



## Dear Trellis network

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 Spring edition of the eNewsletter 'The Propagator', please send it by 27th January 2012 to [info@trellisscotland.org.uk](mailto:info@trellisscotland.org.uk)  
**Happy Gardening, with Best Wishes from all at Trellis**

## Trellis News

The Trellis staff has been out and about at several events over the last few months publicising the benefits of therapeutic gardening. Recently this has included taking part in the Scottish Natural Heritage Sharing Good Practice Programme and the FCFCG National Networking Event at Battleby. One of the ways in which we engage people and make it memorable is to organise an interactive stall or workshop to publicise what therapeutic gardening is all about. For example Jenny, Trellis Information Officer, organised a 'plant a spring bulb bowl' session on the SNH event Trellis stall. Whilst Vicki, Fieldwork Co-ordinator, tickled everyone's taste buds with her Raspberry Vinegar and Apple Mint Jelly workshop. People enjoy taking part and everyone takes something home with them that they have made. If you'd like to try making Apple Mint Jelly, here's the recipe:



Makes 5-6 225g jars

### Ingredients

- 1.5kg cooking apples
- 1 medium bunch of mint ( you could also use sage, rosemary, tarragon, thyme or basil)
- Granulated sugar
- 100ml cider vinegar

### Method

Roughly chop the apples, discarding any bad parts but don't peel or core them. Place in a preserving pan with the herbs, reserving half a dozen sprigs to put into the jars. Barely cover the apples with water, Bring to the boil, then simmer gently, covered for 45 mins to 1 hour, until the fruit is very soft. Tip the contents of the pan into a jelly bag or a piece of muslin suspended over a bowl and leave to drip for at least 2 hours or overnight.

Measure the strained juice. For every 600ml, weigh out 450g sugar, Return the juice to a cleaned out pan with the vinegar. Heat to a boiling point, then add the sugar and stir until dissolved. Increase the heat and boil rapidly for 10-12 minutes or until setting point has been reached, Remove from the heat and skim with a slotted spoon to remove any scum. Add some chopped herbs or sprigs to the jelly and leave for 5-10 mins before pouring into small warm, sterilized jars. Cover and seal. Use within 12 months.

Recipe from 'Preserves' by Pam Corbin

If you're looking for inspiration and more 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> . Meanwhile Genie Dee, Trellis Office Manager, has had her article about the new therapeutic garden that's being developed at Ninewells Hospital, Dundee published in the Tayside NHS newsletter. *If you would like to volunteer in this garden, in any way, please contact us here at Trellis on [info@trellisscotland.org.uk](mailto:info@trellisscotland.org.uk) or phone 01738 624348.*

## Trellis Events

### Training

#### **Therapeutic and Community Garden Health & Safety Training Workshop on Wednesday 8<sup>th</sup> February 2012,**

9.30am (Registration and Coffee) - 4.00 pm

At The Hidden Gardens, 25a Albert Drive, Glasgow G41 2PE <http://www.thehiddengardens.org.uk/> with Rob Ford . Rob has several years' experience in running therapeutic and community gardening projects, and currently delivers training programmes for Bridgend Growing Communities in Edinburgh. The training day covers identifying risks and hazards in the garden and in gardening activities, managing risk through risk assessment, risk reduction and dealing with incidents, health & safety legal and statutory obligations and insurance requirements as well as information and relevant organisations. Use the booking form to tell us what specific Health & Safety issues you would like to know more about.

Cost per person includes training, lunch and refreshments: £20 paying members of Trellis/FCFCG; £35 community and therapeutic gardening projects (not paid members of Trellis/FCFCG); £70 individuals who are not a part of a community or therapeutic garden. **BOOK NOW**, see the Trellis homepage at <http://trellisscotland.org.uk/home>

### Network Meetings

At **The Ecology Centre**, Kinghorn Loch, Craigenalt Farm, Kinghorn, Burntisland, Fife KY3 9YG on **December 8, 2011**. A chance to meet, seek advice and share ideas with other gardening projects, with Vicki Ferguson (Fieldwork Co-ordinator) and Amanda James (Fieldworker in Dundee, Fife, and Perth & Kinross). Join the tour of the Ecology Centre and a talk with Douglas Maxwell (Operations Manager, Ecology Centre) about aspects of their work. For further information and to download a booking form please go to Trellis homepage at <http://trellisscotland.org.uk/home> or get in touch with Genie at Trellis [info@trellisscotland.org.uk](mailto:info@trellisscotland.org.uk) 01738 624348.

### Qualification in Horticultural Therapy Survey

**Please take a moment to answer the two questions on the attached questionnaire** regarding a proposal for a new qualification in Horticultural Therapy designed by Langside College, Glasgow. This is a new qualification, in addition to the Trellis degree qualification and module currently in development and we are forwarding this survey questionnaire on their behalf. For further information contact Margaret Byrne, [mbyrne@langside.ac.uk](mailto:mbyrne@langside.ac.uk) Senior Lecturer in Horticulture & Floristry, **Thank-you**.

### Project Profile



There's no better advertisement than a word of mouth, personal recommendation and that's true for the therapeutic benefits of gardening too. This month we invite you to listen to Mr Donald Stewart and his wife talking about what he gains from taking part in gardening activities at the **Kinross Potager Garden**. This 4 minute feature '**Garden therapy could bear fruit for dementia care**' by Huw Williams, BBC Scotland reporter, was first broadcast as part of the BBC Radio Scotland Good Morning Scotland Programme on 20 September

2011. To listen, please go to the Trellis home page at <http://trellisscotland.org.uk/home> and click Play on the Dementia Garden Audio clip.

