

Cherry Tree Nursery

Caring for people, caring for plants ...

Open Day
Newsletter
2017



Jessica Davies

It is with great sadness we have to announce the death of our former Nursery Manager, Jessica Davies (Jess), on 2nd May 2017. Jess died peacefully in the early hours of the morning after a long battle with cancer.

The following is a tribute written by one of our long-term volunteers:

"On behalf of everyone at Cherry Tree Nursery, it is with deep heartfelt sorrow and regret that we convey to all who knew Jessica Davies, that she died peacefully in her sleep in the early hours of 2nd May.

This is a time of sorrow but also a celebration of her life. Jess touched the hearts of so many people. She truly was a unique human being, warm, passionate and caring. Jess's work in South America was very important to her right until the end.

Many of us are so grateful that Jess came into our lives. She was so compassionate, always thinking of others and lived her life giving constantly. I always thought of Jess as compassion in action, she taught by example. Everyone at Cherry Tree Nursery will remember Jess with great affection and carry her in our hearts forever. She knew the true meaning of life, which is contributing to the happiness of others, and her actions spoke louder than words.

Thank you Jess for your generosity of spirit".

Jess's funeral was held at Hinton Park Burial Ground on Friday 26th May and was very well attended.

EF Volunteer



Spring has finally arrived and once again the busy part of the year begins. Always a lovely time of year, with blossom and new growth, warmer days and lighter evenings encouraging us into our gardens and allotments and saying goodbye to the dark, cold months of the year.

Spring at Cherry Tree Nursery has been full of seasonal activity, lots of tidying up, repairing of paths, weeding and washing, moving of plants around the nursery, sowing of seeds, potting of cuttings and other such tasks in readiness for the spring and summer season.

Our Volunteers have also had lots of fun and activities since the beginning of the year. Seven went on a holiday to Crownhill Fort in Plymouth, courtesy of The Landmark Trust's '50 for free' campaign which donates holidays in historic buildings that have been specially converted as holiday lets. The Volunteers stayed four nights in self catering accommodation and visited lots of local attractions, including the village in which the TV series 'Doc Martin' is filmed. They had ice-creams, pasties and fish and chips in the true spirit of holidaying and our grateful thanks to The Landmark Trust for this wonderful opportunity.



HAPPY BIRTHDAY US!



The 27th Birthday Party was well attended and Volunteers and guests enjoyed soup and pudding. Thanks to our very own 'Catering' team for the delicious food on offer. We were very lucky to have the 'Evergreen Choir' sing for us. They have chosen us as their charity of the year and they put on a good show and added to the party atmosphere.



EASTER EGG TIME!

We held an Easter egg hunt just before Easter and staff hid 52 eggs in the nursery while the Volunteers waited in the tearoom. Five teams of volunteers took part and searched for eggs. The teams were then presented with large Easter eggs, kindly donated by Waitrose of Winton and Tesco of Kinson, which they shared with all. Not all of the hidden eggs have been found yet!



MARCH PLANT SALE



On Saturday 25th March we held our first plant sale of the year. It was a mild sunny day and we enjoyed one of the most successful plant sales of recent years, making it a great start to the season.

Volunteers and Friends operated the tills, ran their own stalls, such as knitting and sewing products, handmade cards, Tombola's, raffle and Latin American crafts; they stewarded the car park, kept the plants topped up and did many tasks behind the scenes to ensure the day went as well as it did.

We were delighted to welcome back the Rotary Club of Westbourne with their ever popular BBQ, and had musical entertainment from the 'Daisie Ukeladies' and 'The Darwins'. There was a lovely atmosphere with many people buying plants and then visiting the Volunteers tearoom which was opened up for the day serving teas and coffees and selling homemade cakes, which once again sold out. It was also home to a wide range of craft stalls including the Rectory Quilters of New Milton who have chosen us as their charity of the year.

There were community stalls such as Dorset Wildlife Trust, local coppicing products and a special stall where donated DVDs were sold in memory of the late Ann Fox, a former supporter of ours.

After our next plant sale on 1st July, the final one of the year will be 9th September.

We rely on the support of the local community and thank all of you for your continued support, not only on plant sale days but every day we are open throughout the year.



AND OUR SURVEY SAID ...

During every plant sale, we undertake a small survey to give us a snapshot of where our customers come from and how they hear about us.

