



Gardening for Disabled Trust

Adapting Gardens, Changing Lives, Defying Disability

Newsletter 2019

CHAIRMAN

Flick Seton

SECRETARY

Angela Goddard

Gardening for
Disabled Trust,
PO Box 285,
Tunbridge Wells,
Kent TN2 9JD



Wind On The Hill

*No one can tell me,
Nobody knows,
Where the wind comes from,
Where the wind goes.*

*It's flying from somewhere
As fast as it can,
I couldn't keep up with it,
Not if I ran.*

*But if I stopped holding
The string of my kite,
It would blow with the wind
For a day and a night.*

*And then when I found it,
Wherever it blew,
I should know that the wind
Had been going there too.*

*So then I could tell them
Where the wind goes...
But where the wind comes from
Nobody knows.*



A.A. Milne (1882-1956)

LEAVING A CHARITABLE LEGACY

Legacies are a vital source of income for many good causes and charities in the UK and Gardening for Disabled Trust is no exception. The truth is that without the benefit of gifts left in wills many charities would struggle to survive. Leaving a charitable legacy can also produce tax benefits. If you leave a gift to charity in your will, it will not count towards the taxable value of your estate and may eliminate or reduce any Inheritance Tax payable. This is because the value of any legacy you leave to charity is deducted from your estate before the tax bill is calculated. If you are thinking of doing this it is necessary to speak to a solicitor.

Front Cover: *Daucus Carota (Wild Carrot - Queen Anne's Lace)*



Dear Member,

Welcome to another edition of our Club Magazine brimming with news and articles we think you will enjoy.

2018 has been a significant date for this small charity: we have survived 50 years in the tough world of fundraising!

Thanks to the hard work of the committee and our new approaches to raising money, we have used our anniversary to produce record breaking amounts to spend on our clients.

Our website has had a serious revamp and I do urge you to look at it from time to time, as it has a series of engaging bloggers expounding their helpful views and some useful articles.

All of this has been done without payment to anyone, as we remain a volunteer charity - perversely, this often disqualifies us from accessing funds from the larger charitable trusts, who seem to prefer to pay bloated salaries for the chief executive!

The constraints of the Privacy Bill has impacted our on-line mailing list and reduced it considerably: we are fortunate that our supporters remain so loyal and keen to attend our events.

And there have been many this year, all requiring much thought and planning from the terrific committee who continue to devote themselves to the cause of keeping gardeners where they want to be!

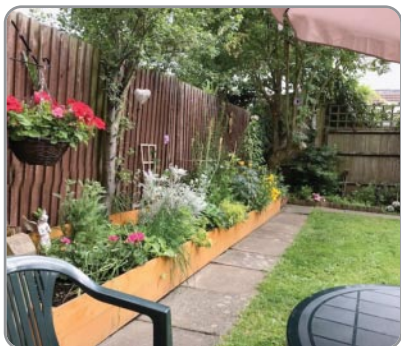
With very best wishes from all of us,

A handwritten signature in blue ink that reads "Felicity Seton". The script is cursive and fluid.

Felicity Seton
Chairman



NEWS FROM OUR CLIENTS



Susan - *Herne Hill, London*

She has rheumatoid arthritis and requested raised beds. She says 'The best therapy has been the garden, I can't explain to you how it has helped my mental health to be able to get in the garden and grow my own veg and flowers. We have managed to grow cucumbers and potatoes and courgettes and tomatoes. You can't imagine my happiness when I'm in the garden and planting and pruning. I wake up and feel a

purpose and get excited just to get out and start planning and getting my hands in the earth. This is my first time gardening and it has really uplifted me. It gives me hope, it gives me joy and I don't feel such a failure. It's a calm space also for the children. Tania is dyslexic and we have an hour each day reading in the garden and Adam my son can sit and talk to me best here when he is having a tough time. For me I can forget my depression and low feelings every time I am in the garden. It makes me feel inspired and when I have harvested something I don't feel such a failure. Thank you so much.'

Laura - *Aberdeenshire*

She is extremely unsteady on her feet. 'Thanks to GDT I can now use my garden . Before it was sloping badly with clay wet soil, impossible to walk on and quite dangerous to access. I have muscular and other problems due to Thalidomide emprathy, including peripheral neuropathy and short arms. After looking for a suitable gardener for quite a while I found one that was able to dig away the clay slippy soil and prepare it ready for slabbing. It was quite a task and hard work due to the gradient but now I have a level walkway with paving and gravel. I can use my garden easily and with more confidence. Having my garden designed to help my needs has helped me tremendously. I can now access it without fear of falling, plus I have level ground to walk on. My disabilities are varied but one of the most frustrating is being unable to reach anything. Thanks to the GDT I can now put high pots on to the paving and enjoy gardening like everyone else.'



Karen - Manchester

She is in a wheelchair and requested materials for several planting troughs. She says 'First of all thank-you from the bottom of my heart for the grant to help me back in to what I loved doing before my accident. I already ordered a chair, 3 half barrel tubs to use on the pebbled area of my garden and for the dividing part of the garden I am having raised troughs with trellis so that my trailing plants can grow on and up the trellises.

I've ordered so many plants from the scouts club who will deliver them in about 2/3 weeks. I've got passion flowers, clematis, sweet pea for the trellis part and I love freesias and salvias. The rest of my flowers I'm buying from our local hospice when they have their coffee morning. I wish you were based nearer to join me for a coffee and freshly made cherry scones, and on a nice day a glass of prosecco. Thank-you so much in making this possible for me, it is something I always loved doing and now you have given me that feeling back.'

Jodie - Blackpool



She and her daughter suffer from Fabry Disease, a rare genetic disease and occasionally she uses a wheelchair.

