

Cherry Tree Nursery

Caring for people, caring for plants ...

Open Day
Newsletter
2018

CHOIR CONCERT

Saturday 2nd June – Bournemouth Collegiate School

The Dorset Police Male Voice Choir along with the Llantrisant Male Choir from Wales held a fundraising concert for us at the Bournemouth Collegiate School in Southbourne. The event was well attended and enjoyed by all raising over £1500 for volunteers welfare. A raffle was held with an AFC Bournemouth official signed match ball as the main prize. With thanks to Bournemouth Collegiate School for the venue and the Dorset Children's Foundation who held a tombola, thanks to to all our Friends who helped out and to Graham Court for the original idea which, through his hard work and dedication to our charity, was brought to fruition.



The following has been written by one of our friends.

'Having grown up living in a small village less than four miles from Llantrisant in South Wales, I was immediately interested in attending the concert. The evening started with the Dorset choir performing four amazing pieces. The Llantrisant choir then took the stage. Their leader gave a brief talk about their back ground and the town' being best know for the Llantrisant Royal Mint . When they began to sing the audience was captured by the men's voices, quite awesome; well that's my opinion and I think others agreed with me, they sang with such heartfelt emotion and compassion. The choirs then joined forces again to perform two more pieces. The choirs singing together were really uplifting and an unforgettable experience.

During the interval I had a chance to speak to several of the welsh choir, finding that I had been in junior school with two or three of them made my evening even more memorable.

At the end the joint choirs performed "Softly as I leave you" The whole evening was so amazing and seemed to be enjoyed by all that attended.

Diolch un fawr (thank you very much). Sue '



MAKING THE GRADE

SWOP, in partnership with Kingston Maurward College is delivering RHS accredited training.

Cherry Tree Nursery is hosting the first intake of students for the RHS Level 1 Award in Practical Horticulture. Since March six of the volunteers have been meeting once a week to work on a range of gardening tasks.

As well as developing their horticultural knowledge, the course is helping to increase their self-confidence in a familiar, comfortable and fun environment.

'There's a very strong bond within the group,' says course tutor Helen Marshall. 'Everyone is so supportive and there are a lot of laughs along the way.'

The course is being delivered over 15 months finishing in May 2019. It covers topics such as plant identification, propagation, soil testing and plant establishment and all aspects of the training are formally assessed.

'The assessments are a real test for everyone,' says Helen. 'It can be an anxious time at the start but afterwards there is always a feeling of relief and a great sense of achievement.'

SWOP is delighted to have teamed up with Kingston Maurward College to become their first satellite centre for RHS training. The RHS Level 1 is offering an accredited qualification that can give real opportunity for further study and future employment.

'I am so pleased we have been able to introduce the course to Cherry Tree,' says Helen. 'This is a recognised qualification within the industry, a tangible achievement that can help people move forward. That's making the grade for me.'

The course is open to volunteers from both Chestnut and Cherry Tree nurseries. A second intake is planned from the beginning of September.

For more information on horticultural training, visit Kingston Maurward College and RHS Websites:

www.kmc.ac.uk/view-academies/horticulture/

www.rhs.org.uk/education-learning/qualifications-and-training



Course volunteers working at the potting station



Course in action. From the top: sowing seed, setting a garden line, weeding the plot.

MARCH PLANT SALE & RAFFLE

Our first plant sale of the year was sadly hampered by the cold and wet weather that had preceded it. Despite being overcast on the day, and the car park getting increasingly boggy, our volunteers coped admirably all around with spirits undampened .

A big success was our spring raffle, with tickets on sale in the weeks leading up to our plant sale and the winners drawn at the plant sale for the first time. Local businesses were very generous in donating prizes such as days out and meals out vouchers and, as part of being AFCB Supporters' Charity of the year we had an AFCB official signed shirt, which we had framed especially for the day.

We also had a special visitor 'Dorsey Bear' from the Dorset Children's Foundation who are one of our fellow AFC Bournemouth charity partners who ran a tombola on the day.



THE MOOSE POTTING BARN

At the end of May, Kevan Randall, Governor of Winton and Wimborne 397 Moose International, officially opened the potting barn kindly funded by Winton and Wimborne 397 Moose International Group. The potting barn gives our Volunteers space and shelter in all weathers. Moose International's generosity is much appreciated. After the ceremony our Volunteers and members of Moose International gathered together for some well deserved refreshments.



