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Issue 16

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Another Year On, Another Trellis AGM

The recent Trellis Annual General Meeting, held this year in Perth at Capability Scotland's Upper Springland, was a chance to reflect on another year, in fact a chance to recognise Trellis' 4th birthday in the company of friends old and new! With more than 170 projects now connected via the Trellis network and nearly 100 field visits carried out over the past year, it was clear that Trellis could justify its role as a networking organisation, bringing together people with an interest in therapeutic horticulture, as well as attempting to provide a timely response to 535 queries and requests for information ranging from the mundane to the eclectic and unexpected over the years!

This year sees the launch of Trellis manifesto '*Therapeutic Gardening: A Manifesto for Health & Well Being in Scotland*'. Make your voice heard and vote for the recommendations you'd like to see the next Scottish government implement at <http://www.trellisscotland.org.uk/home>

How Shetlanders are 'Growing their Own'



Growing Communities in Scotland Fieldwork Co-ordinator Vicki Ferguson is not long back from an action packed tour of the very northerly latitudes visiting projects in Shetland to find out more about what is going on there and to meet and support projects. A key part of the visit was the opportunity to link up with the many committed growers and people hoping to establish new projects at the meeting of the Shetland Islands Council's Environment Forum.

According to SIC Environmental Officer, Mary Lisk, Shetland must think seriously about 'growing its own' and needs a strategy for supporting allotment and community garden projects, therapeutic horticulture and general 'grow your own' schemes. Vicki explained how the Growing Communities in Scotland partnership and its team of field workers can help support Shetland projects to achieve that and she came back buzzing with stories of all the great ideas and work going on there. Photo courtesy of Pete Bevington, Shetland News, read more in the The Shetland News at <http://www.shetland-news.co.uk/2010/September/news/Grow%20your%20own.htm>

Gardeners Cuttings'

'To lock horns with Nature, the only equipment you really need is ...the basic training of a commando'

S.J. Perelman, *Acres and Pains* (1951) From *Gardener's Cuttings Wit and Wisdom for the Green Fingere*d edited by Charles Elliot, 2007, Little Books Ltd, page 3.

Events

Several networking events have taken place between September - November 2010 in Perth, Aberdeen, HMP Castle Huntly Dundee and in Glasgow.

For up to date information on future networking events, the Trellis Conference and Training sessions, please see the Trellis web pages at <http://trellisscotland.org.uk/home>

Trellis, a registered company and charity: Scottish Charity No. SCO 37429 Company Number 299227

Patrons
Jim McColl
Lord Aberdeen

Trellis Project Showcase

This month we have a special two page focus to celebrate the variety of garden work that the **Columcille Community Gardens Project** are involved in ... **Go Columcille!**

Columcille Community Gardens project is one of the work experience projects run by Columcille Centre, Edinburgh. The Community Gardens Project started this year and developed out of our work at the nursery garden in the Royal Botanic Garden of Edinburgh, where we worked one day a week for five years. We are an experienced group of gardeners including five people with learning disabilities and have been able to use the skills we learnt in the Botanic nursery to assist in community gardens in Edinburgh. We work each Wednesday from 9.30-3.30 from early April to the end of October. It has been a challenging and inspiring year involving a lot of adapting to new and different gardens, bus journeys, people and work tasks. There has been a lot of learning, more organising than we had anticipated and lots of positive outcomes, enjoyment and welcomes from the gardens we have worked in. We have worked in five different gardens over the seven months of this spring, summer and autumn.



Greendykes Allotments and Gardens

Greendykes is in Craigmillar, South East Edinburgh. The allotments and gardens are in the area around the base of two tower blocks of flats. The allotments and gardens were established by a residents and concierge group. The allotments are part of the council's allotments but are ring fenced for use by local residents or community groups. Our work at Greendykes has been in the shared, community garden area and has included tree planting and tree care, lots of weeding and care of the planted areas, grass mowing and planting out seedlings.

Gilmerton Community Garden

Gilmerton is in South East Edinburgh. The garden is in the ground behind the busy community centre, which used to be a school. We have worked here for 3 years, on an occasional basis, linking in with our work at the Botanic. This year we worked a session in April to prepare for summer and then handed over to local school groups, working with Bridgend Allotments Outreach workers during the summer term. We also work a session in October to prepare the gardens for winter.



Royal Edinburgh Community Gardens



This garden is situated in the grounds of the Royal Edinburgh Hospital in Morningside area of Edinburgh. A 15 acre site of semi-wild land has been designated as a community garden, under the management and co-ordination of the Cyrenians. A pilot project of three acres has been worked this year. We started work here in early April, and have worked for several sessions. The work has included preparing rough ground for planting potatoes and onions and maintaining the planted beds, weeding and watering mixed vegetable beds and creating a 'welcome garden' area. It has been an inspiring experience to see the gardens develop from semi-wild, unused land into a thriving community garden, involving many community groups, and being featured on BBC TV's Beechgrove Gardens in August.

