

November - December 2021

# Cheerio Newsletter

Gardening for Recreation, Occupation and Well-being



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KHG Participants moving plants in the nursery

# CEO Report

**Dr Josh Fergeus,**  
**Chief Executive Officer**

It's hard to believe that this is my final newsletter column for 2021. In many ways this year could have felt like a year of treading water, but it's impossible to feel this way when we can see the strides our participants have made towards their goals. I congratulate all of them on their achievements this year. Here's to many more!

This year has also been a year of consolidation. We've undertaken a whole-of-organisation restructure with the goal of ensuring we are fit-for-purpose to tackle the challenges of 2022 and beyond. After several years of growth we have been focused intensively on the day-to-day experiences of participants, work which will continue next year led by our Principal Practitioner Tracy Ellis. Our purpose is not to be the biggest or the flashiest but to provide the environment and supports which people need and

which they cannot get anywhere else. To that end our Manager of Client Services Anita Mitchell and her team are working to ensure that the places we have available in our programs next year are filled by people who will benefit the most from what we have to offer.

We are also grappling with our future. Therapeutic horticulture continues to grow in popularity as more people discover the benefits of gardens, nature and community, but as yet there are limited funding models which support organisations like ours to maintain the large landholdings required to conduct our work. As such we continue to rely on your generosity to support our life-changing work, and I hope that you'll consider supporting our End of Year Appeal. Thank you for your support, we couldn't do it without you.

*John working in the nursery*

# Client Services

**Anita Mitchell**  
**Manager - Client Services**

It is hard to believe that the end of the year is rapidly approaching. And what a year it has been! I think we end every year by saying it has been a year like no other, but I am sure that we can all agree that it has been different – yet again. Challenging, surprising, delightful, fulfilling, simply amazing are all adjectives that I would use to describe the year that was. I'd like to say that many of these adjectives can also be used to describe our wonderful team here at KHG – the participants and staff alike. Without the dedication, commitment and flexibility of our staff, the program would not have been able to run with the success we have enjoyed. The resilience of our

participants has been evident in the way they have continued to turn up and engage with so many different activities.

I would like to take this opportunity to thank everyone for their unwavering support during a very challenging time, especially my extraordinary team of Client Services staff: Georgia M, Jacqui D and Jess R. Without their tireless willingness to go the extra mile, we wouldn't all enjoy the services that we offer. We hope that everyone has a wonderful Christmas break and look forward to seeing everyone again in early January.

# Nursery News

It is wonderful to be able to welcome members of the community back to our nurseries. We've missed our loyal customers! We have an abundance of beautiful plants now on sale at our Doncaster and Coburg nurseries. Many of our 6" pots are on sale at \$5 and we've taken \$5 off the price of fruit trees. There is a massive selection of ornamental grasses, natives, salvias and other flowering perennials as well as succulents, herbs and veggies. Please visit us soon at Doncaster (Mon-Fri 9am – 3pm) or at Coburg. Our Coburg site is only open Saturdays (9am - 1pm) until further notice. The Cafe at Peppertree Place is open for takeaway only Mon, Tues, Thur, Fri (8:30am- 1:30pm).





# Peppertree Place

**Samantha Dunn**  
**Chief Operating Officer**

Peppertree Place is a wonderful setting during Spring time- which garden isn't? The garden has sprung to life and the site is abundant with flowers, birds, bees and butterflies and of course, many weeds! It's given participants plenty of things to do to keep our gardens well maintained. There's been an enormous amount of work, planting up the site with seasonal fruit and vegetables for our Hospitality Training Program to use, building up the organic waste in our newly built compost corrals, weeding, mowing and brush cutting.

Although much of the time we haven't been able to open our nursery, there's been a steady trade for our call and collect service. We've propagated some amazing

varieties of tomatoes and we're very much looking forward to harvest time.

Our Hospitality Program has been operating throughout lockdowns and the team at Peppertree Place have been able to enjoy the delicious array of foods cooked by our Hospitality participants. Every morning the gardens are harvested, and the produce picked influences what is cooked on the day. At the moment we are enjoying abundant crops of strawberries and raspberries- delicious! It's been wonderful to see our cafe back open to the public adding more vibrancy to Peppertree Place. At the moment it's take-away only but we look forward to offering sit-in services in 2022. >>

If you or someone you know may be interested in our Hospitality Training Program please contact [clientservices@kevinheinzegrow.org.au](mailto:clientservices@kevinheinzegrow.org.au) This program trains people with disabilities in hospitality and barista skills which may assist them in gaining future employment in the industry. The Hospitality Training Program currently has spaces available on Mondays and Fridays. Our GROW Program at Peppertree Place is more focused on horticulture, gardening and nursery activities with vacancies currently on Wednesdays. Again our friendly Client Services team is available to answer all of your questions

regarding participation in our programs.

