



Horticultural Therapy Association of Victoria Inc

Newsletter - 2015 – Autumn Issue



Maples leaves in Beechworth, Victoria

Autumn in Victoria is a special time of the year. With mild days and brilliant autumn colour it is a time for gardeners to be out in the garden. It's a joy to see the changing colours of the robinias, liquidambar, oaks, maples, elms, Manchurian pears and many other trees and shrubs that put on such a great display in many parts of the state.

The Japanese maple also happens to be our sensory plant this month, and is used extensively in therapeutic gardens here and around the world. There is also a story on the Faversham House kitchen garden and more.

Enjoy

Paul de la Motte

Plants for Sensory and Therapeutic Gardens

By Paul de la Motte

Common Names: **Japanese Maple**

Botanical Name: **Acer palmatum**

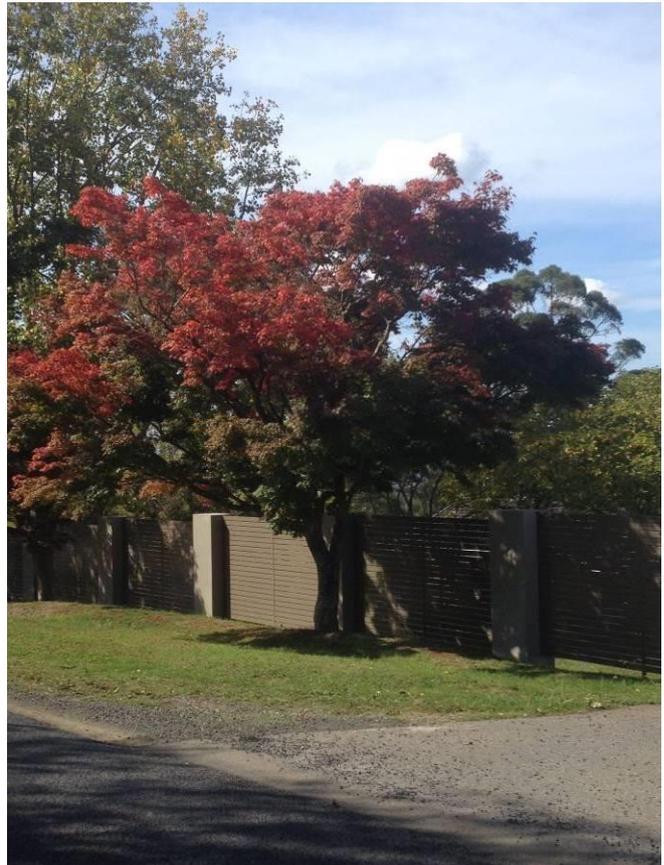
Varieties:

- A. palmatum 'Dissectum'
- A. palmatum 'Sengaki'
- A. palmatum 'Atropurpureum'
- and many others

Family: **Sapindaceae**

Native to Japan, Korea and parts of Eastern Russia and Mongolia.

A small to medium deciduous tree with insignificant flowers and palmate leaves that turn to striking colours of yellow, orange, red, and burgundy in autumn.



A large Japanese maple

Some other maples can be large and invasive but the Japanese Maple's size means almost any garden can find room for one. They are available as small to medium trees but can also be pruned as standards or grafted as weeping trees. Some hybrids have developed bright red to orange stems and bark, which is a wonderful contrast in winter.

The split leaf varieties 'Dissectum' are available in a range of colors such as orange, yellow and deep burgundy.

Japanese maples prefer full sun but do well in a partly shaded position. They need adequate water to get them started but are fairly low maintenance once established. Some can also be grown as compact plants in pots and large tubs, so even people living in flats with a balcony can appreciate them. They can also be used in Bonsai.

Many institutions such as Aged Care Centres, Hospitals, Day Care centres, Planned activity groups use the coloured leaves for drying, pressing and laminating as garden related activities with clients.

The Japanese maple is a great small colourful tree that would enhance any garden and is particularly valuable in meditative or "spiritual" gardens.

