

Summer 2023

Gardening for
Recreation,
Occupation &
Wellbeing

Cheerio Newsletter





Front entrance at Doncaster

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Andrew working in the garden at Doncaster

CEO Report

**Dr Josh Fergeus,
Chief Executive Officer**

Welcome to 2023 at KHG! This year promises to be an interesting and rewarding one for participants, staff and volunteers. Preparation for our Autumn Fair is under way, with our weekly events group working hard to ensure it will be a great day. Participants at Peppertree Place have recently installed colourful new signage and are welcoming the community into the Café and Nursery, and the newly completed Gazebo fit-out at Doncaster is providing a lovely spot to chill out and to socialise.

I'm pleased to say that after many years of requests from participants and families KHG is finally commencing providing a small targeted support coordination service. We will commence our service later this month with the appointment of our new Support Coordinator. Our goal is to provide a strongly participant-focused service which is proactive, responsive and genuinely takes

an interest in the lives of our participants. Places will be strictly limited so please contact our Client Services team as soon as practicable if you would like to access this service.

Finally, last month the ABC published an article regarding the sustainability of the NDIS for service providers. In summary, the number of NDIS service providers able to break even has fallen to 46%. While we are a charity and not a profit-making entity we also cannot remain a viable community service provider if we operate at a consistent loss. It's clear KHG continues to perform well when benchmarked with the sector at large, but it does highlight the challenges we face together. As ever we highly value your ongoing support as we seek to deliver our mission of health and wellbeing through connection to nature and community.



Julian, Ilhan, Ester and Andrew potting up plants in the Social Skills group

Client Services

Anita Mitchell
Manager - Client Services

As I sit here writing, I can hear our Participants outside enjoying a lunchtime quiz. The sun is shining, and it really is a fabulous time of year in the garden.

We are really pleased that even with some extremely hot days, most participants have attended regularly and been highly engaged with the program and activities. A huge thank you to all of our staff for the flexibility and their willingness to jump in wherever needed. A particular thanks to Ruben and Patrick – our coordinators on the ground for the huge amount of work they do to ensure that the program is interesting and varied.

We continue to have regular activities conducted offsite with a team going across to our Coburg site on Tuesdays and a team heading to Heide Museum to work in the

gardens on Thursdays. We are hoping to continue to expand this type of activity for an increasing number of participants who are regular attendees in the core program.

Many of our groups and some individual participants have been busy preparing Hanging Baskets to enter into the Melbourne international Flower and Garden Show. This has been a great activity and there have been many learning opportunities as a result. We should have about 20 entries- so come along and have a look!

If you've been into the nursery on Tuesday or Friday recently you would have been greeted by Joe or Will, resplendent in their black KHG shirts. >>



Customers in the Doncaster nursery

At the end of last year, we began a new initiative where participants can apply to participate in our Nursery Hand training scheme. This is a fabulous chance for participants to practice their customer service skills, and regular nursery maintenance.

We have several new faces in the garden on both sites and in the café at Peppertree Place. In no particular order we welcome new participants: Lauren, Lyle, Nait, Cancio, Joseph J, David S, Violet, Andrew F and Domenico. Lachie M and Michael C moved into our core program and GOTG respectively, since they finished school at the end of last year. We have also welcomed Romy to the staff team.

We were sad to farewell Jacqui D from the Client Services team at the end of 2022. Jacqui was a regular fixture at KHG for around 4 years and we wish her all the best as she pursues her career as a Social Worker. As a result, both Georgia M and Jess R have increased their hours in the team, so you can be sure that your queries will be answered as soon as possible. We continue to have enquiries about our services and new referrals on a daily basis; no doubt we will be welcoming new participants and staff over the coming months.

Looking forward to seeing you all the Autumn Fair!



James and Anisa potting up plants

Clinical Services

Brenna McIntyre
Manager - Clinical Services

The clinical services team have had a great start to the year. Our ReGrow group for people with an ABI has been a big success, leading to the commencement of a second group. There are currently places available for people to join the new ReGrow group, so get in contact with client services if you're interested in the program.

Our wonderful art therapist Erica is back working with those who may need an opportunity to explore and express their thoughts and feelings in a non-traditional way. If you are curious about engaging in art therapy, we're always happy to discuss its appropriateness for someone you know.

