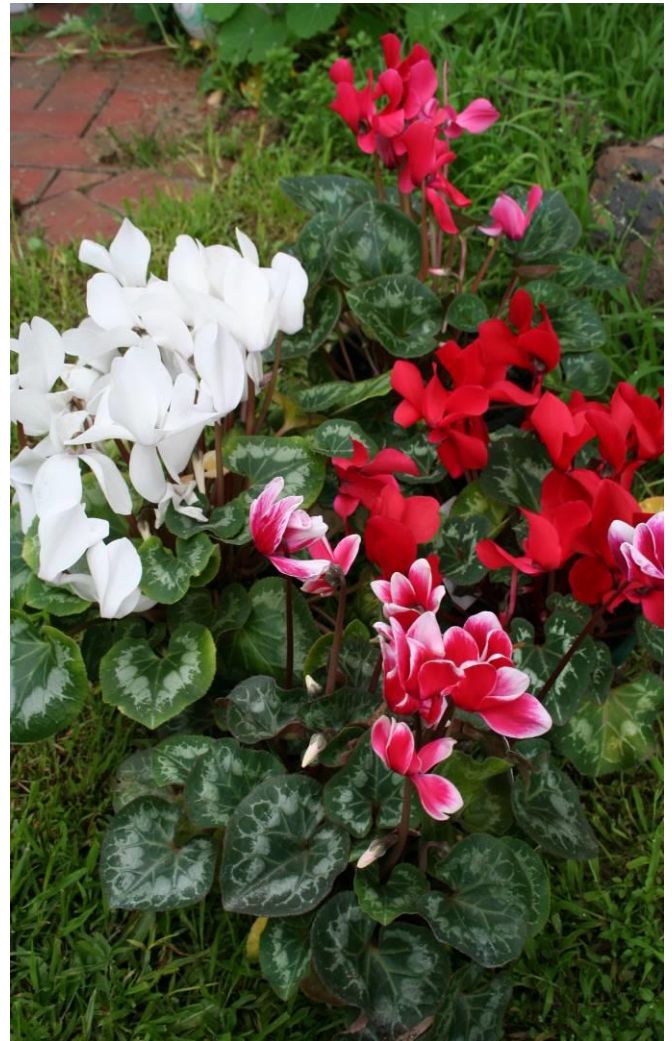




# Horticultural Therapy Association of Victoria Inc

Newsletter - 2016 – Winter



## Winter flowering plants

This winter has provided well needed rainfall for all our catchments. Time to finishing pruning the roses and relocating plants before the weather starts to become warmer.

This issue contains information about a garden program overseas (Alnarp in Sweden) and Delmont Hospital in Glen Iris, Victoria.

The HTAV Biennial Conference is to be held on 25<sup>th</sup> November 2016, with a garden tour on 24<sup>th</sup> November. Put the date in your diary now. More details inside. Watch our website

Paul de la Motte



## Plants for Sensory and Therapeutic Gardens

By Paul de la Motte

**Common Name:** Clivia

**Botanical Name:** *Clivia miniata*

**Other names:** Kaffir Lily

**Family:** Amaryllidaceae

The clivia is a clumping herbaceous plant that grows up to 50cm high and 40cm wide, but can grow into clumps up to one metre wide and 70cm high.

Originally coming from South Africa and Swaziland, the clivia is commonly grown all around the world and is a popular ornamental plant here in Australia.

These plants were named after the Duchess of Northumberland (Lady Charlotte Clive) who first cultivated and flowered the foremost specimens in England.

