



Horticultural Therapy Association of Victoria Inc

Newsletter – Winter 2019



Chinese Garden of Friendship – Sydney, New South Wales (See article inside)

Winter is the time to be renovating your garden. It is the ideal time for moving plants in the cool weather and doing some landscaping jobs while it is not too hot. Prune the roses now for spring display.

Plant your vegetables that like the cold weather - peas, broccoli, cabbages, silverbeet, kale.

Good reading.
Paul de la Motte

Plants for Sensory and Therapeutic Gardens

By Paul de la Motte

Common Name: **Peace Lily**

Botanical Name: *Spathiphyllum wallisii*
(approx 40 other species
and many cultivars)

Family: Araceae

The Peace lily is the first Indoor plant featured in this section on Therapeutic plants.

This tropical plant is one of the most popular indoor plants in the world and even though it is difficult to grow outside in most parts of Victoria, it is a great addition to any household.

The Peace Lily originally comes from the Tropical parts of South America and some species from tropical South East Asia.

It grows to around 800 mm high and 800mm wide, the *Spathiphyllum* features lush, dark green shiny leaves and beautiful elegant white flowers in Spring and Autumn



The Peace Lily

They are ideal as potted plants and can also be used in hanging baskets.

As they prefer shade and need little sunlight, they grow well in offices, bedrooms and hospital rooms. They require watering around once per week unless it is in a dry airconditioned environment and maintenance is usually the occasional removal of dead leaves.

Also, as Peace Lilies are not true “Lilies” they are not toxic to pets, cats and dogs.

NASA (The US space agency) has conducted studies that found that *Spathiphyllum* cleans indoor air of certain environmental contaminants, including benzene and formaldehyde.

Overall, the Peace Lily is a great addition for any plant lover, particularly for those that find it difficult getting outside.

Chinese Garden of Friendship - Sydney

The Chinese Garden of Friendship was designed by Sydney's Chinese sister city, Guangzhou in China.

The garden is situated near Sydney's Chinatown which is at the southern end of the city, enhancing the existing Chinese heritage of the area.



The garden was officially opened January 17 1988 as part of Sydney's Bicentennial Celebrations and named the Chinese Garden of Friendship symbolising the bond established between China and Australia.

The Chinese Garden of Friendship is filled with beautiful bamboo plants and glistening waterfalls. The whole garden cannot be seen from any one point within the garden.



There is also a 'Hall of Longevity' featuring a range of dynasty dated porcelain and lacquer objects

The garden has a number of features including the Dragon Wall, symbolising the bond between New South Wales and Guangdong Province in China. The blue dragon in the water represents the state of New South Wales and the golden dragon in the skies represents the Guangdong Province.

Other features include The Water Pavilion of Lotus Fragrance, the Twin Pavilion and The Tea House that offers traditional Chinese tea and other refreshments.

The garden is also a popular venue for weddings and other functions.

Yamaroo Hostel Yackandandah

In 2009 the HTAV assisted in the development of two therapeutic gardens at the Yackandandah Bush Nursing Hospital (Yamaroo hostel).

The two gardens, a Sensory garden and a Spiritual garden were completed in 2011.

The following photo collage shows what they currently look like 10 years on, with photos showing the gardens after their initial construction, and what they look like now.

Yamaroo is currently looking at expanding its Horticultural therapy facilities with further developments of gardens at Yackandandah, including a community garden. We will keep you posted on future developments.



Spiritual Garden after construction 2011



Spiritual Garden now 2019



Sensory Garden after construction 2011



Sensory Garden now in 2019

Research articles from the International Society for Horticultural Science. (ISHS)

IMPACT OF GARDENING ACTIVITIES ON SPECIAL CHILDREN: A CASE STUDY

Authors: A. Riaz, A. Younis, A.W. Shah, S. Naveed

Abstract

Gardening provides the opportunity for interaction between people and plants, and helps to promote mental, physical and social wellbeing. Present research focused on perceptions of handicapped children, their parents and teachers regarding gardens and gardening activities. Information was gathered from 180 special children, their parents and 30 teachers from six special education centers in Faisalabad and Jhang cities in Pakistan.

English, Urdu or Punjabi language was used as required, in order to enable the respondents to respond with clarity and accuracy.

Findings:

Fifty-nine percent of the children enjoyed gardening at home which helped them to develop a closer relationship with their parents (85%).