We also have spaces available for new Participants to join our Grow Well and Teenage program. Grow Well is our Children's program involving one to one sessions for young people with a therapeutic focus. Our teenage program is an introduction to our regular day time program offered to young people aged

15-18. Get in contact with client services if you're interested in these programs. The Grow on the Go team are back for the year, and we would like to welcome Jasper who has started as a new trainer in the team. We would also like to welcome our new Participant Michael. The Grow on the Go Participants continue to do amazing work that consistently gets praised by our customers. We are impressed with the knowledge and skills they are developing through hands on training.

Our clinicians have also been offering their discipline specific knowledge to inform the review of the Grow Model used in the KHG program. The collaborative process between our Grow Program Coordinator Ruben, and Therapeutic Horticulture Coordinator, Patrick is a large piece of ongoing work. The aim is to update methods of designing more meaningful programs and methods of working. We're extremely grateful for their input so far and look forward to this collaboration developing further.



(left) Alan watering the nursery at Peppertree Place (right) Christian picking flowers in the Spiral Garden

Peppertree Place

Peppertree Place has been a hive of activity over the summer. At the beginning of the year, a group planted out the mega garden with a variety of summer vegetable seedlings. The mega garden is now looking great- full of tomatoes, zucchini, pumpkin, silverbeet, spring onions and apples. The summer warmth and rain has kept Participants busy watering the garden beds and mowing the lawns.

After the Christmas break, the hot houses are now full again with a large variety of plants including salvias, vegetables and perennials for the Autumn Fair. The Autumn Fair will be held at our Doncaster site and Peppertree Place. At Peppertree Place the nursery and cafe will be open for extended hours from 9am-3pm so you can check out the site and enjoy a coffee in the gardens.

Late last year a team of staff and Participants planted a huge variety of flowering plants in the spiral garden. As a result, there is now an abundance of cosmos, paper daisies, nigella and borage. Flower picking has become a regular activity and everyone has enjoyed harvesting nigella seeds. Everyone at Peppertree has also been caring for the kiwi fruit vine and pomegranate trees and they're patiently waiting for the fruits to ripen.

There is a new crew of Participants and staff who have been heading to Peppertree every Tuesday to work on a range of different projects in the garden. The group recently transformed a previously under-utilised space into a potting up station. Participants have enjoyed using the new space to pot up plants for the nursery.



Seedlings in the hot house

Nursery News

Patrick Wain
Coordinator – Therapeutic Horticulture

As all Melburnians know, summer didn't initially turn out to be the sunny, warm time of year we were expecting. The unusually wet and cold December days had us spending more time undercover and rugged up, but we've still been having a blast. The extra rain gave the gardens a burst of life and colour and has given it a head start for the drier, hotter days we've experienced in January.

Our participants have enjoyed preparing their garden beds with summer crops, such as tomatoes, cucumbers, zucchinis and more. Over the past few weeks there has been an abundance of food harvested.

We have also begun preparing both sites for our Autumn fair that will be happening in late March. The nurseries are packed with a huge variety of plants at the moment so there will be lots of plants available to purchase on the day.

We're excited about some bigger changes that will be happening to the nursery over the next few months. We've been preparing by moving stock in the nurseries, landscaping, and even redesigning some of our irrigation systems. Keep an eye out on our social media and website for announcements and updates.

We are also looking forward to the upcoming Melbourne International Flower and Garden Show. Come along to check out our stall and Participant's entries into the Hanging Basket Competition, which has finally come back for the first time since 2019. We'll be at the show from the 29th of March – 2nd of April 2023.

Overall it's been a fun and dynamic summer with the changing weather. Everyone has come back from the Christmas break feeling refreshed. We're all looking forward to what's to come in 2023!



(left) Bruce (centre) Marcie (right) Gary

What will your legacy be?

We were interested to learn that a growing number of people in Australia are starting to recognise the real impact they can have by leaving a gift in their Will. At the same time, the number of disability service organisations remaining viable under the NDIS has fallen to below 50%. On the basis of this, we have sought support from members of the KHG Community. We are delighted to share some of the stories of passionate people who firmly believe in the value of KHG and who are wanting to ensure our work continues. If this is of interest to you, have a look at more great stories and details about leaving a gift in your Will on the Kevin Heinze Grow website or contact contact Georgia Tracy by email georgia@kevinheinzegrow.org.au or phone: 0408 328 304

Bruce is a long-term volunteer at Kevin Heinze Grow and believes that “The Gifts in Wills program has an enormous effect on the original aims of Kevin Heinze” which is the inspiration for him to continue giving. Bruce says that he’s chosen to leave a gift in his Will as he knows he’s “left something that’s going to mean something to folk who need help.”

