

Dear Trellis network

Welcome to the bi monthly Trellis eNewsletter, 'The Propagator' to keep you all 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 this new format - we welcome all your comments. If you would like any features or news about your project or issues to be raised in the next edition of the eNewsletter 'The Propagator', please send it by 7th November to info@trellisscotland.org.uk
Happy Gardening, with Best Wishes from all at Trellis

Trellis eNewsletter - The Propagator- Issue 19 Autumn 2011

Online at <http://trellisscotland.org.uk/newsletters>

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Trellis News

Listen again to Radio Scotland's 'Good Morning Scotland' 20.9.11 show on the BBC I Player at [BBC Radio Scotland Programmes - Good Morning Scotland](#) or read about the Trellis feature on the benefits of gardening for people with dementia at <http://www.bbc.co.uk/news/uk-scotland-tayside-central-14979146>. The programme item was recorded at The Kinross Potager Garden and the Trellis training session, 'Designing gardens for people with dementia' with Annie Pollock will run on 21 st September at the University of Stirling.

Come along to the Trellis Annual General Meeting and Networking Event on Friday 30 September 2011 at Gardening Leave, Erskine. An excellent opportunity to see the therapeutic gardening work going on there, meet people from other projects across Scotland, share ideas and support each other. [click here for the booking form](#). BOOK NOW to ensure your place. The day will also incorporate the **Trellis AGM**. [click for AGM agenda](#).

Project profile...



The **Walled Garden, Perth** provides opportunities for those with mental health difficulties to garden, take part in crafts and art activities and gain experience in the garden café. They held a fundraising 'Wonderland' day on the 20th August. The sun shone on the garden which had been given a 'through the looking glass' makeover and everyone got into the spirit of the occasion, dressing as characters from the famous Alice books. Tea was served



and a great time was had by all...

See them on Facebook at <http://www.facebook.com/pages/Walled-Garden-Perth/230879340255745>

Photographs courtesy of Genie Dee ©Genie Dee

Growing Communities in Scotland

COME TO THE ANNUAL CONFERENCE-Last few places available at the Federation of City Farms and Community Gardens National Networking Event 2011 on Friday 7th October 2011 at the Scottish Natural Heritage Offices, Battleby, nr Perth. There will be a variety of workshops, a chance to learn more about the Community Land Advisory Service, beekeeping, allotments, the Healthy Living Award and more! There will be case studies from a variety of community garden projects throughout Scotland and opportunities to network and meet like minded people. The event is open to anyone interested or involved in community, therapeutic and allotment gardens. BOOK NOW - download a programme and booking form using the links <http://www.farmgarden.org.uk/farms-gardens/your-region/scotland> or contact naomi@farmgarden.org.uk 0131 623 7058.

Growing Communities in Scotland Training

For up to date information on training currently offered see the Trellis homepage at

www.trelliscotland.org.uk

Funding for training – see **Lantra's Women and Work fund**. This is an employer investment fund, which focuses on:

- Career progression - to a manager, supervisor, higher technical role, new qualification; Increased responsibility or ability within the same job role
- Increase in salary; Employers will need to support the development by paying the training and receiving the net grant and recording hours of mentoring to ensure the development has an impact for the lady and the company. Training to be completed and paid for before Feb. See www.lantra.co.uk/womenandwork

Network Meetings

Friday **30 September** 2011 at **Gardening Leave, Erskine**. An excellent opportunity to see the therapeutic gardening work going on there there, meet people from other projects across Scotland, share ideas and support each other.

[click here for the booking form](#) . Book by 19th September to ensure your place. The day will also incorporate the **Trellis AGM**. [click for AGM agenda](#) All welcome.

Thursday **20 October** 2011 at **REAL Project**, Inverness High School, Montague Row, **Inverness** from 10.15am to 3pm. Including a session on 'marketing your project' with Mairi Macdonald, Community Development Officer as well as opportunity to see the work of the REAL Project, this network event is aimed at all those working in therapeutic, community or allotment gardens. [Click here for flyer and booking form](#). Book by 13th October to ensure your place.