Whilst the majority of our visitors in March came from Kinson, Northbourne and other Bournemouth areas, we are delighted to see people travelling to us from many parts of Poole and areas further afield such as Blandford and Swanage in Dorset and also from Hampshire.

How people hear about us is changing year on year with twice as many people now hearing about us on Facebook and Twitter. Large numbers have visited before so we are very pleased to see you coming back again. Word of mouth remains a very important element to people hearing about us, so thank you to all for spreading the word about what we do and the plants we sell, whether on social media or over the garden fence.

MENTAL HEALTH NEWS

Depression and anxiety are increasing, Common mental health disorders are increasing worldwide. Between 1990 and 2013, the number of people suffering from depression and/or anxiety increased by nearly 50%, from 416 million to 615 million. Close to 10% of the world's population is affected and mental disorders account for 30% of the global non-fatal disease burden. Humanitarian emergencies and ongoing conflict add further to the need for scale-up of treatment options. WHO estimates that, during emergencies, as many as one in five people are affected by depression and anxiety. <http://www.who.int/mediacentre/news>

WHO (World Health Organisation) is leading a one-year global campaign on depression. The highlight is World Health Day – 7 April 2017. The goal of the campaign is that more people with depression, everywhere in the world, both seek and get help.

“Depression is the leading cause of ill health and disability worldwide. More than 300 million people are now living with depression, an increase of more than 18% between 2005 and 2015.”
<http://www.who.int/campaigns/world-health-day/2017>

Concern has grown over the impact of social media on the mental health of young people and this was debated in the House of Commons on 1 November 2016. (Number CDP 2016-01096)

The debate looked at various pieces of research such as the Office for National Statistics' 2015 report 'Measuring National Well-Being: Insights into Children's Mental Health and Well-Being' and other reports on social comparison and body image, sleep patterns, self-harm, cyberbullying and the viewing of adult content, on children. The full debate can be viewed on www.parliament.uk/commons-library.

NHS Dorset Clinical Commissioning Group (CCG) update:

NHS Dorset CCG have carried out a public consultation on proposals for changes to mental health services and provision, developed under the Clinical Services Review, carried out between 1 December 2016 and 28 February 2017.

Over 12,000 questionnaires had been submitted although this number is expected to rise as the total number of responses including telephone surveys and focus groups are submitted.

The proposals included specific roles for hospitals in Poole and Bournemouth, community services and redistribution of beds in the county.

Our volunteers were encouraged to participate in the consultation process to add their views and most felt the options were very positive but felt demand would far outweigh supply and much more of the same in terms of beds, community places and easily accessible help were needed.

Over the coming months, the results of the public consultation will be analysed by the Opinion Research Services (ORS) and a report is due to be published by summer of 2017. The final business case will be presented to the CCG's Governing Body in late 2017 to assist them in the decision making process. Updates during this process will be available on www.dorsetvision.nhs.uk.



The Duke and Duchess of Cambridge and Prince Henry of Wales are at the front of the 'Heads Together' campaign which aims to end stigma around mental health, raising awareness and providing help for people with mental health challenges in partnership with experienced and active charity partners. Their support at April's 2017 Virgin Money London Marathon, starting the race, cheering on the runners from the side lines and the iconic blue headbands worn by many of the runners, gave the campaign a huge boost globally and put mental health firmly in the mainstream media in a positive manner.

The three royals have also talked about their own struggles with mental health Prince William and Prince Harry's loss of their mother, The Princess of Wales, at such a young age and the Duchess of Cambridge discussing Post Natal Depression and feelings of isolation as a new mother.

Further information on 'Heads Together' can be found on <https://www.headstogether.org.uk>





Our customers



Clean up time!



Magic

Stour Valley Rangers nominated Cherry Tree Nursery for a competition held by Tesco Bags for Life and we came second. Our prize was a sculpture carved by an artist called Tom Harvey from a single piece of oak using a chainsaw. This is now in place just inside the nursery gates and will form the final piece of art in the sculpture trail being planned by the Stour Valley Rangers. The sculpture depicts two hands holding a plant and is proving very popular with our visitors. Do come and see for yourselves.



