



NEWSLETTER

Horticultural Therapy Association of Victoria Inc.

ABN 27 369 163 101

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Issue 3, 2010

Note from the President

Spring is finally here, and in Melbourne, our water restrictions have been put back to Stage 2, allowing us much greater flexibility to water our gardens.

Spring is also time for our 2 yearly conference. Check out all the information inside, tell all your friends and hope to see you there. Page 2 has an article on our next drought tolerant therapeutic plant, which is the Curry Plant (*Helichrysum italicum*).

There is also an article from Wendy Hermann, outlining the development of the Olivet Sensory Garden in Ringwood, and an advertisement for the Supersoil Garden Centre in Healesville, which has just been purchased by EACH and has become a social enterprise, supporting the Yarra Valley community.

Another activity sheet is enclosed, this time about how to make potpourri.

If you have any stories to tell, and I know there are many out there, please let us know.

Good reading and best wishes

Paul de la Motte

HTAV Biennial Conference

28th – 30th October, 2010

‘Health and Horticulture’

at

Holmesglen Institute
595 Waverley Rd,
Glen Waverley, Vic

Early bird Registration closes 30/09/10

See more details inside.

Membership renewals

are now due.

Please send your remittance to -
HTAV

PO Box 369, Balwyn North, 3104
Please see page 7 for Renewal form

This organisation is supported by financial assistance from the Australian Government and Victorian Government

Drought Tolerant Therapeutic Plants

By Paul de la Motte

Common Name: Curry Plant

Botanical Name: *Helichrysum italicum*

Family: Asteraceae

Helichrysum italicum is a flowering perennial of the daisy family Asteraceae. There are some 500 species of *Helichrysum* and this species can trace its origin to southern Europe and more broadly around the Mediterranean, where it grows on poor rocky and sandy soils.

It is a compact shrub growing to 60cm high and wide. Clusters of small yellow flowers are produced in Summer. It prefers a well drained soil and full sun for maximum flowering.

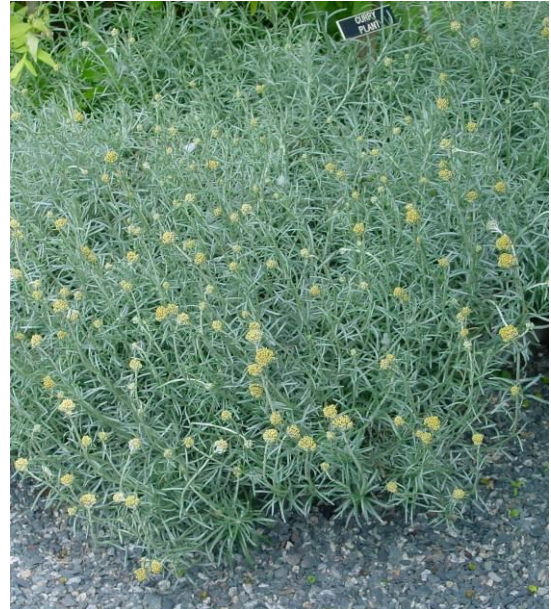
Even though the Curry Plant is not a common ingredient in Curry Powder it is frequently used in cooking for its highly scented silver/grey leaves.

The flowers and linear leaves are also used in dried flower arrangements as they retain their colour after picking.

The combination of the silver coloured leaves and yellow blooms makes it an attractive border or bedding plant, particularly in Cottage style gardens. The narrow silver leaves also indicate its toughness in hot dry conditions.

The curry plant also produces an oil from its blossoms which can be used for medicinal purposes. Some also claim that it can be used as a deterrent for cats.

The curry plant is a versatile little shrub with multiple sensory characteristics that suits all styles of gardens, and would be a valuable addition to any sensory or therapeutic garden.



The Creation of a Sensory Garden at Olivet Aged Care in Ringwood by Wendy Hermann

Once upon a time, there was an old pine tree that was unwell and needed to be removed. It stood amongst various neglected native plants on the lower side of a car park area of an aged care facility. The pine tree was subsequently removed, taking with it, some of the neglected plants which were nearby. This left a large open space.

“What a great place for a garden seat, some sensory plants, a bird bath and maybe an area to display some residents’ art work”, stated one staff member to another.

And thus an idea grew! Management were propositioned, and a letter composed for the Board of Directors to consider regarding this wasted space. Several weeks went by with further discussion with the building and grounds committee, the CEO, occupational health and safety reps and finally the architect before anything could happen! At last, we were given a verbal okay to draw up a plan to be reconsidered. This was done with the expertise of the architect and Director of the Board, and an extended plan was drawn up which comprised the use of the complete lower car park garden, for a four sectioned Sensory Garden Walk! What a change from a garden seat, a few well-chosen plants and a bird bath.

