

Trellis is the charity that supports Scotland's growing network of over 400 therapeutic gardening projects. Our work enables 10,500 disadvantaged people to improve their health and wellbeing through horticulture.



- We welcomed **57 new gardens**, reaching a record **428 projects** in our network by the end of March 2018. This enabled an additional 2,000 people to access new therapeutic gardening services (1,425 service users and 570 staff and volunteers).
- Our events programme reached 1,400 people throughout Scotland
- Our e-Bulletin now provides over **2,158 groups and individuals** with information on research evidence, funding, training and other network news
- Trellis' social media channels are also reaching more people. By March 2018 we had **816 Facebook likes** and **8,950 Twitter followers**

We help therapeutic gardeners share learning and good practice.



- The **12th Annual Conference** attracted a record **150 delegates** and forced a waiting list for the **first time**. Showcase Presentations from NHS Borders Huntlyburn Psychiatric Ward, Dundee's Community Gardens and Her Majesties Young Offenders Institute in Polmont were both thought-provoking and inspirational.
- Trellis hosted a series of **9 networking events** across Scotland, creating time and space for almost **255 people** to come together to share knowledge skills and good practice in therapeutic gardening, a vital part of the work we do.

“Not a query, just a note of gratitude. I haven’t been able to get to the last few meetings but there was a time when they were a real life-saver for me.

Just being in a roomful of fellow gardeners with all that warmth and cheerfulness, all those shared experiences and learning from each other – such an important boost in every way. I just wanted to thank all you at Trellis for making that happen: I can’t tell you what a big deal you’ve been to me.”

Therapeutic Gardening Practitioner John, writing at the time of his retirement from mental health project, Lothlorien.

We provide training opportunities for everyone in our network to learn new skills, increase their confidence and improve their gardening projects

- **In 2017-18 our training, workshop sessions and demonstrations brought new ideas, fun, confidence and learning to 641 people.** Training topics included: *Gardening to support young people with Additional Support Needs in Residential Care and Educational Settings, Bite Size Gardening for Children, Basic Horticulture, Adaptive Gardening, Autism Awareness and Gardening and Health and Safety in the Garden.* In addition, we ran bespoke workshops for many groups including The Richmond Fellowship for a group of adults with additional learning and support needs, a series of workshops for vulnerable children with learning difficulties attending a Nurture Club at a school in Kilmarnock and in-house training for a community group supporting adults with mental health problems for the Leamy Foundation project.
- **We ran taster and demonstration sessions for 166 people** to encourage care home and hospital staff, carers and people recovering from ill health to start or resume gardening. This included sessions for a number of care homes throughout the country, for Alzheimer’s Scotland, a stroke recovery group in Perth, carers/young carers groups in East Ayrshire and Perth, sessions with people living with Dementia in Dumfries, Maggie’s Centre in Dundee and nurses and therapists working with young people with behavioural difficulties within the Children and Adolescent Mental Health Service (CAMH) at Stratheden Hospital.



We develop resources to meet network need; reflecting themes and concerns arising from networking events, enquiries, training courses and fieldwork services.

- Thanks to funding from Awards for All, we began work on a **new, user-friendly website** to ensure people can easily find what they need on a variety of digital platforms.
- We created **7 new factsheets** to add to our seasonal activity ideas which really help practitioners struggling to think what to do particularly during the winter months. These included Indoor bulb planting, early peas wigwam and cress sprouts.

We offer an Advisory and Information Service to anyone needing help relating to therapeutic gardening or setting up and developing their projects.

- Our information service answered **200 queries**, many leading to more in-depth support and fieldworker visits.
- Our Project Advisor and regional fieldworkers provided **on-site support to 40 projects throughout Scotland**.
- Advisory visits included Crosshouse Hospital (Paediatric Ward), New Craigs Hospital, Royston Community Food Hub, Turning Point Scotland working with ex-offenders (where we later ran a session for staff on activity ideas), Auckinleck Community Development Initiative and Seaview Respite Centre in Edinburgh for young people with Autism where we provided design and activity ideas for a new garden space.



Bimam Arts: Storytellers Garden initial design concept
designed by Ingla Thorburn Garden Design
9/10/2017



We raise the profile of therapeutic gardening through print, broadcast & digital media, as well as presentations and by contributing to policy development.

- We attended over **20 National events** to represent therapeutic gardening projects including meetings of the Horticulture Trades Association Forum with whom we helped create a Horticulture Framework for the Future to present to Government.
- Other events included a **Dementia Awareness Event**, **Scottish Government Health Inequalities event**, **HMP Kilmarnock Wellbeing Day**, **ScotHort**, **Edinburgh Royal Infirmary Staff Wellness Day**, **Grow Careers** and **Scottish Gardeners Forum**, **Scottish Burden of Disease Conference** and **Pollinating Wellbeing** event.
- Our staff gave interviews about the benefits of gardening and the work of therapeutic garden projects, broadcast on **TV (Beechgrove Garden, BBC2 network, Oct 20th)** and **Radio (Personal Best, BBC Scotland, May)**.
- We wrote articles to raise awareness of therapeutic gardening for **The Scotsman (Vision supplement, 8 Dec)**, and **The Scottish Gardener, (Easter issue)**.

"I truly believe the garden provides something on every level. It is absolutely crucial in allowing children to just be. A safe place that enables young people to explore their world and have positive experiences"

Dr Quinn, Clinical Psychologist, Balnacraig School.

"We would not be where we are today without the support of Trellis"

Jo West, Headteacher at Balnacraig School.