

Spring 2008

.....
Issue 6**Inside this issue:**

Trellis News & Events	1
Projects on Show.....	2
Web sites to visit.....	2
Q & A ~ Getting to know... Lord Haddo	3
Conservation & Biodiversity	4
Shirl's Garden Watch.....	4
Submission & contact details	4

Trellis Network Events**Arbroath, 9th April 08**HOPE Trust, grounds of
Hospitalfield HouseTo book, Tel: 01738 624348
or Email:info@trellisscotland.org.uk**Trellis Funding Award**

The most exciting news of the year for us is that the Big Lottery Fund have awarded Trellis four year funding for a programme of work to support therapeutic gardening projects in Scotland. In partnership with the Federation of City Farms and Community Gardens, our work will expand to offer new training events, field visits and increased information resources and profile-raising work. The Scottish Government Health Department has also backed us with three year funding to develop our work in support of projects that use gardening to improve the health of so many people across the country.

Annual Networking Conference ~ 17th March 2008

On March 17th, over 90 people gathered at Dundee College for our annual conference. Geoff Huggins, Director of the Scottish Government Mental Health Division, kicked off the programme with an inspiring address about how gardening projects fit into mental health improvement plans in Scotland. Listeners were as much impressed by the content of his presentation as by his witty style. Several people were able to chat to Geoff afterwards and felt they had made a very useful connection. Next up were four project profiles from Orkney, Dundee, Ayrshire and Caithness. Delegates particularly like this

feature as it's a chance to see what's going on in other parts of the country, and perhaps pick up new ideas. Our workshops, covering gardening with combat veterans and running organic box schemes among other themes, were popular as ever and the Gardeners' Question Time after lunch, hosted by our own Jim McColl, went down a storm. Next year, much as we all loved Dundee College and its great facilities, we'd like to find a venue further to the West to make it less of a trek for network members based on that side of the country. If you know of a suitable venue, we'd love to hear from you.

*Jim McColl, Colin Stirling, Gordon Croll & Mike Hamilton share their expertise***Trellis Membership Scheme Launched**

We are pleased to announce the launch of our Trellis membership scheme. We've already had a very good response, following the conference. You can become a member by filling in our form (available from the usual contact details or download it from our website). Being a member of Trellis means you are helping us to represent the interests of therapeutic horticulture projects, and you will benefit from all the services we offer (conference, network meetings, newsletter, etc). Membership is by donation, so you pay what you can afford.

Projects on Show

The Annual Trellis Conference offered a great opportunity to sit back and hear all about the work going on at other projects in the network. We heard from four such projects who came along to Dundee from opposite ends of the country to tell us all about themselves.

Food Steps ~ based in Orkney and run by Lynne Henderson of NHS Orkney's Health Promotion Dept. The project is for those with physical/learning disabilities and operates over four sites in Orkney. The aim is to expand 'food awareness' within these groups and improve lives through physical activity, education, being outdoors and of course having fun. The project is funded by Community Food & Health (Scotland).

Contact Lynne: lynnehenderson@nhs.net or through the Trellis office.



The Chrysalis Project ~ sited within the grounds of Dundee College's Melrose Terrace campus, is a training project run by SAMH (the Scottish Association for Mental Health). They work in partnership with the college delivering SVQ1 in Amenity Horticulture. The trainees are adults experiencing mental health problems who attend the project for up to 3 years. Chrysalis has a 'moving on' approach and trainees are encouraged to take up further education or employment on completion of their SVQ. Chrysalis also has established a partnership to deliver the John Muir Award and has given over a dedicated area of the grounds as a 'wild space' for this purpose. (John

Muir Award: <http://www.jmt.org/john-muir-award.asp>)

Contact Kevin: chrysalis@samhservices.org.uk or through the Trellis office.

Caithness Food & Horticulture ~ Douglas Henderson runs this Wick-based project and gave an insight into the project and their future plans. The project has developed many strands including promoting healthy eating, reducing food miles, (a big issue for those who live in more remote areas of the country), creating local links between the food producers and consumers and running training events. They have been out and about in the community doing tasting sessions and introducing children and adults alike to more exotic tastes from the world of fruit and veg. Within their facilities they hope to produce many different crops year-round in Caithness (not the friendliest of climates) to promote a healthier diet and lifestyle in this isolated area of Scotland. Contact Douglas: douglas.smithycroft@btinternet.com or through the Trellis office.



Gardening Leave ~ This project, unique within the network, was set up by Anna Baker Cresswell a year ago and is an inspiration to many of us. The project works with ex-service personnel suffering combat-related mental health problems and is based at Auchincruive in Ayrshire. Veterans come to the project from the nearby Combat Stress centre at Hollybush House. Gardening Leave is a pilot project and the aim is to collect as much evidence as possible of the benefits attendees gain from their experiences in the gardens to enable horticultural therapy to take its place as a recognised treatment intervention for this client group.

