

NORMANDY GARDENS OPEN DAY

The Therapy Garden will once again organise the annual 'Normandy Gardens Open Day', which will be held on **Sunday 26 June, from 1.00pm to 5.30pm.**



This year the Therapy Garden will again be the focal point of the day, with this also being the starting point. Programmes, which act as entry tickets to the 15 gardens that will be open, and raffle tickets will be sold from the Therapy Garden, as well as refreshments and plants. The programmes cost £4.00 each and children accompanied by an adult are free. The Normandy Community minibus will be available to provide a shuttle service around the village.

This is an exciting opportunity to see "over the garden fence" and see how other people enjoy their gardens, especially as there will be 3 new gardens open this year. I do hope you will take the opportunity to visit the gardens that are open on Sunday 26 June.

Alan Burchett
Centre Manager

CAKES FOR NORMANDY GARDENS OPEN DAY

Anne Seymour and her gallant band of helpers will again be providing refreshments for Normandy Gardens Open Day. We rely on the generosity of the local community to provide the cakes. Would you be able to help by baking a cake, and bringing it to the Therapy Garden during the morning of Sunday 26 June?

Your support will be much appreciated.

If you are able to help, can you please contact Anne direct on 01483 811182 or by email at anne.seymour1@gmail.com



Contact Details

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Glaziers Lane, Normandy,
Guildford, Surrey GU3 2DT
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email: admin@normandytherapygarden.org
Company No. 3665818
Reg. Charity No. 1076055
Registered office: Manor Fruit Farm, Glaziers Lane,
Normandy,
Guildford, Surrey GU3 2DT
Web address: www.normandytherapygarden.org



Read all about the new building on page 3.

A Seasonal Recipe RHUBARB AND LIME JAM



INGREDIENTS

1kg/2lb 3oz rhubarb, trimmed and cut into short lengths
Finely grated zest and juice of 3 limes
850g/1lb 14oz warmed sugar

METHOD

Place all the ingredients in a bowl, mix together, then cover with a plate and leave for 1 hour. Pour the contents of the bowl into a preserving pan and stir over a low heat until the sugar has completely dissolved. Increase the heat until the contents just simmer, then remove from the heat entirely. Pour everything into a glass or ceramic bowl, cover with a piece of greaseproof paper pushed down onto the surface and leave overnight in the fridge. The following day, pour the contents of the bowl back into the preserving pan and stir over a low heat until all the sugar has dissolved. Increase the heat and boil rapidly until setting point is reached. Skim if necessary, then pour into hot sterilized jars and seal.

DELICIOUS!

Penny Capps
Trustee

FLORAL WISDOM QUILT

Normandy Community Therapy Garden has been donated an exquisite quilt which has been made by the 'Normandy Praise and Patchwork' group. This is so that we can raffle or auction it to enable us to raise funds for our 'New Building' appeal.

The quilt is entitled "Floral Wisdom" and each panel depicts a well-known flower, with embroidered words of wisdom around it. Such is the outstanding quality of the quilt that the Trustees of the Therapy Garden have decided that they will put it on display and auction it at the opening ceremony for the new building.

The quilt was on show at 'Heritage Weekend' last September and there was a great deal of interest shown in it then. We are extremely grateful to the 'Normandy Praise and Patchwork' group for their hard work, kindness and generosity.

Members

Don't forget to show your membership card and claim your discount at :
SECRETTS GARDEN CENTRE,
Milford,
Godalming,
Surrey. GU8 5HL.
Tel: 01483 520550

NORMANDY COMMUNITY THERAPY GARDEN'S NEW BUILDING

Since I last reported to you on the progress of the new building in February, we have almost raised all the money needed to complete the inside of the new building. We just have £1,950 to raise to complete the fundraising for the £51,000 needed.

Our builder, John, has been working hard, almost single-handedly, and we now have the floor laid, electrics and plumbing completed, the kitchen installed, and second-fix carpentry finished. He has almost completed the decorations inside and we are waiting for a quote for the vinyl and carpets. We hope to move in to the new building by September.

Since the February edition of Cuttings we have been awarded the following grants:

Basil Samuel Charitable Trust £5,000; Clothworkers' Foundation £5,000; Garfield Weston Foundation £5,000; Guildford Borough Council £5,000; S C Johnson £5,000; Sir Cliff Richard Charitable Trust £500; StorAid £2,000; Surrey County Council Local Committee £2,000. The Trustees have also put £7,000 from reserves into this phase of the work, and community donations amount to a further £2,547, for which we are extremely grateful.

We have now commenced fundraising for the next phase of the project, costing £17,000, which is to re-landscape the external infrastructure around the new building to make it more accessible to both disabled and able-bodied people. We need to:

- adapt the heavy, steel, entrance gates so there is suitable pedestrian access to the shop and new building;
- provide paved pathways to the shop and building, and extend existing pathways once the old building is removed, with hand-rails, to provide safe access for service users and visitors;
- construct a patio area, which service-users can use at break-times, and for the local community to use when they visit;
- provide advertising signage for the new shop, and a notice-board, to make the local community aware of what is happening at the Therapy Garden;
- construct a short tarmac driveway for deliveries by lorries, and for residents who bring green waste to the garden in cars to be composted, so paved pathways are not broken, causing a trip hazard.

