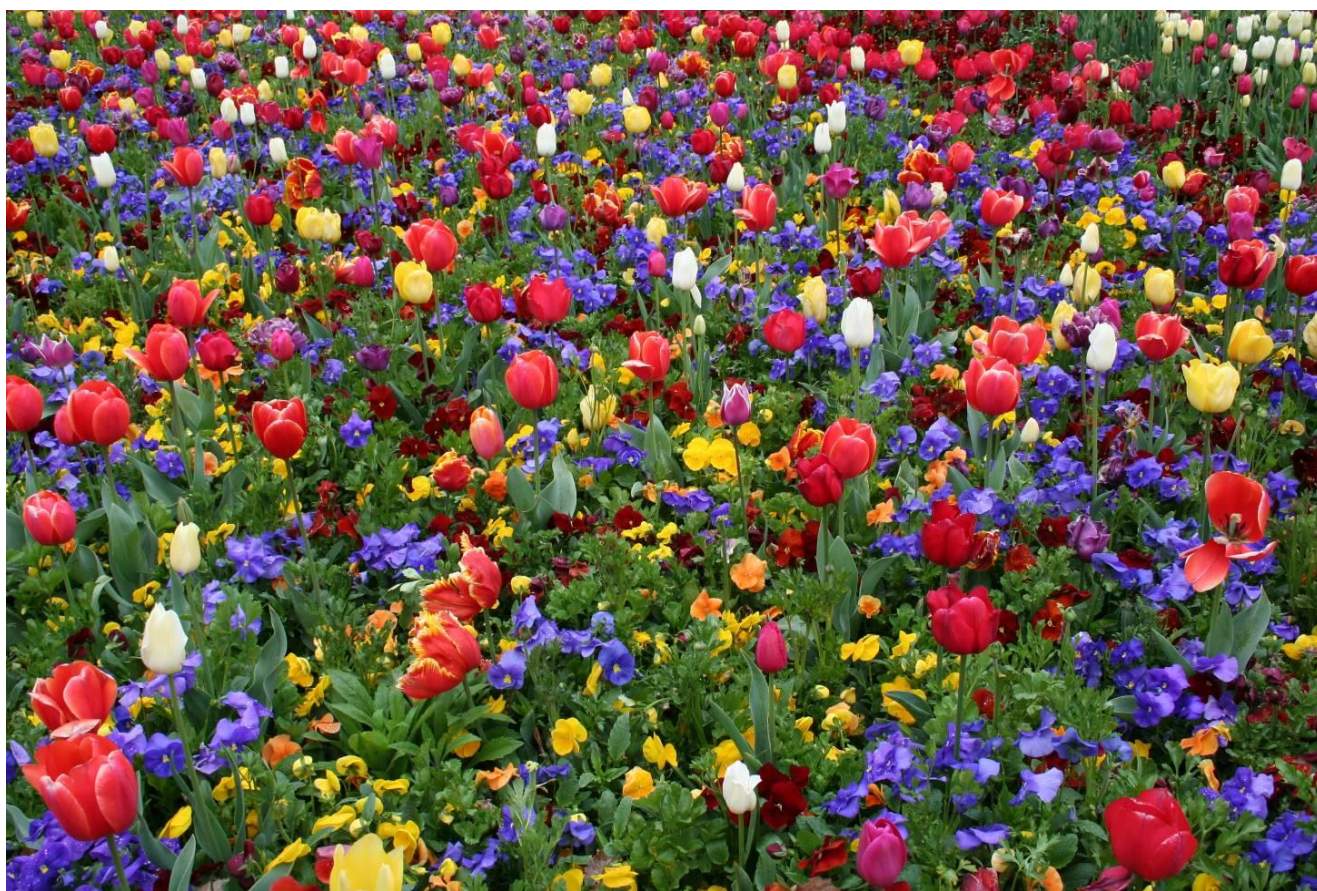




# Horticultural Therapy Association of Victoria Inc

Newsletter - 2016 – Spring



## Spring flowers

With the long Winter now over, the colour of Spring is exploding. The above picture was taken at the Floriade festival in Canberra, which runs for several weeks from September to October and is well worth a visit.

The HTAV Biennial Conference is on the 25<sup>th</sup> November with a GardenTour on the 24<sup>th</sup> November. More information on presenters and sites that will be visited are on the back pages of this issue.

