

Winter 2022

Gardening for
Recreation,
Occupation &
Wellbeing

Cheerio Newsletter



KEVIN HEINZE

Grow



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Joe, Chris and Luke working with plants at the KHG Nursery in Doncaster

CEO Report

Dr Josh Fergeus,
Chief Executive Officer

We're starting to see spring emerging and we're looking forward to a wonderful few months ahead in our gardens. I'm also extremely pleased to say that after several years we are welcoming back our major fundraiser the Spring Fair on October 15th 2022. For those who haven't been before, please be sure to put the date in your diary. It's a great opportunity to connect with KHG, so please come and spend some time in our beautiful gardens and grab some bargains from the nursery. We have so many beautiful plants ready for you to take home!

I'd like to welcome Nicole Sargeant to the team after several years at Doncare, taking up the role of Manager – People and Culture. Meanwhile, Nadine Inman has

joined our administration team working with the fantastic Georgia Brown. Also, our very own Ruben Ayers is stepping up as Coordinator of the GROW Program. We continue to be blessed by the calibre of staff we attract to the team.

Currently there are places available in our Teenage Program at Doncaster, and at Peppertree Place in both the Café program and in the garden. We also have availability to take on additional clients for art therapy and speech pathology at both sites. If you or someone you know would like to access a service just get in touch with our Client Services team. clientservices@kevinheinzegrow.org.au



KHG Staff and Participants with their medals from the NAIDOC week themed 'Olympic Games'

Client Services

Anita Mitchell
Manager - Client Services

The team at KHG is growing and we would like to welcome new support staff Jess K and Ozy. We also welcome new Participants Frank, Ian, Anne Marie, Coral, Maria, Shin, Alex O, Lachlan B, Lachie K and Dylan and wish them a happy and rewarding experience in their time at Kevin Heinze Grow.

We are excited to announce that Ruben has been promoted to a new role as Coordinator of the GROW Program. Ruben previously worked as a Support Worker at Kevin Heinze Grow and has recently taken on the new role. Ruben will now be out on the ground every day working with staff to ensure that each participant gets the most out of their time here. This is an exciting addition to the client services team, and we wish Ruben all the best in the new role. We are sad to farewell KHG staff Lucy D

who was the Coordinator of Grow on the Go, and we wish her all the best. We are also farewell Jack H and Marie D who have both made a marvelous contribution to KHG over the last few years.

On site at the moment, activities and programs are carrying on as usual, and we are beginning to focus on preparing for the Spring Fair. Tomato seedlings of all sorts are being nurtured, potted up and kept warm in the hot house while we prepare for the big fair day on Saturday 15th October 2022.

Participants who have been here for many years are excited at the prospect of the fair, and those who haven't experienced it are getting swept up in the excitement. We look forward to seeing you all there!



Our ReGrow Program is providing therapeutic social and gardening opportunities for people with ABI

Clinical Services

Brenna McIntyre
Manager - Clinical Services

Clinical services has been busy this winter, with lots of exciting programs being delivered across the sites. The Grow on the Go team has become busier as we head into spring, with lots of gardens to maintain in the area. We've had really positive feedback from our garden maintenance customers and we continue to deliver a great service. Within the program we've been working with Participants to develop their goals. In doing so, we have been focusing on skill development and building on individual interests. There are a few vacancies in the casual program, so if you're interested in joining the Grow on the Go team please get in contact with client services team- clientservices@kevinheinzegrow.org.au

There is also availability in all disciplines for 1:1 clinical services at both sites. This includes occupational therapy, speech therapy, art therapy and counselling. The Coordinator- Therapeutic Horticulture and Coordinator- Grow Program are also now attending clinical meetings to better implement therapeutic concepts into the GROW program. This is helping to streamline delivery of the program and ensure productive team-wide collaboration on individual Participants' goals.

The Children's Program has been popular over the winter months and the coordinator of the children's program, Fiona will be returning on September 12th. >> Continued on following page



Participants and staff had a fantastic time wearing crazy hats for Brain Injury Awareness Week

Huge thank you to Lucy F and Rose for overseeing the Children's Program groups in Fiona's absence. There are currently some spaces available in the Grow Well program on Thursday afternoons. Please contact Client Services if you're interested in the program. A big thank you to Georgia M who has been working with the Grow Well Participants while Fiona has been away.

Our popular ReGrow group on Monday and Thursday afternoons is for people who have an ABI or dementia. Recently a couple of spots have become available so if you or someone you know is looking for social

and therapeutic gardening group activities, please get in contact with clientservices@kevinheinzegrow.org.au

The group is facilitated by an occupational therapist and a speech therapist, offering a creative and supportive group experience.

We are grateful to the tertiary students who have had joined us over winter, including occupational therapy students Mia, James and Jess. We are currently fortunate to have social work students Jasper and Niamh with us.