We recently received a bulk donation of compost courtesy of Veolia with delivery provided by Moreland City Council. The compost is the end product of Moreland's FOGO household green and food waste wheelie bin system. After processing it's turned into magnificent compost and the Peppertree gardens love it! Sincere thanks to Veolia and Moreland Council, it's terrific to have such practical support from these organisations.



Keeping the Peppertree gardens tidy with some brushcutting



Chris enjoying a ride in the Grow on the Go van!

## Grow on the Go

Here's Chris enjoying a ride in the Grow on the Go van! Grow on the Go is one of the vocational programs that we run at KHG delivering garden maintenance services to the community. The program provides an employment pathway for people with disabilities who have identified a career in garden-maintenance and landscaping. If you need help with your garden at competitive rates please email us [info@kevinheinzegrow.org.au](mailto:info@kevinheinzegrow.org.au) or call 9848 3695



## Charlie's plant of the month

Charlie and her support worker Rose have selected their favourite plant from the KHG gardens to share with everyone! Tradescantia Zebrina is a popular houseplant in the spiderwort family grown for its variegated foliage. This plant is very tough and will thrive in almost any conditions indoors and can also be grown outdoors in mild climates.

Charlie and Rose with their plant pick of the month



## Brenton's plant of the month

Ragged Robin is Brenton's plant pick of the month. He has done some research on the plant including some tips for the perfect growing conditions. Brenton says they prefer full or partial sun and moist soil with good drainage. The ragged robin cannot tolerate drought conditions but does well in wet locations with constant moisture such as in ditches and bogs. The ragged robin can handle sandy, loamy and clay soil at just about any pH level.

Brenton with his plant pick of the month

# KHG Christmas Appeal 2021

Please support our Christmas Appeal with a donation of any amount. Funds raised will help us transform an underused structure in our Doncaster garden into a dedicated space for delivery of 1:1 clinical therapies such as Occupational Therapy, Speech Therapy and Counselling. Your support will help us realise this goal in early 2022! Please visit our website to make your donation today.

<https://kevinheinzegrow.org.au/support-us/donate/>





# Georgia Brown's Recipe of the Moment

GB's recipe of the moment is inspired by Christmas spent with family. GB has Yugoslav heritage so the Christmas table is filled with traditional cakes. This is one of GB's favourites and she'll be baking them with her 97 year old grandma this year. Her grandma still rules the kitchen at Christmas so she says "I'll be doing everything I'm told, exactly as I'm told!" Merry Christmas everyone!



## Bear Paws

**120gr plain flour**  
**60g caster sugar**  
**1tsp vanilla**  
**100g unsalted butter, softened**  
**¼ grated lemon zest**  
**1 tbs cocoa**

**45g ground almonds**  
**½ tsp cinnamon**  
**¼ tsp ground cloves**  
**½ tsp baking powder**  
**Pinch nutmeg**

Add all the ingredients to a food processor with the blade attachment and pulse until the mixture comes together. Wrap in gladwrap and rest the mixture in the fridge for 1 hour.

Lightly brush the moulds with melted butter or use a cooking spray. Half fill the moulds with the dough, gently pressing the dough so it fills the mould. Place the filled moulds on a baking tray. Bake at 180 (conventional oven – no fan) for 15-18 minutes.

Rest for 5 minutes before turning out on a rack to finish cooling. Sprinkle with icing sugar.

These biscuits will keep for a week in an air tight container.

Makes about 12-15 depending on the size of the moulds you use.

Traditionally you use individual metal moulds but you can use madeleine moulds instead.

# KHG Nurseries NOW OPEN!



The Kevin Heinze Grow nurseries are stocked full of a great range of plants including natives, fruit trees, grasses, herbs, indoor plants, perennials, tomatoes and vegetables all at great prices. Our Participants have been working hard to produce beautiful plants and most are now on **SALE FOR \$5 EACH!**

Gift vouchers are also available for ethical, sustainable and extra heart-warming Christmas giving. Visit our website to order one today!  
[kevinheinzegrow.org.au/product/gift-vouchers/](http://kevinheinzegrow.org.au/product/gift-vouchers/)

Spend \$50 and receive a free 2L bottle of **Seasol Powerfeed\***

\*While stocks last

## Doncaster

Monday to Friday

9am – 3pm

## Peppertree Place (Coburg)

Peppertree Place Nursery only open Saturdays (9am – 1pm ) until further notice.

