

Spring 2022

Gardening for
Recreation,
Occupation &
Wellbeing

Cheerio Newsletter



KEVIN HEINZE

Grow



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KHG staff at the Spring Fair

CEO Report

**Dr Josh Fergeus,
Chief Executive Officer**

Last month we were finally able to hold our Spring Fair, the first since 2019. It was a great success and wonderful to see so many members of our community coming together to enjoy the gardens and the weather. Thank you to everyone who contributed to the day, particularly those who donated their time and resources to assist our work.

Recently we offered the opportunity to all our participants to provide feedback and reflections on their experience of KHG. Social work students Niamh Lock and Jasper Cowell surveyed 60 participants throughout October and I'm pleased to say the results were resoundingly positive. Thank you to all of you who participated, it was great to hear about your experiences, goals and aspirations.

The work on our facilities continues as ever, with repairs and spring cleaning occurring at Peppertree Place, and the installation of a new audio-visual system in our main group room at Doncaster thanks to a grant from the Living Local Fund. The system will be used by our groups at Doncaster to enhance our specialist programs, and our core program particularly on rainy days! The front of our Doncaster building has also received a facelift thanks to a group of enthusiastic volunteers from International Management Group (IMG). Thank you to the team at IMG for your support.

Our 2021/22 Annual Report has now been published so if you'd like to read more about what we've been doing at KHG over the last year I encourage you to have a read. You can find a copy of the annual report [here](#).



KHG Participants working in the gardens at Heide Museum of Modern Art

Client Services

Anita Mitchell
Manager - Client Services

There was lots of excitement amongst both Participants and staff in the lead up to the KHG Spring Fair. Everyone worked hard to plant seeds and maintain the gardens. Everyone should be very proud of their contributions that made the event a great success.

In other news, we have a small team who have been going to Heide Museum of Modern Art one day a week as an extension to the Core Program. The group have been working alongside the volunteer gardeners at Heide to maintain the wonderful gardens.

Another group of Participants are about to complete their Certificate 2 in Work Education with Box Hill Institute. Participants Victor, Sophie, Holly, Alan M and Brenton have now all completed two certificates. While Shannon F, Andy

N and George have now completed their Certificate 2 in Work Education. Congratulations to the TAFE class on their hard work this year.

Ruben is also now ensconced as the Coordinator of the Grow Program, working closely with Patrick and the team of senior trainers to develop a wonderful horticulture focused program. Staff and Participants have been learning new skills in the Grow Program through focussed lessons prepared by Patrick.

As this is the last newsletter before we return in the new year, we'd like to thank everyone for a great year, and we look forward to returning in 2023. KHG's last day at both sites will be Thursday the 22nd of December 2022 and the first day back will be Tuesday the 3rd of January 2023.



Ryan and Chris potting up plants in the nursery at Doncaster

Clinical Services

Brenna McIntyre
Manager - Clinical Services

Over the past few months our clinical services team have continued to work hard to deliver creative and individualised 1:1 sessions for their clients at KHG. Our clinicians have been working with people in an individual capacity, however they also inform and advise our regular Grow Program so that we can run the best programs possible.

An exciting new project that is underway involves a collaboration between the Clinical Services Team and Patrick, our Coordinator – Therapeutic Horticulture. The team are working together to map the sensory profile of our entire Doncaster

site. Mapping the sensory profile of the site involves documenting the various qualities of each outdoor space from a sensory perspective. This process includes rating elements such as privacy, sound and noise, sensory elements in each area such as touch and smell as well as the level of accessibility of each location.

The aim of this project is to help inform how each space is used to provide more targeted activities and opportunities for our community. A huge thank you to the team involved!



Richard and Christian in the Spiral Garden at Peppertree Place

Peppertree Place

The Peppertree Place gardens are blooming with flowers! Staff and Participants at Peppertree Place have been growing lots of vegetable seedlings and keeping on top of site maintenance, doing the lawns and edging frequently to keep the gardens tidy.