Marcie is part of the Kevin Heinze Grow Community and shared that she “knows first-hand from the years that she has come here how much it helps people grow. It’s not

just the plants that grow but people grow too. Kevin Heinze Grow helps people make friends and there are friendships made here that will go on forever. Everybody is treated here as if they really matter, and to me that’s what matters. Whether it’s a small donation or a very large one, they all matter.”

Gary is on the Committee of Management at Kevin Heinze Grow. He recently shared his story and support of the work at Kevin Heinze Grow, stating that “I want to leave something that is more focused on a legacy as every bit helps. In a place like Kevin Heinze grow it is noticed, and that matters to me.” Gary emphasised “the good it does the community, and the Participants continues to astound me. It always puts a smile on my face when I come here.”

Kevin Heinze Grow can have a profound and positive impact on people’s lives. You can support this mission by leaving a gift in your Will.

Can you give us one minute of your time?

We’ve prepared a short survey that will take 1 minute of your time to help us understand your preferences regarding our Gifts in Wills program. [Click here to complete the survey.](#) Thank you so much for your time!

Autumn Fair & Open Day



**Saturday
25th March 2023
9am – 3pm**

**Come along for:
Plants • raffle • cake stall
coffee cart • site tours**

Where:

**39 Wetherby Road, Doncaster
and 512 Sydney Rd, Coburg**

www.kevinheinzegrow.org.au



The Friday art class holding up their artworks at lunchtime

International Day of People with Disability

Staff and Participants celebrated International Day of People with Disability in December. At Kevin Heinze Grow we are thrilled to work with some amazing people with disabilities and we celebrate their contributions to our organisation and the wider community. To celebrate the day,

the Friday art group created art inspired by artists who lived with a disability, they drew inspiration from people like Frida Kahlo, Yayoi Kusama and Vincent Van Gogh. The art group then had the opportunity to share their artworks with everyone at lunchtime.



Luke, Patrick and Will with Simon from Vegepod

Thank you Vegepod!

Thank you to the team at Vegepod for donating a fantastic Vegepod Raised Garden Bed and Indoor Kitchen Garden Unit! They've been quickly put to good use, with our Trainer, Grace leading a group who have set up the large Vegepod for food growing and Fiona's Teenage Group setting up the Indoor Grow Kit.

Participate in research and have your say!

If you are aged 18 and above and were previously assessed during primary or secondary school and found to present with an expressive and/or receptive and/or pragmatic language difficulty, you are invited to be one of 10 participants in a Deakin University research project.

Raise your voice and be included in the broader conversation about social communications...help shape the future. The research project aims to feature young people's direct voices about their social communication experiences and perspectives.

By taking part in the research you will:

- Self-advocate about social communication issues that matter to you
- Participant in a confidential environment, where your privacy will be protected
- Gain valuable interview experience and engage in a committed activity that could be incorporated in your resume
- Influence and contribute to future social communication teaching, intervention and policy approaches, and
- Help others by sharing your perspectives.

Please click on [your invitation](#). You can also read more about becoming a participant in [this project](#).

This study has received Deakin University ethics approval (reference number: 2022-221).

Good Vibrations All Abilities Disco

18th March 2023

Theme: Super Heroes
Venue: Tende Beck Scout Hall
 5 High St. Doncaster
Date: 18th March 2023
Entry: Free
Contact: Liz 0402 756 660

The Rotary Club of Doncaster presents 'Good Vibrations'. Tell your friends about it, dress up in your favourite Super Hero outfit and come and enjoy an evening of dancing and fun.

GET READY TO
GET YOUR GROOVE
ON

THE ROTARY CLUB OF DONCASTER
PRESENTS.....

GOOD
Vibrations

ALL ABILITIES DISCO

18TH OF MARCH, 2023
7PM - 10PM

TENDE BECK SCOUT HALL
5 HIGH STREET, DONCASTER

THEME: SUPERHEROS

CONTACT: LIZ-0402 756 660

SPONSORED BY:
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Peppertree Place Seasonal Recipe

The Peppertree Place cafe program have been cooking up a storm, focusing on recipes that use vegetables from the garden. Over summer they cooked this Spiced Zucchini Soup. The zucchinis, capsicums and red onion were all harvested from the gardens at Peppertree Place!

Spiced Zucchini Soup

Ingredients

3 large zucchinis (assorted colours)
 2 capsicum (assorted colours)
 1 red onion
 1 Diced carrot
 1 litre if veg stock
 2 tablespoons of flour
 4 tablespoons of olive oil
 1 teaspoon of curry powder
 1 teaspoon smoked sweet paprika
 Seasoning to taste
 1/2 teaspoon of chilli flakes.

