

# The Bullet



GARDENING LEAVE

## The Friends of Gardening Leave Newsletter

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“ GARDENING LEAVE IS ALL ABOUT CREATING LIFE, INSTEAD OF DWELLING ON DOOM & GLOOM”  
 Veteran



### Message from the Chief Executive

We have had an eventful summer at Gardening Leave since the last Bullet with several notable 'firsts' – HRH The Duke of Gloucester honoured Gardening Leave Erskine with a visit in June, our first royal visit.

Brenda had the first Networking Day for potential referral agencies to visit Gardening Leave Erskine and find out more about our referral and assessment process and how it benefits the veterans who are being referred by an ever-increasing number of sources which include GP's, counsellors, service charities and healthcare professionals.

Tara had the first Taster Day at Gardening Leave Chelsea at the Royal Hospital for veterans to come and see what Gardening Leave is all about and meet Charlotte our new Trainee Horticultural Therapist and Ian, our Veterans' Travel Buddy and not to be outdone, Pamela and her team at

Auchincruive won another Gold Medal at Ayr Flower Show, our 3<sup>rd</sup> in 4 years!

Media and social networking coverage thanks to Emma Mason PR and Keith our Communications Officer continue to spread the word about Gardening Leave to new audiences and thanks to Bottletop and Nick Rowe, our new DVD can be found on our homepage.

Stevie and his team are making terrific progress in the Stovehouse – as he pointed out recently, they have stopped taking things apart and are now putting things together again – all very exciting!

I hope you enjoy reading this Bullet and as always, Thank-you for your continued interest and support.

Anna Baker Cresswell

### Inside: The Friends of Gardening Leave website



HRH Duke of Gloucester visits GL Erskine.



Veteran working on raised beds at Auchincruive.

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## On Location...

Catch up with all the latest news from our Gardening Leave sites

### Auchincruive

Gardening Leave Auchincruive was the first project and where head office is based.



Veterans who helped Gardening Leave win a 3rd Gold Medal at The Ayr Flower Show 2011.



Soldiers from 2nd Battalion The Royal Regiment of Scotland C Coy gave up their free time to come and help out for a day.

### Erskine

Gardening Leave Erskine the 2nd project to open, is situated within the grounds of Erskine Hospital.



The Networking Event which was held in August was very well received.



Rhubarb Grown for Erskine Hospital Kitchen by Gardening Leave.

### Chelsea

Gardening Leave Chelsea, within the grounds of the Royal Hospital Chelsea is the 1st Gardening Leave site opened in England.



Work on the new site next to the Infirmary has already begun.

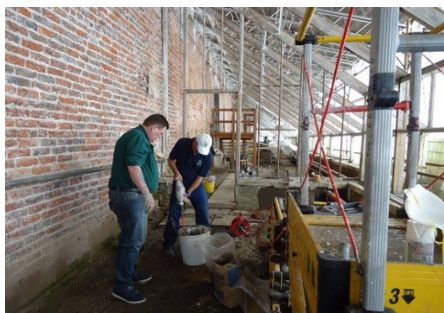


Harvesting crops on the terrace.





## The Stovehouse Project



Veterans help with restoration of the Stovehouse.



The Stovehouse under reconstruction.

The Stovehouse is an 84 metre long Victorian greenhouse situated in the Ornamental Gardens at Auchincruive. Our Stovehouse Supervisor Hugh 'Stevie' McAulay and his team of volunteers and veterans are making great progress with the restoration. As mentioned before they have stopped taking things apart and are now putting things together again with the repairs and when they are completed, we will be able to expand the scope of our therapeutic activity (especially in winter) to include art, woodwork and more valuable indoor growing space.