She says 'The disease made it difficult for us to keep our garden maintained. The garden used to be a place where we always planted together but the physical up keep of it became too much and it became unsafe and not

accessible. We so desperately wanted to enjoy that time again together. I came across this charity and asked for their help. They so very kindly accepted us for a grant. With their kind and generous help we have been able to replace the unsafe decking making our garden accessible, particularly our shed where we store our pots and tools. Now we can spend quality time together by being able to garden safely once again. Thank you so very much for your help.'

Susan - Ramsgate

She suffers from severe arthritis and uses a stick. The Trust helped her with a strip of slate for plants in pots to go on to save her having to weed the area. She says that she manages the borders by 'hotching' along on a stool or kneeler and thanked us for helping her.

Nicola - *St. Dials, Wales*



She has a range of injuries attributable from her military service which Help for Heroes supported her for. She uses crutches and requested raised beds. She says 'They are so easy for me as sitting and working at the raised beds helps me with the issues I suffer from and above all learn a new skill, as I am new to gardening and loving every day.'

Vickie - *Heathfield, Sussex*

She has leukaemia and a wheelchair to go out otherwise uses a stick. The Trust helped her with a new path between the house, greenhouse and shed. A friend says 'I am not sure if you get many people let you know the out come of the trusts work but I



thought it would be nice to let you see the difference you have made. I have attached pictures so you can see that Vicky can now access her garden area / green house and shed with out risk of slipping tripping or falling onto the mud that was there before. She now has a flat and safe area which will never be waterlogged or risk to her safety and has also been fortunate to have an upgraded flag stone used courtesy of a neighbour. The block paving to the side will give Vicky access directly to the green house and when her

leg and back are really playing up she can take a course around the flower bed to avoid the bigger of the two steps. I would like to personally thank you and the board of trustees for making it possible for Vicky to continue to use and enjoy her garden.'

Kathleen - *Stoke on Trent*

She suffers from agrophobia and panic attacks as well as arthritis and we gave her a grant towards paving, gravel and raised beds. She says 'I cannot tell you how happy I am and how much it means to be able to access the garden, and enjoy the flowers, once again thank you from the bottom of my heart, God bless you all.'



Brian - *Inveraray, Scotland*

He is in a wheelchair and has moved into a new house with his family. He says 'With our house being a new build, the garden was a blank canvas with very soggy grass. Your grant, allowing me to put in raised beds has been a massive help. The greenhouse has allowed me to start growing tomatoes, veg and bedding, while waiting to get slabs laid.'



Debbie - *Arbroath, Scotland*



She is on crutches and we helped her with a greenhouse and raised bed. She says 'Whow we have a greenhouse!! We are so very grateful for your kindness and support. The tomato plants are enjoying the heat and we are just so happy with the garden project we can take part in. My dad too came for a visit and he is rolling his sleeves up coming for a sleepover weekend to get stuck in too.'



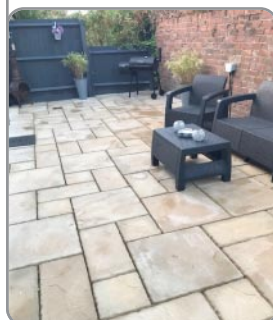
Wayne *Cheltenham*

He lost his legs and fingers and moved home to be closer to his family and is in a wheelchair.

He approached the charity for paving for access in his garden and also a planter.

Felix - *Motherwell, Scotland*

He suffers from osteoarthritis from his time in the army. He has grown fruit and vegetables for many years for everyone in the housing association at Baillie Court to enjoy which the Council funded. This has now been discontinued and approached the charity for a grant towards seeds, compost and pots. He says 'Gardening has been a great way for me to pass my time while helping to keep me active. I am very grateful to Gardening for Disabled Trust for their funding as it will allow me to buy much needed supplies to continue growing my garden.'



Stanley Grange Community - Preston

Stanley Grange is a small sheltered residential community set in rural Lancashire providing homes for 42 adults with learning disabilities. They are working hard to develop services that provide opportunities for employment, education, training and volunteering. This includes a thriving garden centre that is being upgraded after many years of neglect. Fifteen of the residents currently work here, propagating, caring and nurturing a good selection of plants, which are for sale to general public, along with hanging baskets and Christmas Wreaths. Willow is grown to make sculptures, and wooden planters are also made. The Trust provided them with two top-sided trolleys, two staff barrows and tools for moving plants around the Nursery.



Trustee David Bell was extremely grateful and said 'Being able to purchase the trolleys will be a tremendous help and make such a difference as they are items that we have needed for some time.' One of the Trust's committee members was able to pay Stanley Grange a visit over the summer and was delighted to meet several residents, including Mark, whose passion, (amongst a few others!) is growing vegetables. He said the trolleys were light, manoverable and incredibly useful.

Keith - Ludlow, Shropshire

He is in a wheelchair and found that his garden was inaccessible. He approached the charity for a grant for slabs and raised beds. He says 'We recently completed the renovation of our back garden this summer. The pictures show our lovely new properly laid paving slabs! Keith was able to sit out in the garden this summer and enjoy himself in the great weather we had. He was also able to access the raised beds that we had built as well as enjoy visiting with family out in the garden.'



Elaine - Wakefield

She suffers from Ehlers-Danlos Syndrome, which is a disorder that affects connective tissues supporting the skin, bones, blood vessels, and many other organs and tissues. The charity gave her a grant towards materials for raised beds and plants. She says 'I am passionate about my garden, recycling items which would be otherwise destined for the bin. My condition limits my ability to get out and about and so my garden is very important to me. It enables me to engage with nature, develop habitats and grow plants that benefit/encourage wildlife and also grow organic fruit and vegetables for myself and my family. This in turn helps me both emotionally and physically. Last year I had a raised vegetable bed made out of recycled wooden flooring, but this was completely unsuccessful due to the nature of the materials used. I feel extremely fortunate to have received a grant from the Gardening for Disabled Trust. With this grant I am now able to have a raised bed built which will last years.