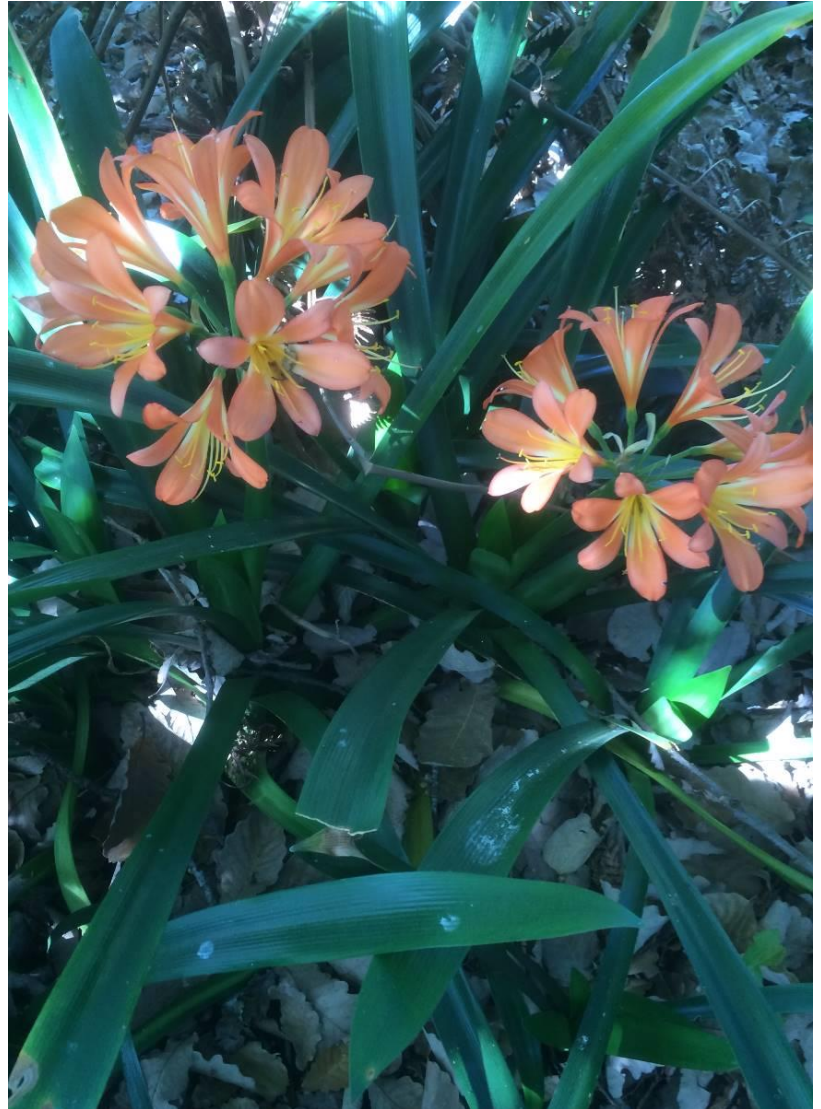
The clivia has a number of valuable attributes including its ability to thrive in the shade and provide clusters of beautiful orange, apricot, yellow or cream flowers.

Clivias are also surprisingly drought resistant which allows them to thrive in hot climates as understorey plants.

As a therapeutic plant it is used to provide colour in shady sensory gardens. They flower in late winter and early spring so help maintain colour in the garden throughout the year.

Although relatively expensive clivias can be easily propagated by division, and are a good source for propagating activities.

Clivias can be very successfully grown in containers and are also popular as an indoor plant.



## Delmont Private Hospital - Glen Iris

Delmont Private Hospital is an independently owned hospital in Glen Iris, Melbourne, providing mental health care services. Delmont provide psychiatric care and treatment of addictions, with a range of therapeutic programs suited to individual needs.

They offer a broad range of services within both inpatient and day programs, including substance use and addiction, aged and general psychiatry. Their treatment regime includes art therapy, gardening programs, exercise programs and educational sessions in either group or individual settings.



**Activity Lounge**



**Herb Garden**

Delmont Private Hospital is a pleasant and private environment with the gardens and plants adding to the ambience.



