# Triangle Community Garden

Created and cultivated by people of all ages and abilities at Ransom's Rec Hitchin, Herts

# Annual Review 2019-20

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Thanks to Illustrator Polly Wyer for her pro bono work on our new-look logo.

## Welcome to our Annual Review for 2019-20

This is the year the Triangle Garden should have been celebrating its 20th anniversary and the Pavilion its 10th. However it's never good to dwell on what might have been, and a missed anniversary is a very small problem to have had. Let's focus on the positives:

So, what have we gained from this year of loss and trauma? What are the silver linings to Covid-19? For me there are two things that stand out: the massive public awakening around the importance of nature in our lives, and the significant re-evaluation of the contribution made by those who work in care.

We were all no doubt made quite emotional by the 'clap for carers' initiative in streets across the country during lock-down. But how will that sentiment manifest itself in terms of carers' pay in the months to come; most carers only receive the national minimum wage, even in a wealthy, expensive county like Hertfordshire. We are incredibly lucky to have a highly skilled and experienced team of people running our sessions, and we pay them well over the living wage, but I do wonder whether it's right that a cleaner can earn more than a trained horticultural therapist. These strange times bring our values into sharp focus.

Which brings us back to the value of nature in our lives. Since the enforced curtailment of normal life we have become much more aware of the seasons and natural activity around us. People have rediscovered walking, cycling, gardening, foraging and just the therapeutic benefits of being outside. And nature has reacted too - to the lack of traffic, the reduced air pollution and the hiatus in human interference - by proliferating in unprecedented ways across the world.

So if we're wise we'll view this as a wake up call to put a value on nature beyond economics, and to work hard to prevent the collapse of the ecosystems that support us.

But what has this got to do with the Triangle Garden I hear you ask? Well it's what we're all about:

**Our vision:** A community where people feel happier and more fulfilled through a connection with the natural world and an understanding of our place in it.

**Our values:**
**Connect** – bringing people together through gardening and nature
**Grow** – helping people to develop and learn by sowing the seeds of interest in a healthier and more sustainable world
**Enjoy** – making lives better – with a smile!
**Respect** – caring for our planet and valuing people for who they are and what they do.

Before I sign off I'd like to say goodbye and thank you to longstanding staff member Avril Frost and recent trustee Lexi Turner for their greatly valued contributions to our work and to welcome new trustee David De Smet.

And finally I'd like to pay tribute to all those in our wonderful Triangle Garden community – to our staff, trustees, volunteers, gardeners, participants and supporters. Without your dedication, care, determination and resilience, the Triangle Garden and its projects would be a very different place. Thank you

Vicky Wyer, Chair of Trustees

**Find out more at www.trianglegarden.org**

Triangle Community Garden: Registered charity No 1145243, Company Limited by Guarantee No 07676360For more information please contact Liz McElroy on 07887 725962, email liz@trianglegarden.org or write to Liz McElroy, Triangle Garden Project Manager, c/o Htci 27 Churchyard, Hitchin, SG5 1HP

# Growing Ability Projects

Never before has our project been of such benefit and importance to so many people in our community. With the life changing effects we have all been immersed in throughout the pandemic, individuals have come together to form stronger bonds of solidarity and register their appreciation towards the continued support and development of our projects.

From small beginnings in 2009, our service for adults with learning disabilities has branched out into three projects under the Growing Ability Programme (GAP) umbrella: Growing Ability, Growing Gang and Growing Health.

All our GAP projects use the principles of social therapeutic horticulture to improve the well being, self esteem, resilience and life skills of participants. The benefits are many and varied and never more apparent than in this last year:

- Better physical health through exercise, healthy eating and sharing insights
- Improved mental health through a sense of purpose and achievement, mutual support and positive reinforcement
- The opportunity to connect with others – reducing feelings of isolation or exclusion
- Acquiring new skills to improve confidence, resilience, and the chance of finding volunteering or employment opportunities
- Just feeling better for being outside and in touch with nature.