Participants and staff planted lots of garden beds throughout winter, which is now keeping them busy as they try to stay on top of all the spring growth. During the colder months the team focused on propagating a large variety of plants, which have come full circle and are now strong and healthy with the spring weather.

Throughout spring there has been lots

of seed sowing, so there is now a large range of vegetable seedlings available to purchase from the Peppertree Place nursery.

Rotary have also kindly donated propagation heat mats which are being put to good use in the nursery hot houses.

The cafe program has been busy with Participants learning new skills in the kitchen and creating lots of delicious food for customers. The cafe is open to the public from 9am-1:30pm every Monday, Tuesday, Thursday and Friday. Come and check out the wonderful food and coffee we have on offer.



The 2022 Spring Fair at the Doncaster nursery

Nursery News

Patrick Wain
Coordinator – Therapeutic Horticulture

It's been an exciting spring – punctuated by our first Spring Fair since the beginning of the Covid-19 pandemic. Participants and staff spent weeks through autumn and spring preparing the nursery and garden for the big day – which included a few exciting projects like refurbishing some old seats and creating new seating areas, relaying nursery weed mat and reorganising the rows and shows – as well as raising tomato seedlings since late July and early August so that they would be perfect for the Spring Fair.

Participants chose and raised eight varieties of tomatoes and one variety of cherry tomato, and they were all a big hit at the Spring Fair. At both sites we came close to selling out, despite having raised hundreds of seedlings. We also received very generous donations of stock from Oasis Horticulture, Scotsburn, Proteaflora, Beasley's and Warners, as well as a donation of fertilizer from Seasol for the Spring Fair raffle.

After all the hard work getting ready for the Spring Fair, participants and staff were able to relax and take a breather in the garden in the following weeks. The Birdlife Australia "Aussie Bird Count" ran through the week of October 17, and Participants in our Grow program conducted 28 surveys across 5 days to contribute to the 4 million bird sightings recorded across Australia. Amongst the birds sighted at our Doncaster site were a very healthy and loud population of Noisy Miners, including some young which had just left the nest, Rainbow Lorikeets, Tawny Frogmouths, Crimson Rosellas, Pied Currawongs, Grey Butcherbirds, Sulphur-crested Cockatoos, Corellas and reportedly 6 UFOs.

In both our nurseries there are a very small number of tomato seedlings still available, including some cherry tomatoes (Sweet Bite) and Tomatillos, although they are disappearing quickly! We still have a range of some donated stock including beautiful medium-sized Azaleas and fruit trees, including lots of raspberries which we are selling for \$10ea. We also have our usual wide range of stock including plenty of natives, salvias, bromeliads, succulents and more.

Therapeutic Horticulture Research at KHG

We are delighted to have PhD candidate Megan Dennis undertake a research project at KHG. Her research with Deakin University will focus on the benefits of therapeutic horticulture for adults with autism. She will be conducting interviews with KHG participants who are keen to help her understand their experiences of therapeutic horticulture, and how people with autism have benefited from coming to Kevin Heinze Grow over an extended period of time.

Earlier this year Georgia T from Kevin Heinze Grow interviewed Megan about her research on therapeutic horticulture and autism spectrum disorder. Megan and Georgia T chatted about the interviews that Megan will be conducting on site with Participants. They also discuss the benefits of therapeutic horticulture for not only people with autism spectrum disorder, yet also for a “whole range of different groups such as aged care settings, people with



PhD candidate Megan Dennis at Kevin Heinze Grow

intellectual disability, refugee groups, and people who’ve experienced trauma.” Megan chatted to Georgia T about how “all of us, just getting out in the garden, going out to a park, can be really beneficial.” Check out the transcript from Megan’s interview [here](#).

Volunteers needed!



