



THE
ALNWICK
GARDEN
TRUST

Elderberries

July 2021 – November 2021



The Elderberries Programme is co-ordinated by The Alnwick Garden Trust with the aim of making Northumberland a great place to grow old, be active, take steps to positive mental wellbeing, keep learning, and stay connected.

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We have collated this brochure with the best intentions of the dates remaining relevant and correct. However, please be aware these may be subject to change at short notice in line with government guidelines.

Welcome to our programme

There is no doubt that the past 16 months have been a challenging time for us all-it has caused distress, worry and change, but also provided an opportunity for people to reassess their priorities. It has brought into focus the importance of taking care of our health and wellbeing, and staying connected to our friends and family which is promoted through The Elderberries Community Programme. We work to address loneliness and isolation for people aged 55 and over living in Northumberland, by offering local people access to projects, events, services and opportunities. It aims to promote a sense of wellbeing and a healthy, fulfilled quality of life. It is now time to look forward to a brighter future.

The Alnwick Garden is a registered charity that places people at its heart, whether they are individuals or part of a community. We gratefully acknowledge the generous support given by The Stuart Halbert Foundation and The Kalvi Trust.

Health and Self

Offers weekly exercise classes, a walking group and foot treatments. Afternoon health talks which bring people together to build new friendships. We also offer seasonal parties and tea dances, and we hope we will be able to offer our large events again in the coming months.

Gentlemen's Garden

A weekly session that encourages gentlemen to socialise, share traditional skills, and learn new ones, while working on their own allotment plots under the guidance of George Swordy, Deputy Head Gardener.

Blooming Well

Twice weekly sessions aimed at people with early stages of dementia and their carers. This project focuses on keeping people active, connected and supported in living well with dementia.



Exercise Session

We aim to keep our sessions accessible and open to all, however, due to Covid restrictions we may need to consider pre-booking if the groups are too large. Please bear with us as we make changes where needed.

Pilates

Starting week beginning 19th July
Monday 9:15 - 10:15am - Samantha Kelly
Monday 10:30 - 11:30am - Traci Robertson
Wednesday 9:15 - 10:15am - Sophie Hastings

Yoga

Starting week beginning 19th July
Wednesday 10:30 - 11:30am - Sally Brown
Sally teaches the slower yoga styles of Hatha and Yin as well as yoga Nidra (yogic 'sleep'), chair yoga, mindfulness and relaxation. Her classes are informal and down-to-earth and the aim is to make yoga welcoming to as many people as possible.
Sessions held in the Pavilion Room

Mixed abilities

All welcome. As an anti-Covid precaution please bring your own yoga mat. Alternatively, borrow one for a 6 week period then return or purchase from Elderberries when you arrive.

£4 per session – to be paid in Admissions prior to the session

Pedicure Aromatherapist

Provided by Marjorie Turner

Every Monday 10:00 – 12:30pm

Starting 19th July

£12 for half an hour session includes:

Toenail clipping

Rough skin removal

Hot foot massage

Please arrive on time and wait outside until invited into room

Held in the Elderberries Room

Call 01665 511350 Option 1 to make a booking

Walking Group

Every Friday 10:00 – 12:00pm

This session is suitable for mixed walking abilities and runs regardless of the weather, so please dress appropriately. Meet in the courtyard at main garden entrance for a relaxed and friendly local walk, no booking required.

Donation for refreshments welcome





Tea 'n' Tech

Elderberries Room

Starting 21st July

Wednesday 10:00 - 12:00pm

Do you need help using your phone, sending emails, taking/finding photos with your mobile device? If so, come along to a friendly volunteer-led session on basic IT technology skills. Call in for a cuppa, relax, learn and gain knowledge about using different IT gadgets. Bring your phone, iPad or other device—we will also have iPads in the room.

£2 donation to cover refreshments.

Movie Afternoon

Come along for a relaxing afternoon meeting up with friends old and new to enjoy classic and contemporary films, and some sing-along movies. After all, movies are more fun when watched with others.

