



RONAN'S TRUST

NEWSLETTER AUGUST 2018

What a wonderful summer we have had, a bit too hot for the garden with lots of watering needed though. The tomatoes have loved the sunshine as did the courgettes, but other plants shrivelled and died and I wait to see if there will be any signs of life from them next spring.



We have had changes at Ronan's Trust as we said goodbye to Kate one of our founding trustees whose support and guidance helped to establish Ronan's Trust. We have also said goodbye with grateful thanks to one trustee treasurer Robin and welcome to Paul who will take on this important role. We would also like to welcome Mary to the board.

Bereavement Support Gardening Groups

Our wonderful volunteer Anne who has cared for our Longford plot is now retiring from her role and we have decided to move on from the Longford allotment but we will be putting it into good hands who will continue to care for it.

Our Bisley allotment is making wonderful progress with the support of our volunteers David, Atilla and Laci who have strimmed and put weed fabric down and helped fill the newer raised beds with top soil.

A small group have been meeting after school on Mondays once a fortnight and we welcome any others who wish to join us, our meeting time is flexible and we are proposing a monthly weekend meeting to enable those who are working to join in.

We had fun harvesting strawberries at the allotment which were prolific and enabled one family to make some delicious jam. The glorious weather meant that plants were in desperate need for a drink.



RONAN'S TRUST at BROOM HOUSE

The bereaved gardening group continues to meet at Broom House and have been busy planting salads, beans and flowers under the watchful gaze of John a volunteer supporting our work through the Life Changes project.

In June, Life Changes and Ronan's Trust held a tea party at Broom House for those involved with the bereavement Support Gardening Group.

It was great to see people of all ages having a chat together.



RONAN'S TRUST AT THE HADWEN MEDICAL PRACTICE – ABBEYMEAD

We are working together with the Hadwen Medical Practice who are creating a Ronan's Trust Garden for those who are bereaved in their community. They hope to have the garden ready for launching in Spring 2019. We would like to invite other medical practices to do the same.

A few words from our Tetbury Group

"The Tetbury group have met regularly throughout the summer on Thursday afternoons with the usual tea and cake. Our crop of runner beans, chard and turnips has been very good but the potatoes and beetroot suffered from the hot dry weather in spite of our daily watering rota. There are still just five of us but we are a close knit supportive group. We plan to help in each others' gardens up to Christmas but are also hoping to plant some flowering plants in one of our plots for colour next summer. We all attended a morning of flower arranging in July."

The Tetbury group would love to welcome new members, if you know people who are bereaved in Tetbury and the surrounding area who would like to meet with others do let them know about the group.



WHAT'S BEEN HAPPENING

GROWING HOPE - PROJECT FOR BEAREVED PRIMAY SCHOOL CHILDREN

Our Growing Hope programme for schools is continuing at our Bisley allotment. We have 6 children attending from 4 local schools.

MAY

"The sessions have gone well so far, we have enjoyed planting, nurturing and working together as a group. After our second session the children opened up and became more engaged as they were busy digging up weeds! They focused on a funny memorable moment of the person that they had lost.

We have so far planted an array of vegetables and constructed beans poles. We also hope to create a recycled herb planter going forward. They seem to get excited and happy when we talk about our growing plans and they appear very proud of the work fulfilled. I saw it turn tears into a smile." Robyn - our tutor

"Within the first five minutes my son was asked who he had lost. He was a little taken aback because up to now he is the only child he knows that has lost a parent. Because of their shared experience it enabled the children to talk in a more direct way with each other about their situations and not worry about it being a shock for the other children to hear.

I look forward to seeing the development of this group on lots of different levels; for the children to bond through a similar experience, to feel part of a group and less different, to build a support network for their future so when they feel the need to talk or ask questions they have peers and adults at hand. Any chance to get the children outside and interested in the garden in the fresh air is great. Personally, I know that being in a wide open space, when

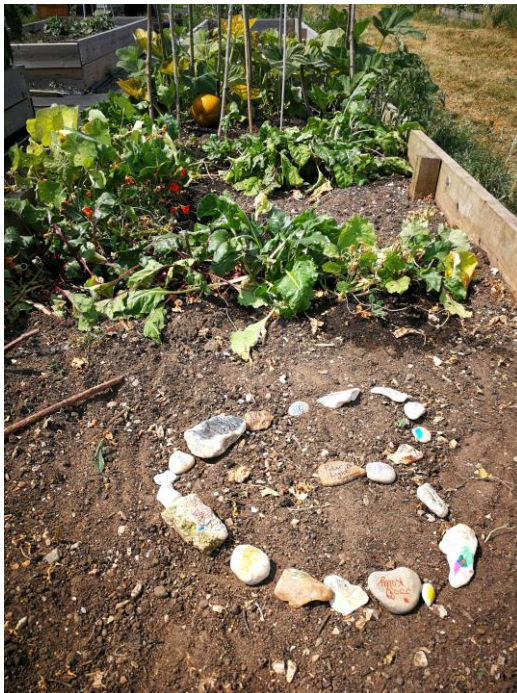
you can see more of the sky and some of the horizon lifts my mood. Bereavement can be very insular and being outside in a space like this helps to give some perspective the situation. All sorts of things are going on with your senses, the smells and touching the earth and being physical are all working on a subconscious level.

Many thanks go to Emma and Robyn for providing a space for the children to talk and dig."