Contact Anna: info@gardeningleave.org or through the Trellis office.

*Trellis responded to the 'Towards a Mentally Flourishing Scotland' Consultation on behalf of gardening projects. Upcoming consultations where we feel gardening groups should have a say are those on **Food** and also on **Physical Health of people with Mental Health problems**. These consultations can be found on the Scottish Government website (<http://www.scotland.gov.uk/Consultations/Current>) If you'd like to make some suggestions as to what we should include in our responses, please get in touch.*

A Shovel-full of Interest ~ 5 useful websites for you to browse

Lantra – <http://www.lantraonestopshop.co.uk> - This 'One Stop Shop' for training allows you to search thousands of courses and training providers throughout Scotland including some very useful H&S courses

Chicago Botanic Garden – <http://www.chicagobotanic.org/therapy/resources>- information about enabling gardening, adaptive tools, horticultural therapy books and other therapeutic gardening resources

NICE – Physical Activity & the Environment – <http://www.nice.org.uk/PH008>- download NICE's Quick Reference Guide, offering guidance on how to improve the physical environment to encourage physical activity

Blind Gardening – <http://www.freewebs.com/batfromhell/blindgardening.html>- information to help blind and partially sighted gardeners make the most of their interest – but we rate this as a great website for all

Highlands & Islands Local Food Network – <http://www.hilocalfood.net> - a group of food consumers, farmers, crofters, community groups, retailers and projects from across the Highlands and Islands who are working together to make fresh, locally grown food more available in our communities

Q & A ~ Getting to know...

Happy Birthday to You !

Our best wishes and many happy returns to the Gardening Leave project at Auchincruive who celebrate their first birthday on 16th April. Gardening Leave works using gardening to improve the lives of those who have been in the armed forces and provides a peaceful, unpressurised environment where veterans can participate as much or as little as they choose.

Gardening Scotland '08

This year Trellis will once again have a presence at the Gardening Scotland Show at the Royal Highland Centre, Edinburgh from May 30th to June 1st.

The Show is the highlight of the gardening year in Scotland, providing dedicated gardeners with access to specialist nurseries and growers from all over the UK and giving new gardeners all the inspiration and advice they need to make the most of their own gardens.

Come along and visit us within The Living Garden area, alongside other leading environmental organisations all on hand to give advice on living and gardening for health and in harmony with nature.

Further details from:

www.gardeningscotland.com

Lord Aberdeen ~ In 1995, following a successful London-based career in property, Lord Haddo moved with his family to the Haddo Estate which, through great effort and teamwork, he runs successfully alongside carrying out residential developments around Aberdeenshire. He became a patron of Trellis in 2007.

What's the best advice you've been given?

There were two very successful people who were on the board of directors for my company in London. One of them always advised me to "never put off to tomorrow what you can do today" and the other said "always try and learn something new every day". Both statements are as important to land based businesses as they are to life in general.

Who has been your most influential mentor/biggest inspiration and what did they teach/inspire in you?

I have been married for 27 years and have always sought and acted upon advice from my wife and also have four lovely children. I enjoy my work and play but this may not have been the case if my wife hadn't introduced me to a friend of hers in the property world who in turn introduced me to a young up and coming development company. I went for an interview which I didn't feel went very well but my wife persuaded me to write to say how enthusiastic I was and I was offered a job which was the springboard to a most enjoyable career. Moral is - if you don't ask you'll never receive!

What mistakes have you made and what did you learn ?

When I applied for a degree course at a polytechnic in London, I inadvertently put down Quantity Surveying which in those days was a pretty tedious profession. However, I stuck at it for 6 years and it has given me an eye for detail which has always stood me in good stead for all the work I do today.

What is your favourite gardening chore?

I am very lucky in having a wonderful (lady) gardener who works tremendously hard. If I had a favourite chore it would be mowing the lawn. A great chore is going down the vegetable patch and picking something for lunch or dinner but sadly this is only for about 4 months of the year. It just tastes so much better.

And your most loathed chore?

Getting rid of the grass clippings! Also, I love cooking so I enjoy food shopping but I hate all other forms - it is something my wife and I never do together which explains 27 years of marriage!

Can you recommend a great gardening book?

I always say that no house is of any quality unless it is well landscaped. Therefore I like the book Gardens of a Golden Afternoon which is the story of the partnership of Edwin Lutyens, a great architect, and Gertrude Jekyll, a wonderful and imaginative garden and park designer. Their work endures today.