**Main therapeutic garden**



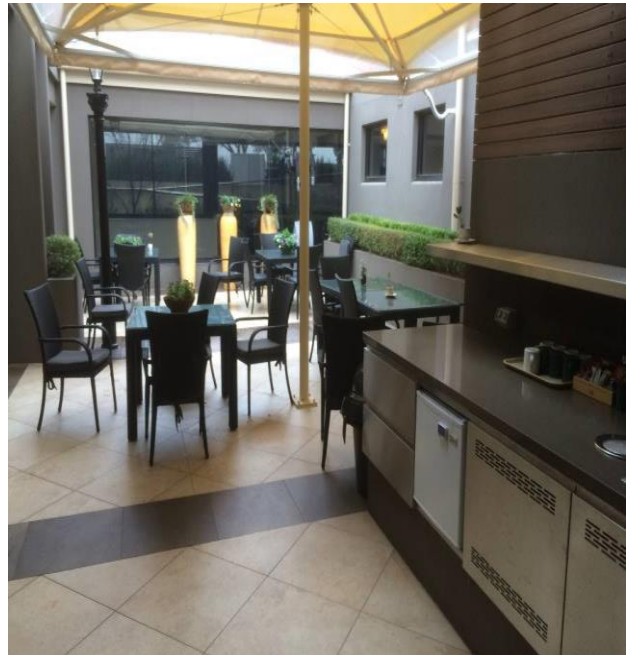
**Courtyard garden**



Susie Morgan runs many of the gardening and therapeutic programs and is continually on the look out to green–up the facility.



**Potted up plants**



**Outdoor Kitchen**

Delmont recently entered the Great Hanging Basket competition at the Melbourne International Flower and Garden Show.

Below are their two winning entries.



**First place “Sunshine” Award**



**Second place “Sunshine” Award**



**Indoor gardening area**



# The Alnarp Rehabilitation Garden

(Near Malmo, in southern Sweden.)

Established in 2002, the Alnarp Rehabilitation Garden offers nature-based rehabilitation (NBR) for individuals with stress-related mental illnesses such as exhaustion disorder (ED).

ED occurs after many years of prolonged stress and the lack of sufficient recovery. The symptoms are severe tiredness and exhaustion, with low executive function and mental, physical and social impairments. The rehabilitation process has been described as vulnerable, and recovery can take months or even years. It is recognized that individuals with ED are in great need of rest and mental recovery, especially before they actively participate in a rehabilitation program.

Therefore, to support rest and mental recovery, a specially designed garden, a select treatment team, and a specially designed activity program were developed at the Alnarp Rehabilitation Garden.

The garden and horticultural occupations are used as the base for the whole intervention. The two-hectare rehabilitation garden was designed according to theories on nature's restorative effects and the theory of supportive environments and contains places for work, rest, and contemplation.

It is divided into two major areas:

the Nature Area (informal and non-cultivated) and  
the Cultivation and Gardening Area (formal and cultivated).



## **Alnarp garden areas –composting (cultivation area) and rock garden (nature area)**

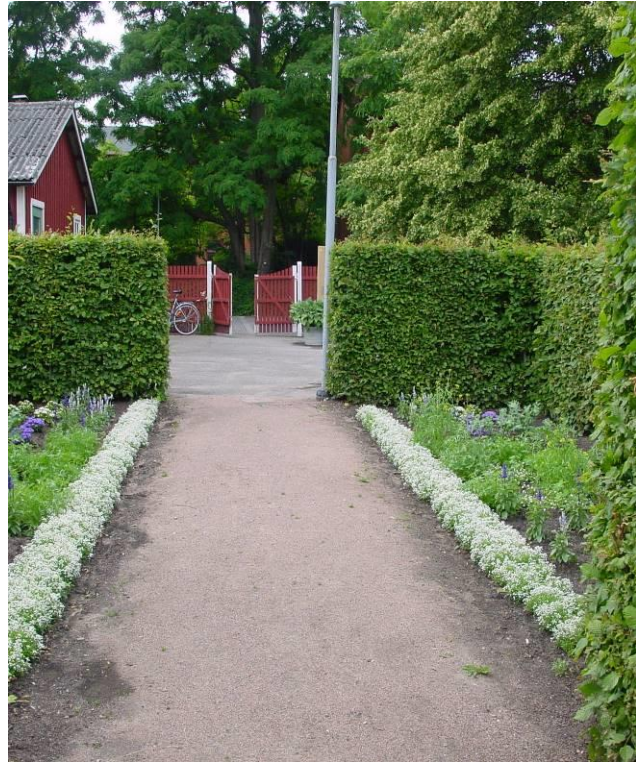
The gardens are further sub-divided into different smaller garden rooms, each with restorative properties that can enhance mental recovery.

