

**Summer 2010**

**Issue 15**

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**Gardening Scotland 2010**

Gardening Scotland was another excellent opportunity for Trellis to spread the word about therapeutic gardening. This years display entitled 'Garden: Gym & Doctor' featured photo posters of gardeners in action and the health benefits gained from particular gardening activities. Many thanks to those projects who

allowed their photos to be used - hope you saw yourselves on display at the show!

Many visitors to the Trellis stall tried out the adapted gardening tools, on loan from PETA. These are designed to extend reach and increase power, as well as be easy to grip. Digging and forking in the Trellis tub with these tools unearthed seed tokens which could be exchanged for free packets of vegetable and flower seeds. An

adapted PETA trowel was the raffle prize on Sunday, won by Sandy Duncan of Perth, whilst Friday and Saturday's winners took away superb wooden trugs complete with twine and Japanese scissors, kindly donated by Nutscene . Our thanks to all the members of the public, projects, board members and staff who supported Trellis at the show.



**New Look Trellis Webpages in response to network feedback...**

Iain Mackintosh, Trellis board member, has been giving up his free time to revamp the Trellis web pages in order to enable easier navigation and networking. This means that information is now easier to find using the new drop down menu bar across the top of each web page. Why not try it out?

**Networking** just got faster - click on the **Connect** section of the menu - see other therapeutic gardening projects on the **Projects Map** and project contact details on the new **Directory** pages ( available from August 2010). The **Forum** is available for posting messages to other like minded gardeners. Do you have any spare gardening equipment you want to sell, swap or give away? Looking to swap gardening tips and ideas? Try the Trellis Forum.

The **Blog** section is for Projects to advertise themselves. If your project doesn't have a web site and you would like help to construct a page about your project then please try the Blog page or contact [jenny@trellisscotland.org.uk](mailto:jenny@trellisscotland.org.uk) for further help. There's a new **Volunteer** page coming soon. If you would like to advertise for volunteers or volunteer your own skills then contact us at the usual addresses.

**Training**

**Designing Gardens for people with dementia & Cognitive Impairment** with Annie Pollock

**Wednesday, 22nd September 2010**

at the **Iris Murdoch Building, University of Stirling**

**BOOK NOW FREE Training Session (including lunch)10- 1pm. Lunch & informal networking from 1pm**

For further Information contact the Trellis office on 01738 624348 or see the Trellis web pages at [www.trellisscotland.org.uk](http://www.trellisscotland.org.uk)

**Events**

Make a date in your diary for the **Trellis AGM & Networking Event on the 10th September 2010**

All welcome

Capability Scotland , Isla Road Perth.

## Growing Communities in Scotland

April and May, 2010 have been a busy time for the Growing Communities in Scotland Co-ordinator, Vicki and the field workers around Scotland, with a GCS tour of the Western and Northern Isles revealing an exciting array of community and therapeutic gardening taking place in some of the the most geographically isolated parts of Scotland ...

**On the Road with Vicki Ferguson, Fieldwork Coordinator...** The Growing Communities Partnership held a series of network meetings in the Western Isles and in Orkney in April and May. We had a first meeting in Stornoway and then one in North Uist. This was a superb opportunity to learn more about the great range of projects that are happening and about the challenges and the way people are trying to overcome them. There are a variety of different projects including community polytunnels, day centre projects and projects funded to support local people growing fruit and vegetables. There was a lot of good discussion and some of issues that came up were funding and sustainability, links with the crofters commission and the weather. One of the big challenges that kept coming up was the weather. How to deal with wind? How to keep fruit and vegetables going? The solutions included community poly tunnels and using fishing nets as wind barriers.

On Orkney with the support of Voluntary Action Orkney, we were able to hold two network meetings in Kirkwall and visit several projects to get a feel for the range of work going on. This included visiting The Blide (photo on left).



On the 17th April, a network meeting on the Isle of Skye, at the Rhuba Phoil Forest Garden offered all those attending a tour of the gardens: (during which we learned about the development of the garden) and enabled gardening projects in the area to link up and network. Whilst later in the month, back on the mainland, Kate Kelly, Fieldworker based in Glasgow, ran a network meeting on the 30<sup>th</sup> April at Knowetop Community Farm in Dumbarton. Another opportunity for networking. As projects and Fieldworkers are busy gardening and holidaying over the next couple of months, further network meetings and site visits are planned for the Autumn with a trip to Shetland booked from the 16<sup>th</sup> – 18<sup>th</sup> September. More details to follow soon.

The Federation of City Farms and Community Gardens' **National Networking Event** is on **October 8<sup>th</sup> 2010** at the SNH Headquarters at Battleby, near Perth. There will be a variety of workshops, case studies, a chance to meet funders, find out about beekeeping and more!

