

Horticultural Therapy Society of NSW

Cultivate NSW

Issue 86
November 2010

Spring into Summer

As nature dictates, Spring is a time of heightened activity. The lengthening days bring warmth and light which form a catalyst for growth. In addition, an abundance of spring rain this year has helped with the acceleration of life in our gardens.

Cultivate.NSW has also been active. A new training program in Horticultural Techniques to support people living with dementia has been delivered with support of the TAFE, there have been promotional seminars workshops, and of course our AGM in which the Society could reflect on the past year and establish a committee for the year to come. For a small organisation the achievements reflect the dedication of the members.

The committee has enjoyed the same loyal and committed membership over the past two years. The coming year is one of change. Teacher and former Vice President, Ruth McLean will return to New Zealand in coming months and has retired from the committee. Ruth will be sorely missed as an inspiring teacher, valuable committee member of Cultivate.NSW and friend. It is hoped that Ruth will return to NSW from time to time, to assist with the work of the Society. Her experience and teaching skills in particular are rare and valued. NZ will benefit from Ruth's expertise, and it is her intention to establish a sister society across the Tasman, so no doubt there will be on-going learning and sharing.

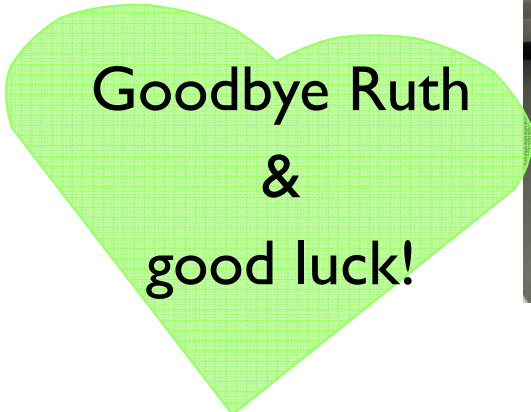
To replace 'our' Ruth, the management committee has four new members. Tara Cochrane-Graham is a gifted landscape gardener and in recent years an active member of Horticultural Therapy South Australia (HTSA); Toni Salter, our guest speaker at the AGM in September and known as 'The Veggie Lady', has inspired her local community to grow their own food; Joy has used gardening activities with her day care clients for many years. Angela Keogh It is exciting to have new skills and expanded capacity.

Continuing on the Committee are Secretary Judith Monaghan, Treasurer and Public Officer Marie Edwards, Karen Grey, Ling Halbert and myself, Virginia Field (President). Together, we look forward to bringing news of the work of the Society and updates from the community about how and where therapeutic applications of gardening activities are bringing joy and good health in our communities.

Virginia Field

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Training to support people living with dementia

There is a big demand for professional training in the field of horticultural therapy. This was evident in a recent course held at the Telopea Centre which was fully booked. The two days focused on meeting the needs of people with dementia. Initiated by Cultivate, it was run by Ryde TAFE with contributions from Alzheimer's Australia, Carers NSW, an Occupational Therapist and a Landscape architect who specialise in catering for people with dementia.



Instructive

The course was attended by managers and gardeners, diversional therapists and recreational officers, people involved with day centres, nursing homes and home modifications and home care. The intention was to make the content as practical and relevant as possible for participants. The best outcome from a trainer's point of view is hearing that what was learnt is being used.

Here's what Sue has to say:

"As is usually the case after completing a course, I return to work so enthused that my co-workers find me almost frightening! The clients at our Day Centre were (fortunately) caught up in my excitement and we formed a Garden Club. Together we planned what THEY would like to see in the courtyard adjoining the activity room. We already had a raised bed, but with the help of our maintenance staff, we have taken over a strip along the top of a retaining wall.

Clients were equally divided between flowers and vegetables - pak choy, lettuce, rocket, shallots, snapdragons, petunias were all planted from seed, with the vegies being very successful—but the flowers a complete disaster! The weekends are our problem - hot weather and no-one to water is a sure way to fry new plants.

