

Winter 2023

Gardening for
Recreation,
Occupation &
Wellbeing

Cheerio Newsletter





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CEO Report

Dr Josh Fergeus
Chief Executive Officer

It's almost Spring Fair time again at KHG. This year promises to be bigger and better than ever with live music, a huge range of plants (including some amazing tomatoes), a cake stall and a sneak peak at our exciting new café area. Make sure you have Saturday the 14th of October in your diary. I look forward to seeing you then.

If you've visited our Wetherby Road site recently you'll have seen the exciting developments taking place in our nursery area. Our brand new coffee trailer has been installed and will soon be churning out the lattes. Café Kevin will also provide some great opportunities for skill development for interested participants, many of whom have been involved in the development of the space and service offering.

Our Lead Support Coordinator Michele Rogers has been working away with Manager – Programs and Clinical Services Brenna McIntyre to establish our small, tailored support coordination service. It has been a pleasure to welcome clients to the service. KHG understands that support coordination works best when your Coordinator knows you well and understands your needs and goals.

We have a number of places available for NDIS participants who are seeking an individualised service where they can pick up the phone and speak to someone they know and with whom they have formed a relationship.

If you or someone you know is interested in having a chat with Michele about the service please give her a call on 9848 3695 or email michele.rogers@kevinheinze.grow.org.au

We love having a vibrant student placement program at KHG, and I'm delighted to be currently co-supervising three social work students: Jordy Bone, Isabel Papik and Niki Mitchell. We are always pleased to be able to welcome students studying social work, occupational therapy, speech pathology and horticulture from some of Australia's best universities.

Placement enquiries for both Doncaster and Coburg sites can be directed to Nadine Inman at the Doncaster office, email nadine.inman@kevinheinzegrow.org.au



L: Tarus with his perfect heads of cauliflower. R: Literacy class in the winter sunshine.

Client Services

Ruben Ayres, Coordinator - Grow Program
Georgia Misurelli, Coordinator - Client Services

As we sit here and write this newsletter on the last Friday of winter, everyone is settling into their afternoon activities in glorious sunshine. We have just finished our 'Wear It Purple Day' themed lunchtime quiz, which was enjoyed by all.

This past winter has been a challenging cold and flu season, which has resulted in staff illnesses, so we would just like to thank everyone for your flexibility and understanding when we've had to cancel programs or support in short notice. Client Services have been receiving growing (no pun intended) interest in our programs. Due to an extensive waitlist, we had our intake process placed on hold in the first half winter. Intake has now been lifted and we have welcomed four new

participants into the KHG community at Peppertree Place and Doncaster. We are looking forward to our KHG community growing as we head into spring. We have also welcomed two new support workers, Elise and Hannah, to the team.

Over winter on Friday afternoons one of our Senior Trainers, Bec, has been running a Digital Essentials (DE) program with four participants. DE is a program that is designed to help learners understand the basics of various areas of technology, including digital devices, their functionality and the ways people can use them to connect with others and access services via the Internet. If you or your participant attend Doncaster on Fridays and are interested in participating in the DE Program, please contact Client Services.

Despite the cold, wet weather this winter, our programs have continued thanks to the lights and outdoor heaters that have been installed for our new marquees. Participants and Trainers have been busy caring for the food production beds, which we started in autumn have been a real hit with participants and staff and have been producing vegetables all winter.

Our hothouses have started to fill up with tomato seedlings in preparation for the Spring Fair. When you come along to the Spring Fair at Doncaster on Saturday 14th October, you will notice our new coffee van, Café Kevin, sitting in the nursery. Café Kevin is a wonderful addition to our nursery, and it's also been a great landscaping and design project that the participants and staff have all been working on this winter.

Our Grow Coordinator has been busy ensuring day-to-day operation operations run smoothly from staffing to participants, programs and activities. He has also been busy working on developing our GROW

program based on what works well and strengthening other parts based on feedback, observation, and our collective experiences. Our wonderful Social Work students have been reviewing participant goals at KHG. We value participant and family feedback and will be sending out an evaluation survey in the coming months.