I have had recycled slate floor tiles put in to hold back the soil in the borders. These surround the new raised bed with a pathway between the two. In these borders I have planted rhubarb, loganberries, blackberries, strawberries, currents, a fig, a mulberry and a quince. I have pot grown tomatoes, courgettes, squash and peppers as the raised bed wasn't finished in time but I am very excited and looking forward to growing a wide variety of vegetables in it next year. Thank you again to Gardening for Disabled Trust for making this possible and which will enable me to follow my passion in gardening for many more years to come.'



Maxine - Morecombe, Lancashire



She suffers chronic medical problems and is partially sighted and requested materials for raised beds and decking. She says 'I would like to thank Gardening for Disabled Trust for the grant towards raised beds and decking. My husband did all the work himself and set about the project but he went a little bit overboard and also built

a summer house on top of the decking. We sourced all of the material as best as we could to make full use of the grant from the Gardening for Disabled Trust and were even able to afford some stone to make a small pathway. The grant has improved my life as I am now able to reach the flower beds and plant some flowers as well as be able to sit out on the decking watching the wildlife in my garden.'

Lesley - Fulham

Lesley can no longer work as she has spinal stenosis and widespread osteoarthritis. She used to be a very keen gardener and missed being able to get outside. Lesley requested a grant for decking to make access to her garden possible and to enable her to tend plants in the raised bed. She found another charity who kindly installed it. On learning that she would receive a grant Lesley replied 'Oh my goodness, thank you so much, you don't know how much this means to me and what a difference it will make. Thank you so much.'



Angela - Fleet, Hampshire

Angela suffers with mobility problems and lymphoedema. It was becoming increasingly difficult for her to manage her garden and she requested a grant towards widening and levelling the path

and steps to allow her easier and safe access. She was given advice and help from "Trust in Blue", an organisation run by ex policemen, who carried out the work needed. Angela says 'I am overwhelmed by the generosity of Gardening for Disabled Trust. A big thank you for allowing me to look forward to using my garden again. It may seem a small thing, but to me it has made so much difference.'

Amanda - Walton on the Naze, Essex

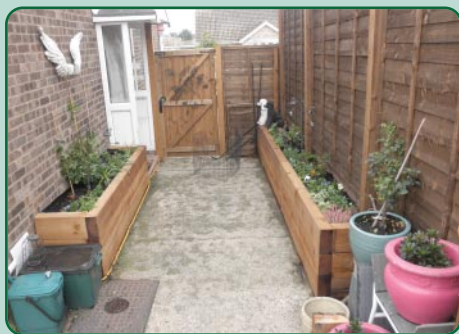
She suffers from constant pain, fatigue and general debilitation with severe anxiety levels. The charity gave her a grant towards raised beds. She says 'I wish to say a big THANK YOU to show the positive impact your gift has had on my life. The raised beds, being at the main entrance of our little bungalow, give me joy and purpose, in ways too numerous to cover! For one thing, opening my front door to be greeted by numerous new plants all



battling to fill the area really lifts my spirits. It amazes me how quickly the jasmine, violas, happy-faced pansies and climbing and rambling roses have made their presence known. Judging on aesthetics alone, your generous gift has put beauty and design back into my days. Next year, that area will really come into its own. When I'm feeling restless, it's a lovely sunny spot to sit on the timber and turn over the soil, and with

Brian's help transplant the odd plant from an area in my garden I can rarely visit, into this raised area. Simply playing with the soil, buying the odd bag of compost to enrich it and figuring out ways to protect the fragile plants over this coming winter (recycling shabby, torn pure wool items is the plan!) gives me positive things to dwell on and encourages me to plan for a future. Light exercise happens naturally.

I've had a set of huge angels wings stored away for years. One day, the idea came for us to paint the wings with clear yacht varnish, and attach them to an exterior brick wall right along side our front door and above one of your raised beds. I'm hoping to transpose one of my favourite scriptures on a piece of painted wood that's about 6ft tall and 15" wide. So thank you from the bottom of my heart. You've given me a new lease on life. Creation gives me so much joy and you've encouraged me to design and care for it. It's so much easier for me now, thanks to your generous Grant. It's my prayer you'll likewise be blessed for your kindness, compassion and generosity toward me!



Dawn - *Loddon, Norfolk*

She has great difficulty in bending and required materials for raised beds which her partner has created for her.

She says 'I have already written down a plan of what vegetables I want for winter crops and summer crops. I have been out in the garden nearly every other day planting my seedlings and watering them, Mark laughed at me because I keep going out to see if they have started growing yet. I can't say thank you enough, the beds are helping so much, not just having raised vegetable beds but getting me out into the garden and helping me with get up in the mornings. There are some days I wake up with so much pain which gets you down. Now I'm up and in the garden checking and watering my crops in my dressing gown before I do anything else. HUGE THANK YOU to Gardening for Disabled Trust.'



