



the Propagator

Issue 23 Spring 2013

Greetings from Trellis



Welcome to the Trellis eNewsletter, 'the Propagator', keeping you up to date with what's going on in the world of therapeutic gardening. This is your network so please let us know what you think of Trellis services - we welcome all your comments. If you would like any features or news about your project to be included in the next edition of the eNewsletter 'The Propagator', please send it by 1st May 2013 to info@trellisscotland.org.uk

This edition of the Propagator was compiled by Sarah Melville, Trellis Volunteer.

Over the quieter winter months the Trellis team has been out and about hosting valuable training and networking events for members. In January Caroline Beaton co-author of award winning book 'Fruit and Vegetables for Scotland', hosted a popular and informative training day in Perth entitled 'Edible All year round- a guide to sowing, planting and harvesting'. Speaking to a full house Caroline talked through the basic growing techniques for vegetables and fruit in our temperamental Scottish Climate.

Trellis Events

Trellis 7th Annual Conference,

Tuesday 19th March 2013, Perth Concert Hall, PH1 5HZ



.....*Inspiration*.....*Networking*.....*Advice*.....

Thank you to all who attended the 2013 annual conference making it such a success. A record number of 106 delegates signed up to network, exchange ideas, meet 'Percy Thrower', vote on the Photo Competition, take part in workshops and see showcases from:

- Ally Hurcikova, Lochend Community Growing Project, Edinburgh www.lrcommunitygrowing.ning.com
- David Johnston, Ninewells Hospital, Dundee on the development of their new therapeutic garden
- John Davidson, The Barnados Growing Up Project, The Wonders of Horticulture

There will be help and advice from experts including

- Jim McColl MBE on plants for free
- Anna Muir from Froglife (www.froglife.org/scotland) on creating a frog friendly garden
- Appletreeman <http://plantsandapples.co.uk/>

See the conference photos and competition winners at www.trellisscotland.org.uk

Debate in Scottish Parliament in April

In January this year, Annabel Goldie (MSP Con) received a joint letter from the Federation of City Farms and Community Gardens, the allotments regeneration initiative and Trellis Scotland, which informed her that there are more than 500 therapeutic and allotment gardens throughout Scotland, in which more than 12,500 volunteers are involved every year. From small communal gardens to large community farms, all those sites offer benefits to their areas and to those who can use the facilities. Those benefits include community regeneration, improvements in mental health, provision of education, training and volunteering opportunities, locally grown sustainable food, the creation of wildlife habitats and, of course, physical activity and healthy living.

“A practical book with personality”



The Trellis team would like to congratulate Caroline Beaton and Kenneth Cox whose book ‘Fruit and Vegetables for Scotland’ picked up the Garden Media Guild’s ‘Practical Book of the Year Award 2012’, beating 24 other titles in the category including titles from well-known TV gardeners Alan Titchmarsh and Monty Don. The judges called the book “*a practical book with personality*”.

The Gardeners Trivia Quiz Question



Which of these is not related to a tomato?

- a) Potato
- b) Pepper
- c) Aubergine
- d) Cucumber

Answer at the bottom of newsletter

Spring Snippets

Gardening Scotland, 31 May – 2 June 2013, Royal Highland Centre, Edinburgh

<http://www.gardeningscotland.com/>

The Scottish Charity Awards 2013, Thursday 13 June 2013, Old Fruit Market, Glasgow
www.scvo.org.uk Applications are now open for the awards, now in their 7th year, one of the Scottish third sectors’ most prestigious events.



PART OF THE
Keep Scotland Beautiful
CHARITY

Keep Scotland Beautiful the independent environmental charity, launched **Clean Up Scotland** to remove the litter and mess which blights landscapes and causes social, health and economic damage to the country. And, they’d like your help!

If you would like to help make Scotland shine, here are two things you could do:

- visit www.cleanupscotland.com and sign the pledge to support the campaign
- Organise a clean-up event in your favourite park, beach

or the route of your regular walk and invite your friends, colleagues, or neighbours to help you clean up your neighbourhood. Register your event at www.cleanupscotland.com and we'll send you a FREE clean up kit containing everything you need to get started including tabards, posters, links to an information pack and stickers for children.

Recipe Exchange Evening, Thursday 18 April 2013 (7pm - 9pm) The Tay Institute, Newburgh www.forthvalleysorchards.org.uk/events

Organised by Newburgh Orchards' Group this FREE evening event will be the perfect opportunity to network with likeminded gardeners and swap some of your tastiest recipes.

FVO Orchard Photography Workshop Saturday 18 May 2013 (10am – 4pm), Reading Rooms, Blairlogie www.forthvalleysorchards.org.uk/events

Learn about the art of photography surrounded by apple blossom and beautiful fruit trees at this FREE event.

RHS' newly formed Scottish team supporting community gardening schemes

The Royal Horticultural Society works with community led gardening projects across the UK to help people enjoy gardening and build community spirit. There are a number of initiatives being run by the RHS which groups can engage with.

- RHS Britain in Bloom, www.rhs.org.uk/britaininbloom
- RHS It's Your Neighbourhood www.rhs.org.uk/inyourneighbourhood
- RHS Campaign for School Gardening. www.rhs.org.uk/schoolgardening

Bat friendly Gardens

Bats play an important role in our environment as one of nature's pest controllers pollinators and seed dispersers not to mention the fascinating spectacle in those late summer evenings darting around the rooftops. As the days start to get a little warmer and spring gets underway our bats start to emerge from their winter hibernation. As gardens play an increasingly more important role in securing the future of our bats it is the perfect time to think about making some bat friendly additions to the garden. The Bat Conservation Trust www.bats.org.uk have some helpful hints and tips the garden including planting some night scented flowers, creating linear features such as hedgerows and letting your garden go a "little wild"!



