

Cherry Tree Nursery

Open Day Newsletter 2016





The winter newsletter left us approaching our Christmas Party and the festive season. The Christmas Party was a huge success and greatly enjoyed by all those who attended. Star of the show was undoubtedly 'Miss Ses Claus' who visited to distribute presents to all and quite stole the show with her remarks and comments to all and sundry. She was accompanied by two elves who were there to take presents to those who could not come to the stage to receive them from the lady herself.

This event is one of the highlights of Cherry Tree Nursery and gives a welcome lift in the cold dark winter months. It is often the only celebration some of our volunteers will have over the festive period and it is always an occasion filled with joy.

The Santa Fun Run organised by Rotary Club Wimborne at Badbury Rings in December was great fun. We met at the nursery and changed into our Santa costumes and all got on the Cherry Tree minibus to make the journey to Badbury Rings. We were blessed with dry weather and it was not too cold or windy! The Santa costumes are made of felt and we always cross our fingers for kind weather conditions! It really is a sight to behold to see a crowd of 'Santas' running around the huge point-to-point field and there is a great feeling of festive goodwill and cheer. We are very grateful to Wimborne Rotary for allowing us to be part of this annual event; we look forward to it very much and also to the mince pies afterwards.

SPRING

It was lovely to see the return of spring with the blossom and leaves starting to appear and the days getting longer and warmer. This time of year always seems to hold the promise of better things to come and working with the plants in the nursery becomes a real pleasure. The shop and retail area steadily gets busier which is good news for us as the revenue from plant sales is vital to the project. From early May we have been busier than ever with everyone working hard to keep the retail benches stocked up. Sometimes our volunteers don't even have time to put the bedding plants on the benches before the public whisks them off!



April Plant Sale

The first Plant Sale of the year was held at the very beginning of April and we were blessed with a lovely sunny day.

The event was very well attended as hordes of people passed through the gates and we were very happy to see them wheeling trolleys full of plants and other goodies back to their cars. There is always an uplifting atmosphere at the Plant Sales with a carnival feel to the day. The homemade cakes sold out in record time such is their reputation, and the BBQ, kindly provided and manned by the Rotary Club of Bournemouth North, kept us all fed. We were delighted to welcome some new faces this year including the 'Daisie Ukuladies' who played their ukuleles.



CHERRY TREE AT THE LONDON MARATHON

Well I did it!

What a wonderful experience! I started the day at Greenwich Park on the Red Start with 33,000 others! The start gun went off at 10 am and we shuffled forwards until my 'pen' crossed the start line at 10.30 am. So many memories of the wonderful crowd support: the noise of cheering, live bands, brass bands, steel bands, drums, choirs, DJs and loudspeakers playing from people's homes. Sights along the way included the Cutty Sark, Embankment, Trafalgar Square, Big Ben and the Houses of Parliament and finally Buckingham Palace and The Mall.

Lots of characters along the way, thanks to the 'Pope' at mile two, dispensing holy water on the runners, Bagpuss, several Rhinos, a leaping Tiger and two Wombles running with us – goodness knows how!

Almost all of the 38,000 plus runners were running for a charity and it was wonderful to be able to represent Cherry Tree Nursery.

I ran with the same group of lovely ladies I had trained with. We supported and encouraged each other along the way and finished in six hours and thirteen minutes.



While I was pounding the streets of London, a group gathered at Cherry Tree to follow my progress via a computer link and to duplicate the 26.2 mile distance by doing laps of the nursery. This group completed 181 laps of the nursery equalling my distance which was an amazing effort, raising £70.

I have raised over £1,800 in sponsorship and would like to take this opportunity to thank you for your interest and your support. My fundraising page is still open at Virgin Money Giving / Tish Borrowman for any late sponsors!

