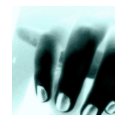


From: CultivateNSW <jstackho@bigpond.net.au>
Subject: **December Newsletter from CultivateNSW**
Date: 6 December 2012 4:51:50 PM
To: FirstName LastName <jstackho@bigpond.net.au>
Reply-To: jstackho@bigpond.net.au



DECEMBER, 2012 number 91

In this issue:

[Welcome](#)
[Men's Shed](#)
[Gardening program for refugees](#)
[Hills Clinic report](#)
[News from Victorian conference](#)
[Get up and grow!](#)

Annual membership fees

Individual: \$25
Pensioner: \$10
Student: \$10
Organisation: \$50
Corporate: \$50

Our membership period is April 1 to March 31 each year. Rates are discounted by 40% from November 1.

Direct deposits now available
To join, visit our [website](#).

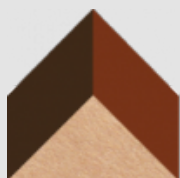


Welcome

Welcome to our new look. With everyone's lives getting busier, we've decided to try a new format for our regular newsletter. With this format, the newsletter opens when you open your email so you can read it straight away, without having to click on any other files. To keep the newsletter, you can archive the email or print a copy for your files. There are also lots of links to follow simply by clicking to discover more. As part of the new look we also have a new editor, Jennifer Stackhouse, who has put together this e-newsletter. Jennifer was editor of ABC *Gardening Australia* magazine. Happy reading and season's greetings from everyone at Cultivate NSW.

Virginia Field, President

Men's Shed



Australian Men's Shed Association
SHOULDER TO SHOULDER

The rise and rise of the Men's Shed movement, the Australian Men's Shed Association, was the subject of a fascinating talk to members at our AGM on September 18, 2012. Speaker Bill Tebbut from the Granville Men's Shed said the movement, which started in Australia in 2007, now has some 50,000 members in 600 sheds and has spread overseas. He said the sheds give blokes a sense of past, present and future and provide a valuable community service by making and repairing toys and other items for community groups and even constructing myna bird traps. He recommended horticultural therapists consider using the services of a local 'shed' when community therapy projects need construction work such as raised beds or vertical gardens. For more information, to locate a shed, or get involved, visit [theshedonline](#) or [see this link](#).

Gardening program for refugees

The [Epping Community Hub](#) run by Relationships Australia, is working with the [JRS](#) (Jesuit Refugee Service) at Marsfield, NSW, in a garden program for asylum seekers living in residential detention. Designed with the needs of clients central at all stages of delivery, the program incorporates horticultural therapy and art/eco therapy. The first program, which started in April 2012, involved 15 participants from Afghanistan, who built a food garden at their residence at Marsfield. They are shown below planting up tomato and chilli seedlings.



There are many challenges to participation,

CULTIVATE

Horticultural Therapy Society of NSW

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Ryde NSW 2112
Contact us by email
info@cultivatensw.org.au
or phone
(02) 9448 6392

"Connecting people and plants"

Training with Toni Salter

Gardening as therapy

Friday February 22,
2013 9.30am-4.30pm
Cost \$185

Cultivating wellness

Friday March 22, 2013
9am-12.30pm
Cost \$110

VENUE

Macarthur Centre for Sustainable Living
1 Mt Annan Drive
Mt Annan

To register phone
Toni on 0411 579 778 or, to book
online, [click here](#).

Find a factsheet

You can now find factsheets on our website. They can be downloaded as pdfs. They are also available in Chinese, Italian, Korean and Vietnamese.
[Find a factsheet.](#)

World news

The cities of the world are growing more food. In London a partnership between London Food Link, Lord Mayor Boris



which builds as trust and relationship is nurtured. The project started with the establishment of food residents indicated they wanted to grow. The program encourages engagement and communication. Gaining input

from participants is achieved with the use of TIS ([Telephone Interpreter Service](#)) and volunteer interpreters and was central to the start up phase, to help build a sense of place and create a sense of ownership of the space. The outdoors, a neutral and safe healing place, is at the core of the program and vital for people living in community detention, who carry and bring with them experiences of trauma and persecution.

