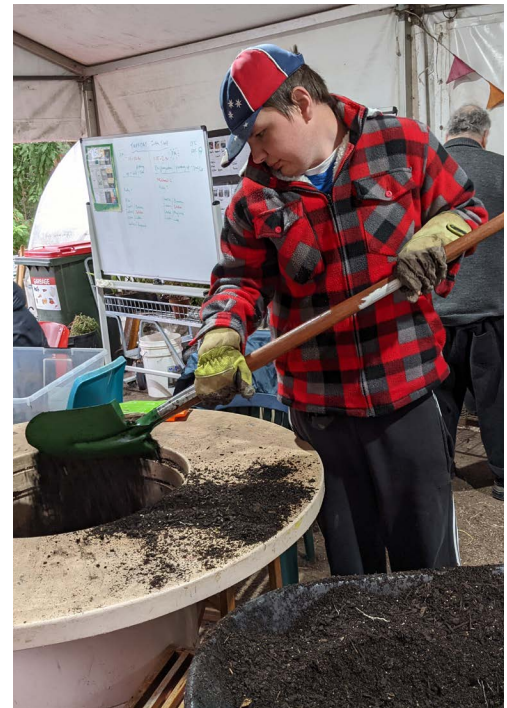


July - August 2021

Cheerio Newsletter

Gardening for Recreation, Occupation and Well-being



INSIDE THIS ISSUE:

- 2 [CEO Report](#)
- 3 [Client Services](#)
- 5 [Program News](#)
- 7 [KHG Site Updates](#)
- 8 [Peppertree Place](#)
- 11 [Grow Glen Eira Information evening](#)
- 14 [Call & Collect](#)
- 15 [Dates for the Diary](#)





CEO Report

Dr Josh Fergeus,
Chief Executive Officer

As I write this we are pushing through our sixth lockdown since the start of the COVID-19 pandemic. Kevin Heinze Grow aims to build and strengthen connections to nature and community. In these uncertain times these connections are more important than ever, and I'm so glad that by working together we have been able to maintain them.

Looking forward we will be holding a Grand Spring Sale in the first two weeks of October. It may not be the Spring Fair day we've all come to know and love but you'll still be able to purchase all the usual KHG spring plants, tomatoes and veggie seedlings. During lockdowns our nurseries are now open for business via a "Call and Collect" system. Please see Call & Collect

details at the end of this newsletter and keep an eye on our social media channels for regular updates on how we can stay connected. We are always stronger together.

I am so grateful to the entire KHG Community – participants, staff, volunteers and families- for the way you have handled yourselves during this time. You've been diligent, empathetic, and conscientious. In particular I want to thank our Manager of Client Services Anita Mitchell who has done such an amazing job juggling ever-changing schedules as we respond to new rules, testing and isolation.

Stay safe everyone.

Client Services

Anita Mitchell
Manager - Client Services

Hello everyone,
It is a little hard to recollect what has been happening over the past two months, as sometimes you wouldn't believe what happens in a single day here at KHG.

We have been in lockdown for a large portion of the past two months but the wonderful thing is that KHG stays open. We have even welcomed some new participants through the gate: Alan B and Luke A have both commenced and have rapidly become part of the team in the garden. There has been a great deal of activity as the team prepare for spring plants! The hothouses are full and the

gardens are starting to bloom. We are also very happy to have had Dermot join the staff team two days a week. The Client Services Team has had a bit of a makeover and we are very fortunate to have Georgia M as our Client Services Coordinator; with Jacqui Davies and Jess Rasic as Client Services Officers.

While it may seem a little premature we are starting to turn our heads to next year. With many of our programs at capacity and a high demand for our services we would like to gauge an idea of participants who are intending to return to KHG in 2022. A more formal re-enrolment will follow >>



Mel, Sophie, Kenny, Brenton, Ben and Zokhai celebrating their new painting on the portashed

however if you are already aware of your plans for next year, please email us to let us know your intentions. We understand that some participants have not made a decision as yet so if you would like to have a chat with someone about what 2022 could look like, please send an email to clientservices@kevinheinzegrow.org.au and a client services team-member will give you a call!

Another important item in everybody's calendar is the annual NDIS review. We would like to remind all our families that we are very happy to write reports to submit to the NDIS or your support coordinator however you must give us as much warning as possible as these reports do take considerable time. There is a fee associated with producing reports, but this should be built into your funding and is outlined in all KHG service agreements. If

you use our clinical services, the clinicians' reports are all included. This is very important to ensure that you get the most support possible for your family member.