We’re looking for volunteers to help out at the Kevin Heinze Grow sausage sizzle! The sausage sizzle will be held on Saturday the 4th of February 2023 at Bunnings Doncaster. If you’re interested in helping out for a two hour shift then please get in contact with Nadine for more information and to register your interest. nadine.inman@kevinheinzegrow.org.au

We would be delighted to hear from anyone in the KHG Community who can spare a couple of hours on this day to assist with our fundraising.



IMG comes to KHG

In November, our Doncaster site was lucky enough to get a partial makeover from a team of enthusiastic corporate volunteers from International Management Group! Having met some of the IMG team-members at the Melbourne International Flower and Garden Show back in March, they approached KHG about their company's annual International Day of Service. They wanted to know if we had any tasks that they could help us out with onsite and we said, "YES PLEASE!". As a result, 15 of their staff came along to

KHG for the day to repaint the outside of our main Doncaster building (or at least make a start on this massive job!). They also helped us to load up a skip full of rubble and hard rubbish which had been accumulating over some time. The very weathered "Kevin Heinze Garden Centre" sign got a complete makeover and on what was a very warm day, they worked hard to sweep paths and weed garden beds. It was great to welcome the IMG team to KHG and we're hoping they'll come back again next year.



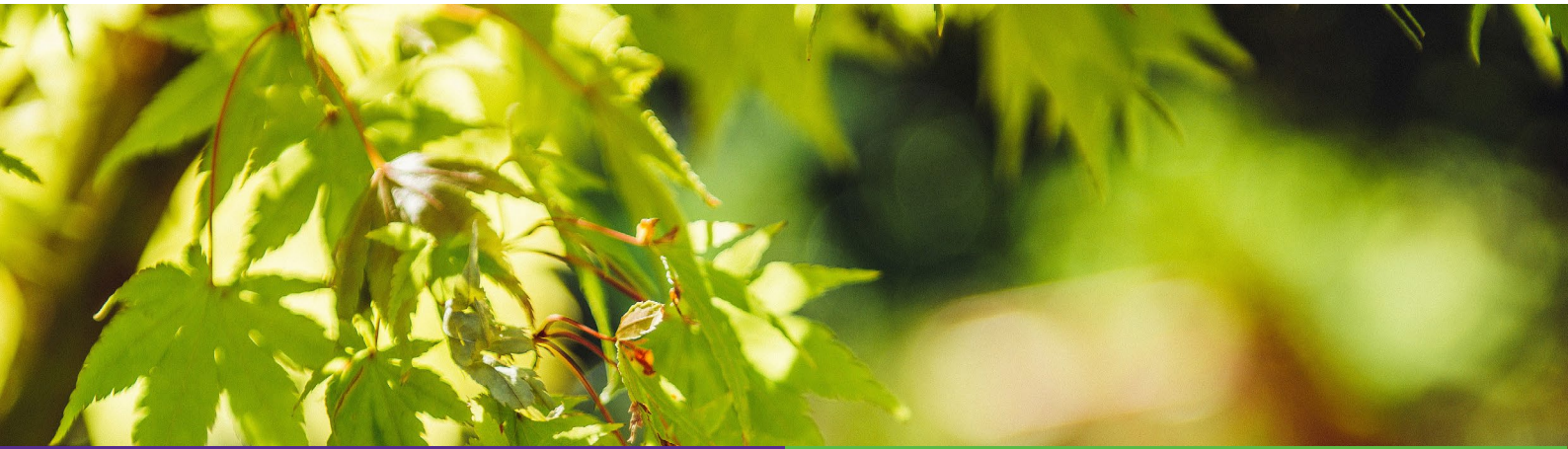


The KHG Spring Fair

As well as celebrating the arrival of spring, we are celebrating the success of the highly anticipated KHG Spring Fair which took place on Saturday 15th October! It was our first one since 2019 and it was quite thrilling for everyone in the KHG Community to welcome our customers back to our nurseries en masse and to once again, showcase the hard work of KHG Participants and staff. Always a big hit, our spring tomato seedlings and summer veggies were very popular and a timely donation of fruit trees from Yalca meant we had a good selection of trees and berries on offer. Fair visitors were treated to great spring-time