Veg patch – time to set the ground rules!

To avoid your cabbages and carrots arguing over who grows where, it's best to plan and prepare your veg patch well in advance.

If you're looking for more inspiration and other garden related things to do this winter, have a look at the Trellis Factsheet 'Planning Year Round Garden Activities'. Find it on the Trellis web pages at <http://www.trellisscotland.org.uk/factsheets> .

Restoration in post war Sierra Leone

Article by Cedric deVoil from H.O.P.E in Arbroath www.hopegardentrust.org.uk

My wife, Catriona, and I were VSOs (Voluntary Service Overseas) sent to Sierra Leone from 1969 - 1971. I was working as a doctor in a methodist hospital (Nixon Memorial Hospital - named after Alderman Nixon in Newcastle who financed the hospital at the start) and Catriona worked as a teacher in the Roman Catholic Secondary School - Holy Ghost Secondary School. We were located in the Eastern Province in a former diamond area town called Segbwema. At the time that we were there it was a peaceful place, although there had been coups and a counter coup occurred whilst we were there. We were 250 miles up country from the capital Freetown. So we felt very safe.

After we returned to Scotland we kept in touch with the hospital and the school staff. Some years later Catriona's fellow teacher, Dominic Ngombu, decided to stand for the opposition party (Sierra Leone Peoples Party). He was elected to parliament with a large majority, but the ruling party, MPA, decided to charge him with murder and had him arrested. After a year languishing in prison he was adopted as a prisoner of conscience by Amnesty International and he was released without ever being formally charged.

In the 1990s a civil war started. It was Charles Taylor, the leader of neighbouring Liberia who started it. He was funded by countries like Libya and he traded arms for illegal diamonds. The war started up in the Eastern Province and continued for 10 years. During that time thousands of atrocities occurred including people having limbs hacked off. Dominic was appointed Governor of the Eastern Province by the legitimate government around this time. The hospital and the school in Segbwema were destroyed by the rebels. Dominic's own village called Foindu was destroyed and people were made homeless because their homes and crops were destroyed. They mostly went to the capital Freetown.

The Government eventually won the war with help from Tony Blair and other West African states. Dominic and his family all survived the war uninjured - a real miracle! When it was safe to return to Foindu, Dominic found the place devastated. He asked us to raise funds to restore the agricultural project that Oxfam had set up years before the war began. This involved buying tools, restoring the drainage system for the swamp rice, restoring the palm trees, coffee etc. Buildings for storage needed restoration and a plough was purchased as well as a supply of rice seed. Dominic set up a local committee of village elders for the eight districts of the village. A food for work programme was set up.

At our end we formed a group called "Friends of Foindu". The target was to raise £30,000 to cover all aspects of the work. It took about 4 years to raise this money. We were amazed by the support that our "friends" gave us over those 4 years. The result was that the agricultural project was successfully restored. The villagers returned and there are now over 2,500 people in the village. They have been able to be self-sufficient in rice and have been able to encourage surrounding villages to follow their example.

Dominic's wife, Mary, visited us in Scotland before we completed the project. She gave an emotional account of what life was like in Sierra Leone during the war. At one stage she was looking after about 100 "orphans". We were able to obtain independent checks by a couple of people who were in Sierra Leone (one a missionary doctor and the other a senior member of Oxfam's emergency team). So we know that the money has been spent as it was intended.

Our Oxfam friend informed us that very few villages have recovered since the end of the war. There has been a lack of food in West Africa in recent times, as a result of drought, but Foindu has been able to produce enough food for its needs.

The hospital is slowly being restored. A support organisation called "Friends of Nixon" <http://friendsofnixon.org.uk/> has been established, and the nursing school is open again training

young nurses. Holy Ghost Secondary School will be 50 years old in 2013 and there are plans to restore some of the classrooms to mark the anniversary.

The team from Trellis would like to thank Cedric deVoil for submitting this inspiring article. We would love to hear more of your stories of working with vulnerable groups or volunteering for projects in your area. Please forward your stories to info@trellisscotland.org.uk and help encourage more people to volunteer.

Stay in touch ...for more information on therapeutic gardening from Trellis

If you don't already receive regular eBulletins and information from Trellis and you would like to, please give us permission to store your contact details by completing a [Contact form](#).

Click on the images to link to Trellis on



Facebook and Twitter.

Funding news

Scottish Land Fund, www.biglotteryfund.org.uk/prog_scottish_land_fund

Empowering communities and encouraging them to become more sustainable through funding support to complete the purchase and initial development of land and land assets.

Healthy Hearts Grants www.heartresearch.org.uk/grants/healthyheartgrant

Heart Research UK Healthy Heart Grants offers grants of up to £10,000 to new and original projects that actively promote heart health in their community or group. There are two rounds each year, one in May and one in November.

Gift Aid The Gift Aid Small Charitable Donations Scheme has become law. The Small Charitable Donation Act 2012 will be implemented from 6 April 2013. This will allow eligible charities to claim Gift Aid style top-up payments on small cash donations without requiring the donor to provide a Gift Aid declaration. Please visit www.hmrc.gov.uk/news/gasds.htm for further information.

And finally ...Gardeners Cuttings ...

'One of the most pleasing sounds of springtime, to be heard all over the country, is the contented cooing of osteopaths as Man picks up his garden spade'

Oliver Pritchett

(From Country wit: Quips and Quotes on rural pursuits edited by Aubrey Malone, Summersdale Publishers Ltd 2008: 167.)

The Gardeners Trivia Quiz Question Answer d) Cucumber

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