Danielle, Marie, Yannis and Joe enjoying morning tea at the Peppertree Cafe.

Peppertree Place

The team at Peppertree Place, Coburg have been preparing the nursery to create space for spring vegetable seedlings. They've also cleared garden beds and prepared the soil with lots of fresh compost. Participants and staff have also been busy working on the cut flower garden so everyone is expecting lots of flowers in time for spring.

The team have cleaned up the hot houses, and now have three hot houses in action instead of two, creating more space for seedlings and cuttings to grow before they make it into the nursery.

The food garden beds have had lots of attention to prepare them for spring.

The cafe program has been busy with Participants learning new skills in the kitchen and creating lots of delicious food for customers. Over the past few weeks they've learnt how to cook spiced pumpkin soup, sweetcorn noodle soup, vegetable lasagna, savoury muffins, pizza, apple and cinnamon muffins, pasta bake and quiches.

The cafe opening hours have also changed, and will now be open from 9am-1:30pm every Monday, Tuesday, Thursday and Friday. Come and check out the wonderful food and coffee we have on offer and enjoy some time to unwind in our relaxed garden setting.





Getting the KHG nursery at Doncaster ready for the 2022 Spring Fair - Saturday 15th October

Nursery News

Patrick Wain
Coordinator – Therapeutic Horticulture

The KHG nurseries have weathered a slightly frostier winter than usual and are ready for warmer weather. While we are eagerly preparing for our upcoming Spring Fair on October 15th, there are still plenty of natives and ornamentals ready to find a permanent home in someone's garden.

At Doncaster we have a large number of succulents including kalanchoe, sedums and crassulas which are all ready for some sunny, dry summer weather and a well-drained bed, mostly for \$4. We also have a large amount of small tea trees (*Leptospermum*), English Lavendar, *Reineckia carnea* (Hyacinth Grass), *Canna* Lillies, *Liriope muscari* and Bromeliads. If you're after more natives, we have plenty of small *Ficinia nodosa*, *Atriplex nummularia* (Old Man Saltbush, large-

leaved and small-leaved varieties), *Correa alba* and more.

Our Coburg nursery at Peppertree Place has much of the same stock in smaller amounts, as well as a healthy crop of *Phlomis* "Lemon Blush", Lavendar and Penstemons.

The Spring Fair will bring a huge amount of new stock – primarily a few unique varieties of tomatoes, some classic eggplant, capsicums and other summer vegetables and of course a variety of potted colour. So make sure you remember KHG nurseries when planning your spring-summer plantings and we look forward to seeing you on Spring Fair day- 15th October 2022.

Volunteering at KHG

Kevin Heinze Grow was built on volunteer-power and to this day volunteers are a hugely important part of the KHG community. We warmly welcome our new volunteers to the KHG Community- Hannah and Isobel at Peppertree Place and Melissa at Doncaster. Welcome to the team!

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



James with a trolley of plants in the hot house at Doncaster



Participants with the bird box they built

Bird Box Building!

A team of KHG Participants have created nesting boxes for birds they see around KHG. The group enjoyed learning new skills and working closely with Trainers to build the boxes using recycled timber and painted them to camouflage with the natural surroundings. The boxes have been positioned around the Doncaster site and will be carefully watched to see what birds might come and enjoy their new homes.



Online Information Session

KHG Doncaster and Coburg



Monday 5th
September
online at 7pm

Kevin Heinze Grow will be holding an online information session about our programs and services. The session will be of interest to anyone wanting to find out more about Kevin Heinze Grow.

When: Monday 5th of September online at 7pm.

Where: Presented online via MS Teams
If you would like to attend the information session, please register via email to Georgia Brown- georgiab@kevinheinzegrow.org.au

Calling all bakers!

Planning is underway for the return of the KHG Spring Fair on Saturday the 15th of October from 9am-3pm. We would love your help to bake goodies for the cake stall. Any homemade cakes, slices, biscuits, jams, chutneys and preserves would be greatly appreciated. Please let us know ASAP if you're keen to get involved with baking for the fair by emailing Georgia B georgiab@kevinheinze.org.au

Please note, baked goods need to be delivered on Friday the 14th of October between 12- 4pm or delivered directly to the stall on the Saturday morning. Sincere thanks to all the generous bakers in the KHG Community!



A bit about Propagation

Hello everybody, my name is Brenton Ponza and I am here today to tell everybody about the steps to propagation.

Propagation is where you take a cutting from an old plant and you make the old plant into a new plant. In propagation you want to remove most of the leaves because it gives the plant more time to let the roots grow. Here out at Kevin Heinze Grow me and my friends use hormone gel to help the roots grow. My favourite plants to propagate are salvias.