Drylaw and Telford Community Gardens



Drylaw and Telford Community Gardens are based in North Edinburgh. The project was awarded Climate Challenge Funding to help set up food growing plots on areas of unused council land and to assist community groups, including schools, to develop their gardens. We assisted with their second project - a small orchard of 12 apple and pear trees. It was hard work digging the holes but we managed to get all the trees planted in just one day. The trees are growing well with the people who live around them doing a great job in making sure the trees do not come to any harm, and we hope they will be big enough to produce fruit next year.

Hailesland Park Flats, Wester Hailes.

Hailesland Park Flats are in West Edinburgh. To the front of the blocks of flats, there are individual gardens for residents. Our work has been to develop an area of biodiversity garden to the rear of the flats, in overgrown land surrounding grassed areas. We worked alongside a group of residents in clearing ground and planting a selection of plants to encourage bees, butterflies, ladybirds and a greater biodiversity. The group: Kerry, Lorraine, Brian, Peter, Fallan, Frankie and Alison plus support workers.

For further information on Columcille please contact Alison on 0131 446 6873 or email alison@columcillecentre.co.uk



BUILDING A HORTICULTURAL LIBRARY OR INTERESTED IN HORTICULTURAL FASHIONS & TECHNIQUES OF YESTERYEAR?

If you have space on your bookshelves and want to build your horticultural library we are on the look-out for a home for some much-loved "Gardeners Chronicle" magazines (August 1961-June 1965) and also a run of RHS journals "The Garden" (1986-2010 with just a few missing). These have been offered to us by a family who have inherited these from their late mother and are offered free to a good home. The journals would need to be collected from Trellis in Perth or at a networking event or our even our annual conference in March. We will only be able to give away each set in its entirety and not split each set up, ie you must take a whole set! Please contact the Trellis office if interested. Tel: 01738 624348 or info@trellisScotland.org.uk

Gardening with those with dementia

The value of specific reminiscence work with people with dementia was highlighted in recent research work with the Memories and Football Project, in which a team of health researchers from Glasgow Caledonian University discovered that the general well-being of male dementia sufferers could be greatly improved through reminiscence work based around a football nostalgia pack. In keeping with the specific reminiscence theme, Trellis coordinated a training course for network members on 22 September on the theme "Designing gardens for people with dementia and cognitive impairment." This very popular event was hosted by Annie Pollock. Annie is Director of Architecture and Landscape Design at the Dementia Services Development Centre at the University of Stirling, and also Principal of Arterre Landscapes established in 1987, which specialises in design for frail elderly people and particularly people with dementia. The course attracted great interest and was massively over-subscribed, we hope to run it again.

If you're in the Glasgow area and looking for training in various aspects of project management, the **Glasgow Council for the Voluntary Sector** provide a range of courses and workshops specifically for voluntary sector organisations to help them grow and develop in response to the changing environment. The courses are for Managers, Project Leaders, Board Members and Development Staff. See the GCVS training course web pages at http://www.gcv.org.uk/learning_and_development 11 Queen's Crescent, Glasgow, G4 9AS. For further information telephone 0141 332 2444, e-mail charlene.tannock@gcv.org.uk

Growing Communities in Scotland

It's been a very busy time for the Growing Communities in Scotland Fieldwork Co-ordinator Vicki Ferguson, traveling the length and breadth of the country attending community meetings, Scottish Government cross party committee meetings and a range of events, spreading the word about community and therapeutic gardening. She has also been recruiting and briefing two new members to the the Growing Communities team of freelance field workers. Vicki and her team of field workers have also been offering site visits to projects, either established or in the early stages of planning, to offer support.

We welcome Jean Gavin, known to many people for her work in the Hidden Gardens in Glasgow, and George Philip, a former Trellis Board member and past manager of VSA Easter Anguston Farm in Peterculter, Aberdeen where they provide training and therapeutic employment opportunities for adults with learning disabilities in Agriculture, Horticulture, Rural Skills and Conservation. Jean will be covering the Forth Valley area whilst George takes over the Aberdeenshire & Angus patch.

In between all this, field workers have been arranging a very lively season of networking events with Capability Scotland, Perth; HMP Castle Huntly, Dundee; Aberdeenshire; Ross- Shire and the Glasgow area all on the itinerary. There have also been training events in Basic Gardening Skills and Designing Gardens for those with Dementia and Sensory Impairment. Have a look at the schedule of events on the Trellis Home page and see if there is an event taking place near to you. Feedback from networking events is nearly always extremely positive, with attendees citing the huge benefits from meeting up with staff and representatives from other projects, sharing experiences, ideas, best practice and sometimes just offering a listening ear and moral support. We know how hard it can be to take a day "out of the office" but the opportunity to meet up at a network event can be very valuable especially for staff from the smaller projects that are more isolated, whether by geography or the nature of their work.