Growing Ability is the cornerstone of our social therapeutic horticulture work. Using gardening tasks and the outdoor environment, our horticultural therapists build a set of activities for each participant to improve their particular health and wellbeing needs, and to work on certain goals they want to achieve.

Growing Gang is a progression opportunity for those who are ready for more practical work-experience such as helping to grow produce on our allotment and maintain community spaces including the Triangle Garden.

Growing Health aims to promote active, healthy living. Sessions include physical exercise, food growing and shared support around healthy eating, fitness, mental health and weight management. One of the key activities of this session has been the group preparation of a healthy meal using fresh ingredients grown on our allotment, and eaten together at the Pavilion.

Our weekly half-day sessions run at a minimum staff to participant ratio of 1:3, with volunteers providing additional support.

2019 was the tenth anniversary of Growing Ability. We marked this auspicious occasion in a respectful and inclusive way, with a special open air Harvest Lunch outside the Pavilion. Blessed by beautiful weather, we were able to share our harvest from the allotment and celebrate the achievements and friendships we have made over the years. Staff, volunteers, family members, trustees, participants and supporters gathered together, creating happy memories to keep us going in the months to come.

In October, our annual tradition of celebrating Hallowe'en (and Holly's birthday) was marked by carving pumpkins grown by Katherine, Marc and Holly and making the pulp into pumpkin soup. November saw us gathering our precious leaf mulch for composting and coming together around the brazier at the allotment for hot chocolate and marshmallows between biscuits – a wickedly sugary one-off in our healthy eating calendar! In December arts and crafts sessions were interjected with festive culinary delights including a meal out at the Millstream Pub (These sessions were all led by Avril, Rachel and Steve as I was on Jury service for the month.)

In early 2020 we had a PAMMS inspection (one of the requirements of being an accredited provider of adult social care). I'm delighted to say that we were awarded a Good, with Excellence in safety and safeguarding. The only element requiring improvement was staff support/suitability of staff qualifications. Although our staff have years of experience in working with adults with learning disabilities, some had had no formal social care training. As a result we have arranged for all our staff to complete the Care Certificate.

All the while in the background last year we were working hard to plan out how we could run our service under the terms of the new Herts County Council social care contract, more specifically under the financial restrictions imposed by the proposed hourly rates which only cover half our costs. This is an ongoing concern.

**Find out more at www.trianglegarden.org/growing-ability**

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# Growing Ability continued

At the beginning of this year we were running two Growing Ability sessions, one Growing Gang and one Growing Health session and had four staff members. With attendance slowly building at all our projects we had hopes of starting a fifth session in the summer and were offered a third allotment at the Ransoms site (on loan from a supporter).

Then Covid-19 emerged, and as fast as we risk assessed and adapted to new regimes of frequent cleaning and 'catch it, kill it, bin it', the virus with all its unknowns at that time, overtook the country. Work from home was imposed, schools closed, and the vast majority of our participants went home to their parents or began shielding in their residential settings.

Our last session pre-lockdown was 11th March 2020 and in April all staff began their furlough leave. Although unable to see each other, volunteers, staff and participants were able to stay connected in lockdown via phonecalls, group messaging and video calls. Volunteers gave their time to sow seeds, write poetry and take photos for those that couldn't get out and see the allotment and Triangle Garden on their daily exercise.

When we returned in July, as restrictions lifted, we were able to see the results of all of the dedication and commitment put in by our volunteers during lockdown. We also felt a new connection of belonging; coming back together, becoming stronger through the adversity even though we had not been together physically for so long. This paved a way for an easier transition for our Growing Ability gardeners to return. Fruit and vegetables growing and the sites looking cared for. Members feeling a connection. Individuals who were isolated and not able to see friends and family have said how important being back has been and how much they value reconnecting with their friends.

