

Spring 2007

Issue 2



*The First Trellis Conference, March 14<sup>th</sup> 2007*

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*Photo courtesy of The Dundee Courier*

**Trellis Network Events**

Ayrshire: 17<sup>th</sup> April 2007  
**Hansel Market Garden,  
Symington, KA1 5PU**

To book, Tel: 01738 624348  
or Email:  
hortictherapy@yahoo.co.uk

Over 100 of us attended the inaugural Trellis conference on March 14<sup>th</sup> at Dundee College. The atmosphere of the day was one of enthusiasm and camaraderie. Judging by the delegates' evaluation returns the day was a success with very positive responses to the programme of workshops, forums and exhibitions on offer.

This picture, published in the Dundee Courier, shows a group of delegates enjoying the tour of the horticulture facilities led by Gordon Croll, Team Leader of horticulture at the College. Thanks to all those who helped run the day and to everyone who attended for making it such a memorable event.

*Trellis on the Web*

We have begun to prepare the ground on our virtual plot. But what should we put there? We want to make sure the site is helpful. Tell us what kind of features would be useful for therapeutic horticulturalists in the space dedicated to their work. Complete our fast online poll, or log in to post your comments on the Forum. You can also send us your comments by email.  
[www.trellisscotland.org.uk](http://www.trellisscotland.org.uk)

*"All the workshops I attended were relevant, interesting and useful."*

Many felt that they had gained a lot from the activities on offer – developing contacts with other projects and practitioners, sharing ideas about how best to work with clients and picking up a few gardening tips along the way.

*"I feel more informed and therefore more confident..."*

**Photo Call**

The Trellis stall at the Gardening Scotland Show, Ingliston, June 1-3<sup>rd</sup> aims to spread the word about therapeutic gardening. We'll highlight the great work done across Scotland in a slide show and display. If you have any good photographs from your project we'd love to use them. Send contributions by post or email to Trellis. (See back page.) Digital images/print copies that don't need returned are easiest. Please ensure you have consent from individuals featured.



## *The Milltown Community*

**Scottish Allotment Gardens Society Conference - 16th June, Victoria Halls, Dunblane.** Theme 21st Century allotment gardening techniques. They have also published the preliminary findings of their Audit of Scottish Allotment sites on their website. If you are looking for an allotment plot, you can find the site nearest you by putting your area into the search facility at this link:

<http://www.sags.org.uk/PreImAuditResults1.php>

### **Our Garden**

Nine years ago we started growing a wide range of vegetables but we soon found our real interest was in flowering plants. We are able to offer a wide range of annual and perennial plants to the local public with the main focus on growing fuchsias. As fuchsias are relatively easy to grow a lot of our workers can join in with the growing process. Our main activities now are growing plants and producing a range of craft items to sell locally as well as restoring donated hand tools to be sent off to projects in Africa.



*Peter Grimm writes ~*

### **Our History**

Milltown began in 1976 as an independent community giving a supported home-life to six adults with learning disabilities. In 1990 Milltown became a Camphill Community and in 1996 we started the Day Workshop to provide supported work activities for the residents in the house and for people living locally.

The workshop aims to give every individual a meaningful work activity in a supported environment.

Over the years the Workshop has steadily grown in size and we now provide placements for 20 people. Most of our workers have learning disabilities but we also have people with received brain injuries and some recovering from strokes. The foundation for the success of our first ten years has been our dedicated and motivated staff team, bringing many different skills together and all with a great deal of good humour.



### **Our Future**

These are exciting times at Milltown. The vision we had for many years is coming to fruition. Our own Garden Centre! Earlier this year we were able to buy the grounds and buildings we use, as well as five acres of adjoining field. Subject to successful planning permission and fundraising we plan to buy and erect an additional large greenhouse. This will give us the possibility of growing more plants and a wider range of varieties. It also creates more working space,

which we need as the number of workers continues to grow. We want to establish a sales outlet at Milltown to encourage members of the local community to visit and allow the sale of plants to take place in a more relaxed atmosphere where our workers can participate fully and experience the social interactions that help them to understand how much people value their work. For more information: Call **01561 362882** or email [milltownworkshop@btinternet.com](mailto:milltownworkshop@btinternet.com)

## Parklea Association

*Robert Kelly writes ~*

Parklea Association operates as a horticultural training facility and provides educational, recreational, work activity and social facilities for a variety of people including adults and children with learning and/or physical disabilities, those with sensory impairments, complex training requirements and mental health issues.