What would you save if your garden shed was on fire?

If my house was on fire, I would ensure my family and dogs were rescued. My mother was a very well known ceramicist and I have a good collection, so I would try and save something of hers. If it was the garden shed, rub my hands and think what I could get on insurance!



Trellis Network meeting: Poolewe – 27th February 2008

Attendees enjoyed a great day out at Ann Nash's project at Poolewe in Wester Ross. As you can see the sun even shone down as the group toured the gardens with the sea as a most spectacular back-drop. It was indeed a very worthwhile trip for all and we were particularly pleased to have been able to organise an event that benefited those who really do work in some of the most isolated areas of Scotland and where being able to network and feel part of a wider group can be so important.

We are looking forward now to our next event at the HOPE project in Arbroath on April 9th and hope that the weather is equally kind to us.

Shirl's Gardenwatch ~

is an online diary following the seasons through plants, visiting birds and wildlife. Her aim is to inspire others to take a closer look at what goes on in the garden.

Spring is definitely my favourite time of year. Looking around my garden I've seen spring bulbs like crocus and narcissi opening their flowers during warmer sunny days with fritillaries and primulas to follow. I love to see the pale primrose, that I grew from seed, self-seeding itself nicely around my garden.

Nesting birds will soon be collecting material for making nests and then they will be collecting extra food from the feeders to feed their young. Of course, then they will all descend into the garden around the feeders with the young waiting for the parents to feed them. Not a quiet time in the garden but fascinating to watch!

What else will visit the garden in spring? Butterflies, bees and I am hoping for hedgehogs. I made both a feeding station and a winter home for hedgehogs after they visited last year. I wonder if the home was used. They were great fun to watch so I do hope we see them again.

Ah... but May/June with the blue meconopsis flowering through golden ornamental grasses is my favourite image of Spring.

Visit Shirl's Gardenwatch at:
www.shirलगardenwatch.co.uk

Conservation & Biodiversity News

~ from the Tayside Biodiversity Partnership

Our regular contributor, Catherine, has been so busy, we thought we should give her a break. On looking through the Tayside Biodiversity website, <http://www.taysidebiodiversity.co.uk> we found this useful publication, 'A Developer's Guide', which we felt held some good tips for those of you considering starting up a new project or who may be looking at redeveloping an existing one:

- **Retain** or create wildlife corridors (such as hedges and hedgerow trees, shrubs, rough grassland or buffer zones alongside field edges, hedgerows and ditches)
- **Link** open spaces with strategically placed trees, shrubs or grass verges
- **Retain** or create copses, different canopy layers – shrubs, small berry-bearing native trees, standard or mature trees
- **Landscaping** with biodiversity in mind should be considered for all new developments, whether large or small. Use native / wildlife friendly plants where possible. Check <http://www.floralocale.org/> for grassland/woodland flora advice.
- **If newts** are to be encouraged ensure a sizeable amount of rough grass and if possible woodland nearby as they use land within a 500m radius of their ponds. A Conservation Handbook is available from <http://www.froglife.org>
- **Encourage** wildlife-friendly climbing plants in new landscaping schemes on houses and boundary fences/walls – honeysuckle, ivy, dog rose, wisteria, dogwood, cotoneaster. Comprehensive wildlife gardening CD available from <http://www.plantpress.com>
- **Consider** using innovative green or 'living' roofs on community or commercial buildings, residential garages, outhouses, etc. Check <http://www.livingroofs.org>
- **When renovating** old walls consider the use of lime mortaring, if appropriate, to safeguard mason bees.
- **Retain** mature and veteran trees for their high biodiversity value, and where appropriate and safe to do so, leave some dead wood standing or lying.



Also available from Tayside Biodiversity is their new booklet: "Community Gardens, Orchards and Allotments"

Call: 01382 430042 or download a copy from:
www.taysidebiodiversity.co.uk

Contact Trellis

Bell's Cherrybank Centre
PERTH, PH2 0PF
Phone: 01738 624348
E: info@trellisScotland.org.uk
Mob: 07770 724399
Trellis is the national charity that supports, promotes and develops horticulture for health, well-being and life opportunities for all.
SC 037429 ~ Company no. 299227

Submissions

'The Propagator' is your newsletter. We need your input. Send short project profiles (c200 wds), news, letters, tips, poems, recipes, diary dates and ideas by email or post.
Next deadline is 20th June 2008. You can download the newsletter from:
www.trellisScotland.org.uk/newsletters

Cherrybank closure:

With the proposed closure of Bell's Cherrybank Centre, we have to look for a new office. We are hoping to keep our telephone number, and of course our email address will remain unchanged.