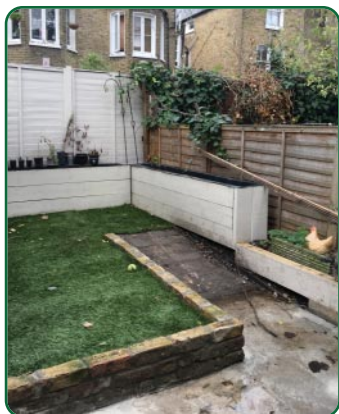
Jack - *Nottingham*



Jack, aged 21 from Nottingham, is a severely disabled power wheelchair user. About to leave college, his mother Lesley applied for a grant for a polytunnel to put in the allotment they had gained. She was in tears when I told her the committee had agreed to help. With no job prospects for Jack, she was desperately concerned about his future quality of life and was determined that he should have an interest and not just sit around at home. Lesley says, 'Jack loves the allotment and polytunnel. He can spend hours there and we are all hooked - so much so that we have taken on the next plot. He enjoys being fully involved - planting seeds, potting up, weeding, hoeing and pulling on the fork to dig potatoes up. Thank you soooooo much for enabling us to do this.'

Peter - West Midlands

Peter suffers with multiple illnesses and cannot work. He has always enjoyed gardening but has been struggling to do anything which resulted in him becoming "low". His daughter encouraged him to start gardening again and he began by sowing seeds earlier this year. His daughter applied to Gardening for Disabled Trust on his behalf for a grant towards a small greenhouse. He was then able to transfer all his cuttings and plants from his over-crowded house to the greenhouse and as a result is spending more time in his garden, which he is enjoying once again.



Pippa - Brixton

She is in a wheelchair, very keen to continue to garden and we gave her a grant towards raised beds and a ramp for access. She says 'I just wanted to drop you a line to say a massive thanks for the grant for the garden. It has changed my access to the garden and the garden itself beyond belief. We had a wonderful army of HelpX volunteers in over the summer. I set to work feeding and directing them, and they spent sunny (and rainy) days removing the old patio (which we sent to a community home for repurposing) and digging out masses of

old soil. The soil was badly contaminated with broken glass and crocks, but they filtered every last bit so we could send the surplus to the local community project for the children's growing beds. Once the garden was level, the volunteers dug a trench to house the ramp, and finished it with a layer of recycled bricks and paving slabs. We saved your kind budget to invest in some really solid 'sleepers' to make the raised beds, which were then lined with black polythene. We were then able to use the rest of the budget to pay a friendly local tradeswoman to come and concrete the back patio, giving me level wheelchair access. I also found a patch of good quality fake grass on gumtree. I wanted you to see how far the grant plus a dollop of ingenuity and masses of volunteer enthusiasm took me - it is amazing what my wonderful army of helpers achieved. I appreciate it all looks a bit bleak, without planting and in the winter gloom. But the potential come Spring - and the fact I can actually get out into the garden at all. I just couldn't have done it without you! Now I have my wheelchair ramp and raised beds, I am all set up to start planting, huge thanks for your generosity in making this happen.'

Sarah - Hardwicke

She suffered a brain injury and is now in a wheelchair and requested materials for a raised bed. She says 'The money from the Gardening for Disabled Trust has been wonderful and allowed me to start growing some winter vegetables. I have planted kale and cabbage plants and most are doing well. My husband and son built the raised bed and a local timber company supplied the wood funded by the Gardening for Disabled Trust. The timber company were kind enough to wave the delivery charge and through our local freecycle group and riding stables we were able to get free pond liner to line the sides, top soil to fill it and manure. I had a discount voucher for the local garden centre and managed to find the plants reduced to half price. Getting outside has made such a difference and the raised bed allows me some independence. Many thanks to the trust for this opportunity. We are looking forward to some home grown veg during the winter months.'



FUND RAISING

Hand Tied Bouquet Demonstration

This was held at the Woodland Enterprise Centre, Flimwell, Sussex in March. Blooming Green, a floristry business with a difference showed how to make a hand-tied bouquet using English flowers after giving a slide show about setting up their business over 10 years. Everyone enjoyed this tremendously and we raised £628.



Open Garden & Plant Fair

This was held on Wednesday 2nd May at The Freight, Cranbrook, Kent. It rained cats and dogs all day and amazing that still 115 of our loyal supporters turned up! This is a garden of 2 acres, which is not usually open to the public surrounding a medieval Wealden house with lakes, parterre, traditional and contemporary planting. Light lunches and refreshments were provided in the house and we had 16 specialist plant stalls in the garden who braved the weather until lunchtime. Considering the weather we raised £1921.



Markbeech, nr. Edenbridge Kent

We had an evening garden visit in June with wine, canapés and a saxophone playing in a 4 acre garden with fabulous views cared for by the same family

for 160 years. There were mixed borders of roses, peonies, shrubs, ruin garden, walled garden, kitchen garden and wildflower meadows with woodland walks. We were very lucky with the weather and raised £535.



***We welcome anyone wanting to open their gardens
or hold other events in aid of the charity.***



Gravetye Manor, Sussex

We arranged a lunch for 40 people at this beautiful Manor house with Michelin starred Restaurant and a garden originally designed by William Robinson. The head gardener gave a talk and tour of the garden as well and we raised £1202.

Summer Raffle

Stay at romantic Gravetye Manor, Sussex for dinner, bed & breakfast for 2 for one night, a memorable afternoon with Helen Yemm, garden columnist for the Daily Telegraph, stay at Gliffaes Country House Hotel in the Brecon Beacons for dinner, bed & breakfast for 2 for one night, £150 voucher for EverEdge products and Seckford Hall Hotel in Woodbridge, Suffolk for dinner, bed & breakfast for 2 for one night. We raised £2,302.



Social Media Campaign for our 50th Anniversary (1968-2018)

We've ventured into social media fundraising for the first time and with the help of our President, Alan Titchmarsh, who offered his gardening tips in exchange for a donation, and some wonderful PR in traditional media, we increased our donations substantially. We raised £11,545.