Friday **28th October** 2011 at **Huntly Mental Health Project**, The Clashmach Centre, **Huntly** Aberdeenshire, For further information see the Trellis homepage at www.trelliscotland.org.uk

Wednesday **16 November** 2011 at **The Edible Gardening Project**, John Hope Gateway, the Royal Botanic Garden, **Edinburgh** from 9am to 3pm. This network event aims to support good practice development. [Click here for flyer and booking form](#). Book by 9th November to ensure your place.

Tayside Biodiversity Partnership



BIODIVERSITY
THE VARIETY OF LIFE

Biodiversity Feature...From Cath Lloyd, Tayside Biodiversity Partnership

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

"The Tayside Biodiversity Partnership has provided a 'column' for Trellis since early 2007. As a partnership it works with many organisations, so with more frequent newsletters (and less time to prepare themed articles) it is hoped an introduction to some of these environmental organisations and their websites

will be an interesting diversion. First off is **Buglife Scotland**, helping to "conserve the small things that run the world". Look out for its "**Bug of the Month**" on the home page of its website: www.buglife.org.uk. There's lots of information on wildlife gardening too: <http://www.buglife.org.uk/getinvolved/getinvolved>

Here's a précis of one of its articles to get things rolling - **Invertebrates: Good for Recycling Waste, Pollination and Food Chain Fodder**

Waste re-cyclers - earthworms and other invertebrates play a crucial role in decomposing organic matter. They help improve the drainage, aeration and composition of the soil, thus enabling plant growth. Decomposition of dead plants and animals - including dung and fallen wood - relies upon invertebrates.

Pollination - many plants rely on insects to pollinate their flowers and so complete their reproductive cycle. Well-known pollinators include bumblebees, honeybees, butterflies and hoverflies; less well known ones include moths, thrips, beetles and solitary bees.

Food chains - many birds feed on invertebrates: food for their chicks or as part of their own diet. Migrant birds such as swallows, swifts and martins travel long distances to feed on Britain's insects. Blue tit chicks eat c35 billion caterpillars/small invertebrates every year! Bats, badgers, voles and shrews also feed on invertebrates. A single Pipistrelle bat will consume over 3,000 small insects every night.

Pest control - pests can be individually targeted with specific invertebrate enemies like native ladybirds and parasitoid wasps. Increasingly these are available commercially and they may offer an environmentally friendly option to chemical control."

Photograph © C A G Lloyd



Funding Suggestions

The Scottish Directory of Funding for Third Sector Organisations 2011 is a new and essential funding resource for charities, community groups, social enterprises, and voluntary organisations of all shapes and sizes published by SCVO. It contains details of over 250 sources of funding, indexed by main subject area. With descriptions of grant making policies and practices, provided by the trusts and foundations themselves, this Directory provides a valuable insight on where organisations in Scotland's third sector can access much-needed funding. With full, up-to-date contact details, the entries include details of what can and cannot be funded, and allow readers to target their applications at the funders which are most relevant to their needs. As a companion to the Directory, **How to Raise Funds: A Guide for Scottish Voluntary Organisations** explores some common fundraising misconceptions and sets out the practical steps required before you start fundraising. It looks at how to find funders and write effective proposals, and includes practical exercises and detailed guidance on how to plan your fundraising activity. **For more information on ordering, please contact Tracey Bird on (0131) 474 6168, email: tracey.bird@scvo.org.uk**

Biffaward is a multi-million pound fund that helps to build communities and transform lives through awarding grants to community and environmental projects across the UK. There are three levels of funding available:

- Main Grants (Community) – £5,000 to £50,000. For projects that provide and improve community facilities.
- Main Grants (Biodiversity) – £5,000 to £50,000. For projects that conserve wildlife, species and habitats.
- Small Grants – £250 to £5,000. For projects that enable communities to improve local amenities and to conserve wildlife.