Happy Birthday!

We held our 28th Birthday Party in April. Malcolm and Jenny and friends made a cream tea for our Volunteers along with sandwiches, more cakes and jelly made by our Friends.



MENTAL HEALTH NEWS

Mental Health continues to be mentioned in the media on an almost daily basis. We welcome more frank and open discussion on a subject that affects many people to some extent during their lives.

Growing Happiness

For the first time, the RHS and NHS joined forces at the Chelsea Flower Show to promote the positive impact that gardening has on mental health. 75% of all NHS mental health trusts in England, 39 in total, entered an RHS competition to win the RHS Feel Good Garden and have it relocated to their trust, demonstrating the significant recognition of the positive impact that gardens and gardening can have on mental health. Camden and Islington NHS Foundation Trust has won the 2018 Feel Good Garden competition. The garden, designed by Matt Keightley, will live on after the Chelsea show at the trust for patients and staff to enjoy. The RHS has pledged that another two Chelsea Flower Show gardens - one in 2019 and one in 2020 - will be also be gifted, via a competition, to NHS mental health trusts in England.

<https://www.rhs.org.uk/shows-events/rhs-chelsea-flower-show/news/2018/growing-happiness>

You may also be interested in the following Chelsea Flower Show article from The Telegraph which will resonate with many busy gardeners!

'Wild, untidy gardens better for mental health, designer claims at Chelsea Flower Show'

For full article see -

<https://www.telegraph.co.uk/news/2018/05/22/wild-untidygardens-better-mental-health-designer-claims-chelsea/>

The following is a link to the NHS' statistics for Mental Health: this publication provides the most timely statistics available relating to NHS funded secondary mental health, learning disabilities and autism services in England.

<https://www.gov.uk/government/statistics/mental-health-services-monthly-statistics-final-dec-2017-provisional-jan-2018>

Of particular interest is the following from one of our Volunteers who was employed as a Peer Specialist at The Retreat at Hahnemann House.

QUIETLY and purposefully, a new mental health service for those in crisis has opened up in Bournemouth.

The Retreat will open formally next month but meanwhile it's already providing a safe and welcoming environment for people who have self-identified a mental health crisis and want to access support. It's being run by Dorset Mental Health Forum and Dorset HealthCare who are working in partnership, and is the first of a series of changes and developments to Dorset's mental health services as a result of the recent Acute Care Pathway review.

It moves away from the traditional approach to crisis management by not offering medication or formal therapy but instead supports and promotes self-management.

Dorset HealthCare Chief Executive Ron Shields said: "These changes are innovative, ambitious and a significant improvement on the current arrangements, based on what people using services have told us they need." He said they were: "Very positive for the future of mental health services in Dorset and reflect our ongoing commitment to delivering the very best quality of care."

The service is staffed by both peer specialists and mental health professionals and has a strong focus on valuing lived experience of mental health, he said.

The Retreat is open to anyone who is 18 and over and lives in Dorset. A person can visit if they feel that they are in crisis, are pre-empting a crisis or are seeking support. "They do not need to call ahead, they can just turn up," said Mr Shields.

Becky Aldridge, Chief Executive of the Dorset Mental Health Forum, welcomed the initiative. "It's an exciting, accessible and different kind of service shaped by local people, which seeks to offer people support when they need it."

The Retreat is based at Hahnemann House, Hahnemann Road, Bournemouth (BH2 5JW) and is open Monday to Thursday: 4.30pm-12midnight and Friday to Sunday: 6.30pm-2am.

http://www.bournemouthcho.co.uk/news/16267470.New_mental_health_service_for_those_in_crisis_opens_in_Bournemouth



STAFFING CHANGES

We were very sad that Jez Norris, Nursery Assistant, left us earlier this year after 10 years with the charity. Jez had worked at both Cherry Tree and Chestnut Nurseries and was a popular member of the team. He has gone to work as an Estate Manager and we wish him every success in his new role.

Nigel Short has joined us as our new Nursery Assistant and he brings a great deal of knowledge and experience from his former roles. We welcome Nigel and hope he will enjoy becoming part of our charity!