One of our service users said 'It is different [being back] as we work outside all the time. I feel safe and I am enjoying having things to do, like when in lockdown I thought that was it, I was so concerned about going out - I didn't do much or go out. It's really nice to see everyone. The first week I was quiet - I hadn't seen anyone else. It feels nice.' He added that it was 'emotional [being back] – in a good way'.

The impact of our project has never felt so important. The connection and support that has been established over the last 10 years has resulted in the ability to go forward to support each other to manage social anxiety as life moves into a new stage.

Since July, thanks to block funding from HCC, we have been able to restart our sessions incrementally, reducing their duration to allow for the extra cleaning time required and merging the projects to capture the best elements of all three in each new session. Some activities like cooking and sharing food are obviously restricted at present. As we are only a small staff team, having 'bubbled' sessions has not been possible but we are taking every recommended precaution to avoid transmission. Volunteers are returning now that we are all able to navigate social distancing on the allotment in a safe and confident way.

Wet weather sessions were previously held inside the Pavilion but due to the ever-changing Covid restrictions, we want to limit time spent inside and have applied for a grant from Herts Community Foundation (HCF) to build sheltered spaces on the allotment in areas not used for growing.

The shelters will provide protection from the elements and give our projects a secure future. We are encouraging all our participants and volunteers to be involved in the preparation and construction, which will develop individuals' resilience and confidence. We're looking forward to being able to provide a safe and secure environment for everyone, a place to heal and recover. Further outcomes we aim to achieve through this project are:

- **Physical and mental wellbeing** – year round outdoor sessions will allow us to continue our vital work to improve physical and mental wellbeing.
- **Reduction in social disconnection and loneliness** by providing areas for our community to meet and connect through activities, thus reducing social isolation.
- **Sustainability of our projects** – The provision of the shelters will enable us to continue and expand the capacity to run more sessions
- **Safe spaces for community activities by others** eg Nature's Rainbow with their dye-plant workshops

**Find out more at www.trianglegarden.org/growing-ability**

# Growing Ability continued

**To find out more about Growing Ability please contact Liz McElroy on liz@trianglegarden.org**

After over ten years of dedication, and a driving force behind the success of our Growing Ability Project, Avril Frost has retired. Avril has been greatly missed as individuals have come back gradually to hear the news. We are very grateful for all of her support and friendship over the years and wish her the very best for her future.

We have also had to say goodbye to one of our service users, Helen, who has moved away but has kept in touch with us online.

After nearly 9 years of keeping the Pavilion clean each week, Sean decided to step down from his cleaning job last year. Since the cleaning requirements have increased so dramatically in recent months we have had to change our practices and Jeremy has also stepped down. It has been a pleasure working with both of them.

Our thanks and appreciation:
My overwhelming feelings of gratitude towards those that have supported us throughout lock down and beyond, extends to the families, support workers, volunteers, our trustees and staff, without whom this whole experience would have been so very different. We were able to step back to our project in confidence and to look forward to a future of transition and hope.

I would like to start by thanking Vicky Wyer our Chair of Trustees who co-founded the Triangle Garden back in 2000. Vicky has worked tirelessly on the HCC tender bid, alongside Fiona Dolman, Andrew Green our Treasurer and the other trustees. She has overseen a smooth transition for staff in and out of furlough and has been a huge support throughout this year, keeping our projects ticking over during lockdown and beyond.

My thanks also go to Yolanda, Fiona, Vicky, Avril, Rachel and Steve for their support with our PAMMS inspection in February. And to Margaret for her invaluable support with monthly payroll, financial administration for all of our service users and so much more.

Thanks to Fiona, Gill and all the volunteers who kept the allotments tended through the lockdown period and beyond. I would also like to thank everyone who contributed to the Thursday and Friday Garden Club. Their work and dedication meant that our return was less traumatic as we were not faced with an overgrown 'lost garden'.

Our groups have benefitted this year from the continued support and volunteering by staff at Crane BSU Ltd, based in Hitchin. Crane volunteers completed the rebuilding of the allotment raised beds in 2019 and the outdoor sink unit they built for pot-washing has been invaluable as a handwashing facility.

