <http://www.csv.org.uk/?display=volunteering>

SNH Biodiversity Awards of £250 are aimed at groups that support and encourage Scottish Biodiversity through practical conservation and environmental projects. Please follow the link for more information <http://www.csv.org.uk/?display=volunteering>

More Funding suggestions available on the Trellis Funding web pages at www.trellisscotland.org.uk

There is nothing like the first hot days of spring when the gardener stops wondering if it's too soon to plant dahlias and starts wondering if its too late.

Henry Mitchell, the Essential Earthman (1981) from *Gardeners Cuttings : Wit and Wisdom for the Green Fingered*, ed. Charles Elliot

The BBC 'Dig In' campaign is giving away five packets of free veg and herb seeds to those who apply through its web site: <http://www.bbc.co.uk/gardening/digin/>

Query Update...Bloomin Summer...
This month we heard from Sharon who is planning a summer sensory garden made from a display of donated plants for Wigtown in Bloom. We wish her our very best in her endeavour... If you can donate any plants please contact us at the Trellis Office.

Contact Trellis at 40 St John Street, Perth PH1 5SP
 Phone 01738 624348 or email info@trellisscotland.org.uk

Submissions

The Propagator is your newsletter we need your input. Please send a short piece about your project (around 200 words) any news, tips, poems, recipes or anything for the diary. No need to worry about grammar or presentation as we can format & edit . The next deadline is the 20th of June 2010.

Copies of the newsletter can be downloaded /printed from <http://www.trellisscotland.org.uk/newsletters>.

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