



Sow the seeds of change for generations to come

# Your guide to gifts in Wills



# Your legacy can grow a brighter tomorrow



Mental or physical illness can strike any of us at any time, as I knew only too well, but Thrive is working miracles, it is transforming people's lives.

**MONTY DON**

# How you can help people Thrive



At Thrive, we improve people's physical and mental health through gardening. We can only do this because of the incredible generosity of our supporters.

At our centres in London, Birmingham and Reading, we provide calm, supportive spaces where people take part in group sessions that promote health, confidence and connection. These sessions are adapted to meet each individual's goals and abilities, and led by skilled practitioners who understand how to make nature-based activities truly therapeutic. Every day, we see the difference this person-centred approach makes for people facing a wide range of health challenges and disabilities.

By including Thrive in your Will, you'll help us bring the life-enhancing benefits of Therapeutic Horticulture to even more people. Your legacy will help train new practitioners who will go on to set up and run independent projects around the UK, expanding access and enabling more communities to benefit.

You'll also be helping us grow our free online information service, a vital resource for anyone who wants to improve their wellbeing by engaging with gardening in their own time and space. Whether it's tips for getting started, advice on adapting tasks to meet individual needs, or inspiration to keep going, it's there to support people wherever they are.

For more than 45 years, Thrive has championed the power of nature to support health and happiness. With your support, we can reach even further.

We hope you will be inspired to leave Thrive a gift in your Will. Join us and sow the seeds of change as we transform lives for generations to come.

**Ben Thomas, Chief Executive of Thrive**



I'm partially sighted and have epilepsy. I feel very happy when I come to Thrive and enjoy getting out and about for my health. It's a very inspiring place to spend time and I believe it's not just the plants that Thrive here, but the people who come here too.

**IMOGEN, CLIENT GARDENER**

# Cultivating better lives: How to leave a gift in your Will to Thrive

By making a Will you can take care of the people and causes that matter most to you. Every gift to Thrive, no matter the size, creates a lasting impact—helping us deliver life-changing horticultural therapy to those who need it most for generations to come.

Our partnership with Farewill - the best rated Will writer in the UK, and voted National Will Writing Firm of the Year - allows you to write your will for free with expert advice and support. Writing your Will with Farewill is quick, easy, and secure, whether you choose to do it online or over the phone.

Click on the button and you'll be taken to Thrive's partner page with Farewill. You fill out the guided online form and Farewill's specialists will review your wishes and write your Will. Print your Will and sign it with two witnesses to make it legally binding.



“Gardening at Thrive really blows the cobwebs away and clears my mind. I’m now studying towards a City & Guilds Level 2 Diploma in work-based horticulture and successfully applied for a part-time job at Thrive Birmingham with responsibility for a new plant sales project. I feel like I’m at the start of a whole new career.”

**ANDY, CLIENT GARDENER**

If you have left a gift in your Will to Thrive, or you would like to discuss your wishes, please complete and return the form at the back of this document, call us on 0118 988 5688, or email [fundraising@thrive.org.uk](mailto:fundraising@thrive.org.uk)



In partnership with  
**Farewill**

**CLICK HERE**  
To write your Will for free

# Impact of gifts in Wills

Giving children the opportunity to have fun, play, get muddy, laugh and explore



Pots & Petals is a therapeutic, interactive gardening programme for children and young people aged 8-19 years with a range of disabilities. The students who attend have complex needs such as difficulties with communication, sensory or physical disabilities and mental health challenges.



Whilst all of this must be given due attention and consideration, I find that simply being given the freedom to be a child can get overlooked. The opportunity to have fun, play, get muddy, laugh and explore are all so important. These are the things that I focus on during the sessions, using the garden as my classroom.

**VICKI, THRIVE PRACTITIONER**

Thrive practitioner, Vicki, has been running Pots & Petals sessions for more than ten years.

“The students that I work with each week face so many barriers. I don’t believe that their lives should be limited or defined by disability, and I am aspirational in my expectations for them. Many of the students have serious and, in some cases, life-limiting conditions.”

# Nurturing independence and joy: Rowena's Story

Your gift can offer confidence, growth, and community to others

21-year-old Rowena was born with a genetic difference, so rare that at the time of her birth there were only eleven people in the world with a similar condition. Despite her challenging start in life, Rowena hasn't let it hold her back and from a young age she developed a love of the outdoors.

Rowena's mum, Jan: "Thrive has truly enriched Rowena's life. She enjoys being helpful and seeing the product of her activities. Thrive hasn't just been brilliant for Ro; it's also reduced my stress levels massively. I can drop Rowena at Thrive and know that she is safe and happy".