To our session volunteers, Carol, Jane, Judith, Yolanda and Lesley for their ongoing support throughout the year, without whom our sessions would be quite different. Their enthusiasm. commitment and support make such a difference and is very much appreciated by staff and our gardeners throughout the sessions.

To Yolanda for her support with funding bid writing, especially recently for our most recent HCF bid towards new shelters.

To Steve and Rachel who have both been a tremendous support throughout lockdown along with Avril; connecting and supporting with each other and keeping in contact with our GA gardeners and Garden Club members. Their enthusiasm, energy and commitment has so far lead to a smoother transition back into the running of our sessions. I thank them so very much.

Thanks also for the support from families and support workers who have helped with staying in contact through lockdown and have helped secure a safe return for our Growing Ability members.

Our gratitude extends also to Herts County Council and HCPA (Hertfordshire Care Providers Association) who have kept us up to date with current issues and provided us with extensive training opportunities and support.

And finally...
As our service shrinks once again with the enforcement of 'new national measures' this month, we look forward to welcoming back as many service users as are able to return in December and the New Year. For those that are not able to join us yet we look forward to staying in touch and sharing our news from the allotment.

Liz McElroy, Project Manager

**Find out more at www.trianglegarden.org/growing-ability**

# Garden Club

COVID -19 has had an impact on every aspect of our work at Triangle Garden, including the Garden Club. This section reflects on the year more broadly and also talks about the impact of COVID on our activities during 2020.

Garden Club normally meets every Friday morning 10am-12.15 for some gentle social gardening. It is open to anyone and its purpose is to maintain and develop the Triangle Garden and Forest Garden. Members benefit from learning new gardening skills, meeting new friends and being active in the fresh air, while making a positive contribution to the community. There are also regular trips and outings to gardens and shows. A very important part of the Garden Club experience is the cuppa, cake and chat at the Pavilion at the end of each session!

Garden Club has met most Fridays throughout the year, excluding holidays and for bad weather. During lockdown, members made individual visits to tend the allotment as part of their daily exercise. Volunteer numbers have remained fairly constant through the year, with 14 volunteers and an average of 8 people attending each week.

After a difficult end to last year with a spate of drug-related antisocial behaviour at the Garden, we sought the help of the community police and the problems seem to have abated.

This year we've spent time focusing on new projects and have started to build a herbarium, which has involved pressing plants in the garden at different stages of the year to build a full record.

We've also taken on a new allotment plot and a number of volunteers have focused on developing it. Our allotments have produced a lot of vegetables and provided a great deal of respite for the volunteers through the year.

Once lockdown ended, we began to welcome volunteer groups back, initially running 2 sessions with a maximum of 5 volunteers on Thursday and Friday afternoons to enable us to provide a COVID secure environment.

When restrictions eased the groups were keen to get back to the normal Friday morning sessions, with an average of 7/8 people attending each week, generally split into two groups across our sites. We are also looking forward to finally building our cold frames with a grant secured pre-lockdown from charity Bite Sized Pieces.

We have also been working with Groundwork Hertfordshire, providing a 6 week programme for their 'Get Outdoors Get Active' sessions, aimed to provide work experience for Syrian refugees and local unemployed people.