Welcome also to Theresa (Cherry Tree Nursery) and Natta and Julie (Chestnut Nursery) who have joined us as temporary assistants in our retail areas to help with our busiest time of year.



VOLUNTEER ACTIVITY IN THE COMMUNITY

As AFC Bournemouth Supporters charity for 2017/18, we have had the opportunity to work with the AFC Bournemouth Community Sports Trust, they have been running some Walking Football sessions with our Volunteers. Held at Littledown centre it was a chance for Volunteers to take part in some light exercise at a local venue.

Volunteers have also been getting more exercise this year by way of regular running sessions. Cherry Tree's running club started at the beginning of the year with coach Naomi Bennett of Bourne Runners with an Initial six week 'Learn to Run' course for fun and exercise.

BU Bournemouth University

Over Winter and Early Spring, a group of Volunteers and Friends ran a stall at the Bournemouth University student union markets on the Fern Barrow campus.

Offering a range of jams, chutneys and gift baskets made by our Volunteers, it was an ideal opportunity to meet new people and spread the word about our charity.



OAKDALE LIBRARY GARDENS VISIT

As part of Mental Health Awareness Week in May a group of volunteers visited Oakdale Library Gardens in Poole. The gardens contain many plants from Cherry Tree Nursery and are maintained by a small group of garden volunteers. Our Volunteers enjoyed a tour of the gardens, planted a pot to take home and enjoyed some tea and homemade cake.



LANDMARK TRUST

Eight Volunteers and two staff members enjoyed a wonderful holiday courtesy of The Landmark Trust's '50 for Free' scheme.

They had the sole use of Wortham Manor in Lifton, Devon for four weekday nights in March. Wortham Manor dates back to Tudor times and has been restored beautifully to give all the creature comforts whilst maintaining the character and majesty of the building.

The facilities were fabulous, well equipped kitchens, plenty of bathrooms, large communal areas to eat, talk and play games, and a huge inglenook fireplace for a truly roaring fire.

The group took full advantage of the location to visit many local places of interest including Port Isaac where the TV series 'Doc Martin' is filmed, Padstow, Tintagel and Boscastle. They started each day with a cooked breakfast, made packed lunches and enjoyed an evening meal around the huge dining table. Lifton is close to Dartmoor National Park and the group enjoyed some scenic drives and walks, and a paddle in a stream for one brave individual!

The lack of TV and Wi-Fi facilities gave them the chance to really relax and they held several games evenings with all participating. The building was surprisingly warm due to the modern inclusion of under-floor heating and they were amazed by the softness of the local water.

The group came back with lots of souvenirs, photos and happy memories of perhaps their only holiday for a long time and in a group that understood and supported each other.

Thank you to The Landmark Trust.



Josh with our new logo



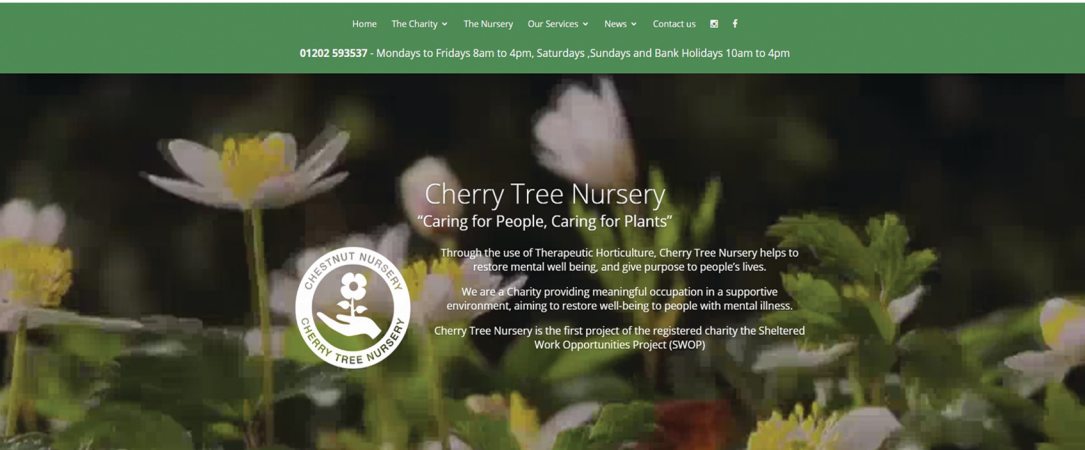
NEW LOGO

Did you notice our change of logo?