The project has grown to involve a larger number of residents in the Epping area and surrounds housed in private rental accommodation. As asylum seekers live on a small stipend, they can't afford tools or seedlings to grow food. Epping Hub started a tool bank and quickly gained community donations for tools to loan out to these participants. In 2013 the Epping Community Hub will start a community nursery, which will engage community support, to supply seedlings for asylum seekers who wish to participate. It will also expand their volunteer visits program, which support the refugee's gardens and English conversation, as well as providing an essential link to the community. These visits can also involve harvesting and cooking produce, and preparing traditional Afghan and Tamil food to be eaten together.

Goals

1. Meaningful engagement for participants.
2. Providing a place to engage socially with peers.
3. Facilitating interest in experiences back home with food growing.
4. Providing physical activity that is good for mind/body health.
5. Build together a place that offers restoration.
6. Fostering a sense of inner peace based on the natural rhythms and dynamic stability of gardens, in contrast to temporary and unstable nature of their residence, which adds unduly on personal anxiety and depression levels.
7. Providing opportunities for focused attention that eases mental fatigue and worry; to bring out inner creativity while fostering ownership of place; and to engage with the wider community.
8. Presenting opportunities for preparing food together and offering hospitality to other groups in community detention, creating opportunities for connection and understanding and empathy.
9. Learning and practising English language skills. A set of language cards has been developed for specific use in the garden.

Acknowledgements

- [The Royal Botanic Gardens and Domain Trust](#). Thanks to the Community Greening Program for seedlings.
- [Eden Gardens](#), North Ryde. Thanks for a large pot and seedlings.
- [City of Ryde Council](#). Thanks for a worm farm and extra food for the barbecue.



Kerryn Valeontis
Senior Project Worker
[Epping Community Hub](#)

Hills Clinic report



Cultivate NSW has provided the Horticultural

Emily Lord Mayor Boris Johnson and the Local Food Fund, has formed [Capital Growth Campaign](#) to serve as a model for how private companies and the public sector can improve life in large cities. There are more than 1900 urban agricultural operations recorded in London, found on rooftops, in schools and community gardens and on empty lots. The Campaign is aiming for 2012 sites by the end of 2012.

New UK group forms

A new professional association for horticultural therapy has formed in the UK. Click on this link [Association of Social and Therapeutic Horticulture Practitioners](#) to discover more about their work.

Well done Steve!

Congratulations to Victorian horticultural therapist Steve Wells, who is one of the finalists in the ABC Gardener of the Year. The winner is announced on Saturday December 8 on ABC1 at 6.30pm. Steve says: "*Gardening Australia* were looking for passionate gardeners who have made a difference to the lives of others through gardening and that's what I do at the Royal Talbot Rehabilitation Centre as a horticultural therapist, nurse and garden designer/creator!!! So I entered, and now I'm a finalist. Yay!"

Give us your feedback

Please let us know what



Therapy Program at the [Hills Clinic](#), Kellyville since May 2011. Patients from mental health programs come to the clinic as part of their recovery. Three Society members provide four sessions of horticulture therapy each week. This gives patients the opportunity to venture outdoors to participate in diverse activities, from propagating plants from seeds and cuttings to creating art inspired by nature (including flower arranging, *left*).

The Program has seven garden beds of flowers and vegetables. Participants enjoy seeing growth from seed to harvest. Many are inspired to include gardening in their lives and decorate pots for this purpose. The program provides resources for first time gardeners to learn and to inspire others to continue this healthy pastime. As most patients are only in the Clinic for three week periods, the program provides a taste of the benefits of gardening.

