

January - February 2022

Cheerio Newsletter

Gardening for Recreation, Occupation and Well-being



INSIDE THIS ISSUE:

- 2 [CEO Report](#)
- 3 [Client Services](#)
- 4 [Clinical Services](#)
- 5 [Peppertree Place](#)
- 6 [Nursery news](#)
- 7 [FReeZA](#)
- 9 [Recipe of the moment](#)
- 10 [Men's & Women's Group](#)
- 13 [Dates for the Diary](#)





KHG Participants moving plants in the nursery

CEO Report

**Dr Josh Fergeus,
Chief Executive Officer**

Despite the ongoing challenges presented by the pandemic, the KHG community has had a strong start to 2022. Our gardens are buzzing with life and our participants are ready for the year ahead! All staff positions have now been filled following our restructure. It's been great to welcome new faces to the team who bring a range of passions and experience.

In particular I want to welcome our speech pathologist Anisa Kashani, our Senior OT Richard Page and our Coordinator of Therapeutic Horticulture Patrick Wain. The KHG community has already started to benefit from their skills and presence.

Non-essential work has progressed very slowly over the last two years as we have focused on providing a safe and stable

environment for participants and staff alike, but we are starting to see movement again on a number of fronts. I hope that over the coming months we will be able to roll out a range of positive changes to our physical environment at Doncaster and welcome a wider cross-section of our team to Peppertree Place.

Congratulations to those participants who have achieved wonderful things since my last column, including Max who has secured an horticultural apprenticeship in the local government sector and John who is working part-time at a retail nursery. I'd also like to congratulate Tarus on his on-going position in the horticulture team with Marriott Industries. We are all here to support you to continue to succeed!



Luke, Joe, Drew and Kenny brushing pots

Client Services

Anita Mitchell
Manager - Client Services

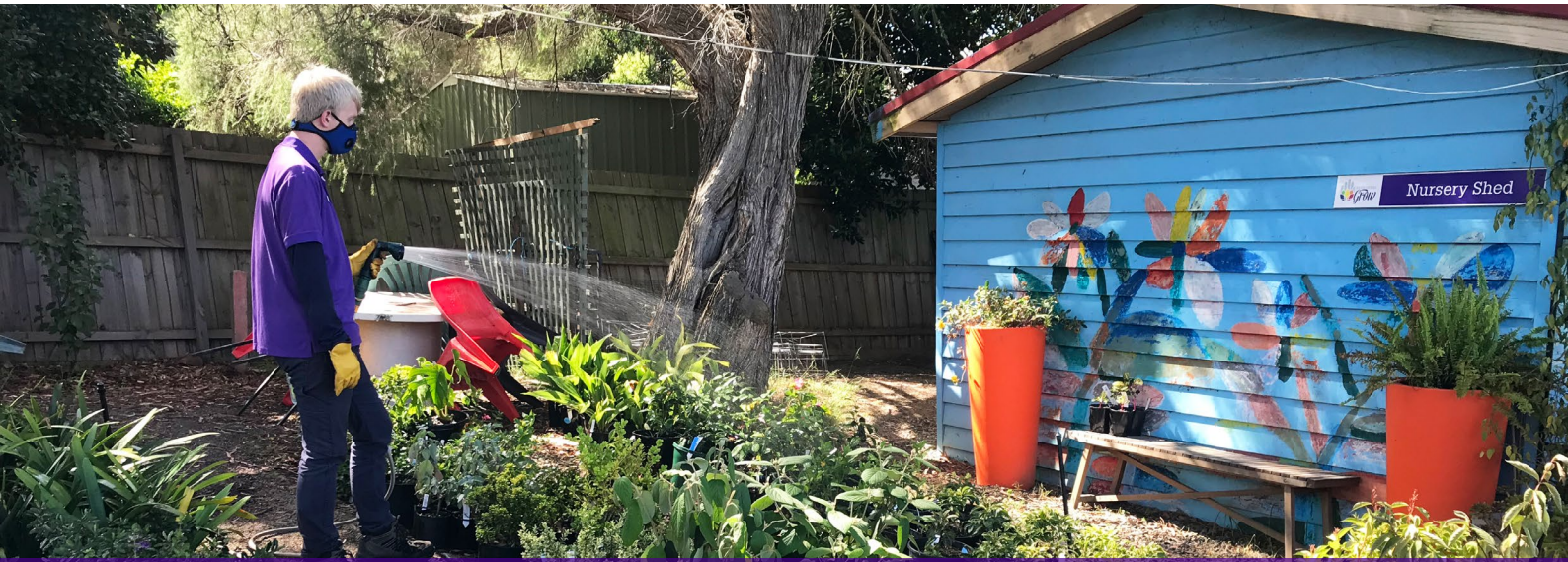
The year at KHG has started with great buoyancy and optimism and everyone at KHG is excited about the reopening of our nurseries. Much work has been going on behind the scenes to get our nurseries and plants ready for the return of (fully vaccinated and mask-wearing!) customers.