Glyndebourne Festival

We had an auction for two seats for the final rehearsal of Handel's 'Saul' held in July which raised £300.



Help *Gardening for Disabled Trust* raise FREE funds when you shop online!



Gardening for Disabled Trust

Every time you
shop, you'll raise a
donation for us and
**it won't cost you
a penny extra!**

1. Sign up to easyfundraising

Go to www.easyfundraising.org.uk/gardeningfordisabledtrust and follow the simple steps to sign up.

2. Hit the shops

When you shop online, visit easyfundraising first, click through to the retailer and shop as normal. Everything costs exactly the same

3. Earn donations

With every purchase you make you'll raise a donation from the retailer. Your donations are then transferred to **Gardening for Disabled Trust**

OVER 2,700
RETAILERS TO
CHOOSE FROM...

TESCO



Argos

amazon.co.uk

John Lewis
johnlewis.com

YOUR M&S

Viking

ASDA

Expedia.co.uk

easyfundraising
.org.uk



Visit: easyfundraising.org.uk/gardeningfordisabledtrust

GARDEN TIPS

- **Mulching** - As well as reducing moisture loss by evaporation and improving soil structure, applying mulch helps prevent soil-borne diseases splashing up onto plants. This is especially key in winter, so mulching in autumn is helpful.
- **To avoid damping off** buy and use clean, bagged, proprietary seed compost, clean all pots and trays thoroughly before use with a mild disinfectant, sow seeds thinly, water seedlings with clean tapwater only, ventilate the growing area if humidity is high.

- **Wildlife gardening jobs** - Tie bunches of twigs, dried moss and other stringy vegetable matter near your bird feeders for birds to use in nest-building. Keep bird feeders topped up but avoid leaving out whole peanuts, which could choke nestlings. Mealworms and suet products containing insects are popular with tits. Leave aphids and caterpillars on your plants as nesting birds will feed these to their young. Garden spiders prey on irritating wasps and flies, so are a useful ally for gardeners. Female spiders will have been protecting their egg sacs during summer, but die in late autumn. Leave the silken cocoons alone so that the spiderlings can hatch next spring.



- **Freezing temperatures** can damage tools and pots as well as garden plants. Move clay, terracotta and ceramic pots which are not frost proof into a potting shed, greenhouse or porch. Empty hosepipes and store them in a shed or garage so they do not split. Outdoor taps can also be damaged by frost. Turn them off at the mains if you can and empty any water still in the pipe. Insulating sleeves and covers are available to stop the taps freezing and bursting.



- **Cut down on plastics** - Gardening has a green and wholesome image, but a total dependence on plastic is its less eco-friendly secret. Short-lived black plastic is everywhere, precisely because it does not break down when exposed to the heat and damp of a plant nursery – unlike biodegradable alternatives. There is plenty that gardeners at home can do. There are several kinds of biodegradable pots available, made out of coir, rice husks and cardboard. Another approach is to try to avoid using any new plastic – the idea is reuse and repurpose. If you have to buy new try to avoid black as it is the hardest colour plastic to recycle. Hessian makes an excellent

protection against frost – better than horticultural fleece, which is made of spun polypropylene – although it is not translucent.

- Lightly mist water over first blossom on tomato plants.
- To prolong flowering of Hippeastrum (Amaryllis) keep at 15-18°C (60-65°F). After flowering, liquid feed and place outdoors in summer. As foliage dies off, dry bulbs off for a late-summer dormant period, replanting in autumn.



- In your greenhouse during the summer leave the door open as much as you can. Small structures heat up rapidly on sunny days and temperatures can soon get too high for healthy growth. Close the door at night until late May then leave it open after that.



- You can grow early potatoes in any tubs as long as they have a bit of depth. For early ones use a medium pot - fill it half way up, put two potatoes in then cover with compost and leave in the

greenhouse. Once they start growing above the soil just keep adding compost to cover them. On hot days stand them outside because the greenhouse is too hot for them.



- Plant bulbs generally three times the depth of the bulb itself. If planted too shallowly they may dry out and run out of sustenance, which is vital if the bulbs are to flower well the following year. Allow the foliage to remain for at least six weeks after flowering to build food reserves for the following year. Tying them in knots or chopping them off will interfere with this process. If drought conditions prevail at flowering time, keep bulbs well watered and feed with a general fertiliser at the same time.



- **Garden Design** Plant a border with $\frac{1}{3}$ of the plants scheduled to flower early in the season and $\frac{2}{3}$ for late summer. Early flowerers such as bulbs, aquilegias, lupins and poppies perform for around 3 weeks, whereas plants flowering after midsummer – asters, salvias and dahlias – flower for much longer, providing better value. Don't forget about foliage. The greens in a border are very important



because there are so many different shades to complement flowers. Repeating plants throughout a long border creates cohesion, adding a sense of rhythm.

- When you buy plants make sure that they look healthy. If you can, check the roots for vine weevil grubs or root mealybug to avoid bringing these problematic pests into your garden. If buying mail order or online, check plants when they arrive and don't be afraid to return items you are not satisfied with. If concerned about a plant you have bought, consider quarantining it for a while.
- In late June and early July, cut back the leaves and flowers of early flowering perennials such as hardy geraniums, catmint, violas and alchemilla. That way you catch the growing period and they will either re-flower or at the very least, produce fresh foliage.