There is also a story on an Autism gardening program in Ireland and a Community Garden being built as a 'Lend a Hand' initiative in Dandenong South.

Best wishes  
Paul de la Motte

## Plants for Sensory and Therapeutic Gardens

By Paul de la Motte

**Common Name:** Wisteria

**Botanical Name:** *Wisteria floribunda*

**Family:** Fabaceae

The Wisteria is truly one of the great flowering plants, valued equally for its breathtaking colourful display and its magnificent scent.

The Wisteria is a hardy climbing vine that can extend many metres over a pergola, fence or other structure, and provides great summer shade and screening.

There are eight species of in this genus family, which are natives of China, Japan, and eastern USA. The English botanist Thomas Nuttall named the genus for Caspar Wistar (1761-1818), a professor of anatomy at the University of Pennsylvania.

Wisterias flower from spring to summer.

When young, the pinnate leaves of the Wisteria species are a soft bronze-green shade but turn light green when mature.

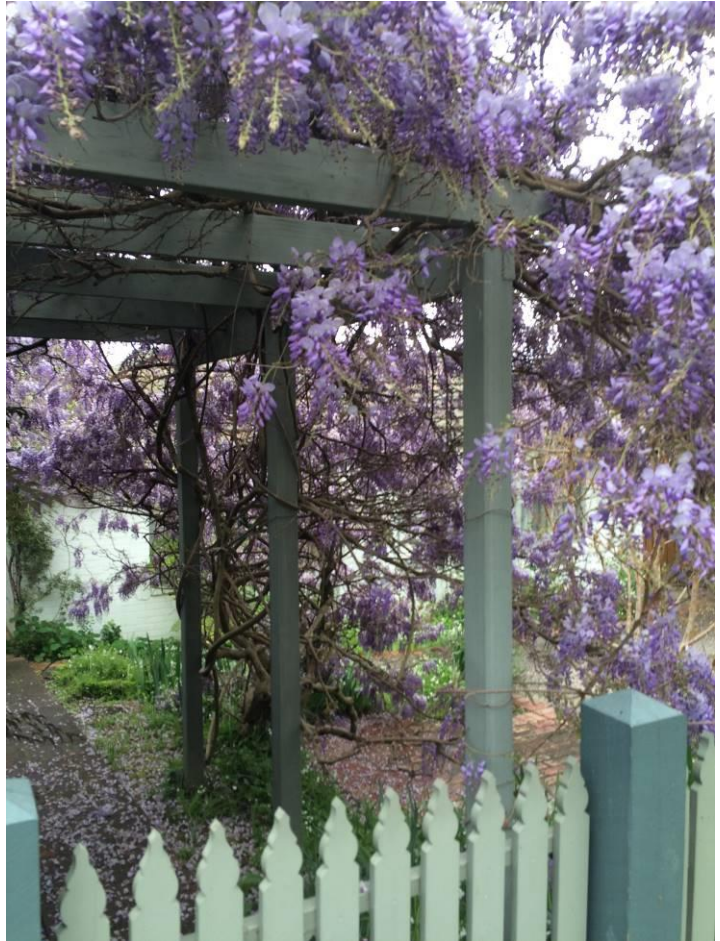
Wisterias are a magnificent sight when in bloom, with abundant, long, pendent racemes of usually mauve to violet flowers that begin to open as the leaves expand.

The most common colour is a violet to mauve but there are white and pinkish hues as well. The flowers are highly scented.

Wisterias like to grow in a sunny position, but the roots need to be kept cool and moist. The plant is a very vigorous grower and needs strong frames for support as they mature. Care needs to be taken when designing a garden that they are not placed in an area where the perfume can overwhelm sensitive clients.

Although they can be propagated from cuttings or seed, layering or grafting, they are not recommended for cutting activities as the success rate is disappointing.

Wisterias are one of the best climbers for our climate and present a pleasing display in a larger therapeutic garden.