The late summer gardens have kept staff and participants busy at both sites and our programs continue to evolve to ensure there is an interesting variety of onsite activities available. Participants have been heavily involved in general garden maintenance with end of summer pruning, tidying and watering on high rotation. Propagation and potting up continue to be popular (especially on those hot days when sitting is preferred) and keep the steady flow of plants coming through to our nurseries.

We have a new staffing arrangement at Doncaster whereby each day of the week sees a different Senior Trainer leading the group. This system gives participants a chance to experience a different face and voice leading the activities each day while each of our Senior Trainers brings their unique perspective, style and humour to the job! Well done everybody – it is great to see this working so positively!

We have also welcomed some new staff and participants and said goodbye to others (please see staff comings and goings at the end of this newsletter) and we are thrilled to have our amazing volunteers back on site to help us out and be part of all the fun.

Wishing everyone a peaceful and productive autumn and please don't hesitate to contact my team if you have any questions or concerns
clientservices@kevineheinzegrow.org.au



Max watering the Doncaster nursery

Clinical Services

Brenna McIntyre
Manager - Clinical Services

I'm sure all news from KHG will echo a similar sentiment, however it's true, it has been a busy yet very positive start to the year! It feels terribly exciting to be planning and moving forward for the first time in a while and the feeling onsite reflects this.

Clinical services has started the year well and although we farewell OT Peter, who had been with us for several years, there are new clinicians to welcome to the team. It is our pleasure to introduce our new speech therapist Anisa and OT Richard. Both are working full-time and will be practicing across both Doncaster and Coburg sites. Anisa and Richard will resume the delivery of the popular social skills group and there are more specialist group ideas to come, so watch this space...

Teenage Program

Fiona is our Children's Coordinator and is a trained Social Worker. She continues to develop the KHG program for teenagers

which takes place after school hours. Participants are forming close bonds already and more referrals are currently being received. We hope to extend the program soon so please make contact clientservices@kevinheinzegrow.org.au if you'd like to find out whether it is suitable for someone you know.

Grow Well

There are vacancies available in our Grow Well program on either a Monday or Thursday. Our children's program is delivered one on one by our Children's Coordinator Fiona. It takes place in our garden at Doncaster and can include various garden activities as well as creative means of assisting a child's emotional development. The sessions are ideal for children aged 8-13 years old who may be experiencing mental health issues such as anxiety and trauma, as well as those struggling with aspects of attending school including social and emotional challenges. Contact client services to make an enquiry. clientservices@kevinheinzegrow.org.au



Georgia and Alan maintaining the gardens at Peppertree Place

Peppertree Place

Samantha Dunn
Chief Operating Officer

As we know, there's always plenty to do in the garden. It has been wonderful to welcome new participants to the site and it's all hands on deck to prepare our vege beds for our winter vegetable crops. There's been a lot of weeding and many barrow loads of compost to keep our garden beds in shape ready for their next planting. We've also created a new holding bay for our indoor plant propagation and a dry spot for our cleaned recycled pots.

The tomatoes have come and gone, and the team at Peppertree have been spoilt with many of them ending up in

the wonderful baked treats from our Hospitality team in the Peppertree Café.

