

Newsletter Winter 2018

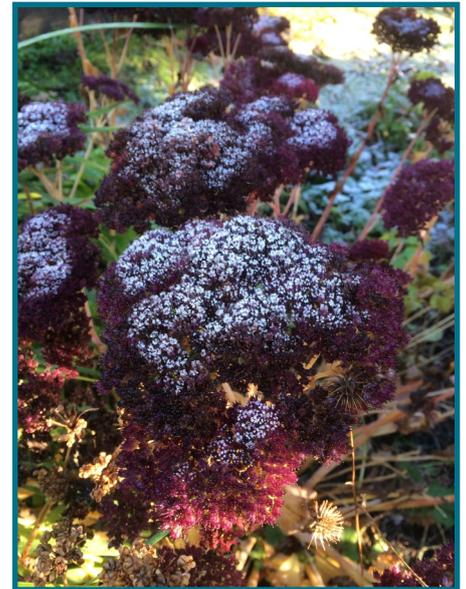
Festive greetings from us all at Martineau Gardens. Welcome to this Winter edition of the newsletter. Having a warm, dry Pavilion is contributing so much to Martineau Gardens. Overleaf, read about our 'Tuesday Gardening Group' who value this cosy space to meet. We're delighted that more community groups and individuals are booking the Pavilion for meetings and celebrations (we even hosted a Book Festival event). Not only has the Pavilion

refurbishment created a community space but it is earning an income which contributes to keeping these beautiful gardens open for free. With that in mind some of our venue prices are increasing.

Are you a craft or tradesperson with skills and time to give? We need electricians, carpenters and plumbers to help fix things. See: www.martineau-gardens.org.uk/volunteering/handy

we'd love to hear from you.

Gill Milburn, Director



Frost on sedum on a Winter's morning

The Pavilion Garden



It gives us great pleasure to announce the continued support from Jo Malone London. Martineau Gardens is creating a new Pavilion Garden, which will be located behind the refurbished Pavilion. The Pavilion Garden will provide extra tranquillity for those in need of a 'healing' space. People experiencing immediate mental distress often seek out quiet places at Martineau Gardens for some peace and calm, but can be disturbed by other visitors. With the

support of Jo Malone London, Martineau Gardens is turning a hidden and overgrown space behind the Pavilion into a tranquil haven. Work is taking place now and into the Spring. Staff and volunteers have created the design and are hard at work clearing the area – strong physical labour including digging up bricks, brambles and levelling. *Pictured here (L) Garden Volunteers dismantling the shed and (R) Miranda Kingston (Therapeutic Horticulturist) digging up bricks with Eden (Garden Volunteer)*

Diary Dates

*** Festive Stick Man Family Activity**
Thurs 20 Dec, 10am or 1pm, £10 per child (includes plush toy RRP £5.99). Advance booking essential, limited places left. Booking link on our website (listed below). *See story overleaf.*

Little Leaf Nature Play

Monday mornings (term time from Jan) 10.30am—12pm £6 per child (£4 sibling) outdoor nature based play for 1– 5 year olds. Call 07710 528 045 to book.

**Advance booking essential
Information and ticket links via:
www.martineau-gardens.org.uk/events*

Stop Press!

Read how Martineau Gardens has been profiled in a recent report about Gardens of Sanctuary, regarding our work with refugees and asylum seekers. www.martineau-gardens.org.uk/2018/12/sanctuary/



Festive greeting cards with Martineau Gardens scenes

Call into the Gardens to purchase, £4 for a pack of five or £10 for three packs. Log onto: martineau-gardens.org.uk/2018/12/festive-gifts/ all profits to Martineau Gardens

What is Martineau Gardens?

Our Therapeutic Community Garden is looked after by Volunteers, many of whom have mental health issues or learning

disabilities. Hundreds of school children visit the Gardens to learn about science and the environment. Every year, Birmingham people (now in their thousands) visit the Gardens to enjoy its peace and tranquillity. We host

events and courses and sell plants and produce.

Open: Mon to Sat 10am - 4pm, except Bank Holidays. Entry is free except for special events. *(Festive period: closed Fri 21 Dec 4pm, reopen Wed 2 Jan.)*

Tuesday Gardening Group



Thanks to funding we have received from a charitable trust, we have been running a pilot programme of social and therapeutic gardening sessions designed to improve the wellbeing of people living with dementia. Once a week, these volunteers came together in the Pavilion for supported sessions which included horticultural, craft and sensory-based activities. Martineau Gardens staff led the sessions and were supported by the huge generosity of some of our regular garden volunteers who came every week to enable the activities to be enjoyed by all. Together the group have planted up troughs with bulbs and plants, harvested potatoes, planted onion sets and made lavender bags. They have laughed, sung, gathered pumpkins, sown broad beans and pictured here, are Margaret and Sarah making a winter bird feeder together. Activities are being observed by a researcher from Coventry University and we hope her findings will be used in developing future programmes. Observations so far are extremely promising and in a focus group with carers, one person reported that the self-confidence the experience gave his loved one, lasted for two days after each session. She got so much from these pilot sessions that we are hoping to include her in our regular therapeutic horticulture programme.

Co-op support



We've got some great news! Once again, Martineau Gardens has been selected to receive funding from the Co-op Local Community Fund. Visit supporting stores to see how you can make in-store purchases count. Full story: <https://martineau-gardens.org.uk/2018/12/co-op/>

Festive gift from Martineau Gardens



We're pleased to see more visitors at the Gardens, most recently the Stick Man Trail has encouraged families to visit. Demand for our facilities and services including the therapeutic horticulture project remains high. Sadly we're not seeing a corresponding increase in donations. Give membership of Martineau Gardens — call into the Gardens to collect a notelet card (see illustration above), which includes a voucher for the Martineau Gardens' Friends Scheme to present to family or friends this Christmas. Individual is £20, family/joint is £25. Find out more here: <https://martineau-gardens.org.uk/2018/12/festive-gifts/>

Children at Martineau Gardens

With the cold, wet weather of winter, it can be hard to find meaningful family times, outside. Encouraging children to play outdoors takes some determination. Two initiatives at Martineau Gardens are ideal for younger ones. The Stick Man self-guided trail (open year round until Dec 2019) invites you to explore the Gardens with a trail featuring the popular picture book character. A special event is planned for Thurs 20 Dec— it begins with a showing of the Stick Man film in our cosy Pavilion, with a drink and a Stick Man biscuit. Then the children accompanied by carers follow the Stick Man Trail around the gardens and woodland, and we will finish by making a Stick Man Christmas tree decoration to take home. Each child will receive a small plush Stick Man toy (RRP £5.99). Tickets cost £10 per child, max 20 places (adults go free) and profits made go towards Martineau Gardens. Advance booking essential - read more here: <https://martineau-gardens.org.uk/event/festive-stick-man/> Join *Little Leaf Nature Play* each Monday morning (term time) for muddy, messy, creative play, natural craft and woodland games. The outdoor sessions (aimed at 1-5 year olds with their carers) run in most weathers. £6 child (£4 sibling). Contact the organiser Kaleigh Atkinson in advance on 07710 528 045 or littleleaf.fs@gmail.com.

Connect with us ...



How to contact us

Martineau Gardens, 27 Priory Road, Edgbaston, Birmingham B5 7UG

T: 0121 440 7430 E: info@martineau-gardens.org.uk

www.martineau-gardens.org.uk

Opening Hours

For visiting: Mon - Sat, 10am - 4pm

Volunteering: Mon - Thurs, 10am - 4pm

Volunteering for women: Fri, 10am - 4pm