

Activities to encourage engagement in your NHS Forest

Georgina Smith

Official opening of the green gym



We are doing our bit to contribute to the NHS Forest 'growing forests for health' by planting trees in and around our sites.

Join us and enjoy being active while meeting other volunteers.

When are we starting?

**Sunday 3 October 10am – 2pm,
Cirencester Hospital**

The first green gym 'tester' session will take place at Cirencester Hospital at the rear of the Baunton Ward. Come along in your gardening gear and boots and get stuck into cutting and clearing to see what wonderful trees we can uncover.

**Sunday 10 October 9:30am – 1:30pm,
Cirencester Hospital**

10:10:10 is the 'global day of doing for 10:10' a key date in the 10:10 campaign to reduce carbon emissions. On this the date that we will continue pruning and start planting trees to contribute to the NHS Forest.

Other 'green gym' sessions at will take place over the autumn at Cirencester and Stroud so look out for those. Other NHS Forest sites will be planted in 2011.

Contact georgina.smith@glos.nhs.uk to book your place or find out further information.



sustainability



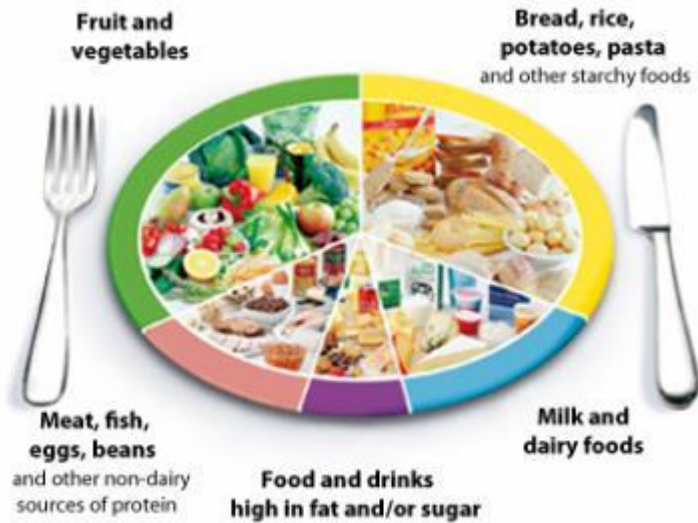
Learning about nature



Learning about nature



5 a day activities



Apples, Apples, Apples



November 2011

Grow Your Own: Apples



The world needs more trees! Trees absorb carbon emissions and pollutants and create wildlife habitats. For a small investment fruit trees will provide a food supply for many years. Autumn is the ideal time of year to plant an apple tree so read on to find out how to do it.

It is worth considering these points:

- How much space do you have for the height and spread of the tree's canopy?
- What sort of apples do you enjoy (dessert or cooking apples), do you like soft fluffy apples or a sharp crisp taste?
- Are there any nearby apple trees which can help with pollination (maybe a neighbour will plant one, of a different variety, at the same time?)

1 Selecting your size of tree

Trees should be planted at least 5 metres from any property.

An apple tree is made up of 2 parts:

- the rootstock at the base of the tree which governs the size that the tree grows to
- the scion (top section of the tree) which governs the type of apple that the tree produces.

Rootstock	Height	Width
M27 *	1m	1m
Budagovsky 9	1.2m	1.2m
M9 *	1.6m	1.6m
M26 *	2.3m	1.8m (6ft)

Mark	2.3m	1.8m
Ottawa 3	2.3m	1.8m

* these trees will need to be staked all the time.

The shorter the tree the sooner it will produce a useful crop but the crop will be smaller compared with larger trees.

Find a sunny sheltered spot so the apples have as much time as possible to ripen.

2 Pollination

Many apple trees are pollinated by bees. But there need to be apple trees nearby to ensure successful pollination and therefore plenty of fruit.

Nearby trees should ideally be in the same Pollination Group or one group higher or lower. So trees in Group 3 can be pollinated by other trees in Group 3 but also trees in Groups 2 and 4.

