



Horticultural Therapy Association of Victoria Inc

Newsletter – 2016– Summer



Gathering herbs at Bon Beach Primary School Kitchen Garden

Our Conference was held in November and some of the highlights of the Conference are included in this Newsletter. One of these was the visit to the Bon Beach Primary School (picture above) where the children showed off their gardening and cooking skills to the visitors. The Garden tour also visited the Lend a Hand Community Garden project, in Dandenong, the Peter James Transition Garden in Forest Hill and the Dandenong Valley Special School.

Considering the hot weather we have been having, the plant highlighted this month is drought tolerant and known as the “Pigface”. An inelegant name for a dazzling flowering ground cover.

There are also stories from a recent trip to NSW including some communal gardens sponsored by the Community Greening Section of the Royal Botanic Gardens in Sydney.

Best wishes

Paul de la Motte

Plants for Sensory and Therapeutic Gardens

By Paul de la Motte

Common Name: Pigface, Ice Plant

Botanical Name: *Mesembryanthemum crystallinum*
Carpobrotus glaucescens
Various others

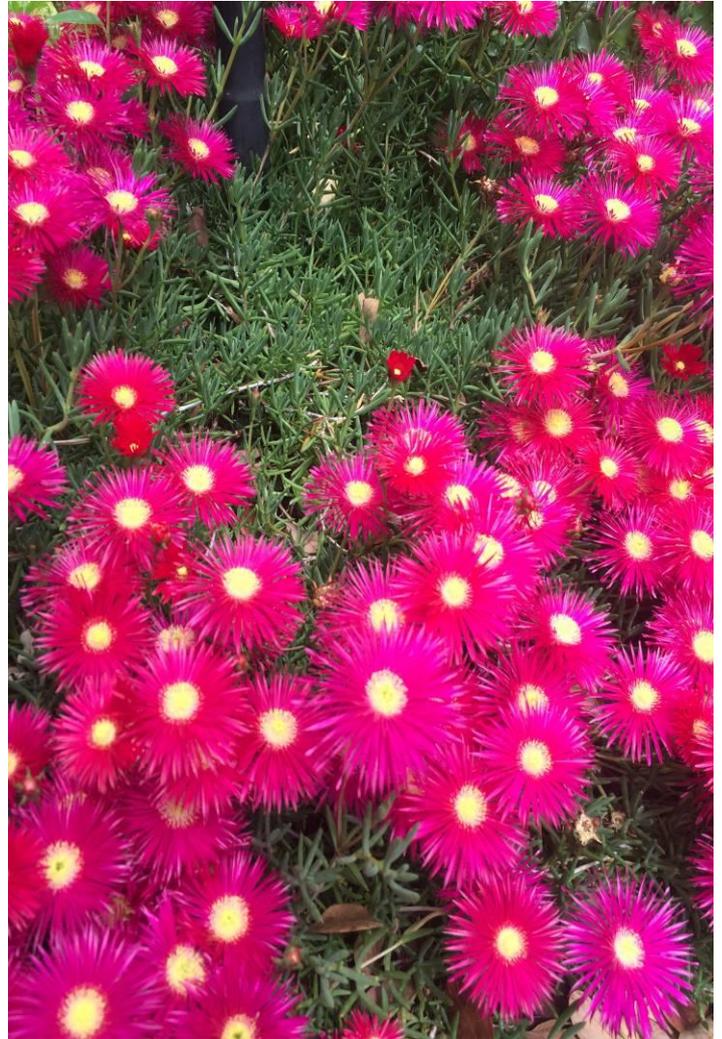
Family: Aizoaceae

The “Pigface” refers to a number of succulent ground covers that come from predominantly South Africa but also Australia.

Valued for their extreme drought tolerance the pigface provides a long flowering show of fine petaled daisy like flowers that open during the day and close at night.

They come in a large range of colours including red, yellow, orange, dark and light pink as well as white. The colours are characteristically very bright and lift the mood, so are helpful in sensory and therapeutic gardens. They are generally used as borders and in rockeries but can be successfully grown in pots or raised beds.

Due to their succulent nature they need very good drainage and little watering except in extreme heat.



Mesembryanthemum crystallinum

Pigface vary in size depending on the species but generally grow to between 15 to 30cm high and can spread anywhere from 80cm to 100cm. The *Carpobrotus glaucescens*, and Australian variety has larger leaves and can spread up to 2 metres. These have also been used for erosion control on beaches and sand dunes. For this reason some are considered invasive, so they need to be kept in check.

They require full sun and are easily propagated by layering or as cuttings, by simply breaking off a piece and putting it in some potting mix. Some people have had success planting cuttings directly into the garden.

They are good for use in therapeutic gardening activities as they grow easily. By planting straight into a small decorated pot with some decorative stones, they can be given away as gifts or sold for fundraising.