Tuesday 3rd Aug 1:30 – 4:00pm

Tuesday 7th Sept 1:30 – 4:00pm

Tuesday 5th Oct 1:30 – 4:00pm

Tuesday 2nd Nov 1:30 – 4:00pm

Easter Parade

Meet me in St. Louis

An American in Paris

Downton Abbey

Elderberries Clinic Café

Elderberries Room 2:00 - 3:30pm

Tuesday 10th August

Barking Mad - Barbara Frater/Caroline Bradshaw

Tuesday 14th September

Talking Matters - Bridget Mazzey

Tuesday 12th October

Health and Well Being - Jenna Moffat

Tuesday 2nd November

Two Days in Singapore - Glass Domes and Orchids - Jaci Beaven

Gentlemen's Garden

Thursday 10:00 – 12:00pm

Encourages gentlemen to socialise, share traditional skills, and learn new ones, while working on their own allotment plots under the guidance of our Deputy Head Gardener. If you are interested in finding out more, please contact The Elderberries Team directly.

£3 per session, card payment to be made during session.

Refreshments included



Blooming Well

A programme of therapeutic horticulture, arts, crafts and activities for people living with dementia.

Starting 19th July
Monday and Wednesday 1:30-3:30pm

Held in The Elderberries Room, The Blooming Well Project is a community based initiative run by The Alnwick Garden Trust. Its aim is to improve the quality of life for people with early stages of dementia, as well as provide respite for their carers. A mixture of targeted therapeutic horticultural sessions, craft sessions, informative talks, game tournaments and music are delivered with the aim of reducing isolation, improving wellbeing and promoting positive mental health.

Donations for refreshments welcome

What's New....

Walking Buddies

This is a new initiative whereby one of our volunteers will arrange (through an Elderberries member of staff) to meet you individually, or you and your partner here at The Alnwick Garden and take a gentle social stroll at your pace around the grounds. This can be done at a time that suits you and the volunteer. Please give us a call if you are interested in linking in with a walking buddy.

Chatty Bench

A simple way to show you are happy to chat, helping to promote and encourage conversation and help combat loneliness. We hope to see you there for a hello. Situated just outside the Greenwell Road Garden entrance.

Facebook Group – We've gone digital!!!!

We'd love you to come and make 'friends' with us on our brand new Facebook page – The Alnwick Garden Elderberries. We hope to have daily updates on the Garden, The Elderberries and plenty of other activities. @AlnwickGardenElderberries

Yarn Bomb The Alnwick Garden

We are Yarn Bombing The Alnwick Garden - using colourful displays of knitted or crocheted yarn or fibre rather than paint or chalk. These creations have been lovingly crafted through crochet and knitting by the Elderberries, Volunteers and Staff, turning The Alnwick Garden into beautiful colours this summer as a sign of hope, change and solidarity of getting through a difficult time and remembering those we have lost. Our display will be installed for the week beginning 19th July 2021.

Open Garden

The 4th Tuesday of every month at 11am, starting Tuesday 28th September, come and enjoy free entrance to The Garden, experience the colour, aroma and beauty it brings to you throughout the year. Please ensure you pre-book a slot with the Elderberries team before turning up.

Drop-In

Good News to all of our friends who visit the Drop-In at The Alnwick Garden.... we are open again.

If you are 55+, feeling a bit alone and are ready to chat and make new friends, we will be here and the doors will be open from 11am until 4pm on Thursdays, Fridays and Sundays.

That has been one of my favourite notices so far this year and I have been very pleased to see our friends turn up to support us since re-opening, especially as I know there has been some apprehension following the latest Covid advice.

Of course, your safety is of great importance to us so social distancing will apply at present and we are serving biscuits, tea, coffee and hot chocolate until the restrictions are lifted on 19th July. After that the jigsaw will be on display, the cards and dominoes will be out to test your skills.

And now for the news that many will be waiting for...Yvonne has her recipe books out! The gingerbread, cakes and scones will be ready for Thursdays and Sundays and jacket potatoes will be waiting for you on Fridays, and all the gang will be here to greet you.

If you know of anyone who may like to join us, please tell them about us, or better still, bring them with you.

Looking forward to seeing you soon,
Sue, Yvonne, Gill and all of the Drop in volunteers.



Testimonials

‘The Walking Group offers us fresh air, exercise and wonderful company. The group is full of pleasant, easy-going people who are sociable and non-judgemental, accepting of all.’

