

Autumn 2023

Gardening for
Recreation,
Occupation &
Wellbeing

Cheerio Newsletter



KEVIN HEINZE

Grow



Nursery at Doncaster

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CEO Report

Anita Mitchell
Acting Chief Executive Officer

In some ways Autumn is a bit of a “business as usual” time in the garden and at KHG. That does not mean, however, that nothing has been happening. A beautiful sunny day at the end of March heralded our first Autumn Fair since 2019. This was the culmination of several week’s work in the garden and hot houses to prepare. It is wonderful to be able to connect with our wider community on these occasions.

There has been some significant maintenance work happening across both sites. At Peppertree Place we have painted the kitchen space as well as had some work done on the entry way floors. We are upgrading the hot water system to the coffee cart. These are all to ensure that we are compliant with food safety regulations.

At Doncaster we have acquired and installed two new large marquees. With the installation of lighting and heaters these will provide some welcome additional under-cover space for our programs through the vagaries of Melbourne winter. Regular visitors to Doncaster will also have seen the new concrete slab in the nursery. Georgia Brown reports on this exciting new development later in this newsletter...

Late last year we were fortunate enough to have a team from the Deloitte Access

Economics Education team conduct a workshop with our senior staff to work through some of the challenges that KHG faces in the current climate. As a result we have begun to have some in depth conversations with our Committee of Management about how to usefully monitor and evaluate our services. In the news this month we have been hearing about issues facing the sustainability of the NDIS and various review processes underway. We are hopeful that the outcome will mean that high quality services continue to be available not only to members of the KHG family but to all of our community who live with disabilities. We look forward to being able to constantly evaluate and improve the programs and services that we offer.

With Josh on parental leave for three months, I have had the privilege to be acting in his role. This has been possible only due to the incredible support of the rest of the leadership team; Georgia T, Brenna and Nicole, and due to the commitment and dedication of the Client Services Team; Georgia M, Jess and Lucy, not to mention Ruben as Grow Coordinator – I’d like to extend my appreciation to them all.



(left) Adam and Ilhan at Doncaster and (right) Joe holds a terrarium at Peppertree Place

Client Services

Ruben Ayers
Grow Coordinator

The Client Services Team have been busy over the past three months ensuring KHG runs smoothly behind-the-scenes. Autumn has been a season of new faces at KHG. We've had nine new participants join our programs and six new staff members join the team. Somewhat bittersweet, we've also had three staff members, Angharad, Jess and Grace, finishing up to further their professional journeys as a small business owner, a social worker and a program coordinator interstate! We wish them all the very best in their respective careers and we are grateful for their contribution to KHG over the past couple of years.

At the start of the year, Georgia Brown, organised two new marquees which have now been delivered and installed. The team have been busy preparing the marquee for winter. We're all so excited to have some more covered spaces to work in during the cold, wet months to come. You may have also noticed a concrete slab in the nursery at Doncaster. This has been poured in anticipation of our new coffee trailer. The trailer will have a point-of-sales window for the nursery and will sell coffees and café snacks to the general public in a program which is similar to the café program at Peppertree Place.



The Doncaster team poses for a group photo on a sunny autumn day

Our “Beginners Horticulture” classes subsidised by ACFE have kicked off again this year and classes are being held on Monday afternoons providing our enthusiastic participants with some more in-depth horticulture training and experiences.

As KHG’s Grow Coordinator, I have been busy ensuring our Grow Program runs smoothly and meets the dynamic goals and needs of our community. I’ve been working with all staff and participants to get a good understanding of how things are going for everyone. Their feedback is vital for guiding and informing how best to structure and implement programming as we move forward. We have ten dedicated garden beds over both sites for food production with the aim to build an understanding on growing seasonal vegetables and fruit, and to have something to take home for our participants and staff.

