

Autumn 2022

Gardening for
Recreation,
Occupation &
Wellbeing

Cheerio Newsletter



KEVIN HEINZE

Grow



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Dylan Alcott and his team visit Peppertree Place

CEO Report

Dr Josh Fergeus,
Chief Executive Officer

It's been wonderful to welcome new people to our KHG community recently. In particular it's lovely to see new participants attending Peppertree Place, realising the long-held vision we've had for our Coburg site which has been somewhat on hold throughout the pandemic period.

There are still places available at Peppertree in our Café Program and in the garden. We also have availability to take on additional clients for occupational therapy, speech pathology and counselling across either site. If you or someone you know would like to access a service just get in touch with our Client Services team.

Some participants have been experiencing cuts to their NDIS plans over recent months. This can make it very difficult for us to deliver the supports that people require. KHG continues to provide assistance wherever we can, but we can't do it without you. If you purchase services from us please make sure your bills are paid on time and if you are a supporter please consider becoming part of our regular giving program. We're always strongest as a community.

Josh has been on an extended period of leave but we look forward to his return at the end of May 2022!

While Josh has been on Parental Leave there has been some notable movement in the Leadership Team. Sadly we have said our farewells to Samantha Dunn (Chief Operating Officer) and to Tracy Ellis (Principal Practitioner). They will both be sorely missed but we wish them all the best in their future adventures, and look forward to hearing about it when they next visit. We would also like to take this opportunity to welcome Baby Quinn to the Fergeus family. Born on the 19/5, Quinn is delighting her parents and extended family. We look forward to meeting her in person in due course. - **Anita Mitchell (acting CEO)**



(From the left) Holly, Kayla, Sophie and Chloe with a trolley of plants they potted up

Client Services

Anita Mitchell
Manager - Client Services

The Client Services team have been busy working behind the scenes to ensure our participants are fully engaged in the most meaningful way at KHG.

We now have a different group on site every afternoon in the 3:30-5:30 time slot. This means that we can offer services to a wider cohort of people. We have Teenagers meeting on Monday and Thursday, Men's Group on Tuesdays, Women's Group on Wednesdays and on Fridays we have just started a Relationships Group, run by our Speechie Anisa and Supporter Worker Jess.

We are thrilled that Patrick, our Coordinator of Therapeutic Horticulture, is about to reignite the "Beginners Horticulture" classes which are subsidized by funding provided by the Adult Community and Further Education (ACFE) arm of the Education Department. Patrick has invited a selection of participants to join his classes as he reviews and rewrites

the course. Stay tuned for exciting learning to continue.

Outside in the garden there is daily evidence of wonderful work continuing even as the weather starts to turn. Patrick is driving a coordinated plan to ensure seasonal maintenance of the gardens. We are starting to see the beginning of our winter vegetable seedlings in our nurseries. There is also a stream of activities around planting and propagating to ensure the nurseries have a splendid selection all year.

We have, as always, welcomed several new participants and staff to KHG on both sites since the beginning of the year. It is always a pleasure to welcome new people into the garden.

Families, please keep an eye on your inboxes! We are going to be sending you a "News of the Week" – short, sharp and easy to read. It is important that you read this each week as it will contain latest information we need you to know such as reminders and updates to our services.

Clinical Services

Brenna McIntyre
Manager - Clinical Services

What a great year we're having in the Clinical services team at KHG in 2022. Our new OT Richard and Speech Therapist Anisa have been a fabulous addition to the group, bringing with them new and interesting ideas further bolstering our creative and experienced group of therapists. As a result of additional practitioner hours we still have some sessions available in all disciplines including counselling, so please get in touch if you are interested.

We welcome back our wonderful art therapist Erica who has been conducting some experiential art groups each week. This mode of therapy is ideal for those who may find traditional forms of counselling

challenging to engage with. Art Therapy provides a gentle, and unthreatening way of receiving mental health support. Our participants are loving this opportunity and there are still some spaces available in the group as well as as well as 1:1 opportunities.

Fiona, our fabulous Children's Coordinator will be taking extended leave from June for approximately three months and Trainer Lucy F will be covering her role until she returns. It's an exciting time for the Teenage Program as we are extending to a second afternoon due to its popularity. We hope Fiona has a great time and we look forward to her return. Lucy will do a fabulous job holding the fort until then.