WILDLIFE

Common Frog - After hibernating through winter, the common frog is now emerging from damp habitats such as meadows and woodlands. In recent years, numbers have fallen due to disease and the decline of wetlands – they need water to breed – so garden ponds are vital to ensure their survival. The native amphibian has a

smooth, moist skin in changeable shades of grey, green, brown and yellow, with dark patches around its eyes and stripes on its legs. Males are smaller than females and produce a low croak to attract a partner, who then lays up to 4,000 eggs. After 30-40 days, tadpoles will hatch from the jelly-like frogspawn, but only one in 400 will survive to adulthood. The frog's diet changes throughout its lifetime; it consumes algae when a tadpole, then becomes carnivorous, eating worms and slugs that it catches with its sticky tongue. Look closely for these creatures between February and October, particularly on damp nights, when they are most active, in water or on dry land where they hop rather than crawl like toads.

Common Toad - Common Toads prefer deeper water bodies in which to breed, including fishponds, farm ponds, reservoirs or village ponds. They have rough, 'warty' skin and tend to crawl rather than hop. Adult males grow up to 8 cm in length, adult females are larger up to 13 cm in length, they are generally brown or olive-brown but may be darker, the belly is usually pale with dark speckles and the skin is 'warty'. They tend to crawl rather than hop.

Adult toads emerge from their overwintering sites in late spring and start migrating towards the pond on mild, damp evenings; toads tend to return to ancestral breeding ponds along the same routes. Males wait near to the pond

and 'piggy back' on females as they make their way. Breeding is usually a little later than Common Frogs; females lay strings of spawn (eggs) wrapped around vegetation and two to four weeks later tadpoles will hatch out. The tadpoles are black and may form shoals. After around 16 weeks the tadpoles



start to grow back legs, followed by front legs. Tadpoles look similar to Common Frog tadpoles but can be distinguished by their shorter tail and bulkier head. They remain uniformly dark in colour throughout development. When they have fully absorbed their tails the tadpoles leave the water as tiny toadlets usually after rain. Adult toads spend little time in water and can tolerate much drier conditions than frogs. They may remain in one area for long periods over the

summer months, hunting for slugs, spiders and insects at night. Toadlets and adults spend the winter buried down in mud, under compost heaps or amongst dead wood. They do not hibernate as such and may take advantage of milder patches of weather to come out and forage.

There is definitely an advantage of having a pond in your garden to help get rid of all those slugs we have to put up with!

RECIPES FROM THE GARDEN

Watermelon & Strawberry cocktail



The midsummer abundance of strawberries and watermelon make for a refreshing soft drink.

Combine the sugar and water in a small saucepan over a medium heat. Stir until all the sugar has dissolved, then add 4 basil sprigs. Bring to the boil, turn off the heat and leave to cool. Cut the flesh from the watermelon and cut roughly into chunks. Put the melon and strawberries in a blender and process briefly, then push the mixture through a sieve to remove seeds and pips.

Discard the basil from sugar syrup and stir the syrup into the watermelon mixture. Chill until needed and serve in glasses over ice. Decorate with a basil sprig and/or a strawberry or sliver of melon.

- 100g/4oz sugar
- 100ml/4fl oz water
- 4 large basil sprigs
- 1kg/2lb watermelon
- 500-600/1lb 4oz strawberries, hulled
- Ice cubes, a few small basil sprigs and extra strawberries or slivers of watermelon to decorate (optional)

Rose Petal Pistachio Meringues

The combination of pistachios and roses gives a rather Middle Eastern twist to this most English of puddings.

Line a baking sheet with non-stick baking parchment and preheat the oven to 150°C/gas mark 2. Beat the egg whites until stiff. Add the rose petal sugar one spoonful at a time beating well after each addition, until all of the sugar is used up and the mixture is stiff and glossy. Trickle the rose water and scatter two thirds of the pistachios over the top and quickly and lightly fold in with a metal spoon. Spoon the mixture onto the prepared baking sheet in generous dollops. Scatter the remaining pistachios over the meringues. Place in the oven and immediately

turn the oven down to 110°C/gas mark ¼. Bake the meringues for 1 ¼ hours, until you can lift them up from the baking parchment without them sticking. Turn off the oven and leave the meringues in the oven to dry out as the temperature cools. The meringues will keep in an airtight container for 3-4 days.



- 4 egg whites, at room temperature
- 240g rose petal sugar (see below)
- 1 tsp rose water
- 60g shelled, unsalted pistachios, roughly chopped

Scented Sugars

Sugar absorbs the sweet scents of petals, leaves and herbs beautifully and can be used to impart a subtle aroma to baking, fruity puddings, ice creams, jams, teas and custards. A selection of scented sugar is a pretty and useful gift for a keen baker. Makes 250 grams.

- 2 tbs lavender flowers
- A small handful of rose petals
- 12-16 lemon verbena leaves
- 12-16 mint leaves
- 6-8 scented pelargonium leaves

Plus one of the following ingredients

Combine the sugar with your chosen seasoning. Bash them together gently in a pestle and mortar or pulse them a couple of times in a food processor to help release the scent. Tip into a jar and seal. Leave for at least a couple of weeks for the flavours to develop and sift before using.

Posies and Buttonholes

Natural posies of garden flowers are so much more enchanting than the mean and contrived bunches in many of the less imaginative florists' shops. Spoiling your friends with the best your garden has to offer is really one of the most generous gifts of all.

Cutting Flowers

The best time to cut flowers and branches is in the morning, while the dew is still on them. Cut them just before they are in full bloom and they will last longer in the vase. Immediately put them in a bucket of water in a cool, shady place for a few hours before arranging them. To condition most flowers for arranging, use sharp secateurs to cut the stems again, about 5cm from the base and on the diagonal so they will take up as much water as possible. Remove any leaves which will sit below the water line in the vase to limit the growth of bacteria which will shorten the life of your arrangement.

