

THRIVE NEWS



AUTUMN 2023



Welcome to the autumn 2023 edition of **THRIVE NEWS**



Firstly, we would like to express our sincere gratitude to everyone that has supported our fundraising efforts over the past few months.

As we are sure you're aware, many charities are suffering from the impact of rising costs coupled with reduced income and Thrive is no exception. Thank you so much to those that continue to give financially to Thrive. We simply would not exist without you.



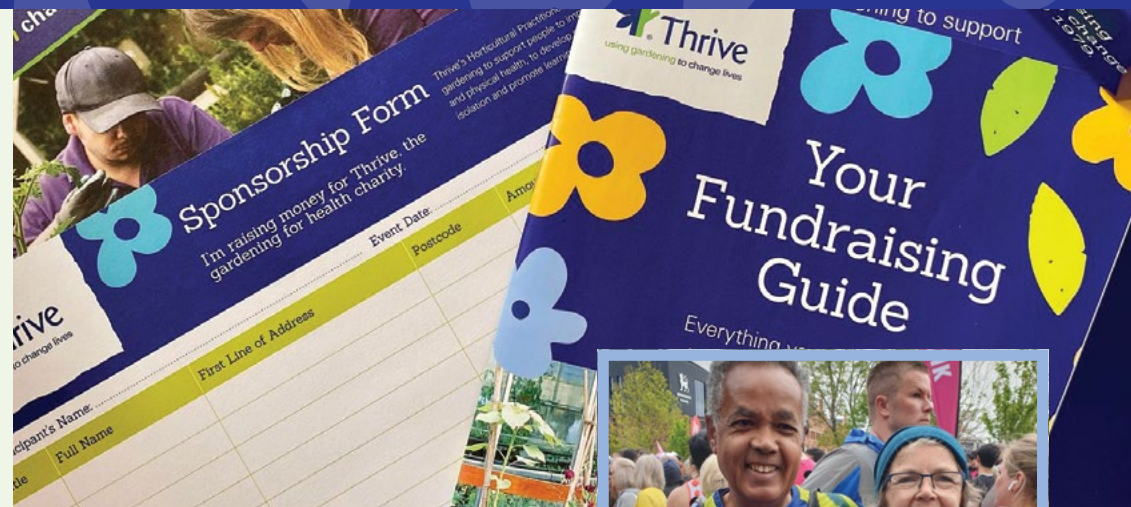
In this edition of Thrive News, we are pleased to highlight just a handful of ways in which the generosity of our supporters is having an impact on our work and on the lives of the people that we support. On pages 6 and 7 you will hear from John, who has benefited greatly from our Sow & Grow programme in Birmingham. We are very grateful to John for allowing us to share his story.

We're also excited to be launching brand new Christmas card designs this year as well as a 2024 calendar, including stunning photographs from the Thrive gardens. Find out more on page 11!



We hope you enjoy reading Thrive News. Thank you for supporting Thrive.

With warmest wishes,
The Fundraising Team



Could you join the Thrive fundraising community?

Are you passionate about making a positive impact in the world? Look no further! Join the Thrive fundraising community and be a part of a charity that is changing lives every day. By fundraising for Thrive, you will help us continue our vital work and reach even more people with therapeutic gardening.

We are excited to be offering our brand-new fundraising pack! The pack includes everything you need to kick-start your fundraising journey and make it a roaring success. From creative ideas to promotional materials, our pack is designed to make your fundraising experience as seamless and effective as possible.



To get your hands on our exclusive fundraising pack, simply register to become a Thrive fundraiser and not only will you receive the pack, but you will also have access to ongoing guidance and support from our dedicated team. Together, we can reach new heights and make a lasting impact.

**Register your interest
today and let's thrive
together!**



Scan the QR code or drop us a line at fundraising@thrive.org.uk to request your free pack!

New tool shed at the Herb Garden in Battersea

We are thrilled to announce the installation of a brand-new tool shed at our herb garden! Thanks to the generous donation from Robert Dyas and Forest Garden, our client gardeners now have better and safer access to garden tools. A special shout-out goes to the amazing group

from Robert Dyas, who volunteered their time to put up the shed as part of their corporate volunteer day. We are truly grateful for their support.

We would also like to express our sincere appreciation to our maintenance volunteers, Rodney and Chas. Their invaluable assistance in preparing the base and levelling the paving in advance has 'paved the way' for our new shed.



Reading volunteers enjoy tea and cake

Thrive Reading held a wonderful afternoon tea party in honour of our incredible volunteers. This event served to commemorate Volunteers' Week and express our gratitude for their unwavering dedication and



hard work. With the attendance of approximately 50 volunteers and staff, the atmosphere was filled with warmth and appreciation. To make the occasion even more remarkable, our very own Mary Berry, also known as Anne Bell, crafted a special thank you cake. Lesley Nicholson had the honour of cutting the cake. Lesley is currently our longest-serving volunteer at Reading, having devoted 24 years to Thrive; what an amazing achievement!

A huge thank you to all of our volunteers across the three centres! We wouldn't be Thrive without you.

Visit www.thrive.org.uk/volunteer to find out more and get involved.



Corporate volunteers in Birmingham

The Birmingham team have been delighted to host a number of volunteering groups from local businesses over the past few

months. These groups, including Eversheds, Aptos, Unity and more, have had a tremendous positive impact on the gardens. We are very appreciative of all their hard work and willingness to get stuck in!

To learn more about our corporate volunteering program and how your organisation can get involved, please visit our website at: www.thrive.org.uk/corporate-volunteering

Sow & Grow is a 12-week programme for those aged 50 and over, who may be experiencing poor physical or mental health, isolation or loneliness, or vulnerability. The weekly sessions are led by a qualified horticultural therapist supported by volunteers and provide a relaxed environment where participants can experience the incredible benefits of STH within a group of like-minded individuals.

