

The Bullet

The Friends of Gardening Leave Newsletter



Message from the Chief Executive.

Welcome to Issue 3 of The Bullet which I hope you enjoy reading. If you missed the first 2 issues, you can find them online at www.gardeningleave.org in the News and Events section.

Since the last Bullet in April, we have welcomed four new members of staff to the Gardening Leave family, opened 2 new projects at Erskine Hospital and the Royal Hospital Chelsea and welcomed more veterans and volunteers to all 3 sites – it has been a busy time!

In addition, Stevie McAulay and his team have been making wonderful progress in the Stovehouse and I'd like to thank the fabulous volunteers who give their time, their ears and their expertise to help us make a difference to the lives of the many veterans who come to Gardening Leave for peace and companionship amongst friends – you know who you are.

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Ayr Flower Show



The show garden at Ayr Flower Show in August designed and built by Gardening Leave veterans won a Gold Medal and the Codona Trophy which was a huge achievement and a very proud day for us all. Ayr Flower Show is the biggest event of its kind on the west coast of Scotland and a great place to showcase Gardening Leave and how we help our veterans. The real bonus that we were competing against professional garden and landscapes designers and to beat all was a real achievement.

Gardening Leave Erskine



Brenda McKay

Brenda MacKay our Horticultural Therapist at Gardening Leave Erskine started work at the beginning of August and by the end of the month, Tara Jeewonarain our Horticultural Therapist at Gardening Leave Chelsea had also joined the team!

Brenda and her ever-growing team of volunteers have been getting the 'old' garden centre ready for the first veterans and in September, she delivered 55 half day sessions of Horticultural Therapy to 9 different veterans.

As the veterans are being referred by several different referral agencies, it is taking time to build up relationships with each one but the word is spreading and we have been made very welcome by Jim Panton and the staff and residents at Erskine Hospital.

Gardening Leave Chelsea



Tara and David Carter our Garden Development Manager have been busy at the Royal Hospital Chelsea getting ready to welcome the first veterans and we are very grateful to the Quartermaster for providing us with a very smart Shed for our HQ with water and power. Michelle, who is Tara's Assistant has now joined the Team and by the end of October, both projects will be fully operational.



Ex-Royal Marine and Falklands veteran Rob Brady after lots of perseverance fishing the River Ayr catches his first salmon.



Michelle Conway



Kate Gould, Tara Jeewoonarain, Anna Baker Cresswell



We are very fortunate that Kate Gould, a garden designer who has won numerous medals at RHS shows including Gold at Chelsea has agreed to be our first Champion and she will help to raise the profile of Gardening Leave in the horticultural world.

Mental Health Foundation.

The external evaluation which is being conducted at both sites by the Mental Health Foundation over a 2 year period will begin in November. This will evaluate Cost effectiveness, Wellbeing and Mental Health symptoms and will be another stepping stone in our quest to establish Gardening Leave as a viable therapeutic intervention which improves the mental and physical wellbeing of ex-Service personnel.

**Resources Expended
(as percentage of income)**

	6 months To 30th September 2010	Year ended To 30th March 2010
Staffing Costs	55.21%	37.69%
Fundraising - Costs	4.44%	3.83%
Operational - Costs	13.39%	15.13%
Administration - Costs	7.72%	10.50%
Project Costs	14.89%	28.20%
Depreciation	4.35%	4.65%

The Future.

As Gardening Leave's profile grows and more people find out about what we do and how we are helping veterans to adjust to civilian life, we will continue to open new Gardening Leave sites where veterans can be together, be outside and have something semi-structured to do under the watchful eye of a Horticultural Therapist who is supported by volunteers.

All this costs money and on behalf of all the veterans who know about Gardening Leave and those who have yet to find us, Thank You to the Friends, Partners and Funders who help to keep the show on the road by giving us their support – we literally couldn't exist without you!

VETERANS ATTENDANCE AT GARDENING LEAVE

Over 200 have received Horticultural Therapy at Gardening Leave since we started in April 2007 and over 70% choose to come back.

Some Veterans Quotes

- "Being at Gardening Leave makes me feel safe - I think more clearly and always sleep better after a day in the gardens."
- "I like to come back to Gardening Leave and watch the changing seasons - when I'm by myself at home time seems to stand still."
- "It's good to feel useful again and I always leave Gardening Leave feeling optimistic about the future."

Ways To Support Gardening Leave And Help Us Grow

Become a regular Donor:

Donations can be made to Gardening Leave by setting up a monthly or annual Standing Order. Regardless of the size of your donation, every single pound helps us to maintain and improve our services to veterans.

Become a fundraiser:

So far we have received money from people who have kayaked the River Thames, raced to the North Pole, had a school baking day - the possibilities are endless and the more fun you have raising the money, the more people who will remember you and Gardening Leave, and the more they will give.

Donate online: www.justgiving.com

We have a page where you can give to Gardening Leave without leaving your desk or raising a sweat.

Raise awareness about Gardening Leave:

Raising money to keep Gardening Leave going is important, but letting people know about what we do and who we help, is every bit as important.

We can send a Bullet by post or e-mail so if you know anyone who would be interested to know more about us, please do not hesitate to let Evelyn know – admin@gardeningleave.org

Gift Aid it:

If you are a UK tax payer, we can increase the value of any donation you make to Gardening leave by claiming the Gift Aid back from HM Revenue. Evelyn has Gift Aid forms which she can send to you so please, take an extra 5 minutes to fill it in!

Become a Volunteer:

We literally couldn't exist without our Volunteers - if you are a good listener with a keen sense of humour and could commit to a regular morning or afternoon at least once a fortnight, please contact Anna BC, info@gardeningleave.org - you don't have to be a brilliant gardener, it's your time we need, not your gardening expertise.

Who we are

Chairman: John Dalrymple Hamilton OBE TD DL

Trustees:

Clive Fairweather CBE
Linda Kitson MA (RCA)
Alastair Macmillan DL MB ChB MPH FFPH
Tolla Sutcliffe
Toby Elliott OBE
David Chaundler OBE
Iain Whiteley

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Horticultural Therapist, Erskine: Brenda McKay -
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Horticultural Therapist, Chelsea: Tara Jeewoonarain -
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Assistant Horticultural Therapist, Chelsea: Michelle Conway

Stovehouse Site Supervisor, Ayr: Stevie McAulay

Garden Development Manager, Chelsea: David Carter

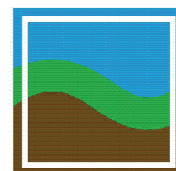
If you would like to receive the next issue of the Bullet in April 2011 by e-mail, we would be delighted as it would save us printing and postal costs!

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GARDENING LEAVE

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