"The experience was very therapeutic, connecting with others and connecting with nature." Patient quote



Patient reflections include words such as peaceful, relaxing, rewarding, enjoyable, release of energy, wonderful, working together without stress. Evaluations show more than 80 per cent of patients experience improved moods with rewarding results. More than 30 per cent of these experienced improvements of

more than 3 (on a scale of 1-10) in these 90 minute to 2 hour sessions. Some patients chose the Hills Clinic over other options on the basis of the Horticultural Therapy Program. Patients openly express their gratitude at being guided back into nature and outdoors through the gardening activities. Many people experiencing depression have become isolated indoors. Here they are supported into the sunshine! **Karen Gray**

News from Victorian conference

The [Horticultural Therapy Association of Victoria](#) (HTAV) held their biennial conference on November 9-10, 2012. Attending has left me motivated and ready to continue advocating for horticultural therapy and its benefits! The conference finished with an inspiring session on labyrinths and the benefits of relaxation and focus gained from walking a labyrinth. Here are some other highlights:

- Discussion of an innovative program at Port Philip Prison, Victoria with Michelle Enbom and her team.
- Programs in Hawaii that develop a love of culture and promote health through gardens and a youth program to get young people back on track were explained by Karen de la Motte, from HTAV.
- David Aldous from the University of Queensland discussed resources available from their research.
- Climate change and its impact on horticulture was covered by Dr Greg Moore from the University of Melbourne.
- Leonie Bell provided great insights into aged care.
- Mariette Tuohey discussed a permaculture garden.
- Paul de la Motte and Mike Shortal outlined programs at TAFE Victoria for young people with a disability.
- Michael Hatton had great stories to tell of community gardens around the world from his recent four month trip.
- Matthew Holmes, a chiropractor who studied neurological science, talked about the correlation he has made between brain function and horticultural therapy.

you think of the new format for the newsletter. Jennifer Stackhouse would love your feedback on the new format—just email your comments to her at jstackho@bigpond.net.au



Coming up

Put the 29th International Horticultural Congress in your diary for 2014. Hosted by the University of Queensland, it is being held August 17-22, 2014 in Brisbane. Details at the [congress website](#).

Joanne Moore

Get up and grow!



'Get Up and Grow' is the call to action of a newly established team that practice horticultural therapy in the Illawarra region south of Sydney. The team is made up of women with diverse experience and qualifications. These include horticultural

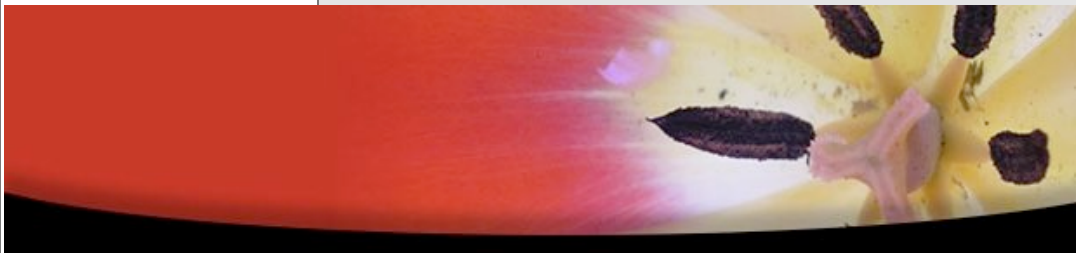
therapy, human and community services, physiotherapy, therapeutic massage, aromatherapy and natural therapies. They have experience working with people with intellectual, physical or psychiatric disability, mental health and people who are ageing. Contact 'Get Up and Grow' using the information provided below, and a representative will meet with you or your service to discuss your needs. Preliminary discussions about the options is a vital development phase.



We're committed to providing a program to suit you or your client's needs. This includes garden design, group activities, propagation, floral garden, or indoor activities such as seed saving (*left*), to people of all ages and abilities.

We create gardens that heal

Contact Get Up and Grow on 0423 798 857 or jo1moore@hotmail.com.



The Horticultural Therapy Society of NSW Inc • 101 Longleat Lane • Kurmond, NSW 2757

<http://www.cultivatensw.org.au>

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