atmosphere with a lively three piece roving jazz band and a fabulous sausage sizzle (expertly run by Bruce E. and supported by Di Censo's butcher from Tunstall Square), a well-stocked cake stall and coffee from One Bean. Sincere thanks go to all of our volunteers who helped tirelessly at the event – David, Jeni, Jeff, Janet, Bruce and his team! Thanks too go out to Scotsburn, Oasis, Seasol, Proteaflora, Warner's Nursery and Yalca Fruit Trees for their incredible generosity. We now look forward to the 2023 Autumn Fair which will be held on Saturday 25th March 9am – 3pm.





Men's Group

The Men's Group have enjoyed getting together each week to discuss a variety of topics such as men's health, gender equality and chatting about their hobbies and general wellbeing. The group also enjoyed making nachos and popcorn to share while catching up and having a laugh.

Connect & Grow Group

During spring, the relationships group has been talking about online dating and safety. It's been fun and interesting to learn about the difference between hanging out with a friend and a date, red flags on dating profiles, being safe in online conversations, and how to meet up with someone safely. The relationships group can spot a red flag from a mile away, can you?

Women's Group

The women's group has welcomed a new co-facilitator to the group, Rose who will now be running the group alongside Jacqui. Throughout spring the women's group enjoyed doing flower pressing, discussing personal care products and chatting about different types of relationships including those with friends, family and partners.





Andy and Justin take a delivery of a great range of donated Azaleas from Warners.

Grow on the Go

The KHG 'Grow on the Go' program is currently looking for new participants to join the team! 'Grow on the Go' provides training in garden maintenance to people with disabilities while delivering gardening services to the local community. Participants gain a wide range of skills and experience in gardening, tools and

teamwork and can make real gains in confidence and independence along the way. If you or someone you know is interested in having a go at 'Grow on the Go' then be sure to reach out to our friendly client services team clientservices@kevinheinzegrow.org.au



Saturdays at KHG

Kevin Heinze Grow offers engaging programs at both Doncaster and Coburg on Saturday mornings from 9am- 1pm. Activities can be tailored to cater to individual interests and may include potting up, propagation, tending stock in the nurseries, garden maintenance, nature-based craft and social activities.

To find out more, get in contact with clientservices@kevinheinzegrow.org.au



Michael L in the Thursday ReGrow group

ReGrow

KHG uses therapeutic horticulture in a range of targeted programs for adults with Acquired Brain Injury (ABI). All of our services are delivered in a safe, friendly and welcoming natural environment. The clinical services we offer at KHG include Occupational Therapy, Speech Therapy, Art Therapy and Counselling. We also offer ReGrow groups with a social focus, providing

group members with a sense of belonging and acceptance.

If you or someone you know may be interested in the ABI programs we offer at Kevin Heinze Grow, please get in contact with Brenna who can discuss whether our programs suit your needs.
brenna@kevinheinzegrow.org.au

The advertisement features a large orange circle on the left side containing the text 'Summer Plant Sale!' and '5th to 22nd December'. The background of the entire advertisement is a photograph of a busy nursery. People of various ages are seen browsing through rows of plants. In the background, there is a white greenhouse and a building. The overall scene is bright and sunny.

25-50% off all plants

Plant Sale!

We have 25%-50% off all plants and fruit trees at both our Coburg and Doncaster nurseries! The sale is on from Monday 5th of December to Thursday 22nd of December so come and visit one of our nurseries to browse our huge range of plants.

- 25% off 4 and 6 inch pots
- 50% off 10 and 12 inch pots
- 50% off fruit trees

Doncaster Nursery- 39 Wetherby Rd
 Coburg Nursery- 512 Sydney Rd, Coburg

Georgia Brown's Recipe of the Moment

In anticipation of your bumper tomato crop this year, Georgia Brown has selected a French classic to share with you.