As a small charity, Cherry Tree can enter the Charity Ballot every other year for a chance to have a runner in the London Marathon. We can try again in 2018, so if there are any keen runners out there who would like to raise money for Cherry Tree, please get in touch. *Tish*

MENTAL ILLNESS ON THE RISE WORLDWIDE

“Despite hundreds of millions of people around the world living with mental disorders, mental health has remained in the shadows” ...

... according to a recent report released by the World Health Organisation (WHO).

The study shows that mental illness worldwide is rising fast. For example between 1990 and 2015 the number of people with depression and/or anxiety has risen by almost half to 615 million. Almost 10% of the world's population is affected.

The WHO predict that by 2020, depression will be the second biggest cause of health problems in the world, relating this increase to people living more stressful lives, and there being more poverty and violence.

MENTAL HEALTH IN THE UK

One in four people in the UK will experience a mental health problem in any given year, and one family in three has a family member with some form of mental illness. Up to one-third of the population is living with depression and/or an anxiety or panic disorder at any one time.



The early marsh marigolds, primroses and cowslips are all in bloom and the pond is full of newts and frogs. Two batches of frogspawn have turned into small frogs and the yellow brimstone butterfly has made its first appearance, followed by a peacock butterfly. Bumblebees are busy collecting nectar. Birds seen so far include jays who come in the quiet of early morning, lesser spotted woodpecker, siskins, which are small finches, and goldcrests, the smallest British bird, which hide in the foliage and are very difficult to spot. A flock of coal tits arrive regularly at 3.30pm every afternoon to enjoy the feast of peanuts and seeds laid on for them.

Further afield in the nursery, our resident pheasant is happily moving around and buzzards are flying and circling in the fields next door, which is a breath-taking sight. The three cows have done a splendid job of clearing the undergrowth in the enclosure next to the nursery and have been moved to another site to continue their good work.

Mental ill-health is the leading cause of sickness absence in the UK, resulting in 70 million days lost from work each year. The worldwide figure is 12 billion working days.

The consequence of the rise in mental illness is indicated by figures released in May 2016 by the Department of Justice, showing that the total number of suicides in England and Wales for 2015 was higher than for any of the last 20 years. Suicide is the biggest single killer of men under the age of 45 in the UK.

CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH

A very worrying development is the increase in mental illness among children and young people, and the lack of adequate services to deal with these problems. A review of mental health services by the children's commissioner discovered that 248,000 children were referred for specialist mental health treatment in 2015 but 28% of these were refused, including some who had attempted suicide. Even those who secured treatment faced lengthy delays, with an average waiting time of 110 days.

Some good news is that Cherry Tree is increasingly being approached by schools wanting to set up gardens and involve children more in nature and horticulture. A recent study reported in the Guardian in May revealed that “children who just didn't engage in the classroom suddenly come into their own when they get outside”. We really believe that this may be a good way forward.

HORTICULTURE IS GOOD FOR YOUR MENTAL HEALTH

The National Gardens Scheme recently commissioned the King's Fund to write an independent report on the benefits of gardens and gardening on health.

Published in May 2016, the report “Gardens and Health” encourages the NHS to make much more use of the benefits of gardening for wellbeing.

It also reports studies which show how horticulture can help reduce depression, loneliness, anxiety and stress as well as being particularly beneficial to people with dementia. The report calls for the social prescribing of gardening as part of a range of approaches to improve health.

Another ground-breaking recent report on research by the Universities of Westminster and Essex studied the contribution of allotment gardening to health and wellbeing. It suggests that as little as 30 minutes a week spent tending to an allotment

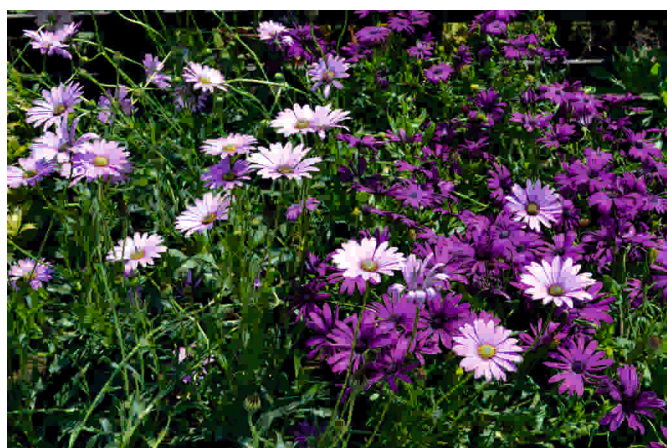
“can boost both feelings of self-esteem and mood by dissolving tension, depression, anger and confusion.”

