



Horticultural Therapy Association of Victoria Inc

Newsletter - 2015 – Winter Issue



Plants that flower during winter -
wattle, pelargoniums, rhododendrons and daffodils

Gardens in Winter

When designing a garden remember to include plants such as those pictured above that will flower during winter and make the garden brighter and more appealing during the cold weather. Winter is the time to prune the roses, and plant the garlic. It is also the best time for moving large plants and planting bare rooted trees and shrubs. It seems to have been a particularly cold winter this year with lots of rainy days which has not been very conducive to working in the garden. However on the bright side, the rhododendrons are spectacular this year. So rug up and try to find some time between the showers to go outside and appreciate the garden as we await the burst of spring growth and early blossoming trees.

Paul de la Motte

Plants for Sensory and Therapeutic Gardens

By Paul de la Motte

Common Names: Garlic

Botanical Name: Allium sativum

Family: Liliaceae

Native to Asia

Garlic is a member of the onion family and is closely related to onions, shallots and chives. Garlic is an herbaceous perennial that produces a bulb consisting of a numbers of 'cloves' that can be used in cooking with medicinal benefits.

Garlic is best planted in winter and harvested in summer. Garlic grows 30 to 40cm high with an attractive spherical pink, white or pale green flower arrangement. However some varieties do not flower.



It has been said that for best results to 'plant on the shortest day and harvest on the longest day'.

Garlic has been used as a medicinal plant since ancient times for treating infections and for respiratory conditions.

It has also been used as an antibiotic, expectorant, a digestive and for treating high blood pressure and to provide protection from the common cold.

It is believed that the slaves building the pyramids in ancient Egypt were given garlic cloves daily to sustain their strength as were Roman soldiers.

From a culinary perspective garlic is commonly used in cooking as a general flavouring or infused in butters, vinegars, oils and salt.

Garlic is easily propagated by dividing the "cloves" and planting into rich well drained garden beds or in pots. Once planted garlic needs little maintenance.

As a therapeutic plant garlic has few other plants that can compare to its medicinal and culinary value and is a great addition to vegetable gardens, borders, herb gardens and rockeries.

Research Articles

The following are a few abstracts of Research papers that give further strength to the broad range of benefits plants and gardens can have on our health and wellbeing.

THE ADDED VALUE AND EFFECTS OF CARE FARMS ON CLIENTS WITH PSYCHIATRIC OR ADDICTION PROBLEMS

Authors: M. Elings, A. Beerens

Keywords: green care farms, mental illness, psychiatry, addiction care, rehabilitation

Abstract:

This paper presents the results of a qualitative research study among people with a psychiatric or addiction history, who follow a day-activity program on different green care farms. Green care farms provide an opportunity for a useful occupational activity for different kinds of client groups and are a growing phenomenon in the Netherlands.

Horticultural therapy often takes place on these care farms. In general, participants start at green care farms without precise expectations; most of them are looking for a productive way of spending their time. Once working on a farm they come to appreciate in particular the social benefits, such as belonging to a group, feeling at ease, and the informality of the situation. In addition, they also appreciate the space and being involved in useful activities.

Undertaking farming activities helps participants feel useful and healthier and they develop more self-esteem, self-respect, and responsibility. Working on a green care farm can contribute to increase structure and discipline in the lives of participants, which can create the foundation for new activities or (voluntary) work elsewhere.

Source:

ISHS Acta Horticulturae 954: X International People-Plant Symposium on Digging Deeper: Approaches to Research in Horticultural Therapy and Therapeutic Horticulture. July 2012



In Europe, farms provide horticultural therapy benefits to participants in the green care programs.

IMPACT OF A HORTICULTURAL THERAPY PROGRAM ON THE WELL-BEING OF LOW-INCOME COMMUNITY DWELLING OLDER ADULTS

Author: P. Perkins

Keywords: successful aging, self efficacy, self-esteem, social connectedness, HT curriculum, herbs

Abstract:

Due to the exponentially aging population, it is becoming increasingly necessary to find effective, affordable, and easily implemented interventions for successful aging. Informal use of horticultural therapy (HT) as an intervention is increasing with older adults, adding to anecdotal evidence of its positive impact. However, empirical research showing its effectiveness continues to be lacking.

This pilot study was conducted with two main goals.

The first, was to repeat HT activities used in previous studies to form a structured HT program and the second, to determine the impact of a HT program on well-being, self-esteem, self efficacy, and social isolation on a group of community dwelling older adults. A six-week HT program was developed using activities from an unpublished handbook, "Horticultural Therapy and Seniors Using Herbs: A Manual for Recreational Therapists and Master Gardeners" (Relf, unpublished). HT activities were conducted weekly with three separate groups of community dwelling older adults. Measures of well-being (WHO-5 Well-Being Index), self-esteem (Rosenberg Self-Esteem Scale), self efficacy (Garden Experience Measure), and social isolation (The Friendship Scale) were taken before and after the program.