## Growing Communities in Scotland



Growing and selling produce (vegetables, fruit, preserves and eggs) has been the subject of many questions received by the FCFCG/Trellis networks. In response to this Growing Communities team of intrepid fieldworkers have come up with a useful new factsheet '**A Beginner's Guide to Growing and Selling Produce**'. It's full of useful information ranging from legal issues, health and safety information and how to sell.

Download a copy from <http://trellisScotland.org.uk/factsheets>

Trellis would like to take this opportunity to welcome Mary Stewart and Amanda James, who bring their therapeutic gardening skills and experience to the team of Fieldworkers. If you would like help, support or advice from our fieldwork team who are available to visit your project, contact Vicki Ferguson, Fieldwork Co-ordinator on 01738 624348 or email [vicki@trellisScotland.org.uk](mailto:vicki@trellisScotland.org.uk)

### **NEW \*\*\*The Gardeners Trivia Quiz Question\*\*\***

What flower used to be used as a dye for making cheese yellow?

- a) Dandelion
- b) Marigold
- c) Sunflower

Answer at the bottom of the page

### **Winter Snippets**

**Christmas Baking, 10 and 11 Dec, Wiston Lodge, nr Biggar.** Learn how to make traditional German stollen, scrumptious chocolate truffles and stunning edible Christmas tree decoration, yours to take home. [www.wistonlodge.co.uk/sharing/events/baking/christmas-baking-course](http://www.wistonlodge.co.uk/sharing/events/baking/christmas-baking-course)

**Fife Diet** have produced guide to '**How to build a wormbox and hotbox for your garden**'. Why not build one this winter? See how at <http://www.fifediet.co.uk/grow-local/grow-how-to>

**Parklea Branching Out** are now selling their **Christmas Selection of Holly Wreaths, Christmas Trees and Seasonal Arrangements** as well as their bedding plants and hanging baskets. Find them at Parklea Playing Fields, Greenock Road, Port Glasgow [www.parkleaassociation.org.uk](http://www.parkleaassociation.org.uk) or phone 01475 744516

**The Biodiversity Feature... Amphibians and reptiles...** by Catherine Lloyd, Tayside Biodiversity Partnership <http://www.taysidebiodiversity.co.uk/index.html>

Tayside Biodiversity Partnership



Froglife's "Toads on Roads" project has been running for over twenty years and around 750 toad migratory crossings have been surveyed throughout the UK. Common toads migrate back to their ancestral breeding ponds each year, following the same route regardless of what gets in their way. Invariably this

involves crossing roads. The death toll can be very serious and ultimately affects the local population numbers.

It's important to get these sites registered as 'migratory crossings'. In some cases local Toad Patrols can be co-ordinated by volunteers and road warning signs installed. If you'd like to look into this for your area, check the details at <http://www.froglife.org/toadsonroads/register.htm>, or drop a line to (or telephone 07807 545392) Eilidh Spence, Froglife's Scottish Development

Officer: [eilidh.development@froglife.org](mailto:eilidh.development@froglife.org). There are Living Water Projects in North Lanarkshire and Glasgow, so Eilidh can also give you details about these practical projects too. In Tayside, the Perth & Kinross Ranger Service is researching the amphibian death toll in gully pots along roads. The Tayside Biodiversity Partnership is about to start a project replacing ordinary gully pots with wildlife kerbs in key areas, working with both Perth & Kinross and Angus Councils Roads Department. A report will be available soon at [www.taysidebiodiversity.org](http://www.taysidebiodiversity.org). If you'd like further details about the wildlife kerbs contact Catherine Lloyd: 01738 475373.

As to things you can do to help amphibians and reptiles in the garden, check out Froglife's quick-fire advice at [www.froglife.org](http://www.froglife.org). You don't have to have a pond, but can consider all or some of the following: Bog garden, Compost heap, Log piles and rockeries, Reptile refuges, Variety of vegetation, Wintering sites or 'toad homes', Green corridors.

Amphibians need damp areas and reptiles need a place they can warm themselves in the sun. Provide these in your garden, plus suitable planting that attracts insects (their main food), and you will create a haven!

## Funding

### BLF Community Spaces – Deadline 2 December!

Community gardens, allotments and community growing spaces are some of the types of projects they're looking to fund although projects must be based in (or close to) eligible areas.

[www.biglotteryfund.org.uk/prog\\_community\\_spaces\\_scotland](http://www.biglotteryfund.org.uk/prog_community_spaces_scotland)

**Awards for All Scotland** is a small grants scheme which makes awards of between £500 and £10,000 to support projects that improve opportunities to take part in arts, sports and community activities and projects that promote education, health and the environment. **Awards for All** can fund up to 100% of eligible project costs and is open to applications from constituted voluntary and community organisations, schools and statutory bodies. Awards for All is a rolling programme so there are no deadlines and we are currently funding almost 70% of applications received. **Contact 0300 123 7110** or visit the website [www.awardsforall.org.uk/scotland](http://www.awardsforall.org.uk/scotland) for more information on how to apply.

**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 January 2012.**

<http://www.voluntaryactionfund.org.uk/5/grants/>

## And finally ...Gardeners Cuttings ...

### 'If you plant a good turnip seed properly a turnip is what you will get every single time'

Ruth Stout, How to have a Green Thumb without an Aching Back, 1955

From Gardeners Cuttings: Wit and Wisdom for the Green Fingered edited by Charles Elliot, Little Books Ltd, 2007: 185.

## Contact Us

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



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## The Gardeners Trivia Quiz Question Answer

What flower used to be used as a dye for making cheese yellow?

Answer b) Marigold