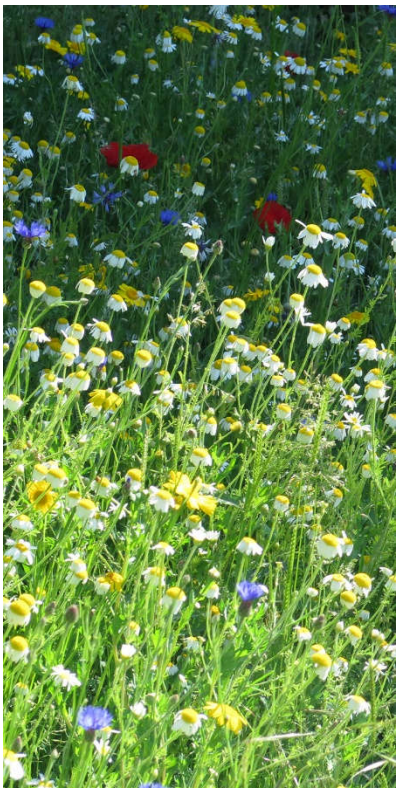
Due to the impact of COVID-19 we left the Forest Garden to evolve naturally for much of the summer, with little intervention from our group. It seems to have worked and the garden has fared well, with a good harvest of almonds, quince, mulberries, medlars, primarily due to a long summer with a fair amount of sunshine and rain.
A number of volunteers have been working to remove the weed-block membrane that was laid when the forest garden was first planted, as it is now hampering herbaceous growth.

Our group outings this year included a pre Christmas trip to London, visiting the Crossrail Garden at Canary Wharf, St Dunstan's church garden and finally the Sky Garden to see London lit up at night. We also visited the Cambridge Botanical Winter Garden in February.

Since March 2018 Garden Club members have been joined once a month by volunteers from Crane Building Services & Utilities. This has continued throughout 2019 and 2020 (excluding lockdown). Groups of four Crane employees have helped carry out a range of tasks including repairing the willow maze and building a bug hotel in the garden. It has been wonderful to have this help and we are very grateful to the Crane team for their ongoing commitment and support. I'm really pleased to report that Crane volunteer days have restarted and the first day was spent building an impressive stag beetle habitat.

I would like to thank Steve Granger, who skilfully leads Garden Club every week, imparting his knowledge and humour, Rachel who supported us through the summer, the volunteers who kept the allotments going during lockdown and of course the volunteers who are able once more to show up, rain, shine or storm, on a Friday and who make the Garden Club the wonderful place that it is.

Fiona Dolman, Garden Committee Chair



**To find out more about Garden Club please contact Steve Granger on steve@trianglegarden.org**

**Find out more at www.trianglegarden.org/community-gardening**

# Events and workshops

As you can imagine this year's piece on events and workshops is going to be quite short! 2019's successful Apple Day and Halloween activities boded well for 2020 and we were delighted to welcome Tim Star to the events committee to step into the gap left by Karen Shields. A well-attended series of autumn activities including our ever-popular bat walk and Christmas wreath workshops were due to be followed by March's quiz night but we pulled the plug on the event as the effects of the pandemic in Italy heralded what lay ahead for the UK. We're very grateful to all those who donated the cost of their quiz tickets to helping us stay afloat.

Since then despite our 20th anniversary, the only events we have been able to hold have been our Foraging Walks which, with reduced numbers, complied with the Rule of Six. Despite having to increase the standard rate to cover our costs we kept the concessions rate at £10 to maximise participation.

We were very grateful for the opportunity to share a virtual version of Benslow Open Gardens on social media – fingers crossed the real thing will be possible next year. And thanks to our long standing links with local bee charity Buzzworks we were able to take advantage of their monthly farmers' market stall in Hitchin to sell our apple juice, sales of which usually rely heavily on our community events. This year's apple crop was a good one and although group picking sessions were not possible, many of our usual 'apple donors' did us proud with their contributions.

Our small events committee has been far from idle this year with plenty of preparation work going into events that sadly couldn't happen. Regular zoom meetings have kept us going amid the added joys of home-schooling and ramped up 'proper jobs' for many of us.

Even with no events to run, we know that we need more members for when restrictions allow us to get something up and running. So if you're interested in joining us please get in touch via events.trianglegarden@gmail.com

Scarlett, Vicky, Mel and Tim,
Events & workshops committee

# Ransom's Pavilion

After 2018's injection of funding and TLC to our wonderful little Pavilion, we were able to really capitalise on its community value last year with a full calendar of workshops planned by Tuuli Parker Jewellery and dye-plant experts Nature's Rainbow, not to mention the children's parties that usually book out weekend afternoons.