With the concept passed by the Board, it only remained to raise the money and find the labourers. A sponsor board was erected at the annual Spring Fair and donations started coming in for various items. Within 3 hours, we had donations of over \$2000.00. The following week I had a phone call from the Director of Nursing asking me to contact EIEP, a group matching VCAL students with businesses requiring voluntary labour. Many more meetings, phone calls and emails later, we were given the final go ahead to create our garden. The process from conception to commencement had taken over 9 months; but it was worth it!

Stage 1 was built with much input from various sources; volunteer labour from 9 students from MECS, volunteer gardeners and builders and also much opposition from several staff members. This section comprises 3 garden seats, a curved concrete path, 2 large planter urns, several “sensory” plants and a wonderful rainbow wall. The wall idea was of course originally that of Steven Wells from Royal Talbot, and he along with Karen de la Motte were both able to be present at our official opening last June 2009.



Stage 1 has proved to be a great success with the residents and many staff, and spurred us on to build stage 2 which has a board walk area over lower ground, another garden seat, more planting, another bird bath and a few ducks, toadstools and a possum. Many of the extra touches were donations from people using the garden. We were also fortunate enough to have the support of a craft group who have donated a delightful garden ornament of an elderly couple enjoying tea. This section was started by a volunteer and completed by yet another group from MECS School in Mt Evelyn.

This is the second year that the school has been able to assist us with the building of our Sensory Garden and we are very much indebted to them. They have drawn up plans and are now working on Stage 3, which will have a further board walk, concrete path, a frog pond, an arbour, more seats and some extra features. The staff of the Dementia Day Centre attached to the home, are currently creating a wonderful tiled mural to be erected as part of stage 2, and the MECS students are already asking if they can be involved in Stage 4!

Building relationships is such an important part of building structures and only helps to further trust and compassion amongst those who may not otherwise be joined together. The students currently have lunch with the residents once a fortnight and are building further relationships with them as they chat over a meal. Many of the students doing VCAL subjects may otherwise be ostracised from normal schooling as they are generally not academic. These relationships build their confidence as well as their skills in calculating quantities, measurements and their use of English in writing up the project. They are helping us as we help them. It is one of the best two-way projects that I can think of, and has been invaluable to us at Olivet Aged Care in Ringwood.



Supersoil Garden Centre

A garden centre with a difference, this social enterprise supports people in the Yarra Valley region.

Our aim to provide community based support to people with disabilities, barriers to employment, people affected by natural disaster, and personal circumstances. Our volunteer program assists people to learn skills, develop confidence and move towards their goals.

We are celebrating our first anniversary

25 September – 16 October 2010

82 Maroondah Hwy Healesville

Come along for bargains, promotions and demonstrations on a variety of topics including:

- **Gardening for Health(Presented by Horticultural Therapists Karen and Paul de la Motte)**
- **Fertilising your garden**
- **Re-potting plants**
- **and more**
- **Planting a garden in high fire risk areas**
- **Creating a vegetable patch, step by step**

Enquiries can be made by calling Liz on 0408 400 624.

Remember - gardening is good for your mental health!



Horticultural Therapy Association of Victoria

2010 State Conference

'Health and Horticulture'

Date: **Friday 29th October – Saturday 30th October, 2010**

Venue: **Holmesglen Institute 585 Waverley Road, Glen Waverley, Vic**

Keynote speakers include -

Dr Greg Moore - University of Melbourne

Maxel Ng - National Parks Board, Singapore

Paul de la Motte – President HTAV, Holmesglen Institute

Steven Wells – Royal Talbot Rehabilitation Centre

Jennifer Alden, CEO, Cultivating Community

Garden Tour - visiting facilities with Therapeutic gardens

Date: **Thursday 28th October**

Time: 9am – 3pm

Venues: Olivet Aged Care

Lionsbrae Aged Care

Ringwood Community Garden

Alkira Disability Services

Burwood Heights Primary School

Contact details –

Email: contactus@htav.org.au

Telephone: 61 3 9836 1128; Mob: 0433 188 836



Horticultural Therapy Association of Victoria

2010 State Conference

Registration Form

Conference - Friday 29 October and Saturday 30 October, 2010

Garden Tour - Thursday 28 October, 2010, 9 am – 3 pm

Dinner - Friday 29 October, 6.00pm–9.00pm

Venue: **Holmesglen Institute, 585 Waverley Road, Glen Waverley, Vic** (MELWAYS Map 71 A3)

Name Title

Occupation Employer (If Applicable)

Address.....