For more information and a booking form go to <http://www.farmgarden.org.uk/farms-gardens/your-region/scotland/506-news-a-events> Or contact Naomi at [Naomi@farmgarden.org.uk](mailto:Naomi@farmgarden.org.uk) or 0131 623 7058

## Volunteer Vacancy! ARI mentor

*Are you (or is someone you know) an active figure in your local allotments scene?*

*Would you like to develop your experience in allotment work and meet like-minded individuals?*

ARI (Allotments Regeneration Initiative) are looking for a new Volunteer Mentor for Scotland to give advice and support to people regenerating or creating allotments. Mentors will need to have some experience of running an allotment site, be able to volunteer a minimum of eight hours per month and be willing to travel in Scotland. Mentors have the benefit of an extensive training programme, will be part of a team of like-minded people and will receive expenses for both start-up and on-going costs. There is no specific geographic base for this voluntary post, applicants can be based anywhere in Scotland.

For an application form please email: [ari@farmgarden.org.uk](mailto:ari@farmgarden.org.uk)

## Shirl's Garden Watch

**It was group photo time** back on June 12<sup>th</sup>. However, for those considering a nest cam, watching nature so closely shows the sad reality too. Not all broods survive as we have seen twice. No caterpillars, likely due to very wet summers the previous year, plus single mums struggling to find food was very hard to watch.

**Like this year, last summer** started warm. Wonderfully, for the first time we saw caterpillars being fed to chicks in our nest box. Again and again they came... dad was a very good provider! He also took the live mealworms I put out too. Mum was a tad housework mad but kept bugs and parasites in the nest under control.



Blue-tit brood in the nest box ©shirlsgardenwatch

**It was a real privilege** to see a successful family survive and to share their story on my blog. You can see photos and video at [http://blog.shirlsgardenwatch.co.uk/2010/05/blue-tit-nestbox-diary-2010\\_26.html](http://blog.shirlsgardenwatch.co.uk/2010/05/blue-tit-nestbox-diary-2010_26.html)

Now with free time again, I've a new wildlife pond to finish. I also want to take lots of cuttings... *Erysimum Bowles' Mauve* is top on the list. Enjoy your summer gardening!

To see more nature and wildlife observations from Shirley go to <http://blog.shirlsgardenwatch.co.uk>

### Voluntary Sector Health Manifesto: help us shape the agenda

Voluntary Health Scotland plans to distil the aspirations and concerns of the voluntary health sector into a Manifesto for Health to influence Scotland's political party health agendas in the run-up to the Scottish Elections in May 2011.

This is an opportunity for those involved in therapeutic gardening to have their say in influencing government policy.

Trellis are calling for your ideas and priorities for the sector in relation to health and health services in order to inform policies, including particular "asks" for services to individuals

Please send us your ideas by Monday 2nd August 2010 to the *Trellis office* or email [info@trellisscotland.org.uk](mailto:info@trellisscotland.org.uk)

We will collect all ideas, construct priorities from your suggestions and forward them to Voluntary Health Scotland who will consult us further, with a view to creating the Manifesto for Health by mid-September.

*Fame...*

*...and Thomson & Morgan gardening equipment to be won!*

*Garden Answers* magazine is looking for Community Gardens to star in a regular feature.

If your garden is chosen you will receive a prize of more than £350 worth of seeds, plants and gardening equipment from Thomson & Morgan. All you need to do is send off a summary of how your project started, who benefits and what you have achieved so far. Include some before and after photos and send them to Laura Fanthorpe, Garden Answers, Bauer Media, Media House, Lynch Wood, Peterborough PE2 6EA or email: [laura.fanthorpe@bauermedia.co.uk](mailto:laura.fanthorpe@bauermedia.co.uk)

### **Volunteer Required**

*A community garden group is looking for volunteer landscape architect who could draw up plans for a community garden to a standard suitable to go in with a planning application. Interested? Please contact Liz Beard at [liz.beard@blueyonder.co.uk](mailto:liz.beard@blueyonder.co.uk)*

## Training

### SCVO training programme 2010 - 2011

It has never been more important to make sure our skills are the best they can be. These are challenging times and the need for a strong voluntary sector, with well-developed, up-to-date skills. You'll find a host of practical two hour sessions on offer delivered by SCVO staff and members of other sectors, notably the legal profession at

<http://www.scvo.org.uk/scvo/SCVOEvents/SCVOTrainingByMonthHome.aspx>

You may be eligible to open an Individual Learning Account (ILA), which can be used to pay for SCVO courses. The ILA scheme is for people who have an income of £22,000 a year or less, or who are on benefits. For more information on the ILA scheme visit [www.ilascotland.org.uk](http://www.ilascotland.org.uk)

### Protecting Vulnerable Groups Scheme

You may be aware that the Home Office has announced a review of the vetting and barring scheme that covers England, Wales and Northern Ireland. The Scottish Government is implementing the **Protecting Vulnerable Groups Scheme (PVG Scheme)** which has been the subject of extensive consultation and engagement with people who work with children and protected adults in Scotland. The continued interest and views of stakeholders have helped the Scottish Government to shape a system that tries to strike the balance between robust regulation and proportionate protection, without compromising on the need to minimise bureaucracy.