Megan Dennis', research project about the benefits of therapeutic horticulture for autistic adults is about to move onto the second phase. The next phase of Megan's study is called 'Photovoice'. Participants who attend the GROW Program, will have the opportunity to share their KHG experiences through the form of photography and participate in a lived experience advisory group.

We are please to have made it through this cold winter and are looking forward to enjoying our gardens in the Springtime!

Visit to Kevin Heinze' garden in Montrose



Therapeutic Supports

Richard Page, Occupational Therapist

Rachel Fletcher, Speech Pathologist



Occupational Therapy

In occupational therapy, occupations refer to the everyday activities people do as individuals, in families and within communities to occupy time, and bring meaning and purpose to life. Occupations include things people need to do, want to do, and are expected to do as part of their daily lives. At KHG, Josh (participant) has been interested in improving his garden bed space by making a sign. During Josh's occupational therapy session, he developed a design plan, followed by a materials list, and then took the required measurements to execute construction of the sign. With all materials organised, Josh cut the wood with a hand saw and screwed it together using a drill, ensuring to counter sink the holes so the screw sat flush. He then made some design tweaks and added another piece of wood to strengthen the design. He finished by using a Dermal to engrave his name, making the sign and garden bed personal to him. Throughout the process, Josh also ensured he wore appropriate personal protective equipment and maintained safe tool use. Great job Josh.

Speech Pathology

I'm Rachel Fletcher, the new Speech Pathologist. I work individually with people at KHG to meet their personal communication goals. I'm passionate about ensuring communication is accessible to everyone who comes to KHG. One way I do this is to use a Total Communication Approach. This means making sure the resources and training are available for all staff and the community at KHG to be able to communicate with individuals using not only speech but visuals, communication devices and other methods. I'm currently using Aided Language Displays (ALDs) to support individuals' understanding and knowledge of the instructions and vocabulary used in some of our most common activities at KHG such as potting up, propagating and garden maintenance. Everyone here at KHG have been really receptive so far. I look forward to continuing to work with the staff and community at KHG to make all forms of communication more accessible for everyone.



Nursery News

Patrick Wain
 Coordinator, Therapeutic Horticulture

It's been an interesting and exciting Winter in the KHG nurseries. Our Doncaster nursery was closed to the public for a time while we prepared for the new Café Trailer. Now that it's arrived we've begun preparing the area around it and restocking the front of our nursery. After weeks of hard work by participants and staff we were able to reopen to the public with rows freshly stocked and reorganised. We now have the following feature sections in our Doncaster nursery:

- Natives
- Arid
- Exotics
- Succulents
- Salvias
- Indoor plants
- Fruit trees
- Native climbers
- Indigenous to Manningham

- Feature plants
 In August this is has been stocked with *Osmanthus heterophyllus purpureus*, a hardy evergreen shrub with purple holly-like leaves and sweet-scented white flowers through winter.
- Sensory plants
 This new section has been a particularly exciting feature for staff and participants. Teams carefully selected plants from our nursery and garden with interesting smells or textures and have featured them near the front of our nursery. The sensory section includes the plants with noted sensory features in the table on Page 8. Other groups have made efforts to collect information about these plants for display in the nursery, while recording their own sensory experiences of the plant. These include Primula, "It's purple, make tea" (Holly) and Nasturtium, "You can eat me! I taste peppery." (Julian) Participant

continued next page

Michael V. also researched the medicinal properties of our *Lavendula angustifolia* plant, recording that, “The essential oil is among the most effective antibacterials and it is great for the skin”. Our nursery at Doncaster has also benefited from the dedicated work of participants Joe, Will and Shannon in a specialised duty, the ‘Nursery Hand’ role. They’ve been serving customers, managing stock and doing other nursery maintenance tasks. Well done to all 3 of them!

Our Peppertree Nursery is going strong with it’s usual popular indoor plants section and featuring other stock, while the team there have been working hard

to sow and raise tomato seedlings in time for the Spring Fair. They’ve even started building another hothouse to expand their production capacity! Overall it has been a very busy few months for both our nurseries and they are starting to look fantastic thanks to the hard work of our team of participants and staff.