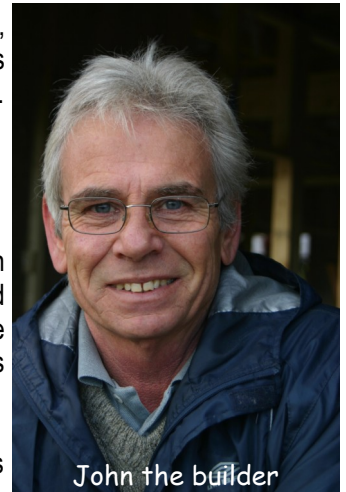
We were delighted to be awarded a £10,000 grant from the National Lottery through the Big Lottery Fund for this phase of the project as well as a £600 grant from the Woodroffe Benton Foundation. We now have to work hard to raise the remaining £6,400.

The final phase is for furnishing the new building including floor covering and blinds, computers and equipping the shop. This will cost £14,290. We could, of course, use the furniture from the old building. However, this was second-hand when the Charity opened its doors for the first time in 2003 and has become fairly battered over the years. We feel that our service-users, volunteers and staff deserve better, and believe that the time spent raising funds for this aspect of the project will be worthwhile and move the Charity into the next phase of its development.

If you are passing Manor Fruit Farm at any time do pop in to see what's happening. I'll be pleased to show you the new building.

If you would like to make a donation, either phone me on 01483 813846 or download a donation form at our website www.normandytherapygarden.org, and go to the article about the new building on the 'Latest News' page.

Alan Burchett
Centre Manager



More Seasonal Recipes - Roman Broad beans



Ingredients

- 200g new season potatoes
- 200g broad beans (shelled weight)
- 1 shallot/onion chopped
- 300ml white wine vinegar
- 45ml white wine
- sprigs of mint and thyme
- 335g unsalted butter
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METHOD

1. Put the potatoes on to boil and place another pan of water on for the broad beans. Whilst they are cooking put the white wine vinegar, thyme and onions in a pan and reduce over a fierce heat by half and remove the thyme.

Whisk in the butter cube by cube, whisking all the time until the sauce has reached a creamy consistency. Finish the sauce with the chopped mint and season to taste. Cook the broad beans, the potatoes should now be ready to drain. Mix the beans and potatoes together, pour over the sauce and serve

Broad bean Dip

Ingredients

- 1kg fresh broad beans in their pods
- 2 cloves garlic, minced
- 2 tsp ground cumin
- 1 tbsp lemon juice
- 2-3 tbsp olive oil + more to finish
- paprika or sumac (sour spice available from middle eastern stores)
- handful coriander leaves, chopped toasted pitta bread to serve

Method

1. Shell the beans and blanch for 2-3 mins until tender. Run under cold water then pop beans out of their grey skins by making a small tear and squeezing gently (this isn't essential but makes the dish a beautiful green as well as improving the taste and texture).

Place beans, garlic, cumin, lemon juice, olive oil and coriander in a food processor. Pulse a few times to combine but try to keep the texture slightly chunky. You can use a potato masher if you prefer. Taste and add salt and pepper as needed. Turn out onto a serving plate, drizzle with olive oil and sprinkle with paprika or sumac. Serve with toasted pitta.

Kate Millington
Trustee

To Volunteer or not to Volunteer?

That is a question I asked myself just over 18 months ago when I spotted the appeal from the Normandy Community Therapy Garden asking for more volunteers. With a background in nursing and a new-found interest in gardening I hoped I might be of some use! I contacted Alan, our centre manager, and the following week I had my gardening gloves on and started to familiarise myself with the workings of the Therapy Garden. I immediately felt welcomed by the staff and other volunteers and over the weeks got to know the members of Green School who we all supervise. There are some super personalities and what impressed me most was, despite their disabilities, the children on the whole are so cheerful. It is incredibly uplifting to see their skills and knowledge grow whilst having some fun along the way.

It has been one of the best things I have done since moving to the area and if anyone has a few spare hours a week, or every other week, I would urge you to consider joining our team of volunteers.

Penny Capps
Volunteer and Trustee

Gardening Websites

If, like me, you're long(ish) in the tooth and have built your gardening expertise up over the years, maybe you've come from the school of "that plant looked great in the garden centre, I just don't know why it died when I brought it home". Perhaps, then, you're also one of those people who are always looking for advice particularly when it comes to gardening and horticulture. Having seen my library of gardening related books grow over the years (yes I've bought them all), seen the magazine subscriptions come and go (but what do you do with the ones that you've read but are too good to throw away?) and the newspaper articles (you cut them out but can never find them again) I've now turned to the internet as a source of information and general guidance on what to do in the garden and when.