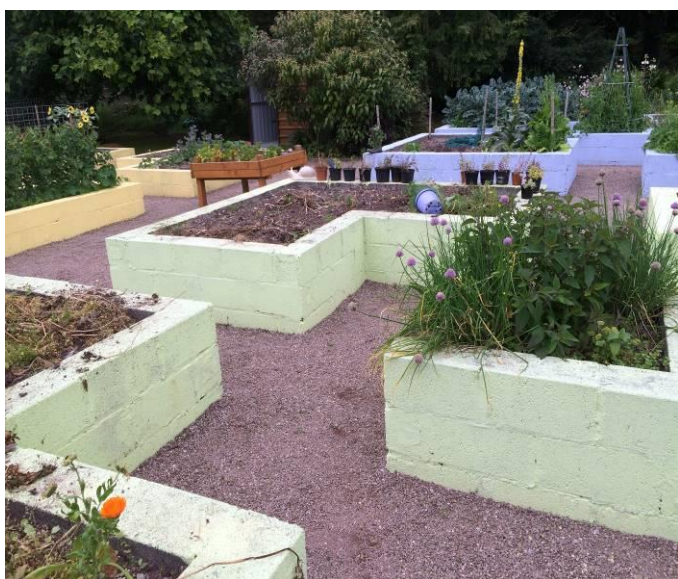


## **Cork Association for Autism (Ireland) gardening program**

There is a wonderful facility called Greenville House, situated at a small village called Carrigtwohill in County Cork. The centre here is designed as a residential centre for Autistic clients.

The Cork Association for Autism (CAA) service provides person centred support and skill development programs to adults on the Autism spectrum throughout Cork.

The service is the pre-eminent provider in the region and aims to grow in the number of services provided and also the number of individuals who can avail the services.



**Some raised garden beds**



**Meeting place**

The residential service provided at Greenville House consists of a five bed-roomed house, six two bed-roomed cottages and a three bed-roomed apartment.

Clients participate in the gardening program, working outside in the raised garden beds and in the glasshouse. The activities are varied, but include growing vegetables and supplying them to local businesses. They also have a polyhouse, where they grow tomatoes.

There are a number of recreational gardens including a meadow, a dry riverbed garden, a meditation space and many recreation areas.

The residential facilities are staffed by qualified personnel to meet the needs of those that avail their supports both day and night.

The person centred approach is embraced, and input from families and parents encouraged and welcomed. A number of CAA vehicles facilitate integration with the local and wider community. Independent living skills and daily living skills are encouraged and supported. Educational, vocational and recreational activities are also delivered at the centre.

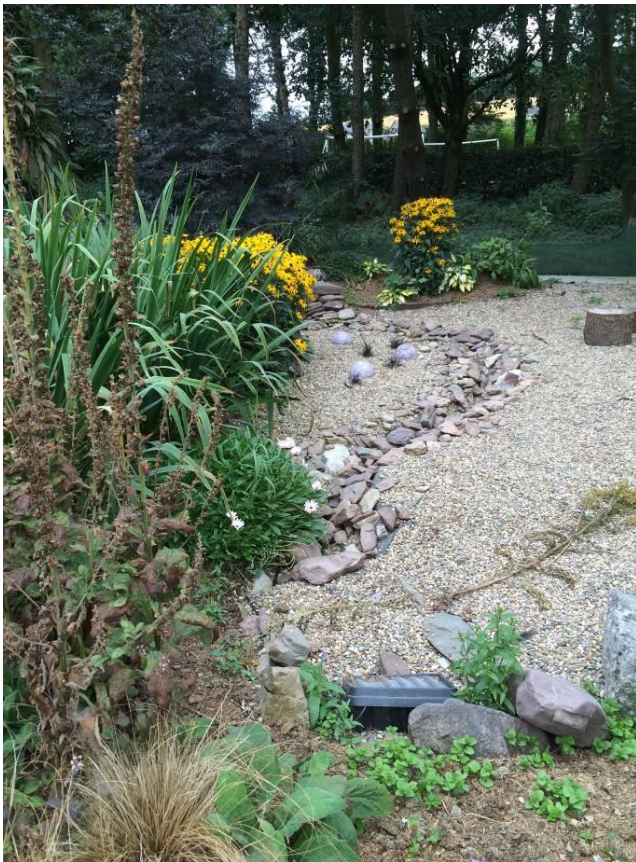


**Neil in the polyhouse**



**The meadow**

I would like to extend my appreciation to Emma Hutchinson, the Horticulture co-ordinator who designed most of the garden and to Neil, a dedicated staff member who showed us around the centre.



**The dry riverbed garden**



**Mosaic in the Artroom**

## **“Lend-a-Hand” Project – Dandenong South**

The “Lend-a-Hand” project is a new program which involves developing a community garden for disabled and other needy groups in Dandenong South.