Members of our community will also start to ask what our closing dates are over Christmas. We would like to remind you that as we are not a school, we do not close for school holidays. Our last day for participants is Thursday 23 December 2021 and our first day back is Tuesday 4 January 2022. If you're planning to take a break from KHG over the Christmas/New Year period, we simply ask that you give us as much notice as possible. Your early advice will help us to plan ahead as some staff will also take a well-deserved break.



KHG nurseries are well-stocked for spring

Program News

**Brenna McIntyre,
Manager - Programs and
Clinical Services**

Despite the rolling lockdowns, things are still ticking along from a program perspective. Our fantastic Grow on the Go team is unable to service gardens out in the community during lockdown but training for the team is still taking place onsite at Doncaster. Under the expert coordination of Lucy D, participants are progressing very well.

We have a long list of loyal customers patiently waiting for their gardens to be tended and their lawns to be mowed! Demand is so strong that we've decided to commence a second Grow on the Go team (GOTG2) in the next couple of weeks. This will help us to meet demand from people seeking job training in horticulture as well as customers wanting gardening services. There's still a couple of vacancies for new

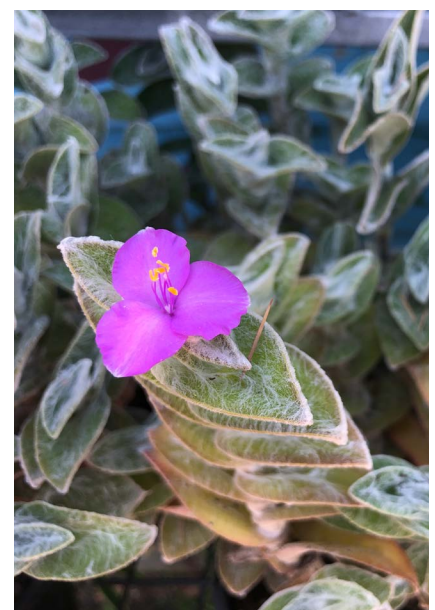
Grow on the Go participants so please get in touch if you know someone who's looking for vocational training.

We are delighted at strong interest from the Manningham Community and beyond for our volunteering program and a number of people are waiting in the wings ready to start as soon as possible after lockdown. Jacqui D has now jumped into the role of Community Liaison Officer (just one of her many hats) and is doing so well.

We welcome a new Social Worker to KHG – Fiona who has now started in the role of Coordinator, Children's Programs. One of Fiona's key areas of responsibility is to coordinate and deliver our popular Grow Well program which supports children >>



Noe, Lucy and Tarus with the Grow on the Go van





One of our Grow Well Participants working with a team member

with mental health challenges, an intellectual disability, ASD or those who have experienced trauma. We are currently taking enquiries from new participants so the program will be in full swing once restrictions allow.

Ian and a fabulous team of KHG Trainers have got our Asylum Seeker project off to a great start in Coburg. There is much enthusiasm from participants as well as the KHG Team and we are hoping that the various lockdowns won't dampen the momentum too much. At least the weather will be fining up for when the group can get together and get their hands in the dirt again.

Our dynamic Clinical Services team is pretty busy and we have recently welcomed two new Occupational Therapists to the team! Welcome Erin and Karin! We are really interested to hear from anyone seeking support for Counselling or Occupational Therapy. We have recently introduced family therapy services which can take place in the home so let us know if this could be appropriate for you.

As always our tertiary students are working hard within our team, making great contributions and adding greater depth and support to participants over uncertain times – thank you to Sonia, Meg and Nicole.

KHG Site Updates

Samantha Dunn
Chief Operating Officer

It's been great to see a new plastic covering installed on one of the smaller hothouses at Doncaster. This will increase our propagation capacity enabling us to grow even more plants for you. This newest addition to our hothouses will soon be full of tomatoes for our spring sale, yum! Thanks to Coburg and Moreland Rotary for the heat mats at Coburg. This has allowed the team to continue to propagate through the colds of winter. There's been quite a focus on Australian native plants. I'm looking forward to seeing what's in store for us this spring time.



KHG Participant Ben working with his support worker in the nursery at Doncaster

Mosaics at KHG



Chloe using colourful tiles and ceramics to mosaic a pot

Some participants have been busy creating wonderful mosaics KHG. Here, Brenton and Chloe have chosen to mosaic pots as it was a rainy day so they couldn't mosaic outside. They were so happy working on mosaicing that they worked on them all day!



Brenton decorating a large pot plant with mosaic tiles



Peppertree Place Vacancies

There are currently a limited number of places available for NDIS Participants at KHG Coburg, Peppertree Place.