So I thought I'd share some of the useful websites I've found in the hope that other people would also find them useful. Alternatively if anyone has any other gardening related sites that they would recommend then I'd be very keen to hear from you and maybe we can put them in the next edition of Cuttings.

As a starter, of course, there has to be the BBC website: www.bbc.co.uk/gardening/. It is one of the best places to get information, to seek impartial advice and just be generally entertained. My one criticism is that it has too much information on it. I've read articles and seen things that I later went back to find but I couldn't locate them. I have also used the garden planning tool, the Virtual Garden option on the design page www.bbc.co.uk/gardening/design/. It proved to be a little limited as it assumed you already knew what sort of plants you wanted and simply wanted to see them in place. It also doesn't account for soil type, drainage, etc. I happen to have a front garden that is very well draining and hammered by the wind for most of the year. After 15 years of living in the village I'm still not sure what to do with it so if anyone knows of a good (free) garden planning tool with associated guidance, then I'd be very interested to hear about it.

Another site I use is the Daily Telegraph: www.telegraph.co.uk/gardening/. I find the articles just right to read whilst I'm having my lunch. I like the fact they give you links to other websites where you can buy the seeds/plants they mention. The downside, of course, is they get me enthused and next thing I'm ordering the pack of seeds that languish in the shed as I missed the window to plant them or I succumb to the bargain of 5 plants for the price of 3 and when they arrive I forget where I wanted to plant them. I have stopped reading the Readers' Comments at the bottom of the articles as they tend to be split between those offering enormous praise for a simple article, or those wanting to argue that the expert hasn't considered something vitally important in their 1000 words or less. An entertaining site if you're not looking for encyclopaedic knowledge and just want to read a few newspaper style articles.

Lastly, I would recommend one of the 'YouTube' channels called "Claire's Allotment". Go to www.youtube.co.uk and then type in Claire's Allotment.

They typically run for about 6 to 8 minutes and the latest episode I saw is episode 141 which is all about Planting out Pumpkins. I find the 'YouTube' channel very easy to use and I can succumb to it for hours at a time. Again, good to sit and watch whilst you're having your lunch or want to waste a couple of hours simply watching someone else do all the things you promised you would with your garden this year. There are plenty of people on there giving advice and a few good ones about keeping allotments. Worth a look.

I realise there are also many, many excellent sites out there for gardeners from the likes of the RHS www.rhs.org.uk/; the UK Gardening site that's been running since 1998 www.ukgardening.co.uk/; and a site that allows you to ask for advice in any areas you wish www.gardenadvice.co.uk/. The problem I've always found is finding something that offers the right amount of practical help without going into too much horticultural detail or trying to sell me things.

If you feel strongly about any websites and would be happy to recommend them, then please let me know - naseymour@hotmail.com."

Neil Seymour
Trustee

CENTRE MANAGER OF THE THERAPY GARDEN

As some of you will remember, in the summer of 2009, Ann Adey resigned as Centre Manager of the Therapy Garden, having founded the Charity back in 1998.

At that time I was a Trustee and, to 'fill the gap' until a new Centre Manager could be appointed, I volunteered to 'come out of retirement' and run the Therapy Garden in the short term.

Since then, working closely with the staff and Trustees, we have moved the Charity into the next phase of its development, building on everything that Ann created, with a new Centre building almost completed, increased numbers of clients and Green School students, more volunteers than ever before, and new systems and procedures in place.

However, the 'short term' has now become the 'long term' and it was never my intention to remain in the post for any more than a few months. I feel that it is now the right time for the Trustees to appoint a permanent Centre Manager to continue with the development of the Charity.

I have so enjoyed working with Trustees, staff and volunteers who are dedicated and committed, as well as with our adult clients and students with special needs, but retirement is calling me back!!

The Trustees will be appointing a new Centre Manager early in June, and as soon as an appointment is confirmed, members will be advised.

I wish the Charity, and everyone involved with it, every success for the future

Sincerely

Alan



WOULD YOU LIKE TO WRITE AN ARTICLE FOR CUTTINGS?

In order to add more variety to the articles in Cuttings would you, as a member, like to write an article for the next edition of "Cuttings", perhaps about any aspect of gardening that you are particularly interested in, gardening tips that you can offer, gardens you have visited, or anything else that is relevant.

If you would like to, please email the article to me (Alan Fowler) at admin@normandytherapygarden.org and, if you want to include a photo, just email it together with the article.

Finally a note from the editor

Should I call this the cooking edition?
I can't claim to have tried the recipes yet but I am certainly planning to. Despite the dry weather I have masses of rhubarb and broad beans from my allotment at present.

I am very grateful to those members who have sent in ideas for Cuttings. Perhaps you could write something for the next edition - maybe a seasonal recipe of your own (think autumn) or perhaps a tip for success in your garden that you could share with others.

I am sorry to see Alan wishing to stand down now. We always knew his tenure would not last long and we have been very fortunate that he was willing to step in when Ann resigned. He has moved the charity forward most successfully during his short reign. He should feel proud of what has been achieved under his guidance.

Alan Fowler. Editor