Common name	Botanical name or genus	Sensory feature
Wormwood	<i>Artemisia absinthium</i>	Touch (soft) and smell
Rosemary	<i>Salvia rosmarinus</i>	Taste and smell
Thyme	<i>Thymus</i>	Taste and smell
Calendula	<i>Calendula</i>	Colour
Jerusalem Sage	<i>Phlomis fruticosa</i>	Touch (soft) and colour
Swedish Ivy white edged	<i>Plectranthus coleoides</i>	Touch (soft) and colour
Saltbush	<i>Atriplex nummularia</i>	Taste
French Lavendar	<i>Lavendula dentata</i>	Smell
English Lavendar	<i>Lavendula dentata</i>	Smell
Mint Bush	<i>Prostanthera ovalifolia variegata</i>	Smell
Primula- Purple	<i>Primula</i>	Sight
Licorice plant	<i>Helichrysum petiolare</i>	Touch
Mexican Marigold	<i>Tagetes lemonii</i>	Smell (fruity)
Peppermint Pelargonium	<i>Pelargonium tomentosum</i>	Smell, Touch
Happy Wanderer	<i>Hardenbergia</i>	Sight (colour), Touch (dangly climbers)
Lambs Ear	<i>Stachys byzantia</i>	Touch (soft)
Silver spurflower	<i>Plectranthus argentatus</i>	Touch (soft)
Caprosma (burgundy)	<i>Caprosma</i>	Sight
Oregano	<i>Origanum vulgare</i>	Taste and smell
Nasturtium	<i>Tropaeolum majus</i>	Taste



Peppertree Place

Danielle Thomas
Senior Trainer

Peppertree place has been brimming with activity this winter. Participants have been busy reinvigorating food production beds and have had a huge crop of radishes and silverbeet. We've enjoyed planting potatoes and garlic and look forward to harvesting them in a few months time. There's been keen interest in Italian herbs and Asian vegetables with new beds established for these plants. While our tree dahlias and salvias have just about finished flowering, we have beautiful iris, camellias, pansies, straw flowers and primulas brightening our gardens at the moment. We are lucky enough to have several volunteers that have been a huge asset to Peppertree Place this year and have allowed us to complete many projects on site. We have been focused on pruning, composting and mulching our gardens in preparation for spring and preparing a variety of tomatoes for our Spring Fair on 14th October.

In the nursery we have an array of seed bombs and hanging baskets along with an ever-growing selection of indoor plants. We will be adding more herbs and vegetable seedlings to the nursery as the weather continues to improve.

In the hospitality program the café has been busy making coffees and serving up dishes made from garden produce. An abundance of oranges and mandarins in our gardens has meant that the café has recently served up delicious citrus flavoured sweets, date slices and coconut flavoured muffins as well as lasagna, risotto, baked potatoes and of course every day we have tasty toasties available for our customers.

The café garden is brimming with flowers, herbs and produce and is a relaxing environment for a hot chocolate, chai or latte.



Spring Fair 2023

Georgia Tracy
Manager, Marketing and Fundraising

Calling all gardeners and plant-lovers – the Kevin Heinze Grow Spring Fair is on again on Saturday 14 October 9am to 3pm at Doncaster and Coburg.

On our Spring Fair Day, the Kevin Heinze Grow nurseries will be stocked full of a huge variety of quality tomato and vegetable seedlings ready for your spring-summer garden. There will also be a fabulous range of perennials, herbs, succulents, shrubs and trees!

Many people support us by buying their tomato seedlings from us every year. This year's varieties include: Black Krim, Black Russian, Grosse Lisse, Juliette Hybrid, San Marzano, Tigerella, Dr Walter Heirloom, Tommy Toe, and Valiant.

At Doncaster you will be able to enjoy music, coffee and snacks from our new on

site café, 'Café Kevin', a fabulous cake and preserves stall, raffles, and much more!

Also on Spring Fair day at Doncaster, this year we are showcasing some of the unique therapeutic horticulture activities that take place in our gardens and there'll be displays of the arts and crafts produced by our participants. Please come along and see for yourself some of the great things we have achieved this year.

If you've never visited our beautiful Coburg site at Peppertree Place, Spring Fair is the day to do it. On Spring Fair day, Peppertree café will be open serving coffees and snacks

We look forward to welcoming all KHG families, friends and visitors to the 2023 Spring Fair.

