

Winter 2009**Issue 13**

Inside this issue:

Page 1

Trellis Update

Page 2

Project Showcase

Growing Communities in Scotland News

Page 3

Funding News

Biodiversity Column

Page 4

C17th Gardening Tips...

Page 5

Shirl's Garden Watch

News Clips

Page 6

Evaluating Your Project

*Looking Forward to a Healthy Gardening Year in 2010*

2010 is already set to be another productive year as planning for the Trellis Conference is already underway. The focus is explicitly on 'gardening and health' and the keynote speaker confirmed as Dr Richard Simpson MSP, Labour Deputy Party Spokesperson on Health. Richard was a GP and Consultant Psychiatrist (Addiction) before becoming the MSP for Mid Scotland and Fife and is himself a keen gardener. Recent reports of higher than ever anti-depressant use in Scotland with 'One in ten adults is now taking medication to combat depression' (Herald Scotland 16.12.09), mean the case for alternatives to medication for treating depression has never been more persuasive. Trellis is keen to promote the benefits of gardening for mental, physical and social health. All garden projects have much expertise, insight and practical knowledge of promoting health & gardening - we would like to invite you to come along to the Trellis Conference to share that knowledge. Programme details and the Booking Form will arrive in your mail soon and are also available from the trellis web pages at www.trelliss.org.uk

Trellis Conference

This 4th *Trellis Conference*, focusing on health & gardening will take place in Perth Concert Hall, Mill Street, Perth PH1 5HZ on Wednesday 17 March 2010. Further details available on the Trellis web pages shortly - meantime please put this date in your diary!

Growing Communities in Scotland**Training Events:**

29th January 2010

Year Round Garden Activity Planning at Suntrap Garden, Edinburgh 9.30pm-4.30pm. Booking Forms available online or phone Trellis 01738 624348

February 2010

Community Engagement - if you would like help in any aspect of engaging your community please let us know. Further details available soon, please contact Naomi at naomi@farmgarden.org.uk

Networking Events

Wednesday 3rd Feb, Lilybank resource Centre, Forfar, see web pages for further details.

Thinking of Spring?

Join the Seed Swap Event in the *Old Parish Church Hall, Glebe Street, East Kilbride* on the *30th of January 2010, 12 noon - 3pm*. All are welcome to come along and bring some seed if you have any. This seed swap event provides free open pollinated and heritage seeds, seed saving instructions and free local course sign-ups for the coming year. It's an opportunity for fellow Scottish seed savers to get together and swap their own locally adapted seed varieties. We also hope to have other seed saving groups who are interested in joining this new Scottish network, come along.

The web link is: <http://www.ekdevtrust.com/seedexchange.html>

For further information on items in this edition of The Propagator see the Trellis web pages at <http://www.trellis.org.uk> or to join our email network please contact: info@trellisscotland.org.uk

Look no further than the Oswald Avenue Garden Project for inspiration...

Sight, sound, touch and smell all make the Oswald Avenue Centre garden a haven for therapy and relaxation. The garden was officially opened in Grange-moath on 25th June 2009 and represents 3 years of hard work by day centre staff, service users and Falkirk Council staff. The original garden at the centre, which provides services to adults with learning difficulties, lacked any interesting features and was rarely used so centre service users contributed their thoughts and ideas about what they would like to see in the garden and how the garden would be created and used.



The project was not intended as a garden makeover but to produce a working garden where service users could learn and practice their gardening skills - weeding, pruning, dividing and propagating plants. Specific plants were chosen to stimulate the senses and also to create areas for relaxation and reflection. Funding and resources came from a variety of sources: local business and organisations donated money and material; the Oswald Avenue Donations fund contributed a sum of money; whilst the Council's Criminal Justice team organised a work force to do the hard landscaping. It is hoped that the garden will also be enjoyed by many groups in the Falkirk area. To access the Garden please contact Karen Evans, Day Centre Officer, Oswald Avenue Day Centre, Falkirk. Tel. 01324 501380

Growing Communities in Scotland

...ideas for all year round garden activities...news...

If your garden is snowbound, you've already cleared the paths and made a snowman then some of the winter events organised by Growing Communities in Scotland (Trellis, the Federation of City Farms & Community Gardens and the Allotments Regeneration Initiative) may encourage you to take up some more winter garden activities and plan for the coming year :

Ideas & Inspiration Day - Year Round Garden Activity Planning on Friday 29th January 2010 at Suntrap Garden, 43 Gogarbank, Edinburgh EH12 9BY, with Lou Evans, "Growing Communities" Fieldworker as host. From 9.30pm (for a prompt 10am start) - 4.30pm.