Patrick, our Coordinator of Therapeutic Horticulture has been working hard to review and enhance KHG’s Grow Model to reflect how our multidisciplinary team delivers therapeutic horticulture. The Grow Model provides a comprehensive resource for our whole team and once reviewed, will serve to both guide and enrich work.

Outside at Doncaster, the garden looks as good as it does in spring! This is testament to our participants, volunteers and staff! Their commitment, engagement and pride in their work keeps KHG looking great all year round. We hope you are enjoying seeing regular snippets and highlights of our work in the News of the Week updates which are sent out by email to participants, families, staff and volunteers each Friday. If you’re not receiving this for some reason and would like to, please let us know clientservices@kevinheinzegrow.org.au

Clinical Services

Brenna McIntyre
Manager - Clinical Services

Support Coordination

We are very pleased to announce that our Support Coordination service is up and running and we welcome Michele Rogers to this new role. Michele will be working with both KHG and external NDIS participants. KHG intends to run a small and engaged service where Michele will get to know her clients really well to assist them to get the most out of their NDIS support plans. If anyone is interested in learning more about our NDIS Support Coordination service, please email Michele at supportcoordination@kevinheinzegrow.org.au

Clinical

The clinical team are steadily getting into the year and despite some rather chilly days, many of our clinical sessions continue to utilise the benefits of the garden. We have farewelled our speech therapist Anisa who was with us for a bit over a year as she is moving to WA for some warmer weather and a new chapter in her life. We wish Anisa all the very best! Taking over from Anisa is our new speech therapist Rachel who brings with her experience in both hospitals and private settings. We currently have capacity in OT, speech therapy, counselling and art therapy so please contact us if you are interested in any of these opportunities clientservices@kevinheinzegrow.org.au

Grow on the Go

What a busy team the GOTG team have been over summer and autumn and now heading into winter, the booking calendar looks little less hectic. During the cooler months the team will still service regular customers, but there is a little more time for varied learning opportunities. Some topics include tools sharpening and maintenance, rose pruning and safe weed spraying techniques to name a few. We soon will farewell one of our trainers Justin from this program and welcome Luke to the team. Luke has stepped in on a casual basis for a number of years and will now be the new ongoing Friday trainer. Welcome Luke!

Tertiary Students

Each year, KHG is very fortunate to have a group of tertiary OT and social work students complete their placement hours at KHG. We would like to acknowledge the amazing efforts and contributions of Celeste, Liz, Rachel and Sarah. Thank you!

A big thank you to the consulting company Three6 who conducted a whole day's workshop at KHG to focus on clinical services at KHG, our clinicians and analysis of our programs. Three6 generously provided this consultancy work pro-bono and it was wonderful to have their professional services for the day!



(left) Seb's hanging basket at MIFGS and (right) Christian, Yanni and Claudia weeding at Peppertree Place

Peppertree Place

Danielle Thomas
Senior Trainer

With the warm weather and rains autumn has been a productive time at Peppertree Place. The gardens look spectacular with an abundance of Salvias, Anemones, Cosmos and Penstemons flowering. Inside, we've had some works in the kitchen including a fresh coat of paint, with minor plumbing works to come soon.

Participants have been getting creative and they made some striking plant displays for the KHG marquee at the Melbourne International Flower and Garden show. They have been learning new skills as they made hanging kokodamas, painted and planted out quirky picture frames with succulents and prepared interesting displays for the hanging basket competition. We are pleased to announce a participant won 6th prize for their interesting and technically difficult-to-make hanging basket display that resembled a jellyfish.

These are currently on display in our nursery which is open Mon – Fri 9 – 2.30pm and Saturday 9 – 1pm. The nursery is brimming with plants! Currently we have a beautiful array of Camellias, Salvias and Plectranthus flowering in the nursery and have a delicious selection of herbs and vegetable seedlings.

Participants have enjoyed an autumn harvest of kiwifruit, pomegranates, berries, tomatoes and malabar spinach to name a few of the many varieties of produce grown on site. In our hospitality program this produce is used to cook up delicious meals for the café. Pizza, lasagne, quiches, soups and muffins continue to be favourites amongst participants and are almost always found on the menu.