The garden contains evergreen and deciduous trees and shrubs, as well as a vast variety of perennials and annuals, so that there is always something to look at or work with throughout the year.

The color scheme is dominated by soft hues; strong hues are limited to certain areas in the garden where the clients can partake of them when they have developed the strength to handle strong colors.



**Quiet garden seating area**



**Main entrance**

The size, height, form, texture, and fragrance of the plants vary in order to stimulate and awaken the senses, with an emphasis on seasonal variation. The connection to the seasons is important as nature has a rhythm of its own that cannot be sped up or forced as it switches between active and dormant phases.

Many rehabilitation participants have lived stressful lives without regular rest. By working at the same pace as nature and the plants, the participants note the shift between the phases.

There are also specially designed garden rooms and greenhouses that facilitate meaningful horticultural and gardening occupations. Horticultural occupations capture the participants' attention and help them be in the moment "right here, right now", a somewhat diminished capacity for most participants.

By working with their hands, they relax their focused attention. Their cognitive function rests and they switch from thinking to feeling – their hands in the earth, feeling and smelling, incorporates feeling in their bodies and their minds can rest, gaining mental recovery.

The team works through the garden and the horticultural occupations to reach the rehabilitation goals. Nature is rich in opportunities for this purpose and it seems easy for everyone to find something to engage in as an active or passive (resting) occupation.

**Ref:** "Nature Based Rehabilitation at the Alnarp Rehabilitation Garden", Palsdottir, Anna Maria, [peopleplantcouncil.org](http://peopleplantcouncil.org)



# Benefits of gardening and food growing for mental health

Summary highlights of literature review by Garden Organic and Sustain, April 2014

A review of scientific literature to demonstrate the strength of evidence for the benefits of gardening and food growing for physical and mental health and wellbeing, showed that -to improve mental health, for people with acute or persistent mental health problems, or especially difficult personal circumstances- regular involvement in gardening or community food-growing projects, or formal horticultural therapy, can:

- Contribute to improved social interactions and community cohesion.
- Reduce the occurrence of episodes of stress, and the severity of stress and associated depression.
- Reduce reliance on medication, self-harming behaviour, and visits to psychiatric services, whilst also improving alertness, cognitive abilities and social skills.
- Alleviate symptoms of dementia and Alzheimer's disease, such as agitation and aggressive behaviour, which can in turn improve circumstances for carers.
- Provide productive manual activity and beneficial social interaction for people tackling drug and alcohol dependency.
- Help people manage the distress associated with mentally challenging circumstances, such as making the end of life more peaceful, sociable and enjoyable for hospice patients.

**Ref:** 'The benefits of gardening and food growing for health and wellbeing', Garden Organic and Sustain; Davies, G, Devereaux, M, Lennartsson, M, Schmutz, U and Williams, S, April 2014

## Therapeutic Gardening Short Courses in 2016 Term 3 and 4

### Therapeutic Gardening

Saturday 27 August 2016, 9.00am - 4.30pm

Saturday 8 October 2016, 9.00am – 4.30pm

Holmesglen Institute, 595 Waverley Rd, Glen Waverley

Tel: (03) 9564 1546

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

# **Horticultural Therapy Association of Victoria**

**2016 Biennial Conference**

**25 November 2016**

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

***“Gardening changing lives”***

**Showcasing programs in Victoria that use gardens and gardening to improve the health and wellbeing of clients.**

**Presenters include -**

**Elaine Robb from Encompass Disability Centre  
Susie Morgan from Delmont Private Hospital  
Paul de la Motte - Garden design for special needs  
Peter James Rehabilitation Programs  
Gardening program in a primary school**

**Garden Tour  
24 November 2016**

**Sites to be visited-**

**Peter James Rehabilitation Transition Ward garden  
Delmont Private Hospital Rehabilitation gardens  
Bonbeach Primary School Green Thumbs Program**

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