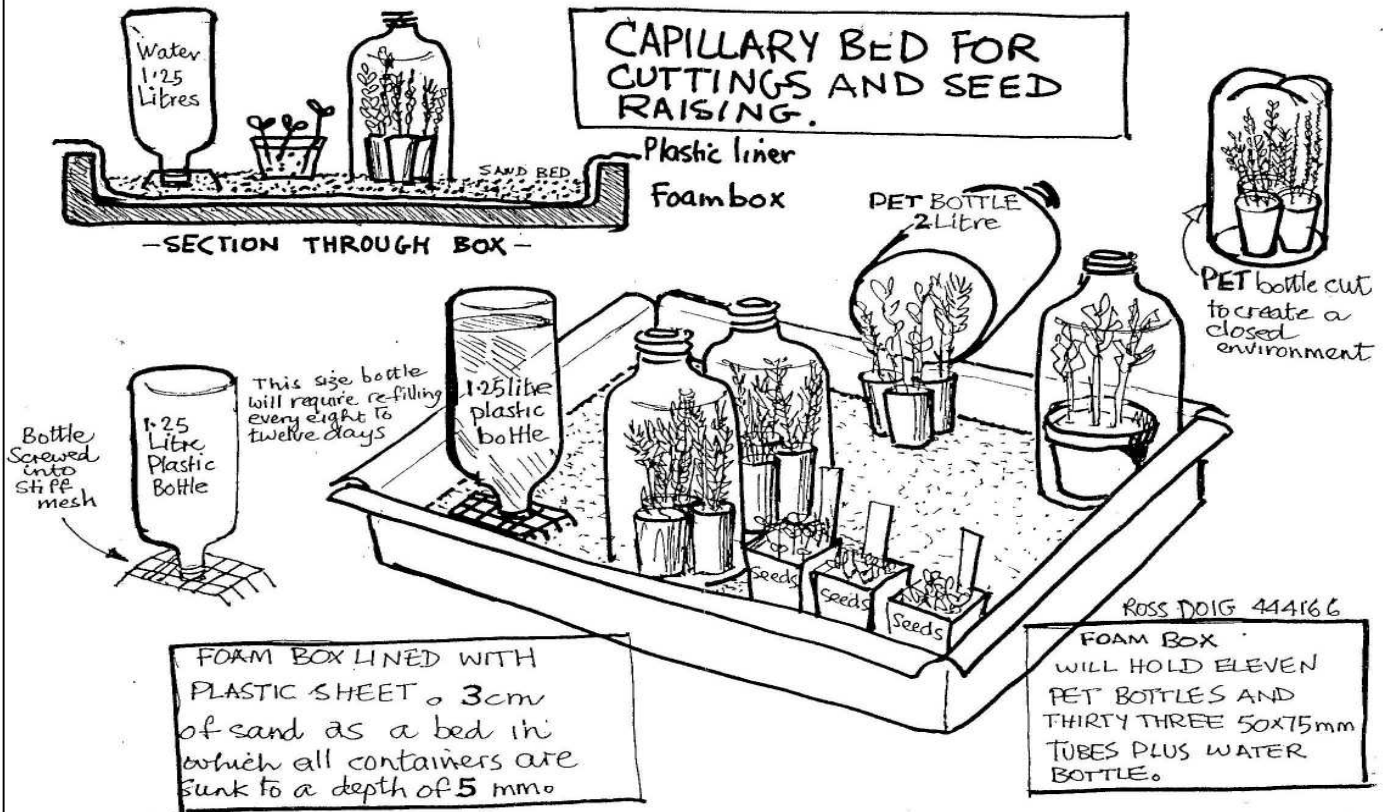
The vegies are now producing, & we sell to staff (at a very affordable \$2 a bag), whatever they would like to take. We can use the profits to buy seedlings to get the flowers going!

The Garden Club numbers have dwindled, but with an occasional working bee planned, we hope to get waves of patronage to support the two stalwarts who are still conscientiously tending the Plot."

Practical



Dementia Training (continued)



For others who have to leave cuttings and seedlings a few days without attention the diagram shows a simple capillary watering system that can help .

Thanks to Ross Doig for the drawing

Thanks to Ruth McLean for delivering the training and providing comments here.

There are already names on the list for the next of these courses to be run in 2011.