Treatment groups were compared to a waitlist control group on all four measures. The resulting analysis showed a statistically significant difference in self-esteem and some aspects of self efficacy of the treatment group over the waitlist control group. In addition, participants' feedback on their experience of the program proved to be overwhelmingly positive. This HT program meets the criteria of an effective, affordable, and easily implemented intervention and will hopefully encourage more use of HT with older adults.

Source:

ISHS Acta Horticulturae 954: X International People-Plant Symposium on Digging Deeper: Approaches to Research in Horticultural Therapy and Therapeutic Horticulture. July 2012



Quietly enjoying the garden



Participation in a program

IMPACT OF GARDENING ACTIVITIES ON SPECIAL CHILDREN: A CASE STUDY

Authors: A. Riaz, A. Younis, A.W. Shah, S. Naveed

Keywords: horticultural therapy, green spaces, handicapped children

Abstract:

Gardening provides the opportunity for interaction between people and plants, and helps to promote mental, physical and social wellbeing. Present research focused on perceptions of handicapped children, their parents and teachers regarding gardens and gardening activities.

Information was gathered from 180 special children, their parents and 30 teachers from six special education centers in Faisalabad and Jhang cities. English, Urdu or Punjabi language was used as required, in order to enable the respondents to respond with clarity and accuracy. Fifty-nine percent of the children enjoyed gardening at home which helped them to develop a closer relationship with their parents (85%).

Forty-six percent of them were very happy to have fountains around them while 47% and 48% enjoyed flowers at school and home respectively, where they found these activities as a source of relaxation (54%), stress reduction (52%) and socializing (35%).

Due to all these benefits 95% of the parents and 77% of the teachers indicated gardening activities should be a part of the school curriculum. Although 77% of the teachers were already discussing these activities with children, only 47% involved them practically, whereas 82% of them also suggested employing a Horticultural Therapist at school.

Source:

ISHS Acta Horticulturae 954: X International People-Plant Symposium on Digging Deeper: Approaches to Research in Horticultural Therapy and Therapeutic Horticulture. July 2012



Students planting up herbs in a raised garden bed.

Sunshine Hospital school working bee

Last June, the Sunshine Regional hospital organized a planting day with students from Harvester Technical College, for their new Palliative Care garden near the entrance to the Furlong Road entrance in St. Albans.

This garden has been designed to give universal access to patients and provide a peaceful area for patients and their families.

The planting was supervised by garden volunteers of the hospital and a grand opening is planned for later in the year.

The plantings included a mix of exotics and natives including Callistemons, Camellias, Oregano, Thyme, an Albany Woolly Bush, Lambs Ears, Happy Wanderer climbers and a red stemmed “Sengaki” Japanese maple.

Some annuals were also planted to give additional colour at this time of year.



Students and volunteers at Sunshine Hospital



Montague Street Continuing Education Centre, South Melbourne

The purpose of Montague Continuing Education Centre is to provide exemplary learning programs for students aged between 15 to 19 years with a mild intellectual disability.

Background

In 1886, State School No 2784 opened in leased buildings on a site on the corner of Montague and Thistlewaite Streets in South Melbourne. The school began with 373 students and grew rapidly until, in 1888, the present site was purchased. A year later, in March 1889, Montague State School moved into its own buildings and has remained at this site ever since

In 1915 Montague State School became a branch of the Bell Street Special School and in 1928 Montague became a Special School in its own right. Physical Education became an important part of school life at Montague and by 1937 there were 91 students enrolled.

A major change to education at Montague occurred in 1977 when it was renamed Montague Continuing Education Centre and became a school for senior special school pupils.

Present day

Montague C.E.C students enjoy an extensive curriculum and are encouraged to participate in a full range of academic, artistic, sporting, community and leadership activities.

Because they learn what they love, the students love what they learn. The result is high achievement and an enjoyable school experience.

The aims of the learning programs are:

- To equip students with the educational knowledge, skills and abilities required
- To obtain employment or to participate in further education
- To provide students with the capacity to live as independent and contributing members of the community.

To support this program the school has developed an extensive range of partnerships with local industries and community organisations to ensure opportunities for students to enjoy work experiences and to enhance opportunities for post school traineeships apprenticeships and work placements. (Source: <http://www.montague.vic.edu.au>)



Montague Street CEC – garden and artwork



Commercial kitchen

The school also has a commercial kitchen where produce from the gardens is incorporated into the cooking program.

Recently students and staff along with support from the Port Phillip Eco Centre have been preparing the garden facing Montague Street to transform it into an Urban Food Forest. HTAV was invited to visit and discuss their gardening program and future projects.



Vegetable gardens at Montague Street CEC

Therapeutic Gardening Short Courses in 2015

Therapeutic Gardening

Saturday 5th September, 2015 9.00am - 4.30pm

Saturday 10th October, 2015 9.00am - 4.30pm

Advanced Therapeutic Gardening

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

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