Cherry Tree has found that people coming here greatly value being outside in the fresh air, working together and being part of something bigger than themselves. The ultimate value of horticulture for people at Cherry Tree is that it provides community.

Trevor's Thoughts

"Here we are again in the busy growing season. We at the nursery are always striving to do our best. I see plants as people and people as plants. Tending and caring for them as best we can. Plants are really like children for the first few years. They need to be looked after, watered and fed. When they flourish they will reward the gardener over and over again. Every time you walk out into the garden, a plant, bush or tree will be waiting in all its splendour to reward you for caring for it.

"Even the smallest patch, plot or pot can make your day shine. We all need imagination to turn a garden into a growing tapestry. In the summer the garden becomes another room for you and your friends to enjoy. Cherry Tree Nursery has a wide range of plants in pots that can be planted any time of year including foliage, berries, vegetables and fruit, grasses, bamboo and trees.



"We are very proud to serve the community just as the community helps us.

Gardening can become a wonderful way to live life. Open the front or back door, stand on your doorstep, look out and be amazed by what you have achieved by making the prettiest of gardens. Even a window-sill can be planted with a trough, and hanging baskets will enhance a dull alleyway or concrete yard. A pot or two with a few plants will make your day brighter.

You only need a vision to get started on an idea that will give you years of pleasure. We have lots of plants to help you make your dreams come true! So look out of the window and turn your dream garden into reality. "



"To sit outside and drink tea in a mini-paradise, watching butterflies and bees, that's my dream come true."

Ann Malone

We lost a dear long-standing volunteer in January of this year. Ann Malone was a very special person, warm and caring, who was hugely popular with all at Cherry Tree Nursery. Ann came to us as a literacy and numeracy teacher with a passion for education for all. She was a great communicator, teacher and friend and was our resident quiz-master for the annual general knowledge quiz between staff and volunteers. Ann had the most beautiful speaking voice, a combination of classic pronunciation with a smoky undertone, and she spent many hours researching the questions she set.

In memory of Ann, we are naming the annual quiz after her and we have purchased 'The Ann Malone Quiz Trophy' which will be awarded to the winning team. We took a lot of time and trouble choosing the trophy and we decided it needed to be traditional and magnificent – much like our Ann!

We wish to extend our thanks to her executors and family and friends for their generosity to our project.





Cherry Tree volunteers took part in a 'Griselina-thon' on the 18th May despite terrible weather at the start of the day. Small 9 cm 'liners' were repotted into 2 litre pots to root, grow and sell. *Griselinia littoralis* is a very popular hedging plant, an evergreen shrub with glossy waxy bright apple-green leaves, very suited to a maritime location. The Griselina-thon involves lots of volunteers doing the potting also supporting the potters, bringing compost, moving plants to and fro, labelling pots, bringing refreshments and so on. These events are very popular with volunteers as it brings people together from all over the nursery and it is a chance to enjoy being together with a combined purpose and there is much laughter and reminiscing about past events. We potted a magnificent 3,000 plants!



Holiday Monday at Highwood

Cherry Tree held an event at Highwood Gardens, Charborough Park on Bank Holiday Monday 30th May. These private gardens, home to the Drax family, are opened for a few weekends each spring to benefit local charities and it is a chance to see what is behind the long wall and huge gates of the estate.

We were blessed with ideal weather, neither too hot nor too cold and the event was well attended by the public, including many of our loyal supporters who travelled to come and visit us there. We are delighted to learn we were the charity that raised the highest amount from this year's events!