(left) Emanuel in the Teenage Program (right) John in the Grow on the Go team



(left) Peppertree Place lunch area (right) Robert in the Peppertree Place Nursery

Peppertree Place

As the weather cools down, KHG Coburg at Peppertree Place has been busy welcoming visitors back on site with the cafe and nursery both now open to the public. The KHG Coburg nursery is open Monday – Friday 9am – 2.30pm and on Saturday 9am-1pm. The Peppertree Cafe is open Mon, Tues, Thurs, Friday 8.30am – 1.30pm. Come along for a coffee or to browse the great selection of plants in the nursery.

Our nursery is brimming with a large variety of winter veggies, indoor plants in hanging baskets and small pots, perennials, native saplings and lots of groundcovers.

In the hospitality program, participants are now re-focussing their attentions on

preparing food and coffees for customers in the the cafe. We are hoping that participants will therefore remember to bring their own lunch from home for the days they are attending KHG.

There are currently spaces available for new participants in both our therapeutic horticulture and hospitality programs at KHG Coburg. There are also onsite opportunities for clinical services such as Speech Therapy, Occupational Therapy, Counselling and Art Therapy. Contact our friendly Client Services Team for more information.

clientservices@kevinheinzegrow.org.au



Staff and Participants at the Doncaster Nursery

Nursery News

Patrick Wain
Coordinator – Therapeutic Horticulture

Our nurseries at Doncaster and Coburg are choc-a-block full of Autumn colour and plenty of perennial, natives and exotics that can be planted all through winter.

At Doncaster we've got lots of new succulents, a wonderful range of \$3 pansy pots and marigolds, pink camelias, lots of salvias and some interesting groundcovers, including mesembryanthemum (Pig Face). We have native grasses as well as clumping grasses like Blue Festuca and lots of native shrubs such as small tea tree saplings, some common acacias and saltbush.

Looking for some colour?
Try out yellow and red Clivias, or Tradescantia zebrina as a groundcover, border plant or even in hanging pots. We also have some more common plants that go beautifully in landscaped gardens for showing off to your neighbours- canna lilies, bromeliads, yuccas, large hibiscus,

white achillea and Jerusalem sage are all great choices.

We still have some established fruit trees ready to go in the ground; pears (dwarf beure diel, precoce di fioriani, dwarf Packham, Williams bon chretien), apples (aldenhamensis, Bramley's seedling, dabinett, profusion), various plums, prunes, figs, pomegranate, chestnut trees as well as currants and raspberry canes.

Add a therapeutic element to your garden by using some sensory plants! Both nurseries have a thriving selection of plants with one or more distinct sensory characteristics such as smell, texture or colour. These include scented pelargoniums (AKA geraniums), my current favourite Passionfruit marigolds (Tagetes lemonii), Prostanthera sieberi, Plectranthus argentatus and Hypoestes "Pink Splash".

**Interested in event
planning & production?**

KHG FReeZA for All Abilities

Kevin Heinze Grow is seeking young people aged 25 and under with an interest in event planning and production to join the KHG FReeZA for All Abilities Program. Young people with a disability or lived experience of mental health challenges are strongly encouraged to apply.

FReeZA is a Victorian Government initiative that supports young Victorians to get involved in their community by planning and running drug, alcohol and smoke-free events for other young people.

As part of the KHG FReeZA for All Abilities program you will learn new skills, meet new people, and create events for your community.

Meetings will be held weekly on Thursdays 3:30-5:30 at Kevin Heinze Grow in Doncaster

For more information contact us at info@kevinheinzegrow.org.au

Volunteering



Kevin Heinze Grow was built on volunteer-power and to this day volunteers are a hugely important part of the KHG community. We currently have a range of volunteer opportunities available:

- Participant-focused Volunteer
- Hospitality Volunteer
- Garden Maintenance Volunteer
- General Maintenance Volunteer
- Horticulture Volunteer
- Project Volunteer

To read more about what each of the volunteer positions involves, you can read the [volunteer framework here](#).

If you're interested in volunteering at KHG, please contact our friendly Community Liaison Officer at communities@kevinheinzegrow.org.au or 03 9848 3695.



All Rosy!

KHG Participants Victor & Shannon have been learning how to prune the roses at a private garden in Melbourne. As anyone who's pruned roses before would know, the job requires patience, attention to detail and the ability to determine the likely direction of future growth of the plant. Only then can the decision be made about where to cut. Our Trainers were so thrilled to see Victor and Shannon putting the skills they've learned to the test! Great job!