Most Recently Vicki played her part in the Federation of City Farms and Community Gardens national networking event which took place at the Scottish Natural Heritage offices at Battleby, near Perth on 8th October. Delegates enjoyed a range of workshops, case study presentations and yet more opportunities to network. Spot the theme?

Shirl's Garden Watch

<http://www.shirलगardenwatch.co.uk/>

Last Autumn, work began clearing space for a wildlife pond in my garden. Embarrassingly, I can't say it's finished. This is my first 'liner' pond. I'm doing it mostly myself with lots of ideas and heavy rocks. At the moment I'm attempting a stone dyke wall... in a curve to make things tricky too.

My garden will always evolve. I couldn't garden any other way. Realistically, a wildlife pond needs to be permanent hence the time I have taken to fully commit to its design. I have a vision... but nobody's told the rocks ;-)

Over the summer, too much time garden watching and blogging has left the garden needing attention as winter approaches. During the day Blackbird, Starling, House Sparrow, Blue tit, Great tit, Robin, Siskin, Greenfinch, Chaffinch, Goldfinch, Dunnock and Woodpigeon juveniles have all been spotted.



During the evening, night cams showed regular hedgehog visits for a while. They enjoyed the fresh water, dried mealworms, crushed peanuts, sunflower hearts and sultanas in a (single storey, rabbit hutch conversion) hedgehog feeding station. When it gets cold I expect they will be back. Meantime, mice and spiders have been seen running away with mealworms!

Three years ago, lack of winter shed space for obelisks resulted in a successful feeding experiment with cored apples. Blackbirds thoroughly enjoy them as have passing Black-caps. Apples went out today again. What fun this is to watch. Wishing you fun winter garden watching.

Arguing the case for local grant funding

A new leaflet from NAVCA can be used by local groups to argue the case for continued grant funding with LA's, commissioning officers and procurement professionals.

<http://www.navca.org.uk/publications/localgrants/Home.htm>

Using social media The Yorkshire and Humber regional ICT Champion has produced a guide to using social media, such as Facebook and Twitter, for small voluntary and community organisations. For people who don't use these sites it can appear frivolous, but the facts are that around a third of the UK population is on Facebook and around half of them check their profile every day. www.wmictchampion.org.uk/comms_strategy

The Woodland Trust – free tree planting packs for community and youth groups. The tree planting packs are designed to help groups plant more trees, hedges and copses in their local shared spaces. Packs will be delivered free to schools and youth groups in March 2011. Register online at <http://www.woodlandtrust.org.uk/en/plant-trees/help-advice/Pages/trees-for-communities.aspx>

**Beechgrove Garden-Position of Gardener**

The Beechgrove Garden is in a position to offer the post of gardener to a suitable applicant. The garden is situated 7 miles west of Aberdeen and exists solely to provide a facility from which a series of gardening programmes can be televised by Tern TV for BBC Scotland. Please see the Beechgrove Garden website at www.beechgrove.co.uk for further details.

The position offered is full time and a rolling fixed term contract subject to the Beechgrove Contract renewal with BBC Scotland. Reporting to the Head Gardener, you will assist in the maintenance and development of the garden as well as helping to prepare for programme items, and participate in the production process. Experience of a wide range of ornamental plants and their cultivation is required and knowledge of fruit and vegetable production would be an asset. High standards of workmanship and attention to detail are essential. For further details please see the full advertisement on the Trellis Vacancies web page at <http://www.trellisScotland.org.uk/jobs> or contact Evelyn Paterson on 01224 252306 email evelyn.paterson@terntv.com

**The Biodiversity Column**

With Catherine Lloyd of Tayside Biodiversity

With autumn upon us, our local resident **hedgehogs** will be considering where best to build a nest (or 'hibernacula'). Favoured places are under hedges, in the roots of larger trees, inside compost heaps, in log piles, or underneath a shed. They use old leaves and grass in the nest which can be up to 20" thick.

Hibernation tends not to be continuous, with hedgehogs waking up regularly, but rarely venturing out. They are extremely vulnerable to the vagaries of the weather as well as to disturbance. A solid wooden hibernacula can be provided for your resident hedgehog (check out a variety of plans for making your own at http://www.britishhedgehogs.org.uk/FAQS/hedgehog_homes.htm).