Highwood Gardens have a beautiful woodland walk, filled to bursting with rhododendrons and azaleas in full majestic bloom. The paths all lead uphill towards a folly which looks back down through the gardens to the house.

Visitors to the event enjoyed the walk, flowers and views before resting with a well-deserved tea or coffee and a slice or two of homemade cake. They then visited our plant stall and chose plants to take home.

We hosted a lively and very informative debate on the EU referendum at Cherry Tree Nursery on the 7th June. Speaking for the 'Remain' campaign was Geoffrey Darnton of SE Dorset Green Party and speaking for the 'Leave' campaign was Steve Laughton of Bournemouth Labour Party. What was very refreshing was the respect and courtesy shown by both speakers towards each other and how much they agreed on some points but had different interpretations. It was well attended and our volunteers asked some very searching questions.



Our Cats

Maisie and Magic are healthy and happy and enjoying the warmer weather very much. Magic often finds a sunny spot to laze in, showing off his glossy black coat.



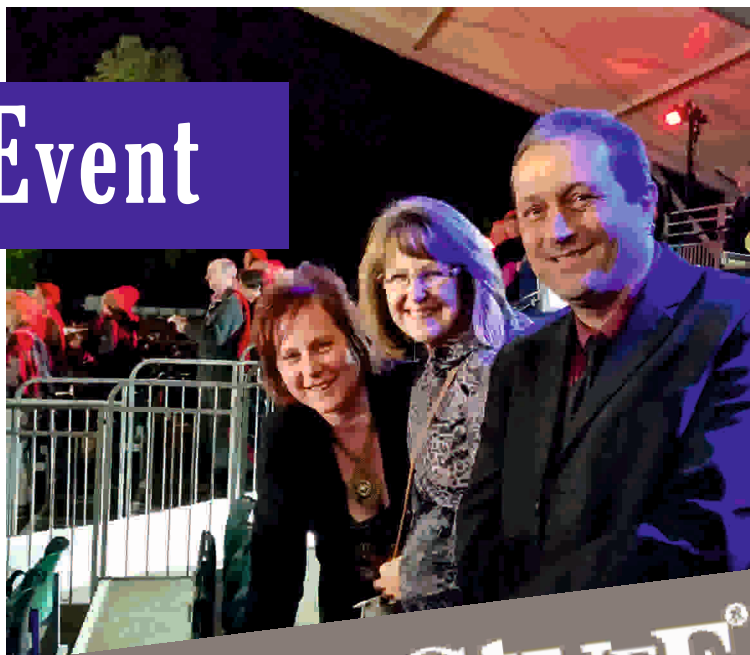
Ringside at Royal Event

Four members of Cherry Tree Nursery were thrilled to be able to attend the Queen's 90th Birthday Celebrations after winning a competition arranged by Waitrose in Winton. Our huge thanks to Waitrose for this Once-in-Lifetime opportunity and our report below comes from Helen.

'Definitely Hats Off to Waitrose. We had great seats and their hospitality area was a highlight for all of us. They were incredibly relaxed and friendly despite being run off their feet. They spent time chatting to us and making us feel welcome. Cup cakes and goodie bags were in plentiful supply.

Both the afternoon and evening shows were highlights in themselves. For me, it was the sheer variety of acts that blew me away. In the afternoon we saw The Household Cavalry Mounted Regiment, the Pony Club Mounted Games and The Chilean Huasos Equestrian Team. The evening show traced the Queen's 90 years weaving into the chronology her travels, her interests, the Commonwealth, her animals, the military and much more. There were some very acrobatic stunts by equestrian teams from Oman and Azerbaijan which we all enjoyed. The Horse Whisperer appeared with what looked like 'wild' horses which was completely spell-binding.

The stage management was extraordinary and the technology behind the video projection and lighting was very impressive.'