Forty-six percent of children were happy to have fountains around them while 47% and 48% enjoyed flowers at school and home respectively, where they found these activities as a source of relaxation (54%), stress reduction (52%) and socializing (35%).



School garden program, Mumbai, India



School garden program, Bangalore, India

Due to all these benefits 95% of the parents and 77% of the teachers indicated gardening activities should be a part of the school curriculum.

Although 77% of the teachers were already discussing these activities with children, only 47% involved them practically, whereas 82% of them also suggested employing a Horticultural Therapist at school.

IMPACT OF A HORTICULTURAL THERAPY PROGRAM ON THE WELL-BEING OF LOW-INCOME COMMUNITY DWELLING OLDER ADULTS

Author: P. Perkins

Abstract:

Due to the exponentially aging population, it is becoming increasingly necessary to find effective, affordable, and easily implemented interventions for successful aging.

Informal use of horticultural therapy (HT) as an intervention is increasing with older adults, adding to anecdotal evidence of its positive impact. However, empirical research showing its effectiveness continues to be lacking.

This pilot study was conducted with two main goals.

The first: To repeat HT activities used in previous studies to form a structured HT program and,

The second: To determine the impact of a HT program on well-being, self-esteem, self efficacy, and social isolation on a group of community dwelling older adults.

A six-week HT program was developed using activities from an unpublished handbook, Horticultural Therapy and Seniors Using Herbs: A Manual for Recreational Therapists and Master Gardeners (Relf, unpublished).

HT activities were conducted weekly with three separate groups of community dwelling older adults. Measures of well-being (WHO-5 Well-Being Index), self-esteem (Rosenberg Self-Esteem Scale), self efficacy (Garden Experience Measure), and social isolation (The Friendship Scale) were taken before and after the program.

Treatment groups were compared to a waitlist control group on all four measures. The resulting analysis showed a statistically significant difference in self-esteem and some aspects of self efficacy of the treatment group over the waitlist control group.

In addition, participants feedback on their experience of the program proved to be overwhelmingly positive.

This HT program meets the criteria of an effective, affordable, and easily implemented intervention and will hopefully encourage further use of HT with older adults.



Aged care garden, Cobram, Victoria



Aged care garden, Ballarat, Victoria

Sandringham Hospital Gardens

Sandringham Hospital in Melbourne's south eastern suburbs is a multidisciplinary facility serving the local community.

Late last year, a new Day Procedure Centre was opened thanks to the support of the Sandringham Community Bank (A branch of Bendigo Bank) and large number of additional supporters.

The purpose built day procedure centre provides improved accessibility with a dedicated drop-off / pick-up zone, private spaces for patients to meet with medical staff pre-surgery, a waiting room and a recovery environment.

While some work has been done to improve the outdoor space adjacent to the Centre, much still is planned. One of the key gardening volunteers is Campbell Sinclair, one of our members, who provides us with updates on their progress.

Campbell has driven improvements to the gardens around the Hospital and is looking to create a recreational space outside the Day Procedure Centre to provide a therapeutic garden for patients and their families.



Formal garden at Hospital Entrance



Seating next to the front entrance

Campbell tells us, one of the biggest challenges is to provide tough, drought tolerant plants that provide a therapeutic benefit. As a consequence, he has used a mix of natives and exotics to provide shelter, colour, scent and an environment to attract birds and other wildlife.

Some of the plants include callistemons, manchurian pears, roses, hibiscus, cordylines, ginger lilies, bird of paradise, dietes, westringia, nandina, correa, echiums and many others.

The HTAV has been providing advice and suggestions to hospital management and the Hospital hopes to start work later in the year.

We will be watching with interest as to what unfolds over the latter part of the year.



Some newly established areas between the new Day Procedure Centre and the carpark

Therapeutic Gardening Short Courses

**Therapeutic Gardening Basic (One Day)
Saturday, 23 November 2019
9.00am – 4.30pm**

Holmesglen Institute, 595 Waverley Rd, Glen Waverley Registration: (03) 9564 1546
<http://www.holmesglen.edu.au> Short Courses, House and Garden.

Horticultural Therapy Association of Victoria
PO Box 369, Balwyn North, Vic, 3104
Tel: (61 3) 9836 1128
Email: contactus@htav.org.au
www.htav.org.au