We mainly offer horticultural skills training but also provide information technology training, office skills and work experience opportunities within a supported and caring environment. We have programmes of support for long term unemployed, elderly and community groups.

Our idyllic site nestles in parkland on the outskirts of Port Glasgow on the south bank of the Inner Clyde Estuary, which is a Site of Special Scientific Interest.



It's a peaceful location with views towards Ben Lomond to the north and the Argyllshire Hills to the west. We warmly welcome everyone to Parklea, and look forward to forging links with other organisations.

All areas of our centre are accessible to people with disabilities and our new café offers a range of hot and cold food and refreshments. For information call Sharon or Robert on **01475 744516**

## Easter Anguston - The Big Picture

In November 2006 we decided to introduce a number of trainees to basic digital photography. Trainees were involved in every stage of the experience from the initial purchase of the camera and ancillary equipment, through to printing selected photos at a local supermarket. A basic achievement record was set up to chart trainees' progress as they learned to use the camera.

As well as learning a new skill, the photos provide an ongoing record of our work and achievements –from planting raspberry canes to a day out at the Agricultural Spring Show in Inverurie.

Digital photography offers many advantages including low running costs after initial outlay on equipment. For the trainees the immediate viewing of their pictures on the PC is the interesting and exciting part. When asked what they enjoyed most about the photography



*Pictured: Jonathan and Grant, two trainees currently on the photography program*

sessions, trainees typically respond with, "I just like to take pictures". Nothing to do with the fact that taking pictures beats cleaning the cattle shed or lifting carrots any day of the week! Located one mile west of Peterculter on the outskirts of Aberdeen, **Easter Anguston Farm** provides

*vocational training and community-based supported accommodation for young people with learning disabilities. Visitors can purchase fresh produce & plants in the Farm shop, or enjoy the Farm Walk Nature Trail.*

**www.easteranguston.org.uk**  
**Tel: 01224 733 627**

**Funding News****The Yapp Charitable Trust -**

Grants up to £3,000 for up to three years available to small charities working with elderly; children and young people; people with disabilities or mental health problems; people trying to overcome life-limiting problems of a social, rather than medical, origin e.g. addiction, abuse, a history of offending; Next deadline - 26th May 2007

[www.yappcharitabletrust.org.uk](http://www.yappcharitabletrust.org.uk)

**Comic Relief**

The next application deadline for funding through Comic Relief's Red Nose Programme is 8<sup>th</sup> June 2007. This is Comic Relief's largest grant making programme and focuses on supporting community based projects that work with young people, older people, people with mental health problems, refugee and asylum seekers as well as tackling domestic violence and deprivation.

[www.comicrelief.com/apply-for-a-grant/uk/](http://www.comicrelief.com/apply-for-a-grant/uk/)

**Community Food & Health (Scotland)**

Small Grants for projects working to improve access to/take up of a healthy diet. £500-£3000, open April 19<sup>th</sup>. [www.communityfoodandhealth.org.uk](http://www.communityfoodandhealth.org.uk)

**Biodiversity Update**

There is much happening in the world of local biodiversity. In Tayside more Action Plans will be published during 2007, including the "Community Gardens, Orchards & Allotments" Habitat Action Plan (HAP) and the "Hospitals, Sheltered Housing & Nursing Homes" HAP. The Partnership is also working on more than 50 initiatives over the next three years. This will include the "Bee Wild" Project (specific native plantings, in schools and local communities, to encourage bees, birds and bats), a Greenspace & Community Gardens Initiative, a Wildlife Tree Project (raising awareness of fruit, berry and nut-bearing trees good for wildlife), the Tayside Ponds Initiative, and a Sheltered Housing & Hospitals Biodiversity Project – to name but a few!

Many Local Biodiversity Partnerships now offer small grants for practical work to enhance habitats and species.

The Tayside Biodiversity Action Fund has quarterly deadlines, the next one being 27<sup>th</sup> April.