🗨️ **The difference coming to Thrive has made for her is it's a much richer life. It's given her a degree of independence.**

**JAN, ROWENA'S MUM**

Rowena's Practitioner, Sharon, says; "When Rowena first arrived at Thrive she was quite reserved and a little bit wary, which is understandable in a new environment. But it didn't take her long to settle in and get to know the staff, volunteers and other client gardeners.



"It's a pleasure to work with Rowena and to see her develop and grow in confidence and skill. Her mobility and balance have definitely improved. One of her favourite activities is pushing the wheelbarrow around the garden – she always has a huge smile on her face when she's doing this!"

**By leaving a gift in your Will you will be leaving a legacy that will resonate in the lives of the people we support for years to come. THANKYOU.**

# Different ways of leaving a gift in your Will

## Types of Will

When leaving a gift in your Will, you can choose from different types of legacies, each with its own benefits:

1. **Residuary Gift** – This is a percentage of your estate after all debts, expenses, and specific gifts have been distributed. It ensures your loved ones are provided for first, with the remainder supporting your chosen cause. As it's a proportion rather than a fixed amount, it maintains its value over time.
2. **Pecuniary Gift** – Is a fixed sum of money. While straightforward, inflation may reduce its value over time unless updated. Even a modest pecuniary gift can make a meaningful impact on a charity's work.
3. **Specific Gift** – Is a particular item, such as property, shares, or valuable possessions donated to a charity. This type of gift allows you to support the cause you care about without affecting liquid assets intended for family or friends.

## Amending your existing Will

If you already have a Will, you can add a gift using a codicil form, allowing you to include new donations without rewriting your entire Will. Keep the completed codicil with, but not attached to, your Will.

## Information for your solicitor

### Thrive

(Registered as The Society for Horticultural Therapy)

The Geoffrey Udall Centre,  
Beech Hill,  
Reading RG7 2AT

0118 988 5688

thrive.org.uk

Company number:

01415700 / Charity number: 277570

We recommend you seek legal advice when making or updating your Will. This document provides general information on leaving a legacy to Thrive and is not legal or tax advice.

Please consult your accountant, solicitor, or financial advisor to determine the best giving option for your situation. A qualified solicitor in your area can be found by searching The Law Society or Law Society of Scotland.

# A Lasting Legacy

The reason that Thrive is able to exist today and continues to make a life-changing impact to so many people is because of a generous legacy gift from Rev'd Dr Geoffrey Udall.



In his Will, he made provision for Thrive and bequeathed both his family's estate and walled garden in Beech Hill, Reading, to the charity. This has since become our national office and one of our regional centres. Here, client gardeners meet with practitioners to set personalised goals and targets for their gardening projects. This generous gift put the charity on a sound, solid footing and enabled us to create a series of wonderful gardens in which to work and help people.



Even the first day at Thrive I felt it made a difference. I can't repay them enough for what they did for me.

**DANNY, CLIENT GARDENER**



# Please complete this form

**Click here** to complete this form online or send it to:

FAO: Thrive Fundraising Team,  
The Geoffrey Udall Centre, Beech Hill, Reading RG7 2AT



If you have any questions or would like to discuss the impact of your gift, please do get in touch. You can either **fill out this online form**, complete and return the form below, call us on 0118 988 5688, or email [fundraising@thrive.org.uk](mailto:fundraising@thrive.org.uk)

- I have already included a legacy gift in my Will to Thrive (please enclose a copy of the relevant page of your Will).
- I intend to add a legacy gift to Thrive in my existing Will
- I intend to leave a legacy gift to Thrive in my new Will
- I would like Thrive to get in touch to discuss leaving a legacy gift in my Will to Thrive.
- I would like you to contact me by email/letter/telephone (delete as appropriate).

My name:

.....

My email:

My phone number:

.....

My home address:

.....

Post Code:

.....

Signature:

.....

How I heard about Thrive:

Date:

.....

We would love to keep you updated about our work. By signing up, you are opting in to receive information about news, events, fundraising and stories from our projects.

I consent to receiving updates and marketing information from Thrive:

By email

By Post

# Let what you plant today bloom tomorrow



Coming to Thrive gives me a sense of purpose and a reason to get up in the morning.

The friendships I've made are so valuable. It's been the best decision I've made.

**STEPHEN,**  
CLIENT GARDENER –  
Life Changers programme





Thrive believe in me.  
They believe I can do things.  
**CARLY, CLIENT GARDENER**



using gardening to change lives

**Thrive**

The Geoffrey Udall Centre  
Beech Hill  
Reading  
RG7 2AT



Tel: 0118 988 5688

Email: [info@thrive.org.uk](mailto:info@thrive.org.uk)

Website: [www.thrive.org.uk](http://www.thrive.org.uk)

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Thrive, The Society for Horticultural Therapy

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Reading, RG7 2AT.

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