Georgia Brown's Recipe of the Moment

Rhubarb crumble Muffins

Ingredients

175g Caster sugar
175g rhubarb, finely diced
1 tbs sunflower oil
1 egg
1 tsp vanilla extract
125ml buttermilk
200g plain flour
1 tsp baking powder
1 tsp bi-carb of soda

Method

Heat oven to 220C / 200C with fan.
Line a 12-hole muffin tin with paper muffin cases. Stir the sugar and rhubarb together and set aside.

Make the crumble topping. Mix together the brown sugar with the flour, oats and cinnamon, then rub in the butter until clumpy with your fingertips.

Stir the oil and egg, vanilla and buttermilk into the sugary rhubarb (don't worry if it's a little bit juicy)



For the Crumble topping

50g soft brown sugar
50g plain flour
25g oats
1tsp ground cinnamon
50g butter

Add the flour, baking powder and bicarbonate of soda and stir well.

Quickly spoon into the cases, then scatter each with a thick layer of the crumble mixture.

Bake for 15-18 mins until golden and a cocktail stick poked into the centre of a muffin comes out clean. Cool on a wire rack.

Men's Group

Men's group is all about sitting around and talking openly about whatever is on your mind without judgement in a safe space. The men's group have chatted about a large variety of topics that were brainstormed by the group at the beginning of the year. They've discussed men's health, cyber security, gambling, addiction, physical health, mental health, relationships and families. The group meets every Tuesday afternoon on site at Kevin Heinze Grow.



The fellas having a laugh in Men's Group

Women's Group

The Women's Group have been enjoying reading a variety of new books and talking about anything that the participants wish to chat about. The group have also begun discussing plans for Women's Health Week in September. Participants in the Women's Group enjoy a hot chocolate and a snack as we paint nails and discuss a variety of different topics.



Women's Group and KHG staff showing off their temporary glitter tattoos

Relationship Group

KHG have recently started a Relationships Group, run by our Speechie Anisa and Supporter Worker Jess. The group are covering a range of topics, including exploring and understanding the difference between friendships, professional relationships, and personal relationships. Also covered are relationship boundaries, red flags, navigating social media and online relationships safely.



Georgia M and KHG Participant Luke



Melbourne International Flower and Garden Show

The return of the Melbourne International Flower and Garden Show in late March 2022 brought some wonderful opportunities for Kevin Heinze Grow! Firstly we welcomed Australian of the Year and passionate disability advocate, Dylan Alcott to our Peppertree Place site in Coburg for the official launch of the show. (see cover of this newsletter!) A special theme of this year's show was accessibility and purpose-built, accessible gardens. This theme was exhibited in the form of 'Tramlines' an accessible garden designed by Vivid Designs in conjunction with Dylan and Semken Landscaping. The theme brought together gardens and disability and therefore KHG's Peppertree Place

nursery was the perfect choice for the show's official launch.

A number of our participants were thrilled to have the opportunity to meet Dylan in person and the Peppertree crew made everyone welcome.

For the show itself, our Grow Glen Eira team were involved with the selection of plants from the KHG nurseries. The brief encompassed varieties with key sensory or therapeutic characteristics, such as fragrance, colour or texture. The team then helped on-site with the design, planting and construction. Working on such a high-profile garden with Martin Semken and



(from left) George, Patrick and Mason from KHG with Kim from Semken Landscaping

Kim Moon from Semken Landscaping was a fantastic opportunity. The finished garden was auctioned off for over \$120,000, and was awarded the Show's Silver Show Garden medal! Meantime, just down the "garden path", the KHG had it's very own

dedicated marquee and display! Thanks to all the KHG staff and volunteers who spent time at our marquee over the show's five days, talking to MIFGS visitors about the great work we do and introducing them to our new 'Gifts in Wills' program.



"Tramlines" fully accessible garden



Plants from the KHG Nurseries used in "Tramlines" garden



KHG staff member, Anisa at the Kevin Heinze Grow marquee at MIFGS



Pied Pipers Good Friday Appeal

Recently, the Kevin Heinze Grow team partnered with our Doncaster neighbors The Pied Pipers to sell some plants from the Doncaster nursery to contribute to the Royal Children's Hospital Good Friday Appeal. The Pied Pipers were established in 1969 as a small group of volunteers to

assist with the Good Friday Appeal, and have since grown to raise a cumulative total of \$8.3million dollars to the appeal over the years. As part of this year's appeal effort, some participants and KHG staff delivered a selection of plants from the nursery to be sold on Good Friday by the Pied Pipers as part of their Doncaster fundraising efforts, with the profits going directly to their appeal total. A number of plants were sold to pedestrians and passers-by, and the Pied Pipers reported their total fundraising donation this year to be over \$124,000!