We have a small number of vacancies in our popular therapeutic horticulture program (known as our 'Grow Program') which focuses on personal development through meaningful activities which foster connections to nature and community. We also have some capacity in our 1:1

professional clinical services – Occupational Therapy, Art Therapy or Counselling.

If you would like to enquire, please contact our friendly Client Services Team at clientservices@kevinheinzegrow.org.au

For more information, please visit:
kevinheinzegrow.org.au/programs/



Alan, one of our participants at KHG Coburg in the GROW program

Catastrophe Scale

KHG staff and participants have recently begun using a great visual tool to help us cope and regulate our reactions to negative situations. It has colloquially been referred to as the “Catastrophe Scale”. The Catastrophe Scale works by helping us to identify the size of the problem we’re experiencing and whether our reactions to the problem are in line with its size. Everyone experiences problems differently, therefore our reactions may all be different. The purpose of the scale is to help put the problems into perspective and assists us to recognize that we can cope with whatever the problem is. *“Especially during the lockdown, it’s really helped me.”* – KHG Participant Sophie

How would I rate my problem?

| | | |
|---|-------------------------------------|--|
| Even though this is hard, I will get through this. I can cope. | 10 Catastrophe | Examples: Natural disaster An explosion at KHG |
| I feel enraged. I feel terrified. | 8-9 Huge Problem | Examples: A life-threatening emergency. Someone is hurting me. |
| I am not coping. I need help from someone I trust. | 6-7 Big Problem | Examples: Someone is bullying me. I’m having a hard time at home. |
| I will solve this problem myself. This is frustrating. | 4-5 Medium Problem | Examples: I’m having a disagreement with a friend. I’m struggling with my TAFE work. I lost my wallet. |
| I know what to do to solve this problem easily. This isn’t a big deal. | 2-3 Small Problem | Examples: I lost my favourite shirt. I’ve run out of milk. My phone battery went flat. Someone misheard me. |
| I’m happy. I’m calm. I’m okay. | 0-1 No Problem | Examples: My support worker has a different opinion to me. I don’t know what to have for dinner. |



Felix planting up a raised bed with veggies, herbs and flowers.



Support team Kevin Heinze Grow! We are really proud of our staff for getting behind StepSeptember. A number of our participants live with cerebral palsy so we are pleased to raise important funds and awareness for the cause. You can support our team by donating on the stepSeptember website.

stepSeptember.org.au/fundraisers/kevinheinzegrow

Thanks to our Supporters

Huge thanks to the Rotary Club of Moreland and the Rotary Club of Coburg for donation of two new propagation heat mats for the KHG Coburg hothouse. Our seeds and seedlings got a head start on spring and couldn't be happier!

The KHG Community is also thrilled with our new Cyclone tools. AMES Australasia has kindly donated a shed full of fantastic new mattocks, rakes, hedge-trimmers, secateurs and shovels which are being put to good use at both of our sites.



Our new propagation mats in the hothouse



Members of our team using the new tools donated by AMES

GROW Glen Eira Information Evening



Participants in Grow Glen Eira will learn a whole range of horticulture skills

Do you know someone seeking paid employment in horticulture or garden maintenance?

GROW Glen Eira is an exciting and innovative all-abilities horticulture training program for young people with a disability and/or mental health challenges seeking open employment in horticulture.

The program is already well underway with four participants currently completing their paid work placements at Council's Park Service in Caulfield Park, Rippon Lea Estate Gardens in Elsternwick and Kevin Heinze Grow's nurseries. Participants have been developing their skills in plant care, garden maintenance and customer service.

There are still spaces available in the program! KHG will be hosting an online information session for interested applicants via Zoom on Tuesday 21 September from 7pm.

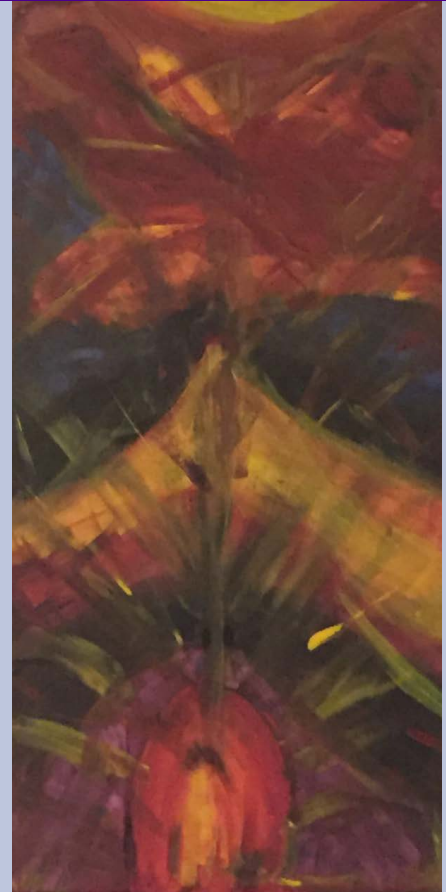
To RSVP, please email info@kevinheinzegrow.org.au to receive the Zoom link. We'd love to see you there!