E-mail

Phone: B/H A/H

Conference (includes lunch and refreshments) Please tick where attending

Both days \$280.00 [] \$260.00 [] Members, students and concession

One day \$150.00 [] \$135.00 [] Members, students and concession

Early Bird Registration - Register and pay by 30th September, 2010 -

(2 days only) \$250.00 [] \$230.00 [] Members, students and concession

If attending for one day please indicate which day: Friday [] Saturday []

Horticultural Therapy Garden Tour - Thursday 28th October, 2010 \$45.00 []

Dinner at Holmesglen Restaurant - Friday, 29 October, 2010, 6 -9pm \$40.00 []

Please advise any special dietary requirements

Please advise any other requirements.....

Payment can be made via credit card or cheque payable to HTAV

Name on Card VISA [] Mastercard []

Number Amount \$

Expiry Date Signature Date

Information provided will be used for the conference database and future HTAV mail outs. Please indicate if you object to your name and organisation being included in the delegates list. []

For further information and bookings:

Mail to PO Box 369, Balwyn North, Vic 3104

E-mail contactus@htav.org.au, Website: www.htav.org.au

Telephone 03 9836 1128; Mobile: 0433 188 836



HORTICULTURAL THERAPY ASSOCIATION OF VIC Inc

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Membership Renewal 2010/2011

Individual Membership \$35.00 (No GST charged)

Corporate member \$50.00

Pensioner / Student \$20.00

Name: _____

Address: _____

Modality of interest (eg aged-care, disability, personal interest) _____

Telephone Number: Work _____ Home _____

E-mail: _____

Website: _____

Payment Options -

Cheque - Please make cheques payable to: H.T.A.V.

Visa/Mastercard Please indicate Visa or Mastercard Amount \$ _____

Card Number _____

Name on Card _____ Expiry Date _____

Signature _____ Date _____

I would like to receive the Newsletter electronically

Please keep sending my Newsletter through the post

Activity - Making Potpourri

Approximate number: 1 staff and 1 volunteer with 6-12 participants

Estimated time to conduct activity with clients: 40 minutes

Estimated time to set up/ clean up: 10 minutes/ 15 minutes

Month for activity: Anytime

Materials:

- Choose herbs and flowers that compliment one another for sensory purposes such as relaxing, invigorating, etc. Be creative and use what you have grown in your garden as often as possible.
- Large plastic containers with lids (i.e., ice cream or extra large margarine tubs)
- Dry measuring cups

Potpourri A

-1/2 cup dried lavender
-3-4 drops lavender oil
-1/4 cup lamb's ears
-1/4 cup dried sage
-1/4 cup dried rosemary
-1/4 cup calendula/ nasturtium petals dried
-1 tablespoons of orris root

Potpourri B

-1/4 cup lemon peels finely sliced and dried
-1/4 cup orange peels finely sliced and dried
-1/4 cup lemon verbena/ lemon balm
-1/4 cup marigold/ calendula
-3-4 drops lemon oil
-1 tablespoons orris root

Due to the expense associated with these items if not grown, filler materials can be used such as roships or other attractive seedpods or leaves. Even wood shavings (dyed if preferred) can be used. Orris root helps preserve the fragrance of the herbs and flowers; it has little scent of its own. Orris root is made from the dried root of the Florentine Iris, and it can be purchased at whole food stores.

Preparation and Set up:

1. Prepare a tray with container and measuring cup for each participant.
2. Have large containers with various ingredients available to choose from.

Procedure:

1. Using the dry measuring cups, measure out the correct amount of dried plant materials into the plastic containers.
2. Discuss and interact on each addition to the mixture before adding the essential oils.
3. The facilitator should add the essential oil to each participant's potpourri.
4. Cover the container and shake until the mixture is well blended. Enjoy shaking the containers and listening to the music everyone makes together with the newly created percussion instruments.
5. Keep the potpourri in this closed container for a few weeks to allow the scent to penetrate the plant material.
6. Stir the mixture daily.

Special Considerations:

- ❖ Essential oils are very potent to those with hypersensitive senses. Take care to protect skin and avoid deep inhalation of the pure oil.
- ❖ This activity has a great deal of potential for sensory stimulation: Feel the mixture, smell it, look at the color contrasts and compliments, and listen to the sounds of the shaking potpourri in the plastic containers.

Suggestions for interactions:

Have each participant see if they can identify the different herbs and flowers used by touch or smell, and then by sight. Ask participants if they have ever grown these herbs before or if they have used them in other activities. Give time for answers.

Key Questions: * Have you ever made potpourri before? * If so, how did you make it? * Have you ever bought potpourri before? * Where do you like to keep potpourri in your house? *How do you like to display the potpourri? * What are some ways that you can use this potpourri?