It's great to donate to KHG

Did you know that 68% of NDIS Providers reported operating losses in the last financial year? Obviously this is just not sustainable. Fortunately for KHG things are not quite that bad. However, our ability to generate unrestricted income is waning. We really need unrestricted funding for equipment, building and grounds maintenance, administration costs, power bills... you know what we mean!



There are a number of ways you could help KHG financially, if you are in a position to do so. You could:

Make a one-time donation at

<https://kevinheinzegrow.org.au/support-us/donate/>

Make a regular monthly donation. These regular donations are extremely helpful as even when individual donations are small, they can add up to provide a regular income stream which helps us get things done!

<https://kevinheinzegrow.org.au/support-us/donate/>

Spend up big in our nurseries – Christmas isn't too far away! And we also have gift vouchers available which you can buy online.

<https://kevinheinzegrow.org.au/product/gift-vouchers/>

Leave Kevin Heinze Grow a Gift in your Will and there's information about how to do that on our website as well.

<https://kevinheinzegrow.org.au/support-us/gifts-in-wills/>

Thank you!

Calling all bakers!

With the 2023 Spring Fair just around the corner, we are calling on everyone within our community - can you pull out your favourite recipes, put on an apron and start stirring, sifting, whipping, preserving, beating and baking! We need your help so we can provide a bumper selection of home-made goodies for our famous Spring Fair cake stall.

We'll be ready to take your baked goods and preserves on Friday 13th at KHG Doncaster between 9am and 2pm. Please ensure all items are clearly labelled with name of the item (e.g. chocolate cake), date baked and a complete list of ingredients. Every item donated will help us raise extra funds to improve our facilities and programs.

Thank you!

Seasonal Recipe

You can use whatever leafy greens you have on hand for these delicious and versatile pancakes, along with a combination of fresh herbs. They are a great accompaniment to a curry or smeared with yoghurt or cream cheese.

Persian Pancakes with Herbed Yoghurt Spread

Ingredients

250g of leafy greens eg. spinach, silverbeet, watercress, chopped

6 large sprigs of herbs eg. coriander, parsley, dill

2 small leeks or 4 spring onions, thinly sliced

6 eggs, beaten

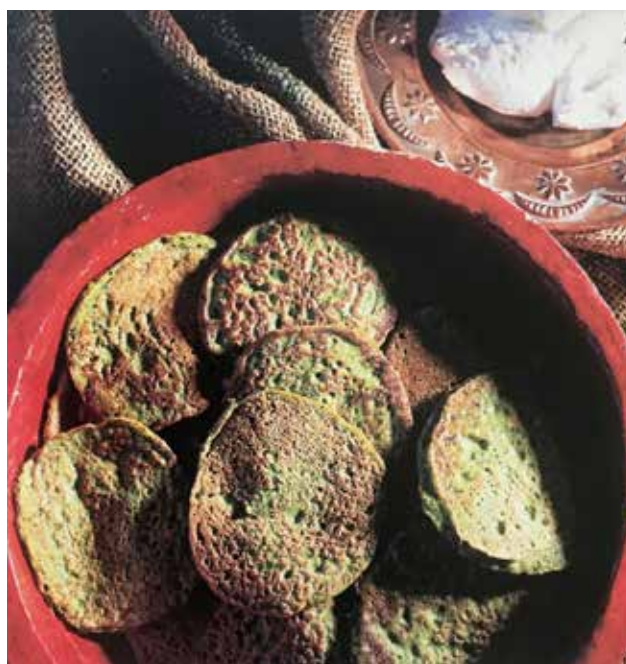
salt and pepper

1/4tsp grated nutmeg

120g breadcrumbs

vegetable oil for frying

¼ cup extra-virgin olive oil



Method

In a food processor with the blade attachment, process the leafy greens, herbs and leeks/spring onions until smooth.

Put into a large bowl and add the beaten egg, salt and pepper and nutmeg. Stir in the breadcrumbs. The batter should be quite thick but pourable.

In a large frying pan over high heat drop heaped teaspoonfuls of the batter into the pan. Cook about 2 minutes on each side or until lightly browned. Drain on kitchen paper. Keep the pancakes warm in the oven until you are ready to serve.