For more information about the program, please visit: kevinheinzegrow.org.au/programs/grow-glen-eira/

GROW Glen Eira Information Session
7pm Tuesday 21 September 2021
Online via Zoom
To register, please contact us at
info@kevinheinzegrow.org.au

Lesley's Art

One of our participants Lesley has been busy creating an artwork for the Disability Royal Commission. Lesley's artwork is called 'Soul Journey Through Darkness To Light.' Lesley's artistic expression of the piece states that *"There is hope no matter the circumstances we are to endure through this lifetime. The yellow representing sparks of life, joy, happiness. The bottom of the painting representing the human heart, halfway a banner of light reflecting spiritual enlightenment. Doesn't end there as that's when we begin our real challenges, representing the dark colours again finishing at the top of the painting in yellow."*



Lesley's painting 'Soul Journey Through Darkness To Light'



Margy Barnes with Costa at the KHG 40th Anniversary Party in 2019

In Memorium

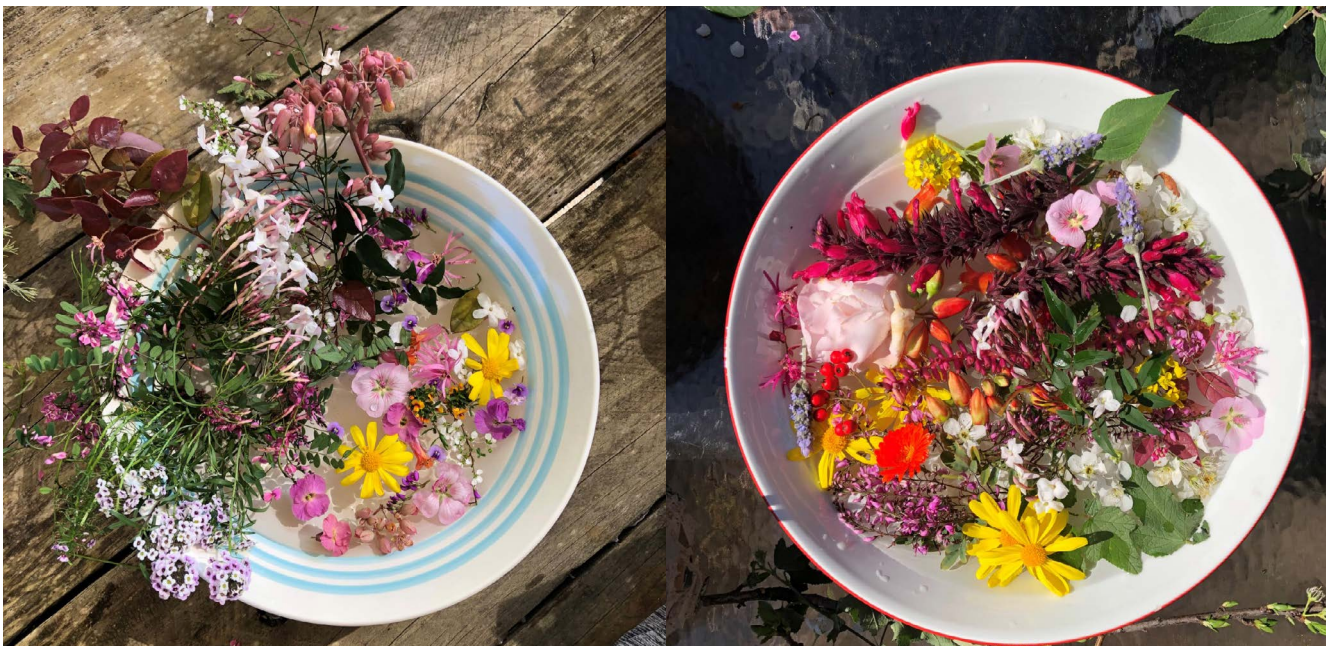
It is with great sadness that we inform the KHG Community about the recent passing of Margy Barnes, wife of long-serving KHG Committee of Management member Joady Barnes.