However, standing empty from March to July, although only 4 months, seemed like forever. But the good news is that the Pavilion is a well-designed well-ventilated little building, with windows and air-source heat pumps in every room, bringing outdoor air inside whether on heat, air-condition or just fan.

As Tuuli Parker found when she restarted her jewellery workshops over the summer, using both the main room and the kitchen can accommodate up to seven people at 2m physical distance, and of course masks can be worn for short bursts of closer demonstration work when necessary.

To be financially viable, our Growing Ability sessions need to accommodate up to 6 service users, 2 members of staff, 1 volunteer and often at least one service user's personal care worker. At a potential total of 10+ people in a session, the Pavilion is simply too small to be safe for Growing Ability at present, particularly given the capacity of some of our participants for social distancing. This is why we're seeking funding to build new open sided shelters on the allotment.

With Pavilion cleaning work taking place each and every day now (Liz uses the space as her office and the toilets are still used during sessions), the weekly clean became redundant and with it Jeremy's Friday morning job, Sean having moved on last year. We thank them both for their good work over the years, ably supervised by Liz. We look forward to a time when the Pavilion can fulfil it full potential once more.

Vicky Wyer, Premises & Safety committee

**Find out more at www.trianglegarden.org/get-involved**

# Treasurer's report

The year was dominated by the impact of COVID-19 on our activities, and those effects are likely to continue well into the next financial year.

Fundraising was significantly curtailed. Whilst Apple Day and Halloween in 2019 were successful, we have been unable to run any of our other usual fundraising events, notably the Open Day. Options for alternative fundraising activities were considered but with TCG staff on furlough, volunteers unable to meet, and uncertainty around every corner, there have been no new initiatives for filling the sizeable hole in TCG's income.

Our pavilion has also been an important source of income in previous years – generating fees from use by local community groups and classes, and hosting TCG workshops. With the pavilion closed for many months, and with ongoing Government restrictions on the number of people that are allowed to meet, this source of income was also drastically reduced this year.

Fees from clients were also vastly reduced due to the suspension of sessions during lockdown. Even since the pavilion could be re-opened, fee income has continued to be limited by the need to ensure safeguards were in place which have restricted the ability to run sessions as normal.

Our survival was helped in large part due to both the Government's furlough scheme and also a discretionary grant of £10,000 that we received from North Herts District Council in June. Our thanks to the Council for their approval of the grant and speedy distribution of funds.

Without these financial supports, we would have undoubtedly ended the year with a significant deficit and would have been questioning our ability to continue. As it is, we have finished the year with a surplus of just over £5k which has bolstered our reserves and put us in a much better position to weather the difficulties ahead.

As noted, we relied heavily on the furlough scheme to ensure that our dedicated and expert staff could be retained during the lockdown. This was essential if we were to have any chance to re-opening and starting our activities again. Our thanks therefore goes to all of the staff who have worked so hard, in the lead-up to lockdown and in the large amount of work that was needed once we re-opened – from undertaking risk assessments to developing and implementing COVID-secure practices in order to keep clients, staff and visitors as safe as possible.

However, we are not out of the woods yet. The year ahead is full of uncertainty, not only due to the ongoing impacts of the pandemic and the threat of further restrictions, but also due to the outcome of Herts County Council's new tendering process.

HCC were in the process of changing the tendering framework and the fees it would pay for residents to attend a broad range of adult social care services, when the pandemic struck. The process was paused for a number of months but has been re-started and is expected to conclude within the next few months.

Having made strong representations to HCC highlighting how their proposed standard rates did not properly take account of the nature of TCG's services and its costs, we are disappointed that they continue to push ahead with a rate structure that would not cover the costs necessary to run our sessions. At the very least, this may mean a restructuring of how we run our sessions plus a focus on identifying potential new client groups (and areas outside the county) that we have not previously catered for.