“Lend a Hand” is a Community organization established to help individuals and community organisations with work which they don’t have the skills to do and cannot afford to pay for.

The site visited in Dandenong South is being supported by Arbortrim, a local training and consultancy business. Arbortrim assisted with the skills development of participants in landscape maintenance and gardening.

Sandra Pullman, who recently completed the Therapeutic Gardening course at Holmesglen has already established a garden at the Dandenong South Site.



**Sandra with some parsnips**



**The garden enclosure**



**Garden beds are of different heights - some with climbing frames**



The garden is surrounded by a picket fence and it is intended that the garden will be wheelchair accessible. Within there are raised garden beds, a composting system, several ornamental gardens and a small orchard.

Much of the labour has been contributed by 'work for the dole' participants and arboriculture and rural operations students of Arbortrim training Services, who are located adjacent to the site.



**Planting out the entrance area at the Community Garden**

## **Therapeutic Gardening Short Courses-**

### **Therapeutic Gardening Course**

Saturday 22<sup>nd</sup> October 2016, 9.00am - 4.30pm

### **Advanced Therapeutic Gardening Course**

Saturday 5<sup>th</sup> November 2016, 9.00am - 4.30pm

Holmesglen Institute, 595 Waverley Rd, Glen Waverley Registration: (03) 9564 1546

<http://www.holmesglen.edu.au> Short Courses, House and Garden

# **Horticultural Therapy Association of Victoria**

## **2016 Biennial State Conference**

**25 November 2016**

**&**

## **Garden Tour**

**24 November 2016**

**Balwyn Community Centre,  
412 Whitehorse Rd, Balwyn, Victoria, 3103**

*“Gardening changing lives”*

The HTAV invites members and guests to their 2016 conference showcasing programs that use gardens and gardening to improve the health and wellbeing of a range of clients.

Presentations cover topics including Aged care, Rehabilitation, School gardens, mental health and disability.

Conference Speakers include -

**Paul de la Motte**, Garden design for special needs

**Anne Thompson & Rob Petrie**, Peter James Rehab Centre

**Susie Morgan**, Delmont Private Hospital

**Facilitators**, Green Thumbs School Garden Program

**Chris Evans**, Encompass Services

## **Garden Tour**

Sites to be visited -

**Peter James Rehab Centre (Transition Garden)**

**Bon Beach Primary School Garden**

**Lend a Hand Community Garden**

**Delmont Private Hospital**



# Horticultural Therapy Association of Victoria 2016 State Conference Registration Form

**Conference - Friday 25 November 2016, 9am – 4 pm**

**Garden Tour - Thursday 24 November 2016, 9am – 4 pm**

Venue: Balwyn Community Centre, 412 Whitehorse Rd, Balwyn, Victoria, 3103. (Melway 46, F8)  
8.30am-Registrations 9am- Presentations – 4pm (closure)

Name .....

Occupation ..... Employer (if applicable) .....

Address.....

E-mail .....

Phone: B/H ....., Mob: .....

**Conference** (includes lunch and refreshments)

Friday, 25 November, 2016 \$150.00 [ ] \$130.00 [ ] Members, students and concession

Early Bird Registration - Register and pay by 31st October, 2016  
\$140.00 [ ] \$120.00 [ ] Members, students and concession

**Horticultural Therapy Gardens - Bus Tour** - Thursday 24<sup>th</sup> November, 2016 \$40.00 [ ]  
(Includes morning tea and light lunch)

Please advise any special dietary requirements .....

Please advise any other requirements.....

**Payment can be made via direct deposit, credit card or cheque payable to HTAV**

**Direct Deposit Details -**

Account Name: HTAV  
BSB No: 06 3888  
Account No: 10035946  
Ref: "your surname"

**Credit Card Details -**

Name on Card \_\_\_\_\_ VISA [ ] Mastercard [ ]

Number \_\_\_\_\_ Amount \$ \_\_\_\_\_

Expiry Date \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

**For further information and bookings:**  
**Horticultural Therapy Association of Victoria**  
**Mail: PO Box 369, Balwyn North, Vic 3104**  
**E-mail: [contactus@htav.org.au](mailto:contactus@htav.org.au),**  
**Telephone: 03 9836 1128; Mobile: 0433 188 836**  
**Website: [www.htav.org.au](http://www.htav.org.au)**

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