For the herbed yoghurt spread

These pancakes are delicious topped with plain yoghurt but equally delicious with this spread.

Blend equal quantities of unsalted butter and feta cheese in a food processor with a generous quantity of chopped herbs (parsley, mint, coriander). Stir in enough drained yoghurt to make a spreadable mixture. Refrigerate until firm.



Cafè Kevin at Doncaster

Georgia Brown,
Coordinator – Administration

Cafè Kevin at Doncaster is ever closer to being ready. The electricity, water and sewer have been connected and we've been unpacking, cleaning and organising the space.

This fantastic project has been made possible by the incredible generosity of the Doncaster East and Templestowe Village Community Bank Branches of the Bendigo Bank who are long time supporters of Kevin Heinze Grow Doncaster. We are absolutely delighted that their Board of Directors have recognised the many benefits that this project will bring our participants, the wider community and KHG as a whole and we think its only fair that they get the first coffees!

The Rotary Club of Doncaster has also generously funded the commercial quality equipment (display fridge, pie warmer sandwich press and microwave) and we sincerely thank their members for this support. Our coffee machine and grinder were purchased with a small equipment grant though the City of Manningham and we have many other organisations and individuals to thank for their contributions

to the café trailer project overall. We will have a donor board prominently displayed near the café to acknowledge all of these amazing contributions.

The Cafe Kevin Doncaster program itself is also starting to take shape. It aims to introduce participants to 'front of house' hospitality tasks including barista skills, safe food handling and storage, basic food preparation and serving, customer service and money handling, stock management and of course hygiene and cleaning. The program will provide a snapshot of the day to day tasks performed in a mainstream café environment.

Current KHG participants who may be interested in joining the Cafè Kevin program 1 day a week, are asked to get in touch with the client services team in order to discuss their suitability for the program clientservices@kevinheinzegrow.org.au

We can't wait to serve you at Cafè Kevin@Doncaster at the Spring Fair on Saturday 14th October 2023.

Welcome and Farewell

We are delighted to have Ellise and Hannah join our team as support workers in our Grow program, as well as Virginia in our Marketing and Communications officer role. We are excited to have them all on board and contribute to the KHG community.

Regrettably, we have said goodbye to Lauren, Adam and Rommy. We thank them and wish them all the very best in their future endeavours.

We also welcome Cathy at Doncaster and Jullie at Peppertree, who are contributing to our programs in a volunteering capacity. We thank Lucy and Jill for their volunteering efforts during the winter months at Doncaster.



Dates for the Diary

Friday before Grand Final
Friday 29 September
Public holiday


Spring Fair
Saturday 14 October
9am - 3pm

Last day for participants
Thursday 21 December 2023

First day for participants
Tuesday 2 January 2024

Follow us on Facebook and Instagram for the latest news from Kevin Heinze Grow.

 @kevinheinzegrow

 @kevinheinzegrow



Spring Fair

Saturday 14th October
9am - 3pm

Join us for a great day of plant-shopping,
home-made treats and springtime fun.
Support a local charity.

Entry - Gold coin donation

Come and enjoy:

- plants
- vegetable seedlings
- great variety of heirloom tomatoes
- homemade cakes and preserves
- coffee cart
- art and craft displays
- 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



SUPPORT COORDINATION

Our Support Coordination service is different



Support Coordination is a service for NDIS Participants that helps to connect you to programs and services that will meet your needs.

Our support coordinators take the time to understand your individual situation, goals and aspirations.

Genuinely caring, flexible and person-centred.

We will support you to become confident in making decisions about your programs, services and supports and how to make the most of your NDIS funding.

We take the time to answer your questions and provide you with information about:

- day programs
- transition programs
- social supports
- recreation programs
- clinical services
- independent living skills

We can talk to you about programs and services external to Kevin Heinze Grow as well as the ones we offer. We can also help you prepare for your NDIS plan review.

We provide Level 1 and Level 2 Support Connection and Coordination for participants living in Melbourne's northeastern region.

If you have funding for Level 3 Specialist Coordination, please discuss your needs with us.

**FIND OUT
MORE**

Contact us

(03) 9848 3695

supportcoordination@kevinheinzegrow.org.au