“WE TALK ABOUT ALL SORTS OF STUFF AND ITS GOOD TO KNOW THAT WE ARE IN THE SAME BOAT”

Veteran

“MY CONFIDENCE GETS BOOSTED WHEN I'M AT G.L AND 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”

Veteran

### Friends of Gardening Leave Website

Marion Blair has very kindly agreed to steer The Friends of Gardening Leave and the new website [www.friendsofgardeningleave.org](http://www.friendsofgardeningleave.org) which will be live in November.

This will be a means of people who support Gardening Leave getting together. The website will be password protected so that Friends can find out more about our work, get together to raise awareness and money for us and be a support for each other.



Marion at the official opening of Gardening Leave Chelsea at the Royal Hospital in April, 2011.

### Resources Expended

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

Veterans Attendance



AT GARDENING LEAVE

130

Veterans since 1st April have benefited from

1,819

Half day sessions of horticultural therapy

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# 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 help us maintain and improve our services to veterans.

## Become a fundraiser

Since our last Bullet many people have been fundraising on our behalf. A competition was organised at a local bowling club with the entry money being donated, a Fisheries Trust held a dinner and auction, people have kindly opened their gardens and raised money and we have even had a landscaping firm run a raffle during their annual company conference. The possibilities are endless and the more fun you have raising the money, the more people will remember you and Gardening Leave, the more money they will give. Donate online: [www.justgiving.com/gardeningleave/donate](http://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 contact Keith: [comms@gardeningleave.org](mailto:comms@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 and 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, its your time we need, not your gardening expertise.



“IT'S GOOD TO FEEL  
USEFUL AGAIN AND  
I ALWAYS LEAVE  
GARDENING LEAVE  
FEELING OPTIMISTIC  
ABOUT THE FUTURE”  
Veteran



GARDENING LEAVE

If you would like to receive the next issue of the Bullet April 2012 by email, we would be delighted as it would save us printing and postal costs! Please contact **Keith:** [comms@gardeningleave.org](mailto:comms@gardeningleave.org)

### Who we are

#### Chairman:

John Dalrymple Hamilton OBE TD DL

#### Chief Executive:

Anna Baker Cresswell  
[info@gardeningleave.org](mailto:info@gardeningleave.org)

#### Hon Treasurer:

David Quayle CA

#### Admin & Finance Officer:

Evelyn McGill  
[admin@gardeningleave.org](mailto:admin@gardeningleave.org)

#### Digital Communications Officer:

Keith Watson  
[comms@gardeningleave.org](mailto:comms@gardeningleave.org)

#### Horticultural Therapist Auchincruive:

Pamela Smith  
[ht1@gardeningleave.org](mailto:ht1@gardeningleave.org)

#### Fishing Co-ordinator:

Jamie Murray  
[fishing@gardeningleave.org](mailto:fishing@gardeningleave.org)

#### Horticultural Therapist Erskine:

Brenda MacKay  
[ht2@gardeningleave.org](mailto:ht2@gardeningleave.org)

#### Assistant Horticultural Therapist Erskine:

Wendy Bryan  
[aht1@gardeningleave.org](mailto:aht1@gardeningleave.org)

#### Horticultural Therapist Chelsea:

Tara Jeewoonarain  
[ht3@gardeningleave.org](mailto:ht3@gardeningleave.org)

#### Trainee Horticultural Therapist Chelsea:

Charlotte Richmond  
[aht2@gardeningleave.org](mailto:aht2@gardeningleave.org)

#### Veterans' Travel Buddy Chelsea:

Ian Ford  
[buddy@gardeningleave.org](mailto:buddy@gardeningleave.org)

#### Stovehouse Supervisor:

Hugh 'Stevie' McAulay

### Trustees

Clive Fairweather CBE

Linda Kitson MA (RCA)

Alastair Macmillan DL MB ChB MPH FFPH

Tolla Sutcliffe

David Chaundler OBE

Iain Whiteley

#### Gardening Leave Head Office

The Gardens Unit  
SAC Auchincruive  
Ayrshire  
KA6 5HW  
Tel: 01292 521 444

[www.gardeningleave.org](http://www.gardeningleave.org)