

Spring Newsletter 2016

www.rchs.co.uk

*Welcome to the Spring edition of our
CALEY, Grow and Learn Newsletter*

grow
and learn

*With over 30 active projects, and over 200 people currently
working towards their awards we have lots of news to share with you.*

If you would like to share your Grow and Learn news
for our Summer edition, please send your story/photos to
growandlearn@gmail.com by Friday 17 June 2016.

News and events

Grow and Learn, seasonal activities

Now that Spring has finally arrived, why not try out
some of these seasonal Grow and Learn activities.

Cultivation

Seed sowing

Potting on

Dividing herbaceous perennials

To find out more about our awards go to

<http://www.rchs.co.uk/grow-learn-award-programme-launched/5038> or
email caleygrowandlearn@gmail.com.

Grow and Learn at Gardening Scotland 3-5 June 2016

Delighted to announce that Grow and Learn will have a stand this year
in the floral hall at Gardening Scotland 2016. We are looking for projects
to come along on these days to showcase their talents and gardening skills
on our stand. If you are interested in getting involved whether it be
demonstrating how to plant up a container, woodwork skills, how to design
a palette garden, please register your interest as soon as possible at ...
caleygrowandlearn@gmail.com.

Grow and Learn Awards Ceremony, Friday 9 September 2016

We are currently planning our Grow and Learn Awards Ceremony which will
take place on Friday 9 September 2016. More information about the format
of the day and the venue will follow in our next newsletter. Keep this date in
your diary free, its sure to be a fantastic day!

Please read on to find more about our projects and participants...

Scottish Charity No: SC006522




The Caley
Royal Caledonian Horticultural Society

Grow and Learn projects and participants in the spotlight

David Hopkins, 'Parklea, Branching Out'

Earlier this year, I popped into Parklea 'Branching Out' in Port Glasgow. www.parkleaassociation.org.uk. Established in 1997, Parklea uses horticulture as a vehicle to provide a variety of different training, work experience and supported employment opportunities for a wide variety of people with varying abilities and levels of support needs.

While I was there, I caught up with **David Hopkins** a young man who is working toward his Grow and Learn 'Roots' award. Below is a short transcript of our conversation, which I am sure you will enjoy reading.

Tell me all about your gardening work?

I am weeding, cutting the grass, watering plants, checking tomatoes and peppers in the Summer. Its better to grow tomatoes and peppers in pots instead of grow bags. I feed them, water them and check that the tomatoes don't have black rot. It's always important to check for pest and diseases. Last year Robert forgot to close the glasshouse door one summer and rabbits got in and ate some of our plants!

What do you like best about being here?

Its good fun! I love splitting the logs for the biomass boiler, cutting the grass and health and safety is important to me too.

What do you not like to do in the garden?

Weeding, it can be hard at times, but I do it anyway.

What new skills have you learned?

Health and Safety tips like not running with the trolley.

Have you made new friends?

Yes, Kieran and Aldo.



When you complete Grow and Learn, what would you like to do next?

I would like to still garden here at Parklea, and help other people garden too.

Do you garden at home?

Yes, I cut the grass and help my neighbours. I also helped my dad to plant bulbs, vegetables and flowers.

Do you share your gardening skills with other people?

Yes, I've taught my dad how to weed properly. I do have to keep an eye on him though.

At Parklea, I've helped Kieran and Archie to build a path made from bricks. I've helped Kieran cut Holly for the Christmas wreaths. I help Robert with everything including tidying up at the end of the day. I've helped Sharon improve the soil in the glasshouse too.

Would you recommend gardening to other people?

Yes everybody should do it.

Grow and Learn personal goals

David is making great progress achieving one of his goals, which is to travel more independently. He now travels from his home on the train to Port Glasgow where staff from Parklea pick him up and take him to the project. David is also currently working towards travelling independently to Paisley by train, where he attends college twice a week.

David is undoubtedly one of life's enthusiastic, talented gardeners, he is an ambitious young man with many gardening skills and abilities. I'm looking forward to hearing how David progresses with his award and what his plans for the future may be.

Jean Gavin CALEY Grow and Learn Development Worker

Stair Park Community Garden Centre (Potters)

Stair Park Community Garden Centre (Potters) achieved charitable status in November 2013 and has been developing since then. We are based in Stranraer and have a 25 year lease from our local authority.

The project is run by; four trainees, six volunteers and one staff member. We all get on very well and share the project development equally. This coming year we hope to inspire more local people to join our merry band of growers.