Looking ahead, we envisage that 2020/21 is likely to result in a substantial deficit unless sessions can return to previous levels and expand, and our fundraising activities can begin again safely. In the year ahead we are likely to be heavily reliant upon charitable grants and donations if we are to avoid drawing upon a large portion of our reserves.

Abbreviated accounts are included with this report. The full accounts in the format required by the Charities Commission are available on our website.

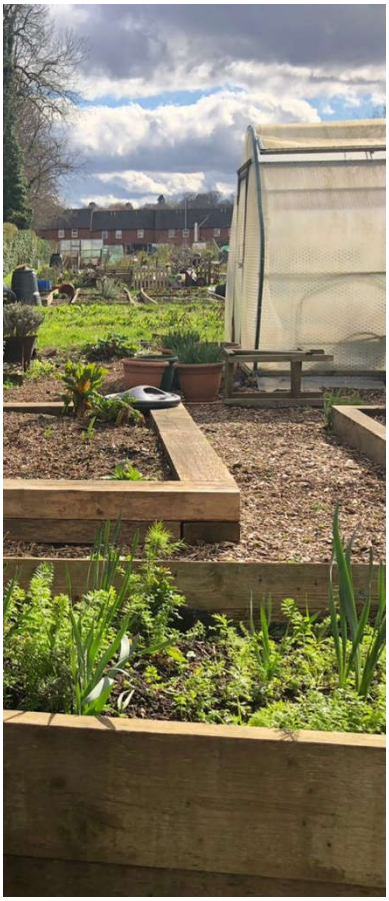
I'd like to thank Margaret Byrne for her sterling work keeping our accounts and navigating the furlough system, and to all those who have made donations this year particularly St Mark's Church, and all the Friends of the Triangle Garden whose donations totalled over £360 this year.

Andrew Green – Trustee & Treasurer

## If you'd like to help the Triangle Garden get through the next year why not become a Friend?

Please visit our Virgin Money Giving site and sign up for a monthly donation of your choice. Even £2 a month makes a huge difference to us!

Become a Friend



**Find out more at www.trianglegarden.org/get-involved-friend**

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# Financial Report

**Triangle Community Garden**
**Income and Expenditure for the year ended 31st August 2020**

| | TCG and Pavilion | GA Group | Capital Fund | Total | Last Year |
|---|---|---|---|---|---|
| **Income from:** | | | | | |
| Donations and Legacies | 362 | 326 | | 688 | 3911 |
| Grants | 1127 | 4061 | 5112 | 10300 | 1000 |
| Fundraising | 3932 | 0 | | 3932 | 10334 |
| Investment Income | 0 | | | 0 | 1 |
| Charitable Activities | 2825 | 24454 | | 27279 | 29123 |
| Other Income | | | | | |
| **Total** | 8246 | 28841 | 5112 | 42199 | 44369 |
| | | | | | |
| **Expenditure on:** | | | | | |
| Raising Funds | 1869 | | | 1869 | 4096 |
| Charitable Expenditure | 6377 | 28841 | | 35218 | 35833 |
| | | | | | |
| **Total** | 8246 | 28841 | 0 | 37087 | 39929 |
| | | | | | |
| **Net Income** | 0 | 0 | 5112 | 5112 | 4440 |
| | | | | | |
| **Net Movement in Funds** | 0 | 0 | 5112 | 5112 | 4440 |
| | | | | | |
| **Total funds Brought Forward** | 15957 | 2422 | 2361 | 20740 | 16300 |
| | | | | | |
| **Total Funds Carried Forward** | 15957 | 2422 | 7473 | 25852 | 20740 |

Our Growing Ability tenth anniversary Harvest Lunch group photo: with Liz (3rd from left), Rachel (4th from left), Vicky (6th from left), Avril (far right), Carol (next to Avril) and Yolanda (4th from right)

You can find more photos on our Instagram and Facebook pages.

**Find out more at www.trianglegarden.org**