Further details on grants or local projects are available from Catherine Lloyd, the Tayside Biodiversity Co-ordinator:

tel. 01382 434000 or email:

[tayside.biodiversity@ukf.net](mailto:tayside.biodiversity@ukf.net)

Or log on to the website (there are wildlife games and quizzes here too):

[www.taysidebiodiversity.co.uk](http://www.taysidebiodiversity.co.uk)

If you are outwith Tayside, check the Scottish Biodiversity Forum website to find out more about your area:

[www.biodiversityscotland.gov.uk/](http://www.biodiversityscotland.gov.uk/)

**Biodiversity - 'How to Help' Slot No. 1**

Did you know that the swift population in Scotland has declined by some 62% in recent years? As this is such an alarming statistic, what can we do to help?

Swifts do not build mud nests as swallows and house martins do – they just use small crevices under eaves and roof tiles, so although we could provide a special nestbox, a simple action would be to only carry out work on or near roofs before May or from the autumn.

If you see swifts in an area where builders are working they may not be aware that scaffolding or netting can exclude the birds.



Concern for Swifts Scotland (tel. 0141 554 8262; e-mail [swiftscot@yahoo.co.uk](mailto:swiftscot@yahoo.co.uk)) liaises with the construction industry and can advise how to avoid such exclusions. Further information about swifts is available from either [www.concernforswifts.com](http://www.concernforswifts.com) or [www.london-swifts.org.uk](http://www.london-swifts.org.uk). A selection of nestboxes is available from Jacobi Jayne & Co. – 0800 072 0130. Or volunteer just one summer evening to count swift colonies in your neighbourhood and contribute to the Town Swift Surveys taking place all over Scotland. Contact Concern for Swifts Scotland, or download a survey form from [www.taysidebiodiversity.co.uk](http://www.taysidebiodiversity.co.uk)

## Peace of Mind Garden

A new garden in King's Park, Stirling will provide a place for people to volunteer, learn about gardening and enjoy the local wildlife. The idea for the Peace of Mind garden, which officially opened to the public on Friday, 23 March, came from people in Stirling with experience of mental health difficulties, who wanted a garden to work in and enjoy.

The project has taken nearly two years of planning to come to fruition and has involved many individuals and organisations in what has been a real community effort. Working closely with Stirling Council, a Working Group, led by Stirling Users Network, a mental health advocacy group, planned the garden after consulting with a wide range of people and secured funding from Scottish Natural Heritage, Stirling Council and the Venture Fund. The garden has been constructed by the British Trust for



Photo: Mike Hamilton

Conservation Volunteers (BTCV) and planted by volunteers from local mental health services, a local school and further education college. It will be maintained by volunteers from across the local community.

The project hopes to increase public awareness of the close relationship between good mental and physical health and general well-being. For further information - **Stirling Users Network, tel: 01786 446159**

## Contact Trellis

Bell's Cherrybank Centre  
PERTH, PH2 0PF  
Phone: 01738 624348  
E: [hortitherapy@yahoo.co.uk](mailto:hortitherapy@yahoo.co.uk)  
Mob: 07770 724399

*Trellis is the national charity that supports, promotes and develops horticulture for health, well-being and life opportunities for all.*

## Submissions

'The Propagator' is your newsletter. We need your input. Send short project profiles (c200 wds), news, letters/rants, tips, poems, recipes, diary dates and ideas by email or post. **Next deadline is 20<sup>th</sup> June.**

You can now download the newsletter from [www.trellisscotland.org.uk](http://www.trellisscotland.org.uk)

**FCFCG National Networking Event**  
28<sup>th</sup> September, Battleby Centre, Perth. The Federation of City Farms & Community Gardens would like to hear your ideas about what to plan for this year's event. Call Naomi- 0131 623 7058; Email: [Naomi@farmgarden.org.uk](mailto:Naomi@farmgarden.org.uk) [www.farmgarden.org.uk](http://www.farmgarden.org.uk)



**Able Gardener**

...bringing comfort to gardening



## Money Off Voucher

Able Gardener's mission is to bring comfort to less able gardeners. Whether affected by advancing years, a disability or perhaps recovering from an operation, we hope we have something to help amongst our range of over 300 gardening accessories, tools and gifts.

We are delighted to have this opportunity of working with Trellis. As part of our launch to promote Trellis as one of our charity partners, we would like to offer Propagator readers a 10% discount on orders of £15 or more (net of carriage), placed with Able Gardener **before 15th May 2007.**

*Please call Jan on 01738 639222 and quote **TR040Z** to place your order and take advantage of this special offer.*

Visit [www.ablegardener.co.uk](http://www.ablegardener.co.uk) to view our product range.