Method

Prepare and dice all vegetables.

Finally chop onion.

Sweat all vegetables in a pan with olive oil, add spices and seasonings. Once all veg are soft add flour and then very gradually add vegetable stock.

Allow to simmer for an hour.

Blend the soup, but ensure some vegetables remain a bit chunky.



Nursery Hand

As part of their time in the Grow Program, our Participants Joe and Will have both started in a new role as ‘Nursery Hand’ at our Doncaster nursery. As part of the role, they’re now assisting customers in the nursery and are taking overall responsibility for the day to day running of the nursery. They’ve both been doing a fantastic job since starting in January.

Our nurseries are open to the public, so come and check out our huge range of plants and meet some of our Participants who keep the nursery running smoothly.

Doncaster Nursery 39 Wetherby Road
Monday – Friday 9am – 2.30pm

Coburg Nursery 512 Sydney Rd
Monday – Friday 9am – 2.30pm
Saturday 9am-1pm



Calling all bakers!

Planning is underway for the return of the KHG Autumn Fair on Saturday the 25th of March 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 or Nadine georgiab@kevinheinzegrow.org.au or nadine@kevinheinzegrow.org.au

Saturday Program

Kevin Heinze Grow offers engaging therapeutic horticulture programs for people with disabilities on Saturday mornings from 9am – 1pm. We currently have spaces available in our Saturday Programs at our Coburg and Doncaster sites. Activities can be tailored to cater for individual interests and may include potting up, propagation, garden maintenance, nature-based craft and social activities which all take place in our peaceful garden settings. The Saturday program is suitable for all ages and all-abilities and is facilitated by an experienced team of professional, experienced and caring staff.

For more information please contact our friendly Client Services Team clientservices@kevinheinzegrow.org.au



“The friendships and connections that he has made with other participants and staff has helped fill a major void in his life”

- KHG Participant’s family member



Parent & Carer Survey results

The results from our 2022 Parent/Carer survey are in and we are pleased to share some of the feedback we received from KHG families. 80% report that their family member/KHG Participant has improved independent living skills. 95% report that their family member/KHG Participant has a more positive outlook on life since commencing at KHG. To see more results please [go to our website here](#).

Thank you to everyone who took the time to complete the survey.



Looking back but always moving forwards.

Georgia Brown,
Coordinator – Administration

I've had the opportunity to delve into the history of Kevin Heinze Garden Centre and have started to archive important documents, photos and newspaper articles. It's become a bit of a passion project.

The idea for the Kevin Heinze Grow we know today was sparked in 1976 when Kevin Heinze was a guest speaker at a Kiwanis Club dinner. The Kiwanis are the second oldest and 3rd largest international Service Organization in the world. KHG maintains a relationship with the Kiwanis's through volunteers Janet Dedman and Bruce Entwisel who is the Kiwanis representative on the KHG Committee of Management.

In 1977 the Kiwanis approached the Doncaster and Templestowe Local Council which lead to the site at Wetherby Road being leased from the SEC.

Then the fundraising began. The Lions Club organized a concert at Dallas Brookes Hall by 300 local primary school children, Council made funds available, as did the

Kiwanis; who donated half of the total, and a plant sale was held. The Kiwanis and other volunteers continued to develop the infrastructure over the coming decades. Kiwani members Bruce and Janet still volunteer their time on Tuesdays at Doncaster; concentrating on building and maintenance projects.

Kevin Heinze Garden Centre was officially opened on April 12th 1980 but the first groups began attending the center in August 1979.

We still benefit from the thousands of hours of volunteer labour that built the infrastructure we use today. We continue to develop new and improved spaces as we grow and have some exciting projects about to come to fruition that I look forward to telling you about in the next newsletter.

Everything and nothing has changed over our 44 years. Everything we do fulfills Kevin Heinze's original vision of helping people of all abilities to grow.



Welcome and Farewell

The team at KHG is excited to welcome a new support worker, Romy! We also farewell staff members Ozy and Jacqui and thank them for their great contributions to Kevin Heinze Grow.

Dates for the Diary

Labour Day Public Holiday

Both sites will be closed for the Labour Day Public Holiday on the 13th of March.

KHG Autumn Fair & Open Day

Saturday 25th of March 9am – 3pm

Visit KHG at the Melbourne

International Flower and Garden Show

Wednesday 29th of March – Sunday 2nd of April 2023



@kevinheinzegrow



@kevinheinzegrow

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