Do you need help to maintain your garden?

Kevin Heinze Grow runs a social enterprise called 'Grow on the Go' providing high-quality, low-cost gardening services to private customers and businesses. We can mow lawns, trim hedges, weed and plant! We offer garden maintenance services to customers living in the Manningham, Whitehorse and Boroondara municipality. If you live outside these areas, please contact us to see if we can travel to you. If you need help maintaining your garden, please contact info@kevinheinzegrow.org.au or phone (03) 9848 3695.



Thank you Plantmark!



Kevin Heinze Grow was thrilled this week to receive a generous donation of quality native plants from Plantmark wholesale nursery in Wantirna. Participants in our programs are now working hard to pot these up and get them ready for sale in both KHG nurseries. Keep your eye out for *Anigozanthos flavidus*, *Brachyscome multifida* Break O Day, *Correa alba*, *Dianella tasmanica*, *Ficinia nodosa*, *Grevillea lanigera* Mt Tamboritha, *Lomandra*, *Hakea laurina* and more in KHG nurseries over the next few weeks. Sincere thanks for Owen and the team at Plantmark Wantirna for their generous support of KHG's therapeutic horticulture programs.

Winter Seedlings at KHG

Winter is on the way, and we have your garden veg seedlings sorted. Participants at Kevin Heinze Grow have been busy planting seeds over the past few months and they are now for sale at both our Doncaster and Peppertree Place nurseries. All our seedlings are organic and ethically produced by people with disabilities.

Some of the seedlings available include carrots, beetroot, kale, radish, mustard, broccoli, snow peas, snap peas, bush peas, sweet peas and khol rabi. Our veggie seedling punnets are all natural, grown without chemicals, inorganic fertilizers or seed treatments. All punnets are \$3 until sold out. Shop ethically and come along to either of our nurseries to purchase your seedlings, and support a local charity.



Participant Ben with punnets of winter seedlings



The Kevin Heinze GARDEN CLUB



Are you 65+ and interested in getting more involved in community life?

Kevin Heinze Grow is a thriving local organisation with a long and proud history of providing social and recreational gardening activities. Our aim is to share the wellbeing benefits of plants, gardens and gardening with people who want to get involved.

Social Gardening Group

Come along on Tuesdays from 3pm-4:30pm to discover the KHG gardens and enjoy afternoon tea together.

Together we will:

- Pot up plants
- Propagate
- Sow seeds
- Garden chats
- Nursery walks

Contact

Jacqui Davies 9848 3695
jacqui@kevinheinzegrow.org.au
to find out more about joining
us for some good times at
Kevin Heinze Grow



This program is currently funded through the 'Commonwealth Home Support Program (CHSP)'. CHSP is designed to assist people over 65 in various ways including support for rewarding and enriching participation in community life. If you don't already have CHSP funding, please contact Jacqui Davies at KHG who would be delighted to assist you with your application



Great Ocean Road Run

On Sunday 15th May our Marketing & Fundraising Manager Georgia Tracy ran a marathon to raise funds for Kevin Heinze Grow. With the support of colleagues and the KHG community, GT managed to raise a total of \$2,860 which will help us to build a new therapy hub at the KHG Doncaster site. If you'd still like to make a donation, your donation large or small will help us get this new space we so desperately need to build before the winter sets in. [Click here to make a donation.](#)

Unique Fundraiser

Shout out to Peak Performance for their incredible fundraising efforts to support Kevin Heinze Grow. The team of five are going to be gaming for 24 hours to help raise funds for Kevin Heinze Grow! They will also be running a raffle so there are great prizes to be won. If you'd like to tune into the stream, you can join [here](#) from Saturday June 11th at 12pm to Sunday 12th at 12pm. You can find more information and where to donate [here](#). Huge thanks to David and the Peak Performance Team and GOOD LUCK!





Online Information Session

KHG Doncaster and Coburg



**Wednesday
27th of July
online at 7pm**

New date!

Please join us for an informative session about KHG programs and services. Our information session will be of interest to anyone wanting to find out more about Kevin Heinze Grow. It will be particularly relevant for people with disabilities who are interested in gardening and nature-based programs. We also welcome students who will be transitioning from school at the end of the year, Support Coordinators, teachers and families. Our presentation will include a virtual tour and plenty of time to answer questions.