There are no grant deadlines. Applications are accepted at any time. Find out more at:

<http://www.biffaward.org>

Voluntary Action Fund (VAF) is an independent charitable grant making trust which invests in voluntary and community based organisations across Scotland. The funding and support we provide enables voluntary groups to grow and develop and undertake projects that challenge inequalities and overcome barriers to being involved in community life. **Applications will be considered 3 times a year and should be submitted by 15th September 2011 or January 2012.** <http://www.voluntaryactionfund.org.uk/5/grants/>

Baily Thomas Charitable Fund (UK) The Baily Thomas Charitable Fund is a registered charity established to support projects in the area of learning disability and to aid the care and relief of those affected by learning disability. Grants are available to voluntary organisations within the UK and the Republic of Ireland working in this field. The Trust consider under learning disability the conditions generally referred to as severe learning difficulties, together with autism. In this area, they consider projects concerning children or adults. Application for funding is normally considered for capital and revenue costs and for both specific projects and for general running/core costs. They will not offer grants for research into or care of those with mental illness or dyslexia. **The next application deadline for general grants is 1st October 2011**

Lloyds TSB Foundation (Scotland) The Lloyds TSB Foundation for Scotland distributes its funds to recognised charities in Scotland which are focused on improving the quality of life for people in Scotland who are disadvantaged or at risk of becoming disadvantaged. It has a particular emphasis on funding grassroots charities (with an annual income of £500,000 or less). Funding is available through three funding programmes. The Foundation also runs a number of funding surgeries to give people the opportunity to discuss their application face-to-face before it is submitted.

<http://www.ltsbfoundationforscotland.org.uk/index.asp?cat=Our%20Grants&cookies=True>

For further funding suggestions see the Trellis Funding pages at <http://trellisScotland.org.uk/funding>

Snippets



The Trellis network came up trumps with their generous donations of plants to the Fairview School Sensory Garden, a garden project for children with severe and complex additional support needs, designed and built by the Rotary Club of Perth, see their progress at <http://perthrotary.net/FairviewSchoolProject.aspx>

People Working Together Event bringing people together who use social care services , who are working together to deliver services or creating more opportunities for them and other people aims to share learning and encourage this approach and the benefits it can bring. To book your place **on 27th September, Edinburgh** see http://otbds.org/index.php/project/view_details/109/

Into sustainable food growing? Why not go along to the Nourish Scotland, 30th Sept-1st October Glasgow <http://www.nourishscotland.org.uk/>

Materials available for Mental Health Week

'See me' are offering 'ready-made stalls' for mental health week to organisations wanting to raise awareness of Scottish Mental Health Week, running from 10th - 17th October 2011. Stall in a Box will include the latest 'see me' promotional materials with key messages, a mini wall of support activity and a range of freebies. To receive your free Stall in a Box please email info@seemescotland.org including contact and delivery details, activity details (what and when), expected numbers and other organisations that are attending. The box will be delivered in the week beginning 26th September 2011.

Scottish Natural Heritage Good Practice Programme: Improving Mental health through contact with the natural environment... 27th October 2011, Battleby, nr Perth, with presentations and discussion sessions and marketplace stalls NHS Health Scotland, Trellis, Forestry Commission Scotland etc, and case studies from Ecology Centre Fife, Pedal Forth etc. an opportunity to develop further understanding of relevance and use of the natural environment to improve mental health and well being . To book see <http://www.snh.gov.uk/news-and-events/events/event-details/?id=726>

And finally ...Gardeners Cuttings ...

'They have climate in England; we have weather'

*Helena Rutherford Ely, A Woman's Hardy garden, 1903
from Gardeners Cuttings: Wit and Wisdom for the Green Fingeread edited by Charles Elliot, Little Books Ltd, 2007:
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Contact Us

If you do not already receive regular information from Trellis and you would like to, please give permission for us to store your contact details by completing a [Contact form](#). Return completed forms to Trellis 40 St John Street Perth PH1 5SP or email to info@trellisscotland.org.uk

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