Faversham House Kitchen Garden – Canterbury

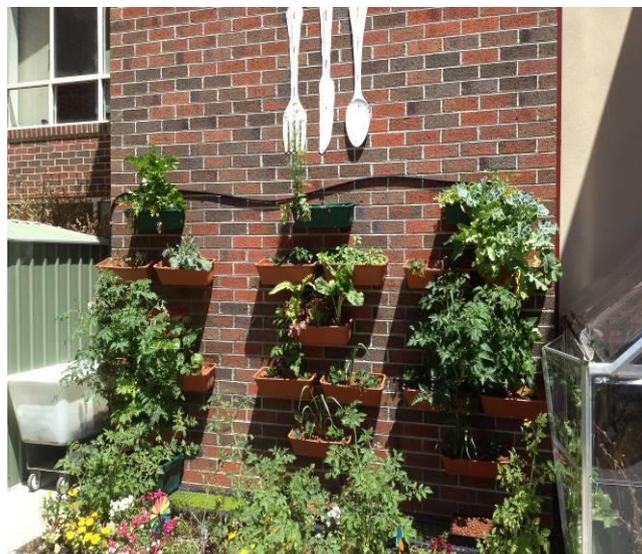
As part of last year's HTAV Conference, Faversham House provided afternoon tea in their lovely gardens. Faversham House is an aged care facility run by Basscare which offers full residential services and respite care.

The garden is the inspiration of their chef Cameron. The main garden is made up of raised garden beds and planters, flower beds, a mushroom box, pizza oven, a garden shed and many ornaments and decorations. There is even a hydroponic set up in the shed.

A small orchard in being developed in a raised area above this garden. Cameron also has plans for redeveloping an area around the kitchen to grow vegetables and herbs for the kitchen produce.

While visiting we spoke to a number of residents who loved getting out in their garden. One of the residents was Fred who is 91 years old and maintains the roof top garden.

There is also a secured garden for residents with dementia.



Vertical Garden



Planter Box recycled from furniture



Garden with orchard above

Visit to Ferny Creek Horticultural Society

The Ferny Creek Horticultural Society Garden is located near Sherbrooke Forest in the Dandenongs. The Society is based in beautiful grounds containing a well balanced variety of mature native and exotic plants.



Perennial Garden Bed



Deciduous arbor

The following are details from their website www.fchs.org.au

The Ferny Creek Horticultural Society was established in 1932. The 10 acre Ferny Creek Ornamental Garden Reserve is developed and maintained by the Society. The garden is situated in close proximity to Sherbrooke Forest at an elevation of 500 metres offering splendid views of the nearby hills with The Great Dividing Range in the distance.

The Ferny Creek Horticultural Society is a self-funded volunteer organisation that is constituted to:

- Promote and encourage the study, practice and development of horticulture
- Bring into close association members of the community having a common interest in horticulture
- Provide and operate facilities for these purposes

Within the organisation there are a series of specialised sub-groups. Members are invited to join each or all groups depending on their interests. These include:

- Rhododendron & Camellia
- Rock Garden
- Craft
- Garden & Grounds
- Propagating
- Photography

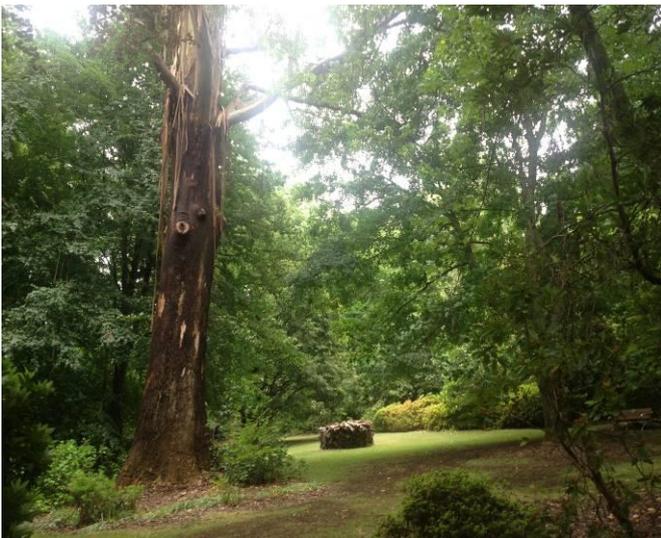
Each group conducts a monthly meeting concentrating on the development of their particular specialty. The monthly meetings offer interesting talks by informed speakers, discussion groups, garden visits and practical sessions. See the website above for further details.