The **PVG Scheme** only applies to people who work with vulnerable groups and it does not apply to personal arrangements that people make with friends or family, or to work positions where there is no opportunity to cause harm to vulnerable groups.

It will be phased in over a four year period to ensure that the administrative burden on groups and organisations that work with vulnerable groups is minimised. It is expected to begin at the end of 2010 - an exact date has still to be announced by Scottish Ministers.

For more information on the scheme visit the Scottish Government web site at

<http://www.scotland.gov.uk/Topics/People/Young-People/children-families/pvglegislation>

'see me', Scotland's national campaign to end stigma and discrimination of mental ill health, uses photos to capture the most important moments in our lives: family occasions; time spent with friends; images of those closest to us. We also snap views, animals, random shots – whatever makes us happy or thoughtful. We know that minds are changed with pictures as much as words. Our annual photo competition brings together your pictures and thoughts about mental health and well being. Could you be one of our 2010 national winners? Entry Forms from <http://www.seemescotland.org.uk/getinvolved/photography-competition>



## DO ONE THING FOR WILDLIFE

by Catherine Lloyd of Tayside Biodiversity

As 2010 is the International Year of Biodiversity, take a look at this UK web site and be inspired: [www.biodiversityislife.net](http://www.biodiversityislife.net)! We are being asked to DO ONE THING and this is something that every Trellis reader can easily achieve. So how about deciding to do something to preserve biodiversity. Choose a simple, fun pledge from the list below - or make up a new one. Let people know what you're doing - via Twitter, email, Facebook or blog your pledge to inspire others to do the same.

### Pledge ideas

- Create a wildflower meadow corner
- Feed the birds throughout the year
- Plant a window box with wildlife-friendly plants
- Make a green or living roof for your shed
- Provide for bumblebees - get making that bumblebee home now!



A log pile - make a home for insects.

- Look up your local biodiversity web site and help with a survey
- Go for a walk and enjoy the changing seasons
- Learn how to identify 12 birds this year - in the garden, in the local park or out on your walks
- Plan ahead for autumn and winter: make hibernation places for hedgehogs and toads
- Support biodiversity by planting night flowering blossoms in your garden to encourage bats: [www.bats.org.uk](http://www.bats.org.uk)

## More evidence for gardening and good mental health?

Many gardeners will be aware of the benefits of gardening to mental health and general well being. A new study by Depression Alliance Scotland into the prevention of depression, highlights overwhelming demand for access to depression prevention programmes for people in Scotland, another persuasive argument for more therapeutic gardening projects?

**Depression Alliance Scotland** asked over 600 adults in Scotland about the prevention of depression. The survey results were published on 16th June alongside the launch of a new *Mood Matters* campaign to mark National Depression Week 2010. 89% of survey respondents believed that in some cases it was possible to prevent depression. When asked who should be responsible for making this happen, people highlighted a range of groups. Everyone has a role in creating well being. People were asked what interventions they felt would be best for preventing new cases of depression. **Importantly, people picked free or low cost activities like exercise, access to green space and healthy eating.**

**The Scottish Government** Minister for Public Health, Shona Robison said: *Across all areas of public health, not just mental health, we are committed to improving the well being of our nation. That means supporting measures that prevent ill health, as well as providing appropriate treatment to people who are ill.*

Depression Alliance Scotland explains: 'Investing in people's own abilities to manage mood could well be a cost effective way of empowering people and working smarter to reduce the level of need for more complicated and expensive services.' For more information please visit the Depression Alliance Scotland web site at <http://www.depressionalliance.org/>

'Cookie' is a new restaurant on the south side of Glasgow (72 Nithsdale Rd). They are looking for people to grow for them or supply them with excess produce on a barter/exchange scheme. Interested? Contact [info@cookiescotland.com](mailto:info@cookiescotland.com) or call on 0141 423 1411.



### Slug wars

Young gardening entrepreneur Callum Davis' quest to develop an eco friendly ways to fend off slugs and snails, with products containing coffee grounds and ceramic shards - has led to him setting up

his own ethical company. He aims to "To manufacture products which are natural, ethical, recycled, eco friendly, sustainable or support a good cause." Find all sorts of products at his EcoCharlie web site at <http://www.ecocharlie.co.uk/>

## 'Many things grow in the garden that were never sown there'

Thomas Fuller, *Gnomologia* (1732)

From *Gardener's Cuttings Wit and Wisdom for the Green Fingered* edited by Charles Elliot, 2007, Little Books Ltd, page 11.