All who knew Margy will remember her as a wonderfully vibrant, witty and warm person who shared our love of plants, flowers and gardens and could often be found at our plant sales in deep discussion with staff about the qualities of aquilegias or salvias. Our thoughts are with Joady and family at this difficult time.

Spring has arrived!

To welcome in spring, participants at KHG spent some time collecting blooms from the KHG gardens at Doncaster. Our Trainers commented on how engaged participants were with this activity and how much the whole group enjoyed it.

We wish you could smell the fragrant results but at least you get to see the beautiful arrangements captured in the gorgeous photos taken by our wonderful Trainer, Jacqueline Coad. Hello spring!



Welcome to KHG

Spring is a time for new beginnings and we've recently welcomed some fantastic new people to the KHG Community. Welcome to new participants Andre, Luke A, Alan B and Felix. We also welcome new staff members Erin, Karin, Fiona and Dermot.

We also say farewell to long-serving staff member Mel Holmes who leaves KHG after 10.5 years working as a trainer and OT. Good luck for your next chapter Mel – we'll miss you!

Another farewell and good luck to Isabella Fredheim who leaves us to take up an exciting new role in another NFP and a warm welcome to the marketing team Angharad Neal-Williams! Angharad continues her role as a support worker at KHG but now also brings her graphic communications magic to our marketing and social media functions.



Call & Collect Plants at KHG

We have now set up Call & Collect for our nurseries at both Doncaster and Coburg so you can still buy plants during lockdown. Our wonderful team of horticulturalists have selected a range of the best plants on

offer at the moment which can be found on our website. We also have a fantastic range of fruit trees- both popular and rare varieties this year which are also available via call and collect.

How to buy our plants

1. Choose your plants

Check out the nursery section of our website to see our list of fruit tree varieties and other featured plants available right now and our pricelist kevinheinzegrow.org.au/nursery-cafe/nursery/

(Sit tight on tomatoes and summer veggie seedlings – this year’s stunning varieties will be ready for sale on 1 October 2021)

2. Place your Order

Email plantsales@kevinheinzegrow.org.au to place your order or ask us a question.

Please include:
your name, phone number, preferred site for pick-up (Doncaster or Coburg)

OR call us on 9848 3695 between 9am – 3pm weekdays. Our team prefer email if you can

3. Confirm your order

The KHG Team will contact you by email within 2 business days to confirm your order, organise payment and confirm collection details.

(payment by credit card over the phone 1.5% surcharge or we'll give you KHG bank a/c details if you prefer direct deposit)

4. Collect your plants

Call into KHG for contactless collection of your plants.

5. Enjoy

Enjoy your beautiful plants knowing that you've shopped ethically and supported a hard-working community organisation which is helping people GROW!

Counselling Services

Kevin Heinze Grow counselling services now have limited spaces available to the wider community. These services are offered for both family and individual therapy. If you are interested and would like more information, please don't hesitate to contact our client services team clientservices@kevinheinzegrow.org.au



One of our counsellors Georgia chatting with a KHG Participant

Dates for the Diary



Therapeutic Horticulture Australia conference

Friday 3 September (online)

The Conference will feature two Kevin Heinze Grow presentations: "Weaving Occupational Therapy into Horticulture" presented by KHG's Peter Petrov and "Evaluating the Benefits of Therapeutic Horticulture for People with Autism" presented by Megan Dennis from the Centre for Program Evaluation, Melbourne Disability Institute.

Bookings: tha.org.au/conference/

GROW Glen Eira Information Session

7pm Tuesday 21 September 2021

Online via Zoom

To register, please contact us at info@kevinheinzegrow.org.au

KHG Information Session

7pm Monday 11 October 2021

Online via Zoom

To register, please contact Georgia Brown at georgiab@kevinheinzegrow.org.au

Grand Spring Sale (Doncaster and Coburg)

1-16 October 2021

Regular nursery hours both sites (pending State Government pandemic restrictions)

The KHG Spring Fair will not take place this year but we really hope to see you in April 2022 for a long-overdue Autumn Fair

(watch this space for dates and cross your fingers!)

KHG Information Session

7pm Monday 11 October 2021

Online via Zoom

To register, please contact Georgia Brown at georgiab@kevinheinzegrow.org.au

KHG End of Year Dates

Last day for participants - Thursday 23 December

First day back - Tuesday 4th January

In times like these it can be challenging to keep up-to-date with changes! We encourage you to follow KHG on Facebook and Instagram for all the latest news and updates from Kevin Heinze Grow.