‘Thanks to Elderberries I have friendship, companionship and fun in my life again and I am so very grateful to the staff and all the volunteers who make it happen. Elderberries has proved to be a life changing experience for me.’

‘Absolutely lovely, everything from Elderberries is always splendid’

‘This (Elderberries Open Garden) is a wonderful thing you are doing, I have been so anxious about coming out since the pandemic, as barely left the house over the year but you have helped me feel at ease and so comfortable and relaxed being here.’

‘Coronavirus, may have taken its toll on us oldies. The outing today (Elderberries Open Garden) was the most uplifting day, like the feeling you got as a child when school was out for summer! It will always live with me, the kindness shown during lockdown and helping me get back out, so kind and considerate. Thank you’

Charitable Programmes Education and Enterprise

Roots and Shoots Healthy Living Programme

The Roots and Shoots programme is designed to target young people who are most at risk of early childhood obesity and disadvantage. The young people we work with are educated to help them take responsibility for tending their own plots, preparing and sowing seeds, as well as planting and nurturing.

This programme is supported by the NHS with educational and interactive sessions to engage and inform young people about the importance of a healthy, balanced and active lifestyle. Our programme gives the young people and their families the tools needed to become sustainable gardeners, showing them the benefits of growing their own healthy food and making tasty healthy meals with their own produce.



Young Gardeners

Our Young Gardeners programme works with young people with learning differences and specific needs, to provide them with an inclusive garden-based learning experience, with tuition from a fully qualified and experienced gardener. Each young person who takes part in this programme is given a plot to tend to during the growing season. Each session leaves the young people with a sense of achievement as they see their vegetables grow at each visit.

Roots and Shoots

A great workshop for anyone wanting to learn more about vegetable growing. The Roots and Shoots workshops are taught by our Education team and expert gardeners. The content of the workshop changes according to the time of year and children will learn how to sow seeds, how to prick out seedlings and take away what they have planted. Suitable for all ages.

Grow into Work

A six week employability programme with a mix of work experience placements and classroom based sessions. Participants on the programme will develop their knowledge of CV writing and completing application forms whilst learning how to improve their interview and presentation skills. Each participant will experience two different placements, at least one of these will be within The Alnwick Garden.

Repurposing Workshop

The emphasis of this workshop is to address why we need to reduce waste to protect our environment. Children will be able to repurpose items that are usually thrown away to creatively make things that will not only reduce waste but attract pollinators such as bees and butterflies.

Suitable for: All ages

Drugs and Education and Poison Garden Tours

Be intrigued by a tour of the Poison Garden, filled with plants that have the potential to kill through touch, smell or taste. This is complemented by an interactive and fact-based workshop to dispel myths and reduce the risks associated with the use of both legal and illegal substances.



Suitable for: KS2 / KS3



Covid safety

We'd like to assure you that we will be following government and health national guidelines on Covid safety, it's important we all play our part, so if you have any symptoms, or have been near someone who has tested positive please get a PCR test to protect us all.

The Alnwick Garden is cash free so any payments and purchases must be made using a bank card as no cash will be accepted in retail establishments.



WE ARE A CHARITY

Here at The Alnwick Garden we strive to support the local community through our various community and education programmes, tackling issues such as unemployment, isolation, learning needs, drug education, garden outreach and supporting those with dementia, to name a few. We are continually seeking funding to develop and expand our services to empower more people in overcoming barriers to improve well-being and to lead more fulfilling lives.

We are grateful for the support we receive from our dedicated team of volunteers who make this programme what it is today.

If you'd like to find out more or how you could support us, please get in touch on communityandeducation@alnwickgarden.com or call us on 01665 511350.





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For further information on how to get involved please contact:

Elderberries Co-ordinators

The Alwick Garden
The Gardeners Cottage
Greenwell Road
Alwick
NE66 1HB

Tel: 01665 511356

Email: Elderberries@alwickgarden.com

Or main office

Tel: 01665 511350 option 1

Email: info@alwickgarden.com

For anyone attending any of the Elderberries activities, free parking is available in our priority car park next to the Treehouse.

www.alwickgarden.com