Peppertree Café is open Monday, Tuesday, and Thursday 9 – 1pm, it also serves up fantastic coffee and toasties.



Support Co-ordination

Michele Rogers
Support Coordinator

Hello everyone. I would like to introduce myself as the Lead Support Coordinator in the newly created and evolving role. I'm Michele and I have worked in the disability field for all my working life.

I started out as a Nurse; my favorite role was working in the ABI unit at Royal Talbot Rehabilitation Centre. From there I went back to further study and did a BA in Youth Affairs. I took a role with The Camping Association of Victoria as a Coordinator, training volunteers to attend mainstream camps with young people with a disability and supporting those placements. So began my love of using the great outdoors and related activities (ropes courses, horse riding, canoeing, hikes etc) to enhance and increase people's confidence and enjoyment in a natural setting. Other job roles have been with Interchange, Reach Out for Kids, Kids Helpline (as a Peer Skills Support Trainer) and most recently working in the field of ABA. (Applied Behavior Analysis). I've worked as an ABA therapist for the past 12 years, supporting young children and teenagers on the autism spectrum with their learning journey.

I live in Warranwood and I am a Mum of two boys and one rescue dog called Toby! I

enjoy hiking, bike riding, kayaking, cooking, reading, yoga and gardening. I'm really looking forward to picking up gardening tips and have already learnt lots attending some of the group sessions over the past week.

The implementation of NDIS funding has made a huge difference to people with disabilities and their families. Participants can now access multiple intervention therapies and programs and more services are now in reach for more people. But the navigation around funding and NDIS plans can be quite overwhelming and difficult to negotiate.

I see my role as Support Coordinator involving spending time getting to know potential participants, understanding and clarifying goals and desired outcomes, and networking with KHG and other Service Providers to meet those desired outcomes. I look forward to being part of actively promoting this new service and participating in program evaluation. I hope to be a support and sounding board for students and support staff involved in direct care and I am excited to be part of a dynamic multidisciplinary team.



Doncaster nursery

Nursery News

Patrick Wain

Coordinator – Therapeutic Horticulture

We've been enjoying what seems to be the last of the warm, sunny days here in our nurseries. Participants and staff spent the weeks leading up to the Autumn Fair preparing the nursery and garden for the big day. We also received very generous donations of stock from Proteaflora and Warners, Scotsburn, Oasis and Southern Plants Nursery in Dromana. Our nurseries at Doncaster and Coburg are still full of autumn colour and plenty of perennial natives and exotics that can be planted all through winter and autumn.

Both Coburg and Doncaster are well-stocked with all the KHG usual suspects – Salvias, Plectranthus and lots of perennial natives. At our Doncaster nursery we have a large number of sedums and kalanchoes amongst our succulents, as well as large established Furcraeas (which do well in similar conditions to succulents). For different coloured foliage we have healthy established stock of centradenias (red-burgundy), Swedish Ivy (green with white variegation), variegated buxus (white variegated), French and English lavenders (light green-grey), Old-Man Saltbush (green-gray), Bromeliads (light green or dark grey-green), and Canna Lilies (red

variegated), French and English lavenders (light green-grey), Old-Man Saltbush (green-gray), Bromeliads (light green or dark grey-green), and Canna Lilies (red and green). For nice flowering plants we have abelias, liriope muscari, Jerusalem Sage, Pelargonium striatellum 'Edna Walling', various other pelargoniums, osteospermums, penstemons, Passionfruit Marigolds, white flowering Camelia sasanquas and abutilons (yellow and red). Amongst our natives we have established 6-12" pots of hakeas, prostanthera sieberi (native mint bush), and acacias. If you wander into our hothouse you will also see our selection of indoor plants.