We are busy working towards getting our front garden on Urquhart St in top-shape, as it will form part of our al fresco dining area when we welcome customers back to the café for dine in.

There's also a lot of tidy up work going into our nursery for a grand re-opening. We can't wait to welcome the public back on site in the nursery and for takeaway at the café.

Nursery News

Participants have been working hard preparing our nurseries for re opening on Monday the 28th of February. The Kevin Heinze Grow nurseries are stocked full of a great range of plants including natives, fruit trees, grasses, herbs, indoor plants and perennials all at great prices. The plants in our nurseries are ethically produced by participants in the KHG therapeutic horticulture programs under the supervision of qualified horticulturists alongside a team of support workers and volunteers. We look forward to welcoming visitors back to our nurseries at both our

Doncaster and Coburg sites. Check out the nursery section of our website for more information. Essential entry requirements: For entry to our nurseries or cafe you **MUST** be FULLY VACCINATED*, you **MUST** wear a face MASK and you **MUST** be ready to show your VACCINATION CERTIFICATE to staff upon entry. These remain the policies of Kevin Heinze Grow in order to protect our vulnerable community from Covid-19 infection. Thank you for cooperating with our staff and for your support. *you are not fully vaccinated unless you have received a 3rd "booster" dose IF you are currently eligible for it.



Nursery opening hours and locations

Doncaster:

Address: 39 Wetherby Rd, Doncaster VIC 3108

Opening hours:

Our Doncaster nursery is open
Monday – Friday 9am – 2.30pm



Coburg:

Address: 512 Sydney Rd, Coburg VIC 3058

Nursery Opening hours:

Our Coburg nursery is open
Monday – Friday 9am – 2.30pm
Saturday 9am-1pm

Cafe Opening hours:

Peppertree Place Cafe Opening Hours:
(Currently take-away food and beverages only)
Mon, Tues, Thurs, Friday 8.30 – 1.30pm



FReeZA coordinator Lucy F. and participant Matty B.

FReeZA

We are excited to share the news that we have been awarded funding to deliver safe, youth-friendly events for young people in the Manningham area as part of the FReeZA program. KHG will be running an All-Abilities program which will specifically focus on holding inclusive events coordinated by young people with a disability for young people with disabilities.

The FReeZA program is based on a youth participation model where young people lead the planning, development and delivery of events in their local community. We are pleased to have our staff members Lucy who will be coordinating the KHG FReeZA program. Lucy will soon be recruiting a committee to organise a series of annual events.

We would like to thank the Victorian Government and Minister The Hon. Ros Spence MP who said “FReeZA demonstrates the importance of supporting young people to realise their full potential, putting them at the centre of the organisation and delivery of youth-friendly events.”

We look forward to delivering an exciting range of programs to young people in our community.

If anyone in the KHG Community would like to register their interest in becoming a member of the KHG FReeZA organising committee please contact Lucy F at lucy@kevinheinzegrow.org.au

KHG Art Class



Participants in the KHG art class have been busy creating wonderful drawings, paintings and sculptures. The class has been working on trying out different

materials they don't normally use and learning how to mix different colours of paint.

Comedy Festival!

One of our Support Workers at KHG is also a comedian! Lisa Sharpe will be performing a range of shows for the Melbourne International Comedy Festival this April. You can book tickets to Lisa's show [here](#)

Kevin Heinze Grow is pleased to support the promotion of this event however it does not endorse the content of the show. The views presented in this show do not in any way represent the views of KHG.

Lisa Sharpe *presents* Drown 'Em Out

A powerful, hilarious and triumphant story about finding your voice



**Raw Comedy
state finalist
2018 and 2019**

**'Hands down
one of the best
storytellers of
our time'**

- John Peacock
The Comedy Commune.

Georgia Brown's Recipe of the Moment



This is a delicious, tangy salad made with lots of fresh herbs. It's really versatile; you can substitute the chicken for prawns or tofu and shredded ice-berg lettuce works just as well as wombok cabbage. Finish off the salad with finely sliced chilli if you like a bit more spice.