The day will enable you to take away lots of ideas to use in your project & give you confidence to plan a full calendar of inspiring garden related activity. Including practical advice and ideas covering areas such as: Sowing /Planting /Cropping in the appropriate seasons; Soil preparation; Crafts & other Garden related activities; Ideas for bad weather days; Winter activities indoors & out. **Please bring along details of an activity, craft or resource that works for you!**

Let us know what you would like to see included on the day by completing the Booking Form (available from the Trellis web pages) & returning it by 18th January 2010, to the Trellis Office. Cost: £20 to members of Trellis/Federation of City Farms & Community Gardens; £35 non-members ;£70 individuals who are not part of a Community or Therapeutic Horticulture project. Cost includes, training, refreshments and lunch.

Community Engagement Training, February 2010

If you would like training in any of the many aspects of community engagement please let us know. Further details of dates /venue available soon. Contact Naomi Knights at naomi@farmgarden.org.uk .

Networking Events : NE Scotland 3rd February 2010 at the see the web pages for further details .

Fieldworkers Taking us up to a total of 8 fieldworkers across Scotland, we're delighted to welcome Kate Kelly to the team for the Glasgow area. She will be taking part in induction training and contacting Glasgow projects over the next couple of months . If you would like a fieldworker visit from any of our fieldwork team please contact Vicki Ferguson, Fieldwork Co-ordinator on 01738 624348 or email Vicki@trellisscotland.org.uk or mobile 07588 780297

Funding Snippets

The Voluntary Action Fund

The Voluntary Action Fund Community Chest is investing in small voluntary and community based organisations throughout Scotland, promoting the inclusion of those most excluded within their communities. *In 2010 applications are particularly welcomed from groups based within North Ayrshire, South Lanarkshire and West Dunbartonshire.* Applications are welcome throughout the year, an application form and guidance notes are available from the VAF web-site at www.voluntaryactionfund.org.uk. Alternatively call 01383 620780.

The Scottish Community Foundation

The Scottish Community Foundation distributes funds on behalf of a range of donors via the Community Grants scheme which offers grants of up to £5,000 to constituted not-for-profit groups. Community Grants is a rolling programme with no deadlines. Full details can be found on the Foundation's web site at: <http://www.scottishcf.org/strengthening-communities/apply-for-a-grant/scotland-widegrant-programmes/general-grants-to-5000>

First Group Grants-Young People, Health and the Environment The First Group supports a range of charitable causes and community organisations in the communities which they operate. The charity and sponsorship committee considers applications for a range of charitable activities including those that will benefit young people, health and wellbeing, or environmental Activities For more information, please visit: http://www.firstgroup.com/corporate/community/charity_and_sponsorship.php

DR GUTHRIES ASSOCIATION

What's it for? Welfare of children and young people in Scotland. Who can apply? Charities operating in Scotland What is available? Around £1,000. Priority will be given to smaller charities whose small grants can make a difference and who may find it difficult to obtain funds elsewhere. For more information, please visit <http://www.scott-moncrieff.com>

For further information on possible funding sources see the Trellis Funding News web pages at <http://www.trellisScotland.org.uk/node/72>

'The garden that is finished is dead'

H.E. Bates (1905-1974), taken from *Gardeners Cuttings: Wit and Wisdom for the Green-Fingered*, edited by Charles Elliot, 2007, Little Books Ltd .

Simple Tasks for Winter and Early Spring

This feature on biodiversity is written by Cathy Lloyd of the Tayside Biodiversity Partnership

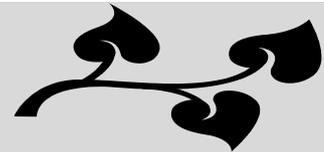
Make a log pile - this can be a stack of firewood (make sure the bottom two or three rungs are never used!), a stack of deadwood left up against a hedge or a wall or under large shrubs, or even a pile of twigs or prunings left in a "wild and shady corner".



The types of wildlife you are likely to attract can be very varied. I used to have a resident toad live (and hibernate) under my log pile; newts will spend the cold weather at the back of a damp wood pile. If the logs are in a particularly quiet part of the garden, piled into a sturdy "A-shape" and with nooks and crannies filled with autumn leaves, you may encourage a hedgehog to hibernate within! As for the smaller wildlife - centipedes will make use of the rotting, damp wood - and they eat slugs, so are beneficial to the garden. Ground beetles love shady, hidden areas (and they too eat slug eggs). Different types of fungi grow on different types of wood; they help break down the wood for use by insects and are, in turn, eaten by slugs and snails. And with all this happening, the smaller birds, especially the secretive wren, will explore the log pile for insects such as ants and spiders to eat.