At Coburg there's a number of winter veg, indoor plants in hanging baskets and small pots, some smaller native saplings and lots of groundcovers. Are you looking to 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), and my perpetual favourite Passionfruit marigolds (*Tagetes lemonii*).

Autumn Fair 2023

Georgia Tracy
Manager - Marketing and Communications

The 2023 KHG Autumn Fair was just our second major event since the pandemic go-slow and it was as wonderful as ever to see the purple shirts, participants and plant-obsessed come together for a day of fun! We are yet to reach those lofty pre-pandemic heights in terms of visitor numbers, but for those who came along, there was lots on offer. One highlight of the day was a series of engaging garden-craft workshops for young people, designed and delivered by Julie and the FReeZA team. These were held in one of the new marquees positioned near the rear of the Doncaster nursery and inside, visitors were guided through the process of making origami seed packets, paper planes and seed bombs.

We had some delicious treats on offer at the cake stall and the raffle was a big success as well, with first prize being a beautifully colourful original artwork donated by Joe K. Joe also sold some of his greeting cards and

artworks on the day and we were delighted to see his family there to support him – what a talent! It is always a joy to see customers browsing in the nursery and chatting with our fantastic staff and participants and this year was no exception.

We were thrilled to have great support from the nursery industry with generous donations of stock from long-term supporters – Warners, Proteaflora, Scotsburn, Oasis and Southern Plants.

We'll be back for an even bigger day at the 2023 Spring Fair on Saturday 14th October – so save the date! A huge thank you to everyone who worked extra hard to make the 2023 Autumn Fair a great day out!



Thinking of leaving KHG a gift in your Will?

If you would like to remember Kevin Heinze Grow in your Will, we are here to help you with this process which doesn't need to be complicated. We have produced a booklet entitled "What will your legacy be?" and you can contact Georgia Tracy at any time on georgia@kevinheinzegrow.org.au to request a copy, make an enquiry or discuss your needs in the strictest confidence. Supporting KHG with a future gift is a great way to sustain this time-tested organisation which is now working harder than ever to bring the benefits of therapeutic horticulture to more people than ever before. Also, check out our website to learn more about what impact you could have with a gift in your Will <https://kevinheinzegrow.org.au/support-us/gifts-in-wills/>



Seasonal Recipe

Both Peppertree Place and Doncaster sites have been harvesting an abundance of Jerusalem Artichokes! Unbeknownst to most, they are actually a variety of sunflower and high in iron. We have loved this recipe, which brings out their sweet and nutty flavour.

Jerusalem Artichoke Soup

4 to 6 servings

Ingredients

¼ cup extra-virgin olive oil
 1 leek, white and pale green parts, rinsed and finely chopped
 ½ cup finely chopped white onion
 900grams Jerusalem artichokes, peeled and rinsed
 5 cups water or vegetable stock
 1 teaspoon sea salt
 Crispy Sage Leaves

Recipe courtesy of New York Times



Alan and a huge harvest of Jerusalem Artichokes at Peppertree Place

Method

Step 1

Heat the olive oil in a soup pot over medium heat. Add the leek and onion and sauté until softened, about 5 minutes.

Add the Jerusalem artichokes, water and salt and bring to a boil. Decrease the heat, cover and simmer until the artichokes are tender, about 30 minutes.

Step 2

Remove from the heat and let cool. Transfer the mixture to a blender and process until smooth.

Taste and adjust the seasonings if necessary. Gently reheat before serving.

Step 3

To crisp the sage leaves, heat the olive oil in a small sauté pan over medium heat.

Add the sage leaves and sauté until just crisp, about 2 minutes. Drain on paper towels. Garnish each serving with a couple of the sage leaves.