Last year was our first year growing and although we didn't start planting till late, we had very good harvest.



Quotes from the team:

"I love being part of a fantastic team. Working with my hands, producing things, building things and growing lots, seeing something come from nothing come to life, a great sense of achievement".

"This is a wonderful facility for Stranraer. Horticultural skills and woodworking skills are brought together to promote socialising, build confidence and independence".

"I think everyone is friendly and helpful. I enjoy all the work at Potters."

"The project has given me lots of new skills; I started using hand tools in the garden and now use power tools to in the workshop to build wooden structures. I am working in a team and use safety aspects in all our work".

"I enjoy all the planning and all the growing aspect of the garden."

We would like to thank The Royal Caledonian Horticultural Society for all their encouragement and assistance with training plans over the last two years.

The Potters Team

Scott Green, Help Yourself Grow, Glasgow

In 2014, Scott Green participated in Grow and Learn 'Roots' and successfully achieved his award. Alongside other gardeners, Scott gained skills in both horticulture and cooking as part of an experience called 'Help Yourself Grow'. This was an initiative devised by Fair Deal, Glasgow and the gardening skills training took place at the Hidden Gardens in Glasgow.

The good news Scott would like to share with you is that he has successfully secured a part time post as Help Yourself Grow, Co-trainer.



This is a fantastic news and his post is funded for the next 5 years! Scott will now share with other gardeners all the knowledge and skills he has developed thanks to Grow and Learn.

***‘Grow and Learn has given me more confidence about speaking to people about gardening’.
I know a lot more about gardening now.’***

Scott Green

Scott told me he was especially looking forward to ‘meeting new people, and supporting those getting involved in gardening in transition year from school. I want other people with learning disabilities to have the same opportunities I have had.’

Scott will be supporting people to garden and work towards their Grow and Learn ‘Roots’ award at the new Castlemilk Community Garden at the Jeely Playzone in Glasgow. I am sure Scott will keep us posted on his new job over the months ahead.

The Shore Garden Project, Perth

Set up in 2010 as a way of providing meaningful day time activities to Turning Point Scotland service users living in Perth. The project also had an emphasis on promoting healthy eating through growing a range of fruits and vegetables.

It was decided to look at funding for a support worker to take on the garden project for two days a week and in October 2012 Derry Meredith took on this role, initially for one day a week. We embarked on a programme of developments for the garden project which involved some redesigning of the areas which had been used. Two service users also began to attend on a regular basis and were taught a variety of horticultural methods and techniques.

We held an open day in April 2013 at the garden project and a further 4 service users began to attend. From this we were able to grow more plants for sale and have an annual plant sale in May/June. The service users could also choose to participate in a range of gardening activities which were designed to either teach new skills or become more competent with existing skills.

September 2014 also saw us launch our participation in the Royal Caledonian Horticultural Society’s Grow and Learn Award. Six of our attendees are now students on this award and are looking forward to learning a variety of new horticultural methods and techniques, as well as honing their existing skills even further.

2015 saw us open the garden project to those out with Turning Point, and we now have 10 service users participating at the garden project. We have also embarked on a project to make ‘stone’ troughs out of recycled basins. This has been very successful and we have a waiting list for troughs at present. We continue to develop the ground we have and so far this year we have made a new border, fruit bed and revamped our composting area.

At present the garden project is open on a Tuesday and Thursday and we are looking to offer more participants the opportunity to join us.

**Derry Meredith
Garden Project Coordinator
Turning Point Scotland
Shore Road Garden Project
3 Grosvenor House
Shore Road**

The Shore Garden Project, Perth

Russell

Russell has built an alpine garden using setts found in the ground when the garden was being developed. He prepared the soil for the alpine plants by mixing in lots of grit to our own home made compost. More plants are still to be added but the ones that have been planted already look well established.



Craig

Craig makes alpine troughs from scratch using recycled materials coated with a mixture which is made up on site. Once the troughs are dried out, Craig mixes grit into the compost and arranges a section of 5 alpine plants, many of which he has raised from cuttings himself, in each trough. There is a waiting list for these lovely troughs, the sale of which provides Turning Point with much needed income to support the garden.