Ensure your hibernacula is a safe home by:

- using untreated wood, otherwise you may poison your hedgehog.
- place in a quiet part of the garden
- the entrance facing away from the north/ north-east.
- clean out the box in early April if it's empty (put a small light obstruction in the entrance to see if it gets pushed out of the way overnight, a sign it's still being used).

In the garden, be hedgehog aware and always check bonfires before lighting them as they can be a favourite nesting place. Gently disturb a compost heap before turning it over properly with a garden fork, remove netting rather than leaving it hanging around, go carefully with strimmers and make sure any drainage covers are properly fixed and unlikely to move. Dog loos need to be kept covered too, while a simple ramp made out of a couple of thicknesses of chicken wire will help save a hedgehog, if it falls into a pond.

Don't use pesticides or slug pellets as these can seriously affect, or kill, hedgehogs. The best you can do for them is to provide plenty of opportunity to find slugs, beetles, earwigs, earthworms and spiders - all favourite food. So a log pile, compost heap, woody shrubs, permanent herbaceous borders with plants left to over winter, walls and hedges, ponds with sloping edges: all "des res" to your resident hedgehog. There is lots of advice available from the British Hedgehog Preservation Society at www.britishhedgehogs.org.uk,

Permaculture Training, Community Gardens, Skye, 26-28 Nov. A weekend introductory course on permaculture, focusing on community gardens. Cost is £60 or Free for Local Residnets. Contact Angus Robertson at angus@cleansleat.co.uk or call 01471 820342 www.cleansleat.co.uk/#/news/4542515290

Funding News

For comprehensive funding search facilities contact your local authority or volunteer centre. Here are a selection of sources from the Trellis web pages <http://trellisScotland.org.uk/funding>

Funding Scotland is a new organisation which aims to make applying for funding in Scotland quicker and easier. They do this by providing an online platform for organisations seeking funding and organisations offering funding to work more efficiently. www.fundingscotland.com

Gregg Foundation Grants. Local not for profit organisations such as charities, charitable companies, churches and schools can apply for grants of up to £2,000 through the Greggs Foundation regional grants programme. Most of the grants are to support an identifiable cause such as trips, activities and equipment. Prioritises the following people: People with caring responsibilities; People with disabilities; Homeless people; and Older people. Applications can be submitted at any time. See www.greggsfoundation.org.uk/regionalgrants.html

Aberdeen City CHP Health Improvement Fund. Aberdeen City Public Health Forum invites proposals for Health Improvement Funding (HIF) to support initiatives that improve health and tackle health inequalities in Aberdeen City. Two funding categories: over £3,000 and £3,000 and under. Contact Anna Britain, Administrator, Public Health Team, Aberdeen CHP, Tel: 01224 555216 anna.britain@nhs.net

Scottish Natural Heritage - Biodiversity funding. Up to £250,000 is being released by Scottish Natural Heritage (SNH) over the next two years to deliver biodiversity conservation at a local level. <http://www.scotland.gov.uk/News/Releases/2010/08/25101132>

North British Hotel Trust

The North British Hotel Trust offers grants to organisations for a broad range of charitable activities, including the relief of people disadvantaged through poverty, ill health and disability; advancement of education; and community development. The Trust is managed by the Crerar Hotel Group and support projects where hotels are located, i.e. Scotland and Yorkshire. For more information, please visit: <http://www.crerarhotels.com/charity>

Guide Dogs Could Change Your Life

Did you know?

- A guide dog can offer a unique, safe and effective way of getting about independently and confidently.
- You don't need to have lost all your sight. Most people who own a guide dog still have some vision.
- You don't have to be formally registered as blind or partially-sighted either.
- There is no upper age limit. People in their seventies, eighties and even nineties become successful guide dog owners.
- It costs just 50p to have a guide dog. All essential equipment and training is provided by Guide Dogs, the cost of vet bills and dog food can be covered if people wish.
- No previous experience of keeping a dog is necessary. Providing you are committed and able enough to work with, support and care for a guide dog then our training will teach you all you need to know.
- It's not just about improving mobility. A guide dog and its owner exist as a partnership, and the companionship, loyalty and fun that each partner brings to this relationship can be immensely rewarding.

*Simply call **Guide Dogs Scotland** on 0845 372 7499 and we will arrange to come and talk to you, informally and confidentially, to help you decide if a guide dog might be suitable for you. Our staff understand how severely people's independence can be affected by sight loss, and they can explore the best way of meeting your specific need. There is nothing to lose and potentially much to gain by exploring all the options - so get in touch!*

Contact Trellis at 40 St John Street Perth PH1 5SP

Phone 01738 624348 or email info@trellisScotland.org.uk or access us online at <http://trellisScotland.org.uk/home>

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 and edit. The next deadline is the 20th December 2010.

Copies of The Propagator newsletter can be downloaded /printed from <http://www.trellisScotland.org.uk/newsletters>

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