When: Wednesday 27th of July at 7pm
(Please register for this session ASAP)

Where: Presented online via MS Teams
(please register to receive the link)

Please register to attend:
Register via email to Georgia Brown
georgiab@kevinheinzegrow.org.au
Once you've registered, you will receive an email with the link to join.

Jeff's Book

KHG's wonderful long-time volunteer Jeff Powerlett has recently published his second children's book! The book, entitled "The Pink Star", features awesome digital illustrations by Jeff with words by his father, Keith Powerlett. This is a follow-up to their first book "The Tiny Little Rainbow People". Hearty congratulations to Jeff (and his Dad) for this fantastic achievement. If you're interested in purchasing "The Pink Star" for \$25 you can send an email to info@kevinheinzegrow.org.au and we'll pass it on to Jeff.

(Jeff is also offering the KHG Community a special price – both books for \$40).



Rotary Breakfast

Members of the Rotary Club of Moreland visited Peppertree Place for breakfast in early April. They toured the gardens and facilities and learned all about KHG's work in therapeutic horticulture before our wonderful Peppertree Café Manager and Hospitality Coordinator, Alex presented them with a fabulous cooked breakfast. The club are great supporters of our work at Peppertree and along with the Rotary Club of Coburg donated propagation heat mats for our hothouse in 2021. A big thank you to The Rotary Club of Moreland!



Rotary Moreland members enjoying breakfast at Peppertree Place



Welcome and Farewell

KHG would like to farewell some amazing staff-members who are leaving us to take on new roles.

Sincere thanks to Tracy Ellis (after 11 years at KHG!), Samantha Dunn and Ian Robertson. Thank you all so much for your dedicated service to KHG. We'll miss you but wish you luck!

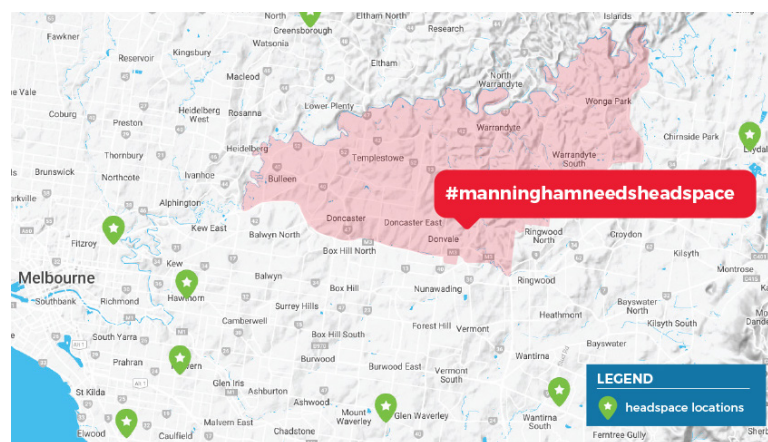
Farewell and good luck too to Gladis who spent a short time with us after completing her OT placement.

We'd like to welcome our new IT Coordinator John Thatcher and Support Worker Danielle- welcome to Team KHG!

Advocate for youth mental health services in Manningham

Manningham City Council are advocating for a headspace in Manningham and they need your help! Manningham Council are raising awareness about our lack of youth mental health services and are advocating for a local headspace.

Headspace is a well-regarded organisation that provides mental health services to young people aged 12-25. Poor access to public transport means that our young people face travel times of up to 80 minutes to reach their closest headspace. Current wait times for help through existing headspace centres are up to six months.



Accessing a youth mental health service should not be this hard. So the council is running the #manninghamneedsheadspace advocacy campaign! Have your say about how Manningham should raise awareness for our lack of youth mental health services and even suggest a location for headspace in Manningham.

To find out more and have your say click [here](#). Contributions for this campaign close on Friday 17 June 2022.



Dates for the Diary

KHG Online Information Session

When: Wednesday 27th of July at 7pm
Please register for this session ASAP

Where: Presented online via MS Teams
(please register to receive the link)

Register: Register via email to Georgia Brown georgiab@kevinheinzegrow.org.au

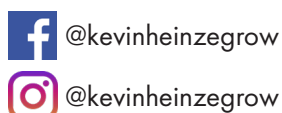
Sharing is Caring

Do you know someone who would like to receive this newsletter?

Send them this link <http://eepurl.com/dltruT> so they can add their email address to our mailing list and they will receive the KHG newsletter four times a year!

KHG Spring Fair

Saturday 15 October 9am - 3pm



We encourage you to follow KHG on Facebook and Instagram for all the latest news and updates from Kevin Heinze Grow.