Make a Simple Posy

Strip the foliage from the lower parts of the stems. Hold three or four stems in your hand, arranging them at an angle so they begin to form a spiral. Layer in more stems, again at an angle, turning the bunch frequently to ensure it is a good shape. Hold in place with a rubber band, then tie tightly with raffia or ribbon. Trim the stems so that they are slightly longer in the centre than at the edges.



Buttonholes

Don't save boutonholes just for weddings and don't truss them up with the ungainly wire and tape used to torture commercial boutonholes into obedience either. Choose flowers and foliage which won't wilt easily and if you have to fix them with florist's tape, conceal it beneath raffia, thin silk or satin ribbon wound around the stems. Keep it simple. A few hydrangea blossoms, a cornflower, a single stem of lily of the valley will all look fresh and pretty. Or use herbs such as rosemary, a tiny fern frond or some oak leaves and acorns.



OUT AND ABOUT

River Cottage Festival

This annual festival includes food, music, talks, master classes and children's activities. It takes place on Sat 24th – Sun 25th August 2019 from 10am – 11pm. A day ticket lets you enjoy all the delights the River Cottage Festival has to offer costing £25 for adults and free for children or make a mini-break of it with our WEEKEND festival ticket. This includes entry to the festival for both Saturday and Sunday, camping for 3 nights from Fri 23rd – Monday 26th August and on-site parking for just £95 per person, and under 16s can come for free! Lie back on the grass listening to live music, pick up tips from the cookery demonstrations or learn a new skill, be it juggling or willow weaving!

This event is mainly outside. There will be marquees and some undercover spaces, but please check the weather forecast, our social media and our website beforehand and dress accordingly. The ground will be uneven, so we advise you wear comfortable shoes.

www.rivercottage.net

River Cottage HQ, Trinity Hill Road, Axminster EX13 8TB

National Honey Week 22nd - 28th October 2019

National Honey Week celebrates all things beekeeping, from our 'liquid gold' runny and set to cut comb honey, beeswax, mead and everything in between! A good beekeeper will always ensure that a colony of bees has more than enough honey for its needs, usually around 30 lbs or 13 kilos, and only take what can be spared. The honey crop is considered an indicator of the state of the natural world. For example, a poor honey crop could suggest bad weather, a lack of forage or a weakness in the honey bee colony, which is why the results to the BBKA Honey Survey are of such national interest.

The BBKA invites members of the public to help honey bees by buying local honey, planting flowers providing nectar and pollen which honey bees can eat, or, to join its fundraising scheme Adopt a Beehive.



National Honey Show Thursday 24th – Sat 26th October
Sandown Park Racecourse, Surrey, KT10 9AJ

(continued)

Throughout England there are over 75 local area associations who serve their local community with support and education. Our national network is covered by both Regional and Local Associations who offer support to both the community and individual beekeepers. The majority offer beekeeping experiences and training courses, support local events and sell local honey. Each area offers something unique to their area as well as swarm collection. Whether you are in Northumberland or the Isle of Wight there is a network of support. They will all be able to help you on your way to becoming a successful beekeeper.

www.bbka.org.uk

Vegepods

Spotted by one of the GDT trustees at this year's Chelsea Flower Show, Vegepods are ideal for armchair gardening. These new raised garden beds, which originated in Australia, enable people with disabilities to continue to grow ornamental plants and veg even when they're unable to move freely round the garden. The portable beds, which come with greenhouse covers, have a wicking reservoir which reduces watering by up to 80 percent, and because the beds are just over a metre off the ground, they are away from pests and weeds. They are easy to assemble, and there's a choice of either stands or trolleys. The trolleys have lockable castor wheels to allow for easy manoeuvrability – so they can be moved to where you want to work, and out of the sun on a hot day. A summer shade cover and a PVC winter propagation cover are available.

It costs £189, plus the matching trolley at £129. Smaller and larger versions can also be bought on-line at:

www.vegepod.co.uk (0800 978 8656)



STONE NESS – Short breaks for carers and the person they care for

Offering social and therapeutic horticulture to members of the local community with Self-catering accommodation in a newly built (2017) comfortable, well insulated bungalow accessible to wheelchairs– 2 bedrooms, bath/shower, kitchen/diner and living room. We are a small charity providing therapy through horticulture at our Victorian Walled Garden to people with learning difficulties and mental health issues. Everyone who comes to Stone Ness Walled Garden will benefit from the peace which can be found as soon as they enter the garden. Enquiries To Jean Burgess, Stone Ness, Ashurst, Kent TN3 9SU 01892 740305/07889 731949 www.stonenesswalledgarden.org

www.stonenesswalledgarden.org

GARDENS TO VISIT



Durslade Farm, Durslade Farm, Dropping Lane, Bruton, Somerset BA10 0NL

A beautiful garden and also some artists exhibitions are held during the year. Piet Oudolf, the internationally-renowned landscape designer from the Netherlands, has designed the landscaping scheme for the entire site, including Oudolf Field – a

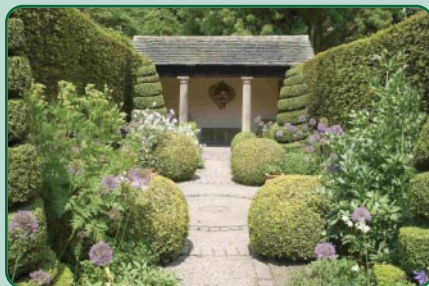
large perennial meadow situated behind the gallery buildings. Carefully shaped and planted, the garden echoes the tradition of classical gardens, but the variety of species and combination of plants creates a looseness, softening the formality of its appearance. Known for his use of plants with spectacular seed heads, Oudolf has created a garden that has interest year round. There is also an onsite restaurant.