Maisie

A Poem by one of our Volunteers:

Trees are blowing in the breeze
 Light and dark shades of green.
 Spring is here, cherry blossom too,
 All around is in full bloom.
 Trachycarpus Fortunei, Leaves of Palm
 Fluttering by.
 Shimmer in the breeze
 Way up in the sky.
 Windmill Palm sturdy and sound
 Fronds wrapped around its sturdy trunk
 Lose their grip and new life bursts forth.



Tom Harvey

TREVOR'S THOUGHTS

My, my, my, this little dream has grown way beyond what we imagined, when it was just a 4.5 hectare plot of abandoned, over grown waste land.

I must have turned up by accident after a day's fishing on the river bank and just wanted one last look at the old Bournemouth Parks Nursery I had once worked at as a young apprentice.

The gate was closed, it was after four, and to my surprise it was not derelict anymore.



My heart started to race, I had been made redundant and I could see a couple of small polythene tunnels and a portable caravan. I went back the next day and three times more after that.

I was back in what I loved and this place which today we know as Cherry Tree Nursery has always been a very special place to me. I had spent 18 months here working in this place when it was Bournemouth Council's nursery and for me this is where I came back to fulfil my dreams and work for this wonderful charity with its truly amazing people whose caring side brings everyone closer together as one big happy family. There is a love in this place that just keeps on growing and reaching out to people that need it.

Most of us have gone down the hill with ease but trying to get back up, is not so easy, and that's what mental illness is like. It's a bumpy ride but with love and support it can be an up-lifting journey for everyone.

The nursery has evolved and made many changes over the years with all the staff coming and going as the nursery moves on. They have given their all and with hard work and their skills made this place, as have all the people, volunteers, helpers, friends of the nursery, which includes our wonderful customers, who keep coming back. A big thank you for making this dream come true for everyone.

It really is a wonderful place that's rooted in the heart of the community.



FRIENDS

Welcome to our new Friends and thank you for joining our team. Our Friends are an integral part of the project and we could not manage without you. The range of skills brought to the project is impressive as is the enthusiasm and new ideas.

We regularly hold get-togethers to thank our Friends, exchange ideas and meet any training needs.

We are currently recruiting for those with IT skills if you can help?

AND A HUGE THANK YOU TO ...

Penny Adams, Jean Aish, Norman and Lupita Aish, Helga and David Aldesley, Mrs D Banks, The Bisgood Charitable Trust, Dottie Bolt, Mr J Boswell, Bournemouth Catenenians, The Choir on the Hill, Bournemouth Lions, The Rotary Clubs of Bournemouth North and Westbourne, BournemouthBorough Council, Bournemouth Pride of Oddfellows,DADA, Dolphin Boats, Poole, Evergreen Choir, ND and OT Fernan, Ferndown Golf Club (Ladies), Foresters Friendly Society, Hilary Fraser and Harry Malone, Roy Edgeley, Sally Gentle, Glenys Hazelhurst, The Henry Smith Charity, The Holdenhurst Charity, Sue Hollis, Incorporated Bournemouth Free Church Council, JP Morgan, Kinson Conservative Club, Arthur King, Kinson Masonic Lodge no, 163, Kinson Tyres, Cherry Tree Nursery Knitting and Sewing Group, Knoticat, The Landmark Trust, Iris Leppard, Lesley Frampton, LV=, The Lodge of Hospitality and Concord, David Levitt, Mags 4 Dorset, the Menezes Family, Moose International Winton Lodge 181, Arthur Moseley, New Forest Catenians, New Milton Trefoil Guild, John Nixon, The Paddle Steamer Preservation Society, the Pebble Beach Charitable Trust, Liz Pitkin, The Pitt-Rivers Charitable Trust, Poole Catenians Rectory Quilters, Alan Register, The Rotary Club of Westbourne, St George's Methodist Church, St Michael's Lodge, Mr R G Scovell, The Leonard Laity Stoate Charitable Trust, Tesco (Kinson), SWOP Trustees, Verwood Ladies Luncheon Club, Victoria Park Drama Society, Victoria Park Ladies Group, Vitality, Waitrose (Winton), Earnest Watson, Wessex Water, The White Stuff Foundation, The Rotary Club of Wimborne and The Women's' Institute.

Thank you

Cherry Tree Nursery, Off New Road Roundabout,
Bournemouth, Dorset, BH10 7DA,
01202 593537 www.cherrytreenursery.org.uk
Sheltered Work Opportunities Project
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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 Nursery, 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.