For the first time, Cherry Tree and Chestnut Nurseries will have a shared logo which will be used to represent the charity and our work in therapeutic horticulture. We want to say a big thank you to Josh Lyon, a graphic designer in London who not only designed the new logo but also donated his services free of charge. Josh is a family friend of the Aish family; the late Reverend Canon Roslyn Aish was a founding member of our charity and his son, Norman, remains a staunch supporter of ours 28 years later.

WEBSITE

Thanks to Kevin Russell of Fairweather Web we have a new website, bringing our website up to date, with links to our social media pages and scope for adding more information and relevant downloads. It is work in progress but we hope you like it.



AND A HUGE THANK YOU FROM CHERRY TREE AND CHESTNUT NURSERIES TO ...



AFC Bournemouth, Norman Aish, Alice Ellen Cooper-Dean Charitable Foundation, Anton Jurgens Charitable Trust, Asda Poole, Autumn Trust, Bank of New York Mellon, Barclays, Barclays Africa, BCHA National Citizenship Scheme, Beacon Hill Community Group, Beer Harris Memorial Trust, Bernard Sunley Trust, Boscombe Cliffs Bowling Club, Bournemouth District Tinnitus Society, Bournemouth Oddfellows 6258, Rod Bush, C & A Frizzell Charitable Trust, Cotton Trust, Graham and Mary Court, Richard Cox, The Darwins, Bob Irwin, Dolphin Boats, Dorset Community Foundation, Dudsbury Golf Club, Lesley Frampton, Karen Burghart - Gap, Graham Burrough Fund, Diana Guy, Highcliffe WI, Hobson Charity, Holdenhurst Charity, Homelands House, Incorporated Bournemouth Free Church, Jean Bisgood Trust, Malcolm and Jenny Jefferies, JP Morgan, Neil Lucas - Knoll Gardens, Mr and Mrs Legg, Leonard Laity Stoate Charitable Trust, Letterbox Sewing Group, Lloyds Bank Foundation, John Lockwood, Lodge of Hospitality and Concord 8645, Louis Nicholas Residuary, LV=, Josh Lyon, Moose International, Nationwide, New Milton Sand and Ballast, Orr Mackintosh Foundation, Over 70's Men's Hockey Team, Gary Parsons, Rosemary Pilley, Pitt-Rivers Charitable Trust, PKF Francis, Poole Greyhound Stadium, Poole Lions, Poole Park Tea - Dolphin Shopping Centre, PUPS, Quartet Community Foundation, Reeds in Harmony, John Ridings, Rotary Club of Bournemouth North, Rotary Club of Poole, Rotary Club of Westbourne, Holly Smith, Mary Spooner, St Albans Church, (Coffee Pot), St Anthony of Padua, St Catherine's Hill WI, St Saviours Thursday Club, Sue Stebbing, Doreen Stewart, Jane Stone, Swop Trustees,

Talbot Village Trust, Tesco Bournemouth, Tesco Kinson, The Sunrise Foundation, The Wolfson Foundation, Truemark Trust, Tuesday Luncheon Club, Vitality, Waitrose Parkstone, Waitrose Winton, Miss Walter, Wareham Inner Wheel, Waterside Church, Whitestuff, Mr and Mrs Yarrow, The Youngsters.

And to the host of friends, helpers, supporters, families, customers and public who give so freely of their time, energy and enthusiasm to contribute to Cherry Tree and Chestnut Nurseries, which allows us to continue to help those in need. We cannot begin to thank every person or organisation who has so kindly donated any of the above in the last year or before. If your name is not included, please do not feel unappreciated, as without your support we simply would not be where we are today.

Thank you



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Bournemouth, Dorset. BH10 7DA
01202 593537 www.cherrytreenursery.org.uk
Registered Charity Number 900325



Chestnut Nursery, 75 Kingland Road
Poole, Dorset. BH15 1TN
01202 685999 www.chestnutnursery.org.uk
Registered Charity Number 900325

Please visit our websites for current opening times



Cherry Tree Nursery 2019 **PLANT SALE** dates:
23rd March, 6th July, 21st September