- Written by Brenton Ponza



Brenton potting up at KHG

Georgia Brown's Recipe of the Moment

Hazelnut & Frangelico Amaretti

Ingredients

Makes 16

2 egg whites, at room temperature
 180g caster sugar
 250g hazelnut meal
 2 tbs Frangelico
 30g dark chocolate chips, to decorate



Method

Preheat oven to 180 degrees.
 Line a large baking tray with baking paper.

Place egg whites, 130g sugar, hazelnut meal and Frangelico in a bowl and mix to combine into a sticky paste. Shape dough into 1 tbs sized balls, and dust each ball with remaining sugar. Gently push your index finger in the middle of each ball to create a little crater.

Push 2-3 chocolate chips into the centre of each. Transfer biscuits to the prepared tray and chill for 30 minutes to rest. Bake for 15-18 minutes or until amaretti are slightly cracked, but retain some softness. To make sure they are cooked through, check that the base is firm and tanned. Set aside to cool at room temperature, then serve.

Credit to Delicious Magazine- August 2022 for the recipe!

Men's Group

Men's Group has been meeting each week which involves an informal and optional chat to 'check-in' and see how everyone is going that week. Discussions are structured around 'something good', 'something challenging' and 'a new lesson

which has been learned'. The group then focuses on important topics such as mens health, mental health, gender equality, gender identification, discrimination, objectification, diet, hobbies, finances, digital safety/awareness, music and sport.

Women's Group

Each week over afternoon tea we've been having discussions about female health, self care, and chat about any topics that the participants raise.

Women's Health Week is coming up in early September, we will have a week of information and educational emails to all staff as well as women's health trivia

and an afternoon tea. All female staff and participants will receive a Jean Hailes Women's Health Week showbag with printed information.

We are currently seeking more members to join our group! Get in contact with client services if you're interested.
clientservices@kevinheinzegrow.org.au

Connect & Grow Group

Connect and Grow has been running weekly for 12 weeks now with a strong focus on cultivating safe relationships with others. The group has been exploring different types of relationships such as

friendship vs. acquaintance or friend vs. intimate partner, boundaries, consent, managing disagreements, asking for space, understanding red flags and green flags, and how to seek support.



Spring Fair

Saturday 15th October
9am - 3pm

Kevin Heinze Grow Spring Fair is BACK!
Join us for a great day of plant-shopping and
springtime fun and support a local charity.

Entry - Gold coin donation

There will be:

plants • fruit trees • vegetable seedlings • great variety of heirloom
tomatoes • homemade cakes and preserves • coffee cart • BBQ •
live band • site tours and information for new families

Where:

39 Wetherby Road, Doncaster
and
512 Sydney Rd, Coburg
(nursery and cafe only)

A great day out for the whole family -
See you there!

(03) 9848 3695
www.kevinheinzegrow.org.au



Chloe recently spoke about what KHG means to her. Pictured here with her Support Coordinator, Georgia

EOFY year campaign

Thank you to everyone who supported Kevin Heinze Grow and donated to our End of Financial Year Campaign. Your support big or small goes a long way and really does help us to help people to grow! We were

thrilled to raise just over \$14,000 which will contribute to the re-development of two new spaces at our Wetherby Road site bringing much-needed usable spaces for therapy and small group sessions.



Thank you 2WP

We were delighted to receive a generous donation of six pairs of ratchet secateurs from our friends at 2wp effortless pruning. The secateurs are lightweight, easy-grip and perfect for people who experiencing difficulties with fine motor tasks. They have been put straight to good use in the KHG gardens!

We appreciate your feedback

Help us continue providing the best services for people with disabilities and bringing great plants to the broader community by posting a review on Google. Reviews on Google help us to help more people like you. When you have a minute, please share your positive feedback about Kevin Heinze Grow! You can leave a review using the link below or scanning the QR code. <https://g.page/r/CUINCpVzIq5tEBO/review>



Jo and Joe with flowers they picked from the gardens

TAFE at KHG in 2023

Kevin Heinze Grow in Doncaster is excited to partner with Box Hill Institute to deliver further education courses to people with disabilities.

We are currently offering a Certificate 1 in Transition Education for people of any age who would like to learn skills to help them participate more independently in the community. Topics such as independent living, work readiness, budgeting and basic numeracy and literacy are just some of the areas covered. The certificate is highly suitable for recent school leavers.

Classes are delivered by qualified TAFE educators and students are supported in



Participants in a TAFE class at KHG

their learning by KHG staff. Please let us know if you would like to secure a place for Term 1 2023. For further information please contact clientservices@kevinheinzegrow.org.au



Peppertree Place Cafe

Happy Hour!

All hot drinks \$3
9-10am

Peppertree Place Café provides training and support for young people with disabilities. The Café is open to the public and is the perfect place to grab your daily coffee.



