



# Horticultural Therapy Association of Victoria Inc

Newsletter – Spring 2017



Aged Care Garden – Bacchus Marsh

Spring is here and the gardens are booming. Roses, irises, apple blossoms, azaleas and many more are in full bloom. This is the time of year where we are rewarded for all our hard work over Autumn and Winter. It is the time to keep up the fertilizer and make sure watering systems are functioning properly for the warm weather ahead.

This issue has a story on a sensory garden in Bacchus Marsh and a new community garden project in Sydney.

The therapeutic plant is the Rhododendron.

Good reading.

Paul de la Motte



## Plants for Sensory and Therapeutic Gardens

By Paul de la Motte

**Common Name:**

**Rhododendron**

**Botanical Name:** *Rhododendron sp.*

**Family:** Ericaceae

Rhododendrons contain a large range of shrubs and small trees (over 1000 species), which includes Azaleas and others as a subgenus.

Although varied in size across the genus, true Rhododendrons tend to be large shrubs to small trees and have a large range of large striking clusters of flowers.

The colours range from white, pink, red, orange, violet and many other variations in between.



Although mildly toxic, these plants provide a wonderful display in early to late spring, and provide a valuable reminiscence plant as they have been widely grown as ornamental plants in Victoria for generations.

They can be grown from cuttings with a little care as well as layering.

Rhododendrons are hardy once established but need a little protection from the hot western sun in summer.



**National Rhododendron Gardens – near Olinda Victoria**



## Grant Lodge – Djerriwarrh Health, Bacchus Marsh

The Grant Lodge Residential Care Unit in Bacchus Marsh provides nursing care in a home-like environment for 30 high care residents. A respite bed is also available to provide a break for carers.

Grant Lodge is a member of Dementia Care Australia and through the implementation of the “Spark of Life” approach; staff are able to provide a dementia supportive environment. As well as providing home cooked meals with personal diet preferences, Grant Lodge provides an extensive lifestyle program in Bacchus Marsh.



Ornaments under wisteria



Craft display



Ornaments and mural in front garden



Grant Lodge has a number of garden areas including raised garden beds with vegetables and herbs planted.



**Vegetable beds**



**Pizza oven**

There is also a small orchard with a mix of citrus and other fruit trees.



**Wisteria arbor**



**Musical instrument**



## Rose Bay Community Garden – Sydney, NSW

The Rose Bay Community Garden was established in 2014 and provides a beautiful garden for the local community, where people can learn, socialise, have fun, and grow organic fruit and vegetables.

It is located adjoining the Woollahra Golf Course, and adjacent to sports grounds in the eastern suburbs of Sydney.



### Raised plot based garden beds

The garden is built on sustainable organic principles that are in harmony with the nature of the local area. It provides a place to learn and share knowledge of organic gardening methods, waste reduction, water and solar harvesting and sustainable living.





Through shared interests of flora and fauna this community garden has created a place where all members feel a sense of belonging, ownership and a pride in what is being created now and for the future.

As with most Community Gardens, there are Workshop attendance and Working Bee participation requirements for eligibility.

By participating in 3 workshops and 3 working bees you become eligible for a plot.

This ensures that new members have some basic garden skills and gives them the chance to meet current members and get a feel for how the garden operates.



**Beehive structure**



**Garden with seat for relaxing**

The garden comprises many plots that are rented out to members as well as common communal garden areas that are managed by all members.

They are currently developing a large frame that will safely house beehives to improve pollination of fruit and to provide honey.

This is a great example of how a group of people in the Community can get together and create an inspiring communal space.



# Mont Albert Cricket Club Clubhouse garden

In October 2014 the Mont Albert Reserve pavilion was redeveloped to include a recreation area, change rooms and ornamental gardens.



**Front entrance**



**Raised bed / watertanks**

The building has raised garden beds that incorporate watertanks underneath. These contain ornamentals and herbs.

There are citrus trees and some beautiful roses.

Above the entrance to the pavilion is a wonderful vertical garden which includes orchids, ferns, a philodendron and other ornamental plants.



**Front entrance vertical garden**



**Front ornamental garden**

## **Notice of HTAV Annual General Meeting**

**Monday, 27 November 2017  
6.30pm**

**Mont Albert Cricket Club Pavilion  
Mont Albert Reserve  
47 Bundoran Pde,  
Mont Albert**

**RSVP: 17 November 2017  
Enquiries: 03 9836 1128  
Email: [contactus@htav.org.au](mailto:contactus@htav.org.au)**

### **Therapeutic Gardening Short Courses**

#### **Therapeutic Gardening (One Day)**

Saturday 18 November, 2017 9.00am – 4.30pm

#### **Advanced Therapeutic Gardening (One Day)**

Saturday 25 November, 2017 9.00am – 4.30pm

#### **Therapeutic Gardening Basic and Advanced Combined (Two Days)**

Saturday 18 November and 25 November 2017 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.

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