Ornamental Proteaceae Beds



Large Eucalypt and Rhododendrons at Kallista.



Picnic area among the trees



Protea garden

If you would like to visit the gardens, contact the Society direct or attend one of their show days.

Ferny Creek Horticultural Society - Program for 2015

Spring Show

Saturday 5th September, 2015 12 noon to 4:00 pm

Sunday 6th September, 2015 12 noon to 4:00 pm

Flower Festival

Saturday 24th October, 2015 12 noon to 4:00 pm

Sunday 25th October, 2015 12 noon to 4:00 pm

Visit the website www.fchs.org.au or Telephone (03) 9755 1882 for more details.

Therapeutic gardening activities

There are many beneficial gardening activities that can be used to improve our wellbeing.

The benefits could be physical, psychological, social or spiritual or a combination of all of these. Activities could be formally conducted in a clinical setting with measured goals and outcomes or could simply be used informally to enhance a lifestyle program.

An activity such as taking cuttings of Rosemary may have a large number of benefits some of which may not be immediately obvious. Although benefits are very specific to individuals, the following list could apply to most participants.

Physical

Tactile – using hands, tools, mild physiotherapy

Visual inspection.

Sensory assessment of colour, smell, touch, taste

Cognitive

Reminiscence – older style plants may trigger memories that assist conversations/socialization.

Identification, memory, attributes of plant

Numeracy- Size, numbers, success rates

Assessment of success

Consequential aspects

Social

Group activity, talking about experiences.

Sharing thoughts with others in group.

Helping others with activity.



Conducting an activity at an Aged Care centre

Psychological

Sense of achievement

Independence

Improved self esteem

Plants can create a pleasant environment/ambience.

The following is a list of some activities used by special needs groups that are extensively used in Aged Care centres, Hospitals, Disability Centres and many other institutions for the enjoyment and well being of clients.

Activities in the Garden –

Garden bed preparation

Seed sowing

Seed saving

Taking cuttings

Transplanting

Weeding

Pest management

Harvesting

Mulching

Fertilising

Pruning



Scrapbook with garden photos

Garden Related Activities

Garden festivals
Plant sale days
Sharing food grown from the garden
Cooking with own grown produce
Preparing products (vinegars, sachets, dried herbs, pillows etc)
Cards
Bookmarks
Pot pourri
Photographing plants, garden vistas
Drawing/painting flower pictures,
Collages of plant pictures / dried flowers,
Garden related needlework
Jewelry from seeds /cones, dried flowers
Wall plaques/artwork
Decorating planters/pots/jars/cups/vases

The range of activities is only limited by your imagination.

Products made can be sold to raise funds for your garden programme.

Cards, bookmarks and small potted plants are very easy to make and are very popular as items for sale.

Other products might be used to decorate the activity room, client's room or used as garden ornaments.



Combining drying herbs with needlework to create unique and beautiful gifts.



The gum nuts of the Red Flowering Gum are large and very popular.

Other activities may take the form of plant quizzes for those with gardening experience, visits to Botanic gardens or other gardens, excursions to garden centres or gardening clubs. Videos on gardens and nature can also be of great interest.



Flower arranging

A



Dried and pressed flowers.

Autumn is the perfect time of the year to get out in the garden, as it is not too hot nor too cold, and enjoy the masses of Autumn colour. Collect and press the huge range of leaves from the maple, oak, liquidamber, ash, etc to be able to use in activities throughout the year.

Therapeutic Gardening Short Courses in 2015

Therapeutic Gardening

Saturday 20th June, 2015 9.00am - 4.30pm
Saturday 1st August, 2015 9.00am - 4.30pm

Advanced Therapeutic Gardening

Saturday 8th August, 2015 9.00am – 4.30pm
Saturday 17th October 2015 9.00am – 4.30pm

Holmesglen Institute, 595 Waverley Rd, Glen Waverley Registration: (03) 9564 1546
http://www.holmesglen.edu.au/programs/short_courses/house_and_garden/horticulture

Horticultural Therapy Association of Victoria
Telephone: (61 3) 9836 1128

PO Box 369, Balwyn North, Vic, 3104
Email: contactus@htav.org.au

www.htav.org.au

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