Food

Toasted Sandwiches
Soup of the day
Dish of the day
Muffins



Drinks

Coffee
Hot Chocolate
Tea



Phone Orders

0484 017 119

Address

512 Sydney Rd, Coburg
(enter via Urquhart St)

Opening Hours

Monday, Tuesday
Thursday, Friday
9am to 1:30pm

Please note that we can only accept card payments at this time.

ReGrow

Our 'ReGrow' program is currently seeking new members to join on Monday and Thursday afternoons. ReGrow is an opportunity for adults who have experienced an acquired brain injury (ABI) or declining mental health, to engage in social and therapeutic gardening activities. The group is facilitated by a Speech Therapist alongside a senior Therapeutic Horticulture Trainer both of whom are passionate about supporting improved communication and wellbeing from applied gardening activities. If you, or someone you know is interested in joining the group, or would like more information please contact us as soon as possible (places are limited and may fill quickly). Contact our very friendly client services team clientservices@kevinheinzgrow.org.au



Crazy hat day at KHG

Everyone at KHG celebrated Brain Injury Awareness Week (15th-21st August). Many participants at KHG have experienced a brain injury, just like the 1 in 45 Australians. To show support and solidarity to all people with brain injuries, KHG held a Hat Day! Participants, staff and volunteers all wore fun hats to help raise money to support people with brain injuries and their families. A great day was had by all and wow, did we have some CRAZY hats!



Lauren and Charlie with their crazy hats



The KHG Spring Fair is back!

Celebrating community and all spring things... the KHG Spring Fair is back! We are looking forward to seeing EVERYONE on Saturday 15th October 2022 for the much-loved (and much-missed) Kevin Heinze Grow Spring Fair!

For those of you who are new to our community, the KHG Spring and Autumn Fairs are two very special days on our calendar! Through these events, we raise important funds to support and maintain our programs and the KHG sites and facilities. Visitors to the spring fair can purchase a wide range of plants for their spring-summer garden including vegetable and herb seedlings, pots of colour and a wide range of perennials. Nothing says "spring" quite like the aroma of young tomato seedlings and we're getting very excited about the beautiful heirloom tomato varieties we have on offer once again this year! Our loyal customers know that KHG is THE place to get their tomatoes.

Not only are they great quality plants at great prices but they also provide the feel-good factor that lasts right through summer til autumn!

Spring fair day at Peppertree Place means the nursery will be fully stocked and the café will be open for extended hours (9am – 3pm). At Doncaster we'll also have a live radio broadcast, BBQ, cake stall, coffee van, live band and open day tours for people who would like to learn more about KHG.

So we warmly invite you and your friends and families to come along and join KHG in celebrating the return of the spring fair! See you in October!

For anyone able to bake some cakes, slices, biscuits or preserves for the cake stall, we'd love to hear from you! Please email Georgia Brown on georgiab@kevinheinzegrow.org.au to let us know in advance!

Happy Birthday Bruce!

Everyone at Kevin Heinze Grow would like to wish Bruce a happy 80th Birthday. Bruce is our longest serving volunteer and has contributed enormously to Kevin Heinze Grow both as a member of the Committee of Management, Kiwanis Representative and regular volunteer. Bruce's enthusiasm and positivity is infectious and his skills and talents for getting the job done are greatly appreciated at KHG!



Welcome and Farewell

The team at KHG is excited to welcome new support staff Jess K and Ozy. We also welcome new Participants Frank, Ian, Anne Marie, Coral, Maria, Shin, Alex O, Lachlan B, Lachie K and Dylan.

We are sad to farewell KHG staff Lucy D who was the coordinator of Grow on the Go, and we wish her all the best. We also farewell Jack H and Marie D who have made a marvelous contribution to KHG over the last few years.

In Memoriam

KHG is sad to inform our community of the recent passing of former Kevin Heinze Grow volunteer, Joan Murphy. We are also sorry to report the passing of KHG supporter, Martin Ashley. Our thoughts are with their families and friends.





Dates for the Diary

KHG Online Information Session

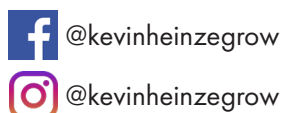
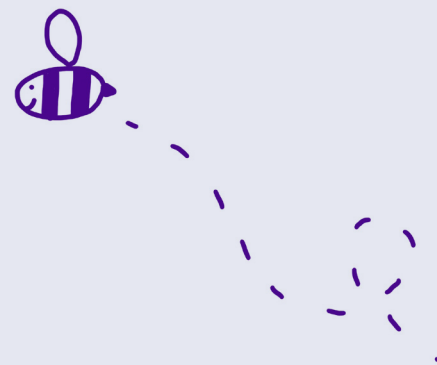
When: Monday 5th of September at 7pm
Please register for this session ASAP

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

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

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.