

## 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 Direct Debit. 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](http://www.justgiving.com)

We have a page on the just giving website 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 Bulletin 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](mailto: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](mailto:info@gardeningleave.org) - you don't have to be a brilliant gardener, it's your time we need, not your gardening expertise.

### Thank you to all our volunteers who have made such a valuable contribution

Kate, Tor, Victoria, Sue, Stewart, Moira, Caroline, Sandy, Wendy, Jack, Ian, Eddie, Bob, Sandra, and Morven.

### 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 Elliot OBE  
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**Chief Executive:** Anna Baker Cresswell -  
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**Hon.Treasurer:** David Quayle CA

**Admin & Finance Officer** Evelyn McGill -  
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**Horticultural Therapist:** Pamela Smith -  
[ht1@gardeningleave.org](mailto:ht1@gardeningleave.org)

**Stovehouse Site Supervisor:** Stevie MacAulay

If you would like to receive the next issue of the Bulletin in October 2010 by e-mail, we would be delighted as it would save us printing and postal costs!

Gardening Leave adheres to the Data Protection Act 1988 and will not share your contact details without your express permission

Please send your e-mail address to Evelyn, [admin@gardeningleave.org](mailto:admin@gardeningleave.org) many thanks!

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Issue 2

# The Bulletin

The Friends of Gardening Leave Newsletter

## MESSAGE FROM THE CHIEF EXECUTIVE

Welcome to Issue 2 of The Bulletin – I hope you enjoy reading it and keeping up with Gardening Leave's progress. If you missed the first Issue, you can read it online at [www.gardeningleave.org](http://www.gardeningleave.org) in the News and Events Section.

Since the first Bulletin 6 months ago, we have welcomed more veterans to Gardening Leave and as you will see from the News Roundup inside, there are plans to start new Gardening Leave projects in London and Glasgow which will mean that more veterans can access the benefits of structure, routine and exercise in a safe, peaceful environment which Gardening Leave seeks to provide.

As we develop and expand Gardening Leave, the sums keep getting bigger and the fund-raising strategy which I outlined in Issue 1 of The Bulletin remains the same, as does my vision that there should be

more Gardening Leave projects in walled gardens UK-wide where evidence of need by veterans and returning Service personnel has been identified.

None of the progress you will read about inside would have been possible without the support of our

Friends, Partners and Funders. In these days of financial and political uncertainty, it is vital that Gardening Leave continues to support veterans who are finding the transition to civilian life (this can be many years after leaving the Forces) difficult and that the mental health issues this raises are addressed by those in a position to influence social and political change.

On behalf of all the veterans who have benefitted from Gardening Leave, and those who have yet to thank-you, we can never do enough.

**Anna Baker Cresswell**



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From left to right, Drum Major Kenny Stoddart, John Dalrymple Hamilton, Provost Winifred Sloan, Anna Baker Cresswell, John Scott MSP, Major David Carter.



## News Roundup

### Birthday Party

We celebrated our 3rd Birthday in style on Friday 16th April with birthday cake and tea for 200 of our Friends and supporters on a cloudless, sunny afternoon at Auchincruive where it all began.



Nick Parry

The pipes and drums from Glasgow and Strathclyde Universities Officer Training Corps were a very welcome addition and were very fortunate that a Community Psychiatric Nurse, Nick Parry, who has recently returned from a tour of Afghanistan as part of the Field Mental Health Team, came from London to share some of his experiences and to remind us of what Gardening Leave is all about.



Pipes and Drums

### Stovehouse.

The Stovehouse Repair Project is making great strides – all the glass has been removed, the scaffolding is up, and the cover which will allow the timbers to dry out, and will protect us from the elements while we are stripping and re-painting them, is finally on.

Stevie McAulay and his team are sharpening their chisels and Phase 2 should be under way by the time The Bullet goes to print.

The Stovehouse Repair Project is much more than just mending a broken greenhouse; it is giving our veterans the opportunity to put skills they learned during their time in the Forces to good use, thereby giving them a sense of involvement and achievement. The invaluable help we are getting from serving personnel such as 2 SCOTS, our local regiment in Ayrshire, is an ideal way of introducing Gardening Leave to them – they are tomorrow's veterans.



### 2 SCOTS

On a filthy day in March, we were delighted to welcome 'A' Company The Royal Highland Fusiliers (2<sup>nd</sup> Battalion The Royal Regiment of Scotland) back to Auchincruive and with their help, the Stovehouse, compost heap and Ornamental Pond all got sorted and shifted. It



was great to see them again and we all wish them well for their deployment to Afghanistan later in the year. Gardening Leave will be here when they get back and the Stovehouse repairs will be in full swing – haste ye back.

### Gardening Leave Erskine.

Erskine Hospital near Glasgow is building a new garden centre and Major Jim Panton, their Chief Executive asked me if Gardening Leave would like to set up a project using their 'old' garden centre. This is a very exciting opportunity for Gardening Leave to expand our services to enable veterans from in and around Glasgow to benefit from the service we provide. As at Gardening Leave Chelsea, referrals will be from several agencies which will include the Scottish Association for Mental Health (SAMH), Service Personnel and Veterans Agency (SPVA) and Combat Stress and will again be assessed by a team of CPNs. Gardening Leave will employ a Horticultural Therapist, generously funded by the Scottish War Blinded for the first 2 years, who will as usual be supported by Volunteers.



### Gardening Leave Chelsea.

The Lieutenant Governor of the Royal Hospital General Currie, has given his support and encouragement to a Gardening Leave project for veterans at the Royal Hospital and once the Chelsea Flower Show is over in May, we can get started. The project will differ from Gardening Leave Auchincruive in that veterans will be referred by several agencies such as Veterans' Aid, St. Mungo's, Sir



Oswald Stoll Foundation and not just Combat Stress. Veterans who are referred to Gardening Leave Chelsea will be assessed by a Team of Community Psychiatric Nurses (CPNs) who all have experience in the Territorial Army (TA) so have an understanding of the 'military mind' and the project will be run by a Horticultural Therapist supported by Gardening Leave Volunteers. Both new Gardening Leave projects will be externally evaluated over their initial 2 year pilot period by the Mental Health Foundation.

### Harry Franks and friend

Before they set off on a sponsored Kayak journey along the River Thames to raise money for Gardening Leave.



**VETERANS ATTENDANCE AT GARDENING LEAVE**  
In 2007/08, 78 different veterans received 703 half day sessions of Horticultural Therapy at Gardening Leave.

In 2008/09, 114 different veterans received 1,249 half day sessions of Horticultural Therapy at Gardening Leave.

In 2009/10, 128 different veterans received 1,538 half day sessions of Horticultural Therapy at Gardening Leave.

**Over 70% of the veterans who attend Gardening Leave, come back for more.**

### RESOURCES EXPENDED (as percentage of income)

	9 months To 31.12.09	Year ended 3.03.09
Salaries	35.53%	11.52%
Volunteers	5.27%	5.62%
Transport	1.49%	3.63%
Equipment/vehicle equipment	1.19%	3.15%
Subsistence	1.91%	1.66%
Training	0.54%	0.39%
Research	0.00%	16.53%
Project development	2.10%	1.96%
PR and HR support	6.68%	6.79%
Administration	5.86%	4.43%
Bank charges	0.14%	0.11%

Certain of the above costs have been funded by grants Or other assistance containing restrictions on use.