2016 HTAV Conference

The HTAV Biennial Conference was held at the Balwyn Community Centre on 25 November 2016.

Attendees were treated to topics including disability support programs, dementia design, gardening with mental health gardening, rehabilitation gardening, school gardens and more. The day included presenters from Dandenong Valley Special School, Bon Beach Primary School, Encompass Disability Services Geelong and the Peter James Centre.

A garden tour on the 24th November visited the Lend a hand Community Garden project, the Peter James Transition Ward garden, The Bon Beach Primary School and the Dandenong Valley Special School.

During the tour we arrived at the Bon Beach Primary school for lunch, where we gathered ingredients from their garden to put on pizzas, which were prepared and cooked in the pizza oven in the garden. It was accompanied by home-grown herbal tea.



Bon Beach Primary School

Lend a Hand is a not for profit organisation established to assist those currently not working, find and maintain a job. They are just completing the building of a Community Garden in Dandenong. At the Community Garden, we were provided morning tea after which the staff showed their newly constructed garden beds.



Lend a Hand Community Garden



Peter James Transition Ward Garden



Dandenong Valley Special School

Communal gardens in Eastlakes, NSW

Partly sponsored by the Community Greening Project and co-ordinated by the Royal Botanic Gardens in Sydney, a number of Communal gardens have been established and partly sponsored and supported by the Community Greening project all over the City of Sydney and in some outlying areas.

In 1999, the Royal Botanic garden and domain trust joined with Housing NSW to establish a partnership called Community Greening.

“Community Greening” includes a range of activities to promote communal garden projects.

By promoting communal gardening in social housing communities and on nearby locations, they make a significant contribution to the improved social cohesion, crime reduction and public health in both urban and regional New South Wales.

The trust employs full time horticulturists who work with partner organisations and staff. There are currently over 200 communities participating in the development and establishment of gardens in social housing communities, on local Council land, in grounds of churches, hospitals and schools throughout NSW.



Phil Pettitt and Italo

We were shown two gardens by Phil Pettit, Community Greening Co-ordinator, based at the Botanic Gardens in Sydney. The gardens were attached to a high rise housing estate in Eastlakes (a southern suburb of Sydney).



Meeting area in Marian's garden



The Mango Tree

The first garden was developed on communal land adjacent to a residents ground floor apartment. This garden is called Marian's garden and now has a huge range of plants, vegetables and trees with established pathways and garden sculptures. The garden also has a small but healthy mango tree.



Italo's Garden



More garden areas

Residents are encouraged to participate in and support the garden and use the meeting places therein. Marian now has a group of local volunteers helping her maintain the garden.

One end of the garden has been taken over by Italo, another resident who has established raised garden beds with tomatoes, strawberries, sunflowers, corn and other plants. Italo gives away his strawberries and sometimes sells them at a local market.

Ivanhoe Park Fragrant Garden - Visual impairment Garden Ivanhoe Park Botanic Garden, Manly, NSW

Situated within the Ivanhoe Park Botanic Garden in Manly, lies a small garden designed for the Visual Impaired.

The garden has been designed with accessibility in mind. Ivanhoe Park is set on a substantially sloped block, but the fragrant garden is accessed by gradually sloping paths.

The path up to the garden is designed for optimal accessibility and the garden flowerbeds are raised so that the plants may be both smelled and touched.

But perhaps the most striking feature is the wonderful array of fragrances from the flowers and plants which greet you as you approach.

The Fragrant Garden features a large variety of aromatic and scented plants including lavender, pineapple sage, lemon scented myrtle, tea tree, mint bush, jasmine, Mexican orange blossom and more.

“People with vision impairment will be among those benefiting most from Manly Council’s Ivanhoe Park Fragrant Garden.” says Manly Mayor

The garden is situated only a short walk from the Manly ferry terminal, which makes it easy to get to for visitors to the area.



“The Ivanhoe Park Fragrant Garden has been created for the whole community to enjoy, but with a particular focus on the needs of people with vision impairment,” Manly Councillor Hay said.

“Already long regarded as one of the Northern Beaches’ most enchanting public gardens, Ivanhoe Park’s Fragrant Garden adds an extra dimension of enjoyment to the gardens for plant and nature lovers,” Councillor Hay said.



Some of the garden beds with Peppermint Geraniums and some Lambs Ears

Therapeutic Gardening Short Courses in 2017 Term 1

Therapeutic Gardening (One Day)

Saturday 25 February, 2017 9.00am – 4.30pm

Advanced Therapeutic Gardening (One Day)

Saturday 4 March, 2017 9.00am – 4.30pm

Therapeutic Gardening Basic and Advanced Combined (Two Days)

Saturday 25 February and 4 March 2017 9.00am – 4.30pm

Social and Therapeutic Gardening (5 weeks)

Tuesday 15 March – 19 April, 6.00pm – 9.00pm

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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