I USED TO BE THAT

by Philip

I used to be a smoker
But now I am healthy
Take a look at me now
Because I'm so wealthy

I like to swim in the pool
And I want to become faster
So plenty of practice
And I will get past her

Every puff made me cough
And I was so smelly
It cost me a fortune
It's more expensive than jelly

I never go to the gym
I haven't got the time
And push ups and press ups
Are just crossing the line

I like to go out walking
But I can't run
Because I get out of breath
And I don't like the sun

I'm thin with a bit of weight
Because I like to move
So please put some music on
And I will show you how to groove

I like chocolate and cream
I also like carrots
And I would want to run faster
If I saw a scary parrot

I might be healthy and smart
And I'm not a sports star
But for more than a month now
Great! No nicotine and tar

I like healthy foods and drinks
They're good for you body
Not smoking makes me hungry
And sometimes very moody

So this is me now, having some fun
Having a ball, laughing and joking
And I can breathe much better now
So I ain't going back to smoking!

OVERVIEW

Providing meaningful activities and occupational opportunities was an important aspect of supporting the behavioural aspects of smoking cessation interventions. For one in-patient who enjoys gardening and writing poetry as part of his Occupational Therapy, a coping strategy utilised was to write a poem reflecting his feelings and experiences about stopping smoking.

The poem titled, 'I used to be that' was entered into a creative art competition run by the Health and Social Care Academy which aims to drive fundamental change in health and social care in Scotland. The theme for their competition for 2015 was 'My Wellbeing, My Future' and our participant received a participation certificate for his poem.

Lynda Wong, Occupational Therapist

Stopping smoking was a personal goal set by Philip as part of his Grow and Learn Award.

A day in the life of a Grow and Learn Verifier: Sallie Sillar

Hi, my name is Sallie Sillars I cover the West Coast of Scotland for the Grow & Learn verification which takes me across Ayrshire and into Glasgow and sometimes beyond to explain and mentor the delivery of the Achievement Award to new and existing projects. My first project was with Breaking Ground, Eglinton Park in East Ayrshire and it was lovely to follow the progress of the group from setting up of the Grow & Learn Award to presentation of the certificates by HRH Princess Anne last summer. The joy on the faces of the Breaking Ground team was wonderful and proof that the clients gain much more than horticultural knowledge from taking part in the award.



How long have you been a verifier and what attracted you to becoming a Grow and Learn verifier?

I became a Grow and Learn verifier in 2014 and was keen to be part of the Caley team that help to mentor the delivery of this unique achievement award, the only that I know of, that is accessible to all abilities and all ages.

What does the job involve?

I love travelling to new projects meeting support staff and seeing all the amazing growing spaces that they have created for the benefit of their clients. Every project is different and all have their own needs. As a Grow & Learn verifier I help support projects to deliver the award and make up to four visits over the projects delivery, from introduction to verification of the final client portfolios.

Meeting the clients and discovering what activities they enjoy has helped me to understand how much the award is valued by them. It also helps me give relevant tips and ideas on activities and horticultural techniques that can assist with daily delivery.

New projects sometimes find recording portfolio information from the baseline to the core and additional activities a challenge at first, but the verifier is always on hand to provide reassurance and tips when needed to help things go smoothly.

What are the challenges of the job?

Sometimes projects take longer than expected to complete and keeping up momentum to finish the award can be difficult. Again support is always on hand, there is no deadline placed on completion by the Caley.

Pre planning is always the key.

Sometimes projects have restricted timelines due to funding or placement pressures and running out of time does happen, but we always try and get round the problems.

Sometimes clients do not want to finish the Award and having to see clients referred on from projects that they have benefited from in so many ways can be hard. But they all have a personal portfolio to take away with them, proof of their great achievement.

What are the highlights of the job?

July 2015 Award ceremony certificate presentation day has definitely been the highlight so far, but seeing the enjoyment on client's faces when they are actively involved in Grow & Learn horticultural activities is a permanent reminder of why I love this job.

What would you say to someone who was considering participating in Grow and Learn?

I would say find out what is involved and talk to someone who has already run the award and give it a go.

How you would like to see the awards grow and develop?

The Caley Grow & Learn Award has huge potential and should be available to everyone who cannot access mainstream education or need that bit of extra direction. It is the only achievement award that provides complete flexibility to the client and can be delivered without having to break the bank! It should be available nationally.

Most memorable Grow and Learn moment?

After the Awards ceremony the happy proud faces of the clients and their supporters is my most memorable moment, second to that was being shown around Westlanes' new garden by the proud clients on a freezing cold day that was full of warmth!

What has Grow and learn taught you?

Grow & Learn has taught me that we should never underestimate achievement and the need for people to achieve and share that achievement.

If you feel down, go and sit in a garden and feel uplifted, if you feel sad, plant a seed of hope for the future and watch it grow!