This salad was a favourite of the participants in the cooking classes we used to hold at Doncaster.

Vietnamese Chicken Salad

Ingredients

¼ of a roast chicken, skin removed, and meat shredded.
 1 carrot, grated
 12 snow peas, finely sliced
 2 spring onions, finely sliced
 ½ wombok cabbage, finely sliced
 Bunch of coriander, leaves picked
 Bunch of mint, leaves picked and chopped finely
 100g rice vermicelli, cook as per packet instructions.
 ¼ cup fried shallots
 ¼ cup unsalted peanuts, roughly chopped

For the Dressing:

2 limes, squeezed
 3tbs sweet chili sauce
 2tbs fish sauce
 2 tsp caster sugar

Method

Serves 2 – 3

1. Combine the shredded chicken, cabbage, herbs, carrots, snow peas, spring onions and noodles.
2. Put all the dressing ingredients in a screw tip jar and shake well. Mix the dressing gently through the salad.
3. Garnish with fried shallots, peanuts and chilli.

Men's Group

We are excited to announce that we now have our Men's Group up and running at KHG Doncaster! The group will provide a safe space for male-identifying participants to discuss topics and learn about things which are important to them. Facilitated by three of our male staff members and

offering a great opportunity for social and peer support, the program is determined by participants and no topics are off-limits! The group is currently fully subscribed but we will advise if places become available in the future.

Women's Group



KHG Women's Group has been running on Wednesday afternoons for nearly two years. The group started in response to a perceived need for a dedicated space for our female identifying participants to come together and talk about issues relevant to them. Over afternoon tea, the women's

group read a selection of books, discuss varying topics, make jewellery and paint their nails. If you are a female identifying participant and would like to join the women's group, you can get in contact with our friendly client services team clientservices@kevinheinzegrow.org.au





Grow on the Go

Congratulations to both Max and Tarus who have both managed to secure jobs in the field of horticulture outside of KHG. Both Max and Tarus have been part of the Grow on the Go program, where they have learnt a range of applicable skills such as the use of power tools, how to work professionally on site and garden maintenance. Max also spent time in the Grow Glen Eira program.

Each year, the Grow on the Go program trains three participants with the skills for long-term employment over a 12-month period. This exciting program provides a solid employment pathway for people with

disabilities who have identified a career in garden-maintenance and landscaping.

The Grow on the Go program has helped Tarus and Max transition into employment in their areas of interest. We are excited that they are taking the next steps in their careers in horticulture and garden maintenance. If you know anyone with a disability and an interest in garden maintenance who would like to join the Grow on the Go program, get in contact with our friendly client services team today clientservices@kevinheinzegrow.org.au



Max and Tarus have recently 'graduated' from Grow Glen Eira and Grow on the Go



Welcome and Farewell

We would like to welcome some fabulous new staff members to the KHG Team! We welcome new support workers including Julie Cabrol, Claire Humphries, Imogen Phillips and Bec Singer. Anisa Kashani (Speech Pathologist), Patrick Wain (Coordinator – Therapeutic Horticulture), Richard Page (Senior

Occupational Therapist) and Georgia Herrod (Senior Trainer who will be working at Peppertree Place). We also say a big Farewell to Peter Petrov, who has been a valued member of the KHG staff team and helped many participants to work towards their goals over the past few years. Good luck Peter in your exciting new role!



Welcome to Georgia
(Senior Trainer)



Welcome to Anisa
(Speech Pathologist)



Welcome to Patrick (Coordinator
of Therapeutic Horticulture)



Welcome to Richard Page (OT)



Welcome to Julie
(Support Worker)



Welcome to Claire Humphries
(Support Worker)



Welcome to Imogen
(Support Worker)



Welcome to Bec
(Support Worker)



Dates for the Diary




KHG Nurseries OPEN!


The nurseries at both our Doncaster and Coburg sites open from Monday 28th February

Peppertree Place cafe OPEN

Open for Take-aways from Monday 28th February open Monday, Tuesday, Thursday, Friday

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