www.hauserwirthsomerset.com

York Gate Garden, Back Church Lane, Leeds, West Yorkshire LS16 8DW

York Gate packs quite a punch for its one acre proportions. It never fails to intrigue its visitors with its fourteen garden rooms, linked by a series of clever vistas – all inspirational, and due to its realistic size, many elements give exciting ideas for potential in smaller gardens. Our Tea Room provides lunches and afternoon teas, and our plant nursery gives you the opportunity to take a bit of York Gate home with you. Open between 1st April and 30th September. Check the website for times to visit:

www.perennial.org.uk



Helmsley Walled Garden, Cleveland Way, Helmsley, North Yorkshire YO62 5AH

This is a tranquil and inviting space nestling at the foot of the North York Moors. Built in 1758 the garden was originally designed to provide vegetables, fruit and flowers to the Feversham family at Duncombe Park. After World War One, the garden was leased out and became a commercial enterprise until 1982. It then fell into disuse and became overgrown. In 1994 a local lady Alison Ticehurst,

(continued)

decided to restore the garden to a beautiful place for all to enjoy, the ethos of the garden is to create a place where people can tap into the healing power of and specifically as a place for horticultural therapy for those in need. Now it is a stunning visitor attraction, still changing and evolving and still providing a programme of social and therapeutic horticulture. At Helmsley Walled Garden they aim to bring together people with disabilities, ill health, vulnerable or suffering from isolation and support and develop them through gardening. Working in small, social groups, with their supported volunteers they learn practical skills, build their confidence and make new friends. People are referred by their GP or by social services and some come independently. Horticultural therapy can also help people who are recovering from a stroke, in the early stages of dementia, have sight loss, young people with special needs and people with physical and mental disabilities.



The garden is open all year except between 20th Dec – 11th Jan. For more details please see the website.

T: 01439 771427 www.helmsleywalledgarden.org.uk

Places to stay with beautiful gardens - Wollaston Lodge, Wollaston, Halfway House, Shrewsbury, Shropshire SY5 9DN



You will find Wollaston a very relaxing place to be, elegant but comfortable, polished but relaxed. A hunting lodge that was built by The Albright family in the early 1700s. As the family became more successful

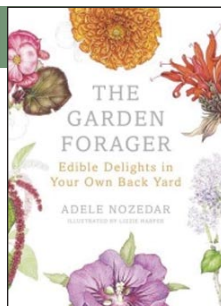
they built Wollaston Lodge and acquired over 1000 acres as a gentleman's playground. Wollaston Lodge is positioned to be totally south facing and enjoying the morning sun. It's elevated position allows breathtaking views across the valley to Long Mountain. All the suites look out over the Italianate gardens built by the present owners to the views beyond. There is a twin bedroom on the ground floor which is suitable for those that have difficulties with stairs. The Lodge is situated between the Historic Market town of Shrewsbury and Welshpool. From here you can strike out to mid Wales, Snowdonia and the coast.

T: 01743 884831 www.wollastonlodge.co.uk

BOOKS

The Garden Forager

Edible delights in your own back yard. This book explores over 40 of the most popular garden plants that have edible, medicinal or even cosmetic potential, accompanied by recipes, remedies, and interesting facts, and illustrated throughout in exquisite watercolours by Lizzie Harper. This beautifully illustrated book redefines how we look at our gardens and unleashes the unknown potential of everyday plants – making it a must-have for anyone interested in gardening, cooking, or foraging.



Adele Nozedar Square Peg RRP £12.99



Gardening with Foliage First

Combining foliage and other plants.

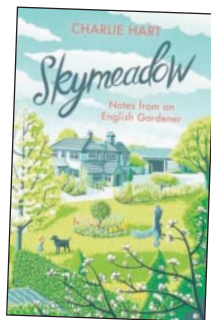
Learn how to first build a framework of foliage then layer in flowers and other artistic elements to add the finishing touches. This simple, recipe-style approach to garden design features 127 combinations for both sunny and shady gardens that work for a variety of climates and garden challenges.

Karen Chapman & Christina Salwitz Timber Press RRP £17.99

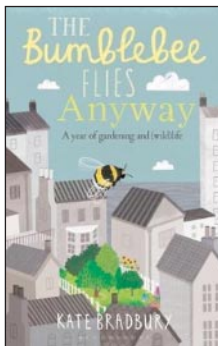
Skymeadow

The author seamlessly weaves together his own memoir with that of his garden. The result is a lyrical and incisive story of mental health at an all-time low, the healing powers of digging and ultimately, a celebration of nature. This book is part autobiography, part garden how-to and part self-help for anyone facing bereavement or anxiety. Taking care of plants is good for us, mind and body.

Charlie Hart Little Brown Book Group RRP £11.78



The Bumblebee Flies Anyway



Finding herself in a new home in Brighton, Kate Bradbury sets about transforming her decked, barren backyard into a beautiful wildlife garden. She documents the unbuttoning of the earth and the rebirth of the garden, the rewinding of a tiny urban space. On her own she unscrews, saws, and hammers the decking away, she clears the builders' rubble and rubbish beneath it, and she digs and enriches the soil, gradually planting it up with plants she knows will attract wildlife. She erects bird boxes and bee hotels, hangs feeders and grows nectar- and pollen-rich plants, and slowly brings life back to the garden

Kate Bradbury Bloomsbury RRP £10.50 from Amazon

These books are all available from www.amazon.co.uk at much cheaper prices.



Charity No. 255066

GARDENING FOR DISABLED TRUST

The Secretary, PO Box 285, Tunbridge Wells, Kent TN2 9JD

info@gardeningfordisabledtrust.org.uk

www.gardeningfordisabledtrust.org.uk