Cafe open for takeaway only

Mon, Tues, Thur, Fri. (8:30am - 1:30pm)

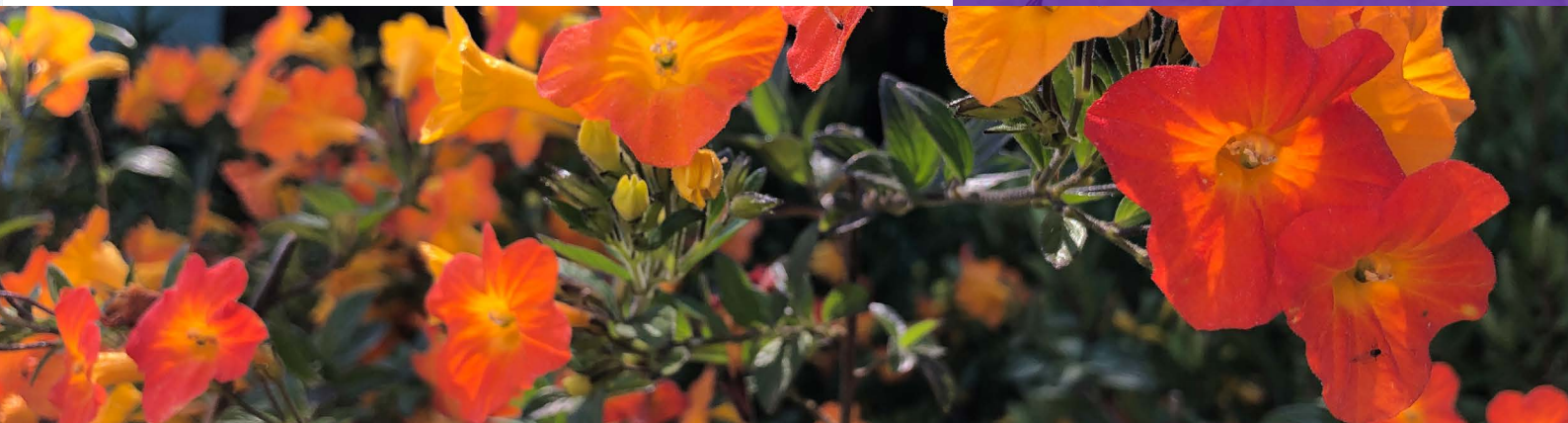


# Movember at KHG

KHG participants took part in Movember Australia this year to raise funds and awareness for men's mental health. The group of participants together raised a total of \$190 to go towards improving overall mental health and helping men build stronger social connections to reduce the risk of suicide. Great work everyone!



Taras took part in Movember at KHG



## Welcome and Farewell

We would like to welcome some fabulous new staff members to the KHG Team! Navpreet Singh, Katherine Russell, Rose Alateros, Grace Webster, Rebecca Cachia all join us as Support Workers.

We would like to say farewell to one of our OTs Karin Greig and also to Lilli Johnston who has been a Lead Trainer at Doncaster

for the past few years. Lilli came to KHG as a volunteer before taking on a one-day-a-week role as a Trainer in 2018 before progressing on to the Lead Trainer role. Lilli's patience and easy manner with participants were both key attributes in helping them feel safe and supported. We wish both Lilli and Karin the best of luck in their future endeavours.



# Ethical Christmas Giving

The Kevin Heinze Grow nurseries are stocked full of a great range of beautiful plants. If you're wondering what to get your friends and family this Christmas, a Kevin Heinze Grow Gift Voucher (of any \$ amount) is a great idea! Not only will your friends and family be able to select beautiful plants for their home and garden, but you will also be supporting Kevin Heinze Grow!

## Dates for the Diary



### **KHG Participants dates**

Last day on site for KHG Participants  
 Thursday 23 December 2021  
 Participants Return - Tuesday 4 January 2022

### **Peppertree Place cafe**

Reopening for Takeaway on  
 Monday 10th of January  
 (open Monday, Tuesday, Thursday, Friday)

### **KHG Nursery dates**


#### **Doncaster**


last day: Thursday 23rd December  
 re opening: Tuesday 4th January

#### **Coburg**

last day: Saturday 18th December  
 re opening: Saturday 22nd 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.

 @kevinheinzegrow

 @kevinheinzegrow