Tarte Fine Aux Tomates (Tomato tart)

Ingredients

1 sheet of butter puff pastry
1kg of tomatoes, all around the same size
100g mascarpone cheese
50g parmesan cheese, finely grated
Bunch of basil, leaves picked and sliced
Salt and pepper
Olive oil



Method

You'll need a 25cm pastry ring for this recipe

Preheat your oven to 200C
Place the pastry sheet on a baking tray and cut the excess from around the pastry ring. Place it in the fridge to rest for 20 minutes while you prepare the tomatoes.
Remove the cores from the tomatoes and slice them about 5mm thick. Keep the slices together and put the ends in a separate pile. Mix the mascarpone, parmesan and basil and season well with salt and pepper. Spread the cheese mixture across the center of the pastry circle, leaving about 8-10cm at the edges.

Layer the sliced tomatoes around the outer edge of the circle, continuing towards the center ensuring you overlap each layer. Tuck the tomato ends under each layer to prevent them caving in. Drizzle the tart with olive oil.

Bake in the preheated oven for 30 minutes then turn the oven down to 150C and bake for a further 45 minutes. When cooked there should be almost no liquid left in the tomatoes and the pastry base will be crisp.

Bon Appetit!

End of Year Appeal

We're working hard to raise funds to develop a new cafe program at our Doncaster nursery. The cafe will provide training and support for young people with a disability. Participants in the program will receive training in a range of skills including customer service and barista skills. The new cafe program will create a meeting place at our Doncaster site for the

community to enjoy. Support Kevin Heinze Grow this year by donating to our end of year appeal. Donate to Kevin Heinze Grow via our website <https://kevinheinzegrow.org.au/> or Direct bank transfer to KHG:
Kevin Heinze Grow
BSB: 633 000
Account Number: 146 052 337



Donate to our end of year appeal

Supporting the new café program
at the KHG Doncaster nursery



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

Grow Glen Eira 2023

Applications are now open to join the Grow Glen Eira team in 2023. We are offering 6-month placements at Kevin Heinze Grow's Doncaster site, beginning in January 2023.

Grow Glen Eira is an exciting and innovative All Abilities horticulture training program for young people with a disability seeking open employment in horticulture. Glen Eira City Council has initiated this project as part of developing a 'Community for All Abilities' and Kevin Heinze Grow working with young people to help them reach their employment goals.

If you or someone you know is interested in this program, please apply via our website [here](https://kevinheinzegrow.org.au/programs/grow-glen-eira/) <https://kevinheinzegrow.org.au/programs/grow-glen-eira/> or contact our friendly Client Services Team clientservices@kevinheinzegrow.org.au



Joe and Joe with flowers they picked from the 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 feedback about Kevin Heinze Grow! You can leave a review using the link below.

<https://g.page/r/CUINcpVzIq5tEB0/review>





Welcome and Farewell

The team at KHG is excited to welcome new support staff Shannan, Hayley, Jasper and Rebecca. We also farewell staff members Libby and Jacqueline Coad who have both made an incredible contribution

to KHG over several years. We wish them both all the best. We would like to thank placement students Meg, Ebony, Jasper and Niamh for their time at KHG and we welcome Disabilities Studies tertiary student Adele who will be at KHG on Fridays over the next ten weeks.

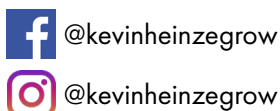
Dates for the Diary

End of Year Closure Dates

KHG's last day at both sites will be Thursday 22nd December 2022 and the first day back will be Tuesday 3rd of January 2023.

Specialist Program end of year breaks:

- **Men's Group:** Last session on 20/12. (Taking a break over January.)
- **Women's Group:** Last session on 21/12.
- **Literacy classes:** Last class 14/12
- **Relationships Group:** Last session 9/12.
- **Art class:** Last class on 16/12
- **Let's Get Physical:** Last session on 16/12.
- **Social Skills:** Last class 19/12.



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