White Stuff®



White Stuff in Bournemouth have adopted us as their charity and have done some amazing work on our behalf. Several of our volunteers go there often to promote Cherry Tree Nursery and this is a quote from one of our regular attendees.

'We were very fortunate to be adopted by White Stuff, Bournemouth branch, as their ongoing charity in 2015. By holding monthly cake sales, raffles and tombola they have so far raised over £2,000 for us! They have also promoted a national White Stuff event where the public were invited to decorate a fabric sample however they wished and then the entrants were judged. Each sample entered into the competition earned Cherry Tree Nursery £5 and the Bournemouth store had the second largest number of entrants in the whole of the UK.



Five of our volunteers and one staff member enjoyed a five-day break in a beautiful historic Manor House at Aston Munslow, Shropshire, courtesy of The Landmark Trust. They enjoyed lots of excursions, highlights of which were the Red Kite Centre at Rhayader and a visit to Aberystwyth.



A permanent feature with details about the nursery is displayed behind the till area in the Bournemouth store and to date they have contributed towards a tumble drier, plant trolleys, irrigation equipment and benches for us to sit on. We look forward to continuing our partnership in 2016.

A Huge Thankyou to:

Jean Aish, Norman and Lupita Aish, all anonymous donors, The Bisgood Charitable Trust, Bournemouth Lions, the Rotary Club of Bournemouth, Bournemouth Borough Council, Foresters Friendly Society, the Henry Smith Charity, Holdenhurst Charity, Incorporated Bournemouth Free Church Council, Lorraine Jericevic for the Despacho ceremony, J P Morgan, Kinson Conservative Club, Arthur King, Kinson Tyres, Cherry Tree Nursery Knitting and Sewing Group, Landmark Trust, Lesley Frampton, LV=, Lush, the Lodge of Hospitality and Concord, the Menezes Family, Moose International Winton Lodge 181, Arthur Moseley, Nationwide, New Forest Circle of Catenians, the Nicholls family and Mortimer family, New Milton Trefoil Guild, the Paddle Steamer Preservation Society, the Pebble Beach Charitable Trust, Liz Pitkin, The Pitt-Rivers Charitable Trust, The Rotary Club of Westbourne, St George's Methodist Church, St Michaels Lodge, Mr R G Scovell, the Leonard Laity Stoute Charitable Trust, Tesco (Kinson), Victoria Park Drama Society, Victoria Park Ladies Group, Vitality, Waitrose (Winton), Wessex Water and the Rotary Club of Wimborne.

The small army of Friends and helpers who, once again, provided a sumptuous feast of party food, cakes, puddings and drinks to make the Christmas party very special, and who cheerfully provided doggy bags to take home the left-overs. To all of you who so kindly sent in donations, large and small, for the Christmas celebration. We are always heartened by your incredible generosity and warmth at this time of year.

To the incredible team of Friends, volunteers and helpers who make the Plant Sales so successful and enjoyable.

All who came and supported us, giving up their Bank Holiday Monday to come and help at Highwood Gardens and the small army of volunteers and friends who baked the delicious cakes. Grateful thanks to the Drax Family, and Santander who generously fund-matched some of the monies raised due to the efforts of their employee Charlotte who came and helped at the event.

We cannot begin to thank every person and organisation who has so kindly donated money, goods, time or good-will in just the last six months so please do not feel unappreciated if your name is not included with those mentioned as without your support we could not continue.



Heartfelt thanks to all our friends

Friends work alongside and support volunteers in all aspects of work at the Nursery and we are very grateful for their support. We particularly need to develop a team who would be willing to go out to events and represent Cherry Tree Nursery for us.

Here's an inspiring quote from one of our current Friends:

"I've been a friend at Cherry Tree Nursery for the last eight years. I come in on Wednesdays and the occasional Sunday to help in the retail area, and any other job that needs doing. I've always enjoyed the work and feel a great deal of satisfaction from being part of this lovely family. My original thoughts were to be able to give something back to the community, but in fact I am the one getting so much out of coming to Cherry Tree."

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