If you are interested in a dementia specific course or other courses:

please contact Cultivate.NSW

Details– back page

The Annual Nan Barbour Lecture—2010

The first Nan Barbour Lecture was held back in 1996, as an initiative to raise funds for the Horticultural Therapy Society of NSW, and to promote its work. The Lecture was named after founding member Nan Barbour OBA, whose person contribution to the Society has been an inspiration that has gained her well deserved recognition. Early speakers included Peter Valder, an expert on Chinese gardens, and . . . a leading figure in indigenous bush tucker plants.

A revival of the Nan Barbour Lecture in 2010, following a few years absence, was delivered on November 20 at the Telopea Centre by Steven Wells from Melbourne. Steve engaged his audience of twenty five gardening enthusiasts, with an interesting talk on his achievements as a Horticultural Therapist. Steven combines his passion for nursing and gardening at the Royal Talbot Rehabilitation Centre in Melbourne. He also works with people in community housing helping them establish gardens.

Steve described his work as the '*Gardening Guy*', where he distinguishes himself in his role to support and encourage tenants and patients, complementing the work of other social workers or medical staff. Steve indicated that the garden rooms and environments he has helped create have brought positive outcomes for both patients and staff. Simple philosophies guide his programs.... "slowly but surely" and "small things that make a difference". He landscapes with succulents for their ease of propagation, interesting shapes, colours and textures and low water and maintenance needs.

Steve took the time to differentiate between '*therapeutic horticulture*' and '*horticultural therapy*'. Steve suggests that '*therapeutic horticulture*' arises through the passive engagement with garden environments, to promote a sense of well-being, and relies especially on good landscape design. By comparison, '*horticultural therapy*' involves the engagement of a participant in horticultural activities facilitated by a trained therapist to achieve treatment goals. The kinds of activities undertaken by a client will be selected so that the established goals can be fulfilled. Steve acknowledged the contribution of other therapists such as occupational therapists and physiotherapists, in referring clients to his programs and contributing to goal-setting.

The talk was very inspiring as Steven shared his experience of how gardening can help improve our physical, emotional and psychological well being. Steve was generous with his time and extended the talk by half an hour—still not enough time to show-case his award-winning garden, on display at the 2010 Melbourne International Flower and Garden Show. Perhaps we can entice Steve back on another occasion!

2010 Sculpture by the Sea featured some living installations



Victorian HTA— Bi-Annual Conference—October 2010

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Cltivate NSW

Connecting people and plants

www.cultivatensw.org.au

Membership fees

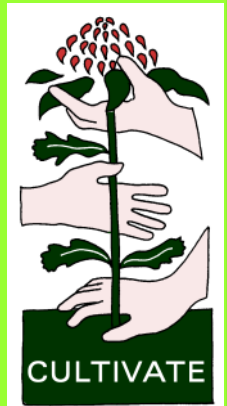
The current rates for membership are:

Individual member:	\$25.00 pa
Pensioner / student member:	\$10.00 pa
Organisation/Corporate Member:	\$50.00 pa

The membership period commences annually in April.

Direct Deposits are available for donations and membership renewals.

Please advise the Society if you have wish to unsubscribe or be removed from the membership and distribution lists.



One of the highlights for the City of Sydney and the State of NSW in 2010, has been the celebration of the 200 year anniversary of the appointment of Governor Lachlan Macquarie, who was sworn in as the 5th governor of the colony of New South Wales on 1 January 1810. Throughout the year, there have been many tributes paid to Governor Macquarie and his wife, Mrs. Elizabeth Macquarie, who together made a significant and substantial contribution to the development of colonial Sydney, transforming the penal settlement with extensive public works to build a flourishing society.

Floral tributes are among the many acknowledgements of Governor and Mrs Macquarie.

The **Governor Macquarie Rose** was developed by Master Rose Breeder Trevor Grant of the NSW Rose Society and Swaine's Nurseries. The flower is an even pink in colour and the plant has been created to be highly disease resistant.

The *Elizabeth Macquarie* Iris is a tall bearded variety, bred by Graeme Grosvenor and propagated by the NSW Iris Society. The flower has white petals with blue fringe and deep blue heart. *Elizabeth Macquarie* Iris rhizomes and potted plants are available from the NSW Iris Society.



Governor Macquarie Rose



Elizabeth Macquarie Iris