Group 2	
Egremont Russet	
Group 3	
Discovery	Worcester Pearmain
Fiesta	Granny Smith
James Grieve	
Group 4	
Ellisons Orange	Howgate Wonder
Golden Delicious	Laxtons Superb

3 Which type?

Decide which type of apple you will want to eat and cook. If you prefer to grow a local apple there are a lot of Gloucestershire varieties. They may be more difficult to find, but, the Gloucestershire Orchard Group should be able to help guide you.

Dessert	Taste / texture
Fiesta	Sweet Juicy
Discovery	Medium - acidic very juicy
Worcester Pearmain	Sweet Dry
James Grieve	Medium Juicy
Egremont Russet	Sweet Dry

4 Purchase your tree

Many garden nurseries will stock apple trees but they can also be purchased on line.

Apples trees are also sold bare rooted, that is, with no soil around the roots. These tend to be cheaper than potted trees, November - February is the best time for planting young apple trees, but try to avoid the coldest winter months. An apple tree could make a novel Christmas present.

5 Prepare the ground and plant your tree

Preparing the earth where your tree is to be planted pays huge dividends in terms of how well your tree grows, so it is worth spending some time on this.

Avoid planting into frozen ground or if there is a frost.

Soak the tree roots in water whilst you are preparing the hole and soil.

Young trees benefit from being staked so they do not grow at an angle. A long piece of batton will suffice for small tree along with an old pair of tights to tie the trees to the stake. The soft tights prevent any damage to the trunk and can be easily tied in a figure of 8 around the tree and stake.

Dig a hole a third wider than the roots and to the same depth as the tree's roots, firming the bottom of the hole into a slight mound. Add some fertiliser, rotted manure or compost to the bottom of the hole. Insert the stake and attach about 8cm from your tree, using the old tights.

Fill with soil to the level on the tree but at least 5cm below the point where the rootstock joins the main part of the tree (scion).

Firm down the soil well so the tree is supported and the soil is in contact with the roots.

Water well.

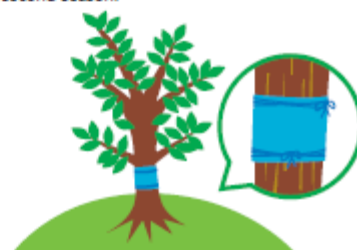


6 Caring for your tree

Add a grease band (a sheet of sticky paper which can be bought in garden centres) or glue to the trunk of the tree (about 30cm from the soil), this will stop moths reaching the branches of the tree and destroying the fruit. Apply this in October if possible, if not, soon after planting.

The first couple of years are important. Ensure your tree is well watered during the spring and summer, particularly if there is little rain.

Don't expect apples in the first summer, but you may start to receive a crop from the second season.



Accessible gardening – raised beds



Wildflowers



Growing sunflowers



Woodwork skills



Arts and crafts



And ofcourse tree planting!



Planting our new coppice



Recently planted a coppice (sweet chestnut) which will allow us to do wood crafts in the future – in 10 years!

North Cotswold Hospital



Next steps

Frithwood Surgery Circular Walk - Route Map 1.5 miles

Frithwood Surgery has developed a walk that takes in the new path through Frith Wood, past the playing field, memorial and primary school.



Opposite is the Map of the Route - you can tell that you're on the right track by following the Waymarkers as illustrated on the Front Cover.



The walk is easy to do with sturdy shoes or trainers and is suitable for buggies. You can also stop at the Youth Club For Coffee on a Wednesday morning too!



So go on get outside and try to do 3 walks a week whilst enjoying the lovely green space surrounding Frithwood Surgery.



Next steps



- Day centre using the new raised beds for herbs and other growing
- Potential allotment project for the Vale Hospital
- Getting inpatients outdoors

http://www.marlboroughnewsline.co.uk/images/images/Health/Savernake_Hospital/AILESBURY_BALCONY_2_800.jpg