As making a log pile is just a bit too easy and takes so little time, how about making a few ladybird and lacewing nests? This can be achieved by just tying a small bundle of bamboo together and placing it in the nook of a tree or large shrub. Alternatively, take a clay pot, fill it with leaves, straw and some cotton wool and place upside down somewhere sheltered as a prospective bumblebee nest. It is not too late to register for Buglife's Snug as a Bug Campaign and make a simple Bug Hotel - there are easy instructions to follow via <http://www.buglife.org.uk/News/snugasabugcampaign.htm>.





Some Seasonal Gard'ning Tips from the 17th Century...

While you contemplate the crops to be sown and the tasks to be done in the year ahead, it might be interesting in these early weeks of 2010 to compare the work to which one John Reid was turning his thoughts, 400 years ago. John Reid was a gardener and garden writer working in Scotland in the 1600s. Born at Niddry Castle in West Lothian, he began gardening, as his father and grandfather had done. He was briefly apprenticed to an Edinburgh vintner and his *Gard'ners Kalendar* ('Printed by David Lindsay, at the foot of *Heriot's*-Bridge, 1683') included tips for home wine-makers. The *Kalendar* was a monthly guide for the *Gard'ner*, 'Shewing the most seasonable times for performing his Hortulan Affairs, throughout the Year'.

Reid went on to write *The Scots Gard'ner*, tailored to the climate of Scotland. The *Kalendar* is the shorter work but gives tantalizing glimpses of the harvest and activities typically seen on the nation's estate gardens in that era. For instance, the entry for February suggests,

'Plant any Trees or Shrubs that lose the leaf, also lay and circumpose such for increass.'

Most modern gardeners would agree February is a good time to plant deciduous trees and shrubs and lay hedges, perhaps take cuttings. Reid reminds us also to,

'Likeways sow all your Seeds, Kyes, Kirnells, Nuts, Stones; also the seeds of several Greens, as Holly, Yew, Philyrea, Laurells, &c. Prune Firrs, &c.'

Though we are stumped as to what 'kyes' may be (answers please, all you garden historians out there?), we'd go along with the sowing of seed and nuts in this month. Reid further exhorts us,

'Continue to destroy Vermine. Prune all Trees and Shrubs except tender Greens. Nail and dress them at the wall. Cover the Roots of Trees layed bair the fore-end of Winter, if any be: Plant Hawthorn Hedges, Willows, &c.'

While we may not be such ardent rat-catchers, pruning and training trees seems apt work for February. In the vegetable beds, we find recommendations to:

'Plant Liquorish, Potatoes, Peas, Beans, Cabbage. Sow Parsly, Beets, Spinage, Mary gold, and other hardy Pot-herbes.'

Once again, nothing controversial here, perhaps excepting liquorice, which Reid used to brew a special ale.

'Let carnations and such sheltered Flowers get Air in mild weather. But keep close the Green-house. Now you may remove bees and seed weak stocks.'

Reid lists the following *Garden Dishes and Drinks in Season* in February:

'Cole, Leiks, Sweet Herbes. Onions, Shallot, housed Cabbage, Skirrets, Turneeps, Pars neeps, Potatoes, Beat-rave, Scorzonera, Carrots, besides Parsly and Fennell Roots.

Pickled Beat-rave, Artichock, Cucum: Housed Aples, Pears, and other conserved Fruits with Cyder and other Wines and drinks.'

Pickled 'Beat-rave' sounds particularly enticing. Now, compare and contrast Reid's wise counsel with those 'What to do in your garden this month' columns featured by your favourite gardening magazines and websites. The more things change, the more they stay the same??

Compiled by Fiona Thackeray from the writings of John Reid. For more of his gardening calendar see <http://www.cyberscotia.com/ancient-lothian/leaves/stories/reid-the-gardners-kalendar.html>

Shirls Garden Watch

<http://www.shirlsgardenwatch.co.uk/>

Few gardens can have escaped the snowfalls of December '09/January '10. These sparkling white duvets covering plants during cold nights in January may well have saved them. Time will tell.

Few gardens can also have escaped an increase in visiting garden birds too. Although, once you open a bird café at this time of year it's important you keep some spare stock for any 'snowy days' when you can't get out. Birds will quickly rely on your café being open every day.



Dried mealworms, dried mixed fruit, grated ends of cheese, chopped peanuts mixed with odd bags of mixed seed mix from local supermarkets added to the last few sunflower hearts gave me an emergency mix. Together with a good supply of peanuts, fat cakes and apples my café stayed open.

The Tree sparrow, seen in the photo enjoying my special seed mix, was a new visitor to my garden. What a thrill... I had never seen one! I've also had brief winter visits from Long-tailed tits, a female Blackcap and a Fieldfare.

During November we also had great excitement after a recording identified a female Tawny Owl. The BTO wanted to hear about them. Like the Tree Sparrow, their numbers are in decline.

Finally, the last weekend in January sees the annual Birdwatch for the RSPB. If you take part, I hope you have fun.