Online Information Session

KHG Doncaster and Coburg



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 26th of July 7 - 8pm 2023

Please register for this session ASAP

Where:

Presented online via MS Teams
(register via the link below)

Please register to attend:

Register via the following link:

[REGISTER HERE](#)

 (03) 9848 3695

 @kevinheinzegrow

 www.kevinheinzegrow.org.au

 @kevinheinzegrow

End of Financial Year Appeal

44 years strong but we still need your help...In 1979 KHG began with the power of good will, local fundraising and volunteers who, along with Kevin himself, shared a better vision for people with disabilities. Much has changed since then but our mission remains the same. While we now have participant fees to cover the cost of staff, we still have to work very hard to generate funds so that we can fix a broken pipe, purchase the potting mix, pay our electricity bill and hundreds of other little and big things! Please consider making a contribution of any amount to our End of Financial Year Appeal. Donations of over \$2 are tax deductible and if you act now, your generosity will be eligible for a tax deduction for the 2022-2023 financial year.

[Click here to donate to the KHG appeal](#)

Thanks from all of us at KHG!



Congratulations!

On Saturday 13th May, KHG participant Brenton Ponza attended the Rotary Southern District 'Shine On' ceremony - an annual recognition program acknowledging the exceptional service of people with disability to their local and wider community. Recognised for his wonderful volunteer contributions, Brenton was also awarded the 2023 Dawn and Jack Watson Shine on Recognition Trophy for Community Service, as well as a \$500.00 cheque!

Congratulations Brenton!





Introducing Cafè Kevin to Doncaster!

Georgia Brown,
Coordinator – Administration

The team have been working on a development plan for our nursery at Doncaster to enhance the KHG experience both for our customers and our participants. It's been a long time coming but Phase 1 is now well underway...

The concrete slab is now in place with installation of the café happening very soon. The KHG team have been busy planning associated landscaping projects which will include a seating area surrounded by gardens. There will be a small menu of delicious and healthy snacks as well as coffees and cold drinks. Customers will be able to enjoy a warm bowl of soup or a coffee and sweet treat while relaxing in the peaceful surrounds of the nursery.

Cafè Kevin will provide fantastic opportunities for KHG participants to gain experience in customer service, food-safe practices and the retail side of hospitality.

These experiences will be tailored to support the development of important, transferrable skills as well as confidence and independence. We will soon be seeking interest from those wanting to join the program.

We are all extremely excited to see this project come to fruition and hope to have the café fully up and running by the Spring Fair on Saturday 14 October 2023.

This project has been made possible by funding from local organisations, community groups and some generous individual donations and bequests. On behalf of the whole KHG Community we are truly grateful for this support.

We look forward to welcoming everyone to Cafè Kevin very soon!

Welcome and Farewell

The past few weeks have brought some wonderful new faces to the KHG Community! We are delighted to welcome our new staff members, Jess G, Celeste, Dan, Carolina, Claudia M and Adam. We're also pleased to welcome our new Support Coordinator Michele and our new Speech Therapist, Rachel. We'd also like to thank Grace, Angharad, Jess R and Anisa who leave KHG to take on other exciting opportunities. They will be missed!

Playing Our Part

We were delighted to have a recent visit from Peter Barber who founded the association 'Playing Our Part' as a community-based response to Melbourne's homelessness crisis.

Playing Our Part volunteers achieved some incredible outcomes for vulnerable individuals. They worked hard to raise funds in creative ways and in collaboration with the Collingwood Children's Farm and Café, produced a wonderful cookbook entitled, "Recipes for Disaster" and a Community

Choir CD called "There for You". Ultimately the work of Playing Our Part transitioned to social and therapeutic gardening with at-risk populations and this included providing meaningful, practical activities for people such as growing, harvesting and delivering fresh produce.

Playing Our Part is now winding-up its operations but its members have determined to donate their funds to KHG in recognition of our aligned values and the nature of our work.





Dates for the Diary

King's Birthday Public Holiday

Both sites will be closed
Monday 12th of June.

Spring Fair

Saturday 14th of October
9am - 3pm

KHG Online Information session

Wednesday 26th of July
7pm - 8pm

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

 @kevinheinzegrow

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