

The Bullet



GARDENING LEAVE

Issue 4

The Friends of Gardening Leave Newsletter

Message from the Chief Executive

This has been an important period of consolidation at Gardening Leave. The 2 new projects at Erskine Hospital and the Royal Hospital Chelsea which opened in autumn 2010 have brought with them new challenges, as well as new staff, veterans and volunteers who all need support, encouragement and leadership so that they can continue to build on what we started at Auchincruive.

As the number of veterans referred to Gardening Leave increases, the role of the Assistant Horticultural Therapists at both new projects is crucial to their development and Wendy and Jo are both very valued members of our ever increasing team.

In order to engage with younger Service Leavers we have recruited Keith Watson who served in the Royal Engineers to be our Communications Officer. He is responsible for vital social networking capability on Gardening Leave's website, and other sources such as Facebook and Twitter and he has joined us at a critical stage in our development.

As Gardening Leave's focus becomes centred on improving the mental and physical wellbeing of Service leavers and veterans, the way we identify them and their needs and how we can best help them to improve their lives in 'civvy street' is very important and Keith is a vital part of that strategy.

The External Evaluation of Gardening Leave Chelsea and Gardening Leave Erskine by the Mental Health Foundation is going well and an interim report at the end of Year One will be available at the end of 2011.

None of our work would be possible without our precious volunteers and funders whose support is growing as our profile increases thank you all!

Anna B

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Gardening Leave Auchincruive



“We will remember them”
Remembrance



Veterans working on the Poppy beds,
getting ready for the new season.

Gardening Leave Erskine



Gardening Leave Staff, volunteers &
veterans enjoy a chat during tea break.



Horticultural Therapist Brenda MacKay
delivers a practical demonstration.

Gardening Leave Chelsea

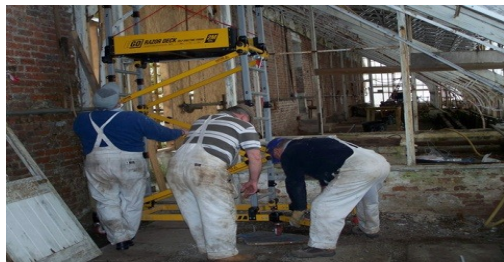


Horticultural Therapist Tara Jeewonarin &
Assistant Horticultural Therapist Johanna
Pinder-Wilson with veterans.



Guests at the Official Opening of Gardening
Leave Chelsea 14th April 2011.

The Stovehouse Project



Site Supervisor Hugh McAulay & volunteers Joe & Wullie at work in the Stovehouse.



Repair of the stonework & replacement of the wood is progressing well. Next stage, re-glazing!



We were delighted when the CEO of ISS Landscapes approached us proposing that Gardening Leave become their charity partner and their first collaboration with Gardening Leave at the Royal Hospital site has been an unqualified success. We are looking forward to our two organisations working together throughout the UK in the future!



ISS donating wheelbarrows

Veterans Attendance at Gardening Leave

This year 156 veterans have benefited from 1888 half day sessions of horticultural therapy.

Veterans' quotes

"We talk about all sorts of stuff and its good to know that we are in the same boat"

"My confidence gets boosted when I'm at G.L & I get a lot out of doing my bit in the garden. I find I like myself so much better when I've been here"

"Gardening Leave is all about creating life, instead of dwelling on doom & gloom "

Resources Expended

(as percentage of income)	Year ended March 2011	Yearended March 2010
Staffing Costs	54.67%	37.69%
Fundraising -	3.56%	3.83%
Costs	21.63%	15.13%
Operational -		
Costs	8.20%	10.50%
Administration -		
Project Costs	8.46%	28.20%
Depreciation	3.48%	4.65%

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 maintain and improve our services to veterans.

Become a fundraiser: So far we have received money from people who have had a DVD sale, a Coffee morning, donated their birthday money and competed at a boxing event. One of our Friends even trekked across the Sahara Desert for us! The possibilities are endless and the more fun you have raising the money, the more people will remember you and Gardening Leave, the more they will give.

Donate online: www.justgiving.com/gardeningleave/donate

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 by email 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 one in!

Become a Volunteer: We literally couldn't exist without our Volunteers so 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. You don't have to be a brilliant gardener, it's your time we need, not your gardening expertise.

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Assistant Horticultural Therapist Chelsea: Johanna Pinder-Wilson aht2@gardeningleave.org

Stovehouse Site Supervisor: Hugh 'Stevie' McAulay

If you would like to receive the next issue of the Bullet in October 2011 by email, we would be delighted as it would save us printing and postal costs! Please contact Keith - comms@gardeningleave.org.

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