Link for Birdwatch:

<http://www.rspb.org.uk/birdwatch/index.aspx>

Link for BTO Tawny Owl Survey:

<http://www.bto.org/survey/tawnyowls.htm>

Looking for an growing plot in Edinburgh?

Plots are to be made available in the Community Gardens at the Royal Edinburgh Hospital. Eventually at the site there should be about 30 community gardens, each one having community plots and individual "growing plots", not allotment size maybe a third or a quarter the norm. Individuals, and groups can apply, the contact point is:

royaledinburghcommunitygardens@cyrenians.org.uk

Please pass this information on to anyone who is looking for an "allotment/ growing plot". The City of Edinburgh Council has assured us that no one will be removed from the allotment waiting list if they get a growing plot. These smaller size plots may suit many people, will introduce beginners to the pleasure of Growing Your Own, give invaluable experience, and foster a genuine community spirit.

The Archer Trust

What's it for? Support for disadvantaged people

Who can apply? Small UK charities

What is available? Between £250 and £3,000

The Trust helps small UK charities which support needy or deserving people, for example people with physical or mental disabilities or the disadvantaged, and operating in areas of high unemployment.

For more information, please visit

<http://www.archertrust.org.uk>

Aberdeen Inclusive Horticulture

Interested in exciting new opportunities for adults with learning difficulties?

Interested in horticulture / gardening / the environment?

If you'd like to find out more, give us your views and share any ideas you may have & find out about our next meeting. Contact Fiona Allan on 07971 432841

Wednesday 21st April 2010

One Day Workshop

Environmental Projects and Mental Health

Glachbeg Croft Education

Centre

£35

For Further information contact

j.sleeman@btcv.org.uk

Evaluating Your Project

We often receive queries asking how or even if 0 therapeutic gardening projects should carry out evaluations on their activities. Trellis is developing an information sheet on this subject. At the moment we can point you in the direction of a few training and information days such as these:

Evaluating your Project: An Introduction to Social Impact and how you measure it. 1 day workshop on Wednesday 10th March 2010. Have you thought about what your services do? What impact they have on your community, individuals, the environment and economically? This one-day programme will introduce you to the Social, Audit and Accounting (SAA) process and give you an overview of Social Return on Investment (SROI) and how this can help in growing your social enterprise. Delivered by one of Associate Tutors Alan Kay, a social enterprise and community development researcher, who helped develop a methodology around social audit and accounting (www.socialauditnetwork.org.uk) Contact

Self-Evaluation Workshop: Working with Adults & Older People. Glasgow on Thursday 11 February between 1pm and 3.30pm. This workshop is free of charge and will consider approaches and tools to use to involve adults and older people in evaluation. If you would like more than one person from your project to attend, please note this on your form. We will try to accommodate all delegates who request a place at this workshop, but please be aware that the first delegate you nominate will be given priority if the event is over-subscribed. We will confirm your place(s) as soon as possible after the 13th of January. Venue: The Teacher Building, 14 St Enoch Square, Glasgow, G1 4DB 1.00pm -3.30pm Please contact us on 0131 333 0800 or thefund@blakestevenson.co.uk

Interactive Propagator

Evaluation - please let us know about your experiences of evaluating your project - good or bad large or small. Trellis are developing a briefing paper on project evaluation - what's out there, what's appropriate for your project resources, finding support. **Let us know how the process has been for you - what methods you use - or why you haven't evaluated your project. Contact jenny@trellisScotland.org.uk**

RBGE NURSERY SUPPORTED VOLUNTEERS



NEW PROGRAMME

Here at the Nursery of RBGE we are making some changes to our Supported Volunteer Placement Programme. We have developed a new structure which we would like to tell you more about and invite applications for.

We are hosting an open afternoon on Thursday the 4th of February for any organisations interested in finding out more and for those who would like to meet staff or see around the Nursery, starting at 1.30 - 2.30 pm for information and a tour of the Nursery from 2.30 - 3.15pm.

To book a place or for more information please contact us on the numbers below or you can email us at: lgallagher@rbge.ac.uk

City Critters - Why should we care about urban nature?

with Rebecca Wade

10th February 2010, 6pm

Dundee Science Centre,
Greenmarket, Dundee, DD1 4QB

FREE entry. Everyone is welcome to this free event at the Dundee Science Centre's award-winning Infusion Coffee Shop, Greenmarket, Dundee. Doors open at 5:30pm for a 6pm start.

Contact Trellis at 40 St John Street, Perth PH1 5SP
01738 624348 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 March.

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

The information contained in this newsletter is for general information purposes only. The information is provided by Trellis and while we endeavour to use up to date and correct information, we make no representations or warranties of any kind, express or implied, about the completeness, accuracy, reliability, suitability or availability of the information, products, services, or related graphics contained in this newsletter.