J.K. Parent

JULY

"We had a great session. We planted two reused van tyres with a selection of herbs. We then did some weeding and harvested some of their vegetables. Which the children loved doing. I had collected some pebbles from the beach on which they each wrote the name of their family member who had passed away. The parents did two. They also did their own illustrations, so the pebbles told a story. We then spoke about a happy memory and put the pebbles into a heart shape on their raised bed. They also used pebbles for the herbs and named them. It was a wonderful session. We have decided what to plant in our next session and they are completely engaged in it. Robyn – Tutor



OTHER EVENTS

Our Woodland Crafts Day held at Westonbirt in the May half term brought a group of people of all ages together to explore the beautiful old arboretum. We took part in some mindful digital photography exploring texture, colour, past and future sharing our thoughts on our pictures alongside the stories that led us to all come together that day. After lunch we learnt to make wind chimes and pencils and lit a fire to toast marshmallows on. You are never too old to enjoy toasting a marshmallow! We then found ourselves singing campfire rounds, those who were a little older being able to share those songs with the younger generation who didn't know them.

We were all able to experience the therapeutic quality that nature offers to those who are grieving, helping us to find hope along the way.

"Wonderful day, felt so down when I came, but as the day progressed met some lovely folk and learnt so many different things, thank you Emma and Westonbirt" L.S.

"A lovely day for all, Emma has created a great support group. Activities for all ages." N and C
"I had a great time especially the marshmallows" Rosie 9yrs



The floral groups continue to thrive under Beth's guidance. The Tetbury group enjoying flower arranging outdoors in the shade of the trees. Our Gloucester group enjoying the cool space at Community House.



RONAN'S TRUST SUMMER EVENTS

Following on from our successful two day Woodland Workshop last year we decided to hold two equally forestry events this summer.

The first was a bush craft morning held at South Cerney with the Cotswold Forest School. A group of 11 bereaved adults and children met to learn some bush craft skills and enjoy the peace and companionship that the forest and group provided. We started gathering by wood for the fire and then the children were taught how to light a fire using a magnesium flint and cotton wool. We toasted marshmallows and played hide seek, built a shelter and checked it was waterproof - it wasn't! Everyone thoroughly enjoyed their time and felt nurtured.

"We are so pleased to have been given the opportunity to breathe- to be in the open with lovely people. A truly wonderful place and a magical day. Thank you" E.G.

"Thank you so much for the opportunity today has been fantastic such a wonderful place and lovely people, H and I had an amazing day at a truly difficult time in our lives" L.A.

"A fun day full of laughter and smiles, we have thoroughly enjoyed ourselves and have made some new friends. Thank you so much." S.G.

"I had a great time, my favourite time was when we made fires and made marshmallows"
R.G. 9 yrs

"Making the fire made me feel good and I didn't feel shy. I knew where to collect the straw and showed the others. I was happy I could be the seeker all the time. Thank you!" Matty 10 yrs

"An amazing experience, completely changed my way of thinking and helping me to move on with life and live in the now" Ellie 14 yrs



The second session was a Rustic Crafts morning held at Westonbirt Woodworks with Jane Gray Wallis an Independent Coppice Worker based at Westonbirt Arboretum. www.rustic-chair.co.uk.

Jane taught us how to make a mallet from a small log using a saw and an axe. The children then decorated their while their Mums got to make one too.

The mallets then became an essential tool for our next project making a three-legged stool. Just the right size for younger ones to sit on and for those of us a little older to use as a table for a cup of something.

Everyone was so enthusiastic and really enjoyed the experience of creating something useful and beautiful from logs and branches. The children loved getting to use an axe! Take place.

As we are increasingly finding the time spent being creative out doors with natural materials provides a nurturing quiet space that allows friendships, shared conversations and healing to take place.

"Great morning. I feel enthused and inspired. Lovely surroundings. An easily achievable project, well explained. Great cake too!

S (6-year-old son) liked making the mallet. Loved the axe action. We don't have one but will be getting one. S said we are having such a lovely day here. Thank you, Emma and Jane." J.K.

"Had a lovely morning, thank you. Nice spending time together, but also lovely being around others. We found skills we didn't realised we had!! Lovely place, lovely items we made. Thank you Emma and Jane,. It was good for J (9 yr old son) to realise he wasn't alone. The cake was scrummy!! Thank you again so much, a boost we needed. T.S.



THANK YOU

Thank you to Renishaw for donating £350 towards the work of Ronan's Trust, we are most grateful.

Thank you also to Karen who held a Garden tea party with delicious cakes and raised a total of £75

We are also one of the winners of the Nisa "Making a Difference Locally 10th birthday giveaway £10,000 marketing package" which we will be using to help promote our groups and services.

VOLUNTEER WITH US

If you would like to volunteer with Ronan's Trust do get in touch.

We are looking for a Volunteer Fundraiser who has experience in putting successful funding bids together.

Forthcoming Events

Our Autumn programme of events is as follows:

Please note we will be holding our **Wreath Making Fundraising Event** at the Royal Agriculture College Cirencester again this year. This time we will hope that the snow stays away and we can run the event!

Please put **Sunday 9th December** in your diaries and encourage all your friends to come along and support us. This event is for anyone at all.

Growing Hope – for primary school children in and around Stroud – Tuesdays, monthly

Tetbury Flower Arranging – Tuesday 16th October 10am (DTBC)

Gloucester Flower arranging – Early October (Date to be confirmed)

Forest Crafts at Westonbirt – Tuesday 23rd October – all day

Gloucester Woodwork session – making bird boxes – Saturday 27th October 9am

Wreath Making Fundraiser – Sunday 9th December – 2pm -4pm RAU Cirencester

If you are interested in any of the above please let me know

**For all our events you can book online via our website www.ronanstrust.org
or email ronanstrust.org@gmail.com**

07757710616 Like our facebook page and view our website to keep up to date with our news

Thank you for all your support Emma

