

### **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 pieces and is aimed at those working in the fields of social and therapeutic horticulture, green care, health care, the environment and education or anyone with an interest in STH.

Growth Point emailed to members of Thrive (£25 annually). Members need a password to access the articles or click on the links from the email. Growth Point is now an online only publication (we have past copies of the printed magazine available).

### **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, as a charity, we cannot pay for any articles.

Please send any articles or ideas for articles to Lucy Whinnerah, Information and Communications Officer at Thrive [lucy.whinnerah@thrive.org.uk](mailto:lucy.whinnerah@thrive.org.uk) / 0118 988 5688.

### **Content of articles**

It is useful to discuss the proposed content of your article with us. 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

These are some of the headers we use in Growth Point which may help with your article.

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

**The Issue** - something topical in mental or physical healthcare possibly with a campaigning edge.

**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, project manager, OT, care assistant 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**

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 with us.

### **Deadlines and publishing dates in 2018/19**

Summer 2018 – issue 151 (July) copy deadline June 30  
Autumn 2018 – issue 152 (October) copy deadline September 30  
Winter 2019 – issue 153 (January) copy deadline December 31  
Spring 2019 – issue 154 (April) copy deadline March 31  
Summer 2019 – issue 155 (July) copy deadline June 30  
Autumn 2019 – issue 156 (October) copy deadline September 30

### **Submitting an article**

Please email finished articles as a Word document to Thrive or pasted into the body of an email. Please include pictures illustrating your work and seek permission from the people who appear in your photographs, and the permission of their carer if appropriate. 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.