

Preparing a submission for Growth Point:

What is Growth Point and who reads it?

Growth Point is the only quarterly publication devoted to social and therapeutic horticulture (STH). It includes news, research, professional developments, project profiles and opinion and is aimed at those working in the fields of social and therapeutic horticulture, green care, health care, the environment and education.

Growth Point is sent **digitally** by Thrive to members as part of their membership (£25 annually). Members need a password to access the articles or click on the links from the email. Please note, Growth Point is now an online only publication.

Who writes for Growth Point?

Growth Point is produced with the support of external contributors, and we rely on the generosity of our readers to provide contributions. Many find an article in Growth Point a valuable opportunity to share their experience, knowledge and ideas as well as raise the profile of their work. Sadly we cannot pay for any articles.

Alyson Chorley is the Editor of Growth Point and can be contacted on alyson.chorley@thrive.org.uk / 0118 988 5688

Content of articles

It is useful to discuss the proposed content of your article with Thrive, who may prefer to provide you with a brief of what should be covered in your piece. The following types of content will be considered and are welcomed:

- conference reports
- research news
- therapy updates
- international news
- book and resource reviews
- garden news
- project practice report
- professional developments

Broadly speaking, it would be useful if your article could fit into one of these headings

Beyond Borders - noteworthy international projects linked with STH which show examples of good practice and achievement that would inspire other practitioners or projects.

The Issue - something topical in mental or physical healthcare with a campaigning edge where possible regarding how therapeutic horticulture can change the lives of people affected.

First person - A journey of someone into STH as a career or a piece from someone whose life has been changed by STH.

A Day in the Life - a typical 9-5 diary of someone who is working in the field of STH including high spots, low spots, humour, challenges and practical tips.

Great Gardens - A feature on a garden that because of its innovative use of STH/interesting features/architecture volunteers is achieving excellent results.

Research - Scientific/evidence based research from the STH field or food growing.

In Practice - A practical guide on how to help people with particular disabilities garden.

Opinion - a first person piece from a GP, professor, care home manager, garden designer on a particular issue. It could also be about how something can be resolved eg: how to help a family member get back into gardening following a stroke.

Length of articles

As Growth Point is now available digitally as a series of articles, there is no set word count. However, as a general rule 1,000-1,500 words or less. Please feel free to discuss your ideas and requirements with the Editor Alyson who is Thrive's Communications and PR Manager.

Deadlines and publishing dates in 2016/2017

Autumn 2016 – issue 144 (October) copy deadline September 30

Winter 2017 – issue 145 (January) copy deadline December 31

Spring 2017 – issue 146 (April) copy deadline March 31

Summer 2017 – issue 147 (July) copy deadline June 30

Autumn 2017 – issue 148 (October) copy deadline September 30

Submitting an article

If possible, contact Thrive to discuss your ideas. Alyson Chorley can be reached on 0118 988 5688 or by emailing alyson.chorley@thrive.org.uk
Please email finished articles as a Word document to Thrive.

Images

Where possible, please include pictures illustrating your work and the points made in the article. Please seek permission from the people who appear in your photographs, and the permission of their carer if appropriate. If possible, please include a photograph of yourself/the author.

Photographs can also be sent digitally by email. We also welcome logos sent as jpegs, where appropriate. Please include any acknowledgement or copyright credit required when submitting images.

Other pointers

Please write abbreviations in full the first time they appear. You may also wish to use sub-headings to highlight relevant sections of your article. Please include your name, job title, project name, project address, telephone and email address (and web address if you have one).

On commissioning the article, Thrive will inform you of the deadline for the next issue. Please try to keep to the deadline once an article has been agreed and let Thrive know as soon as possible if you are not able to meet that date.

What happens next?

Not every submitted article is guaranteed inclusion. If we are unable to use your article, it will be returned along with any photographs with our thanks. If your article is accepted for publication, you will be contacted by Thrive and told when it is likely to be included. Your article will then be edited to house style and for size.

It's great to hear if you receive feedback from other readers following publication – and to be updated on your work. Keep in touch!

If you have any other questions please contact:

Thrive
The Geoffrey Udall Centre
Trunkwell Park
Beech Hill
Reading
RG7 2AT

T: (0)118 988 5688