**Wanted – old, unneeded gardening equipment for volunteers at the Unity Centre, Ibrox. The centre provides support to asylum seekers in Glasgow. For more information or to donate tools please get in touch with Andrew or Ahmed at the Unity Centre.**

**See <http://unitycentreglasgow.org/> or email [info@unitycentreglasgow.org](mailto:info@unitycentreglasgow.org)**

## Queen Elizabeth Fields Challenge

Fields in Trust (formerly the National Playing Fields Association) is launching a new project, the Queen Elizabeth Fields Challenge, which aims to create a permanent, tangible and relevant legacy of the Queen Elizabeths Diamond Jubilee, the London 2012 Olympics and the Commonwealth Games 2014 by creating a network of permanently protected outdoor spaces for sport, play and recreation in communities throughout the UK. **Find out more about the Queen Elizabeth Fields Challenge and vote for your local fields at <http://www.qe2fields.com/>**

Or contact Helen Griffiths, Director of Communications and the Queen Elizabeth II Fields Challenge, on [helen.griffiths@fieldsintrust.org](mailto:helen.griffiths@fieldsintrust.org) or 020 7427 2110 / 07946 188371

**For details of how you can support , create and save your local playing fields and garden sites, contact Fields in Trust, Scotland at <http://www.fieldsintrust.org/>**

## Funding News

Below are some funding source suggestions that have come to Trellis's notice in the past few weeks. Further suggestions are available on the Trellis Funding web pages. For a comprehensive funding search contact your local authority, library or volunteer centre for a 'Funderfinder' search tailored to your particular project.

### BIG Lottery Fund - Community Wildlife Fund

The BIG Lottery Fund has announced the launch of its new Community Wildlife Fund. Through the fund, not for profit groups, local councils, schools and health bodies can apply for funding of between £300 and £10,000 for projects that will bring together local people to discover, enjoy or protect wildlife in their local area by improving rural or urban environments and encourage people to get healthier and more active. There are three deadlines for applications: 21st July 2010; 22nd September and the 24th November 2010. For more information, please visit <http://digbig.com/5bbseh>

### Eaga Community Fund at the Scottish Community Foundation

The Eaga Community Fund has been created to support community organisations as they seek to tackle social and environmental issues at local level. These will primarily be environmental projects with one-off awards between £250 and £5,000 to fund activities for up to 12 months. For more information, please visit <http://www.scottishcf.org/resources/funds/view/27/eaga-community-fund/?from=E/1>

### Comic Relief

Comic Relief has announced that its grants UK programmes are once again open for applications. On average grants of between £25,000 and £40,000 are available to not for profit organisations for work that focuses on mental health, domestic and sexual abuse; refugee and asylum seeking women; older people, using sport in delivering positive change within the lives of individuals and communities, as well as projects focusing on young people (11 - 25) that are sexually exploited; suffer from alcohol abuse; and suffer from mental health problems. In addition, Comic Relief operates a programme that support disadvantaged communities. This programme is devolved to the Community Foundation Network. Please contact your local Community Foundation directly for details of their funding application procedures. The closing date for applications is the 3rd September 2010. For more information, please visit:

[http://www.comicrelief.com/apply\\_for\\_a\\_grant/uk](http://www.comicrelief.com/apply_for_a_grant/uk)

### The A B Charitable Trust (ABCT)

ABCT supports charities that defend human rights, such as freedom from torture and arbitrary imprisonment, and promote respect for individuals whatever their circumstances. The Trust is particularly interested in charities that work with vulnerable, marginalised and excluded people in society, with a focus on: refugees and victims of torture, prisoners, older people, and people with mental health problems. The trust offers small grants of up to £5000, with trustees meeting four times a year to assess applications. For more information, please visit <http://www.abcharitabletrust.org.uk>

### Gardening for Disabled Trust

The Trust gives grants to help people to continue to garden, despite advancing illness, age or disability. Help is offered for; Adapting private gardens to meet the special needs; Making grants towards tools, raised beds, paving and greenhouses; Providing help with special gardens in hospitals, centres and schools; Distributing information on garden aids and techniques. For more information, please visit: <http://www.gardeningfordisabledtrust.org.uk>

**Contact** Trellis at : 40 St John Street, Perth, PH1 5SP Phone: 01738 624348 or email:

[info@trellisscotland.org.uk](mailto: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 dates for the diary. No need to worry about grammar or presentation as we can format and edit. The next deadline is the 20th September 2010

Copies of The Propagator newsletter can be viewed and printed at <http://www.trellisscotland.org.uk/newsletters>

**Cover photograph: Wildflower Meadow. Courtesy of Scottish Natural Heritage, Battleby, Perthshire.**

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