70-year-old John, recently took part in the Sow & Grow programme at Thrive Birmingham and he was so inspired by the experience that he has now returned as a regular volunteer with the hopes that he will be able to help others experience the same benefits that he has.

Read John's story below:

"It was my daughter, Jo, that discovered Thrive and suggested I attend, and I'm so glad she did; Thrive has given me a new lease of life and helped me find an inner peace. It's made me a calmer person.

Up until a few years ago, I led a very active and sociable life. My work saw me travelling all over the country, meeting and interacting with a wide variety of people. But this all

changed in 2016 when I began to experience crippling back pain and was subsequently forced to retire from work. A year later, I was diagnosed with Stage 4 Prostate Cancer.

The prognosis was poor, but I chose to attempt treatment: aggressive courses of radiotherapy and chemotherapy. And I don't know how or why, but I'm pleased to say that the treatment worked and I'm currently in remission.

I've lived with depression for much of my life, and the past few years have definitely had a toll on my emotional health. After the cancer treatment, along came the pandemic. I was living alone in a maisonette with no garden and it was a lonely and isolating time. If I'm honest, I was starting to become a bit of a couch potato – my previously active and sociable lifestyle a thing of the past.

Coming to Thrive has been a turning point for me. It's provided me with a safe space to relax and recharge. During the sessions, I am able to place all of my worries to one side and just enjoy the present activity. I leave each week feeling refreshed and peaceful, and more able to cope with the ups and downs of life.

It's not just gardening; the social aspect has been incredibly beneficial. It's been wonderful to spend time with a group of people who will just listen without judgement. Sometimes we chat about the weather, and sometimes we talk



about our troubles. We've all got things going on in our lives but once a week we come together to recharge in the gardens; it's fantastic.

I have gained so much from being at Thrive. From the physical activity to the mental relief. A lot of the aches and pains that I've become used to over recent years, have started to ease. And my mental state has improved incredibly. The depression is still there, but I'm no longer drowning in it. And that's thanks to Thrive."



Thrive has given me a new lease of life and helped me find an inner peace. It's made me a calmer person.

John
Client gardener



What our supporters have to say...

We are incredibly grateful to have a wonderful community of individuals and groups who choose to support Thrive in a variety of ways, and it's always a joy to hear the reasons behind the support. Want to share your reason for supporting Thrive? We'd love to hear from you!

Get in touch at fundraising@thrive.org.uk.

Mortimer Hill Studios

A group of artists in Mortimer chose Thrive to be the recipients of funds raised during their open studios event in May this year. As well as raising over £200 for Thrive, they also displayed Thrive literature to help raise awareness of our work. Visitors were treated to an incredible display of art as well as delicious tea and cake, all in aid of Thrive. Thank you!



Working in the gardens, growing things, and being up close to the natural world is hugely restorative and grounding. Thrive felt like the perfect choice.

Sadie Brockbank,
Sculptor



Zoe Antoniou Volunteer

Zoe began volunteering with Thrive after observing a gardening therapy session at a mental health hospital where she was working, and being inspired by what she saw. Zoe's motivation to volunteer was to gain experience of the use of STH and she loves being a part of an organisation that has such a positive impact. Like all of our volunteers, Zoe has been a huge asset to Thrive since she joined and we are very grateful to have her on board.



I thoroughly enjoy every session I attend. Thrive is a very special place full of amazing people; the gardens are beautiful and the client gardeners always have fun, even in the rain!



Trinity Concert Band

We are honoured and thrilled to share that Trinity Concert Band (TCB) has chosen Thrive as their charity of the year for 2023! TCB, the award-winning community wind band based in Reading, Berkshire, is on a mission to bring the magic of live music to communities while raising funds for charitable causes.

TCB has already raised an astonishing £854 for Thrive this year, and guess what? Their biggest concert of the year is yet to come!

So, mark your calendars for October 14th, because TCB is putting on a concert you won't want to miss!

Visit www.trinityband.co.uk/autumn-concert to find out more!



It has been great working with Thrive this year as part of our 'More than Music' charity partnership scheme. We have so far raised over £800 through audience donations and raffle proceeds. The band enjoyed the opportunity to perform at an open day in July and we look forward to continuing to support Thrive through volunteering and fundraising. It's been wonderful to learn more about the fantastic work done by the staff and volunteers at Thrive and the amazing impact it has on the local community.

Rebecca Newson, Chair,
Trinity Concert Band



Donate your birthday to Thrive!

Donating your birthday to Thrive is a wonderful way to make a positive impact on our work. With Facebook fundraising tools, you can easily raise money for Thrive in celebration of your special day. The best part is that setting up a birthday fundraiser on Facebook is completely free, and every donation you receive will be hugely beneficial to Thrive.



By spreading the word and sharing your reasons for supporting Thrive, you can inspire your friends and family to contribute and make a difference.

To learn more about how you can set up a birthday fundraiser for Thrive using Facebook's fundraising tools, visit: www.thrive.org.uk/birthday-fundraising



Challenge Events

Join a challenge event and make a difference! By participating in a challenge event, you have a unique opportunity to push your limits and raise vital funds for Thrive. Whether it's running, walking, cycling, or scaling mountains, there's a challenge event for everyone. You not only challenge yourself physically and mentally but also support Thrive in our mission to transform lives. You'll be contributing to a cause that helps individuals and communities thrive. So, why wait?

Visit www.thrive.org.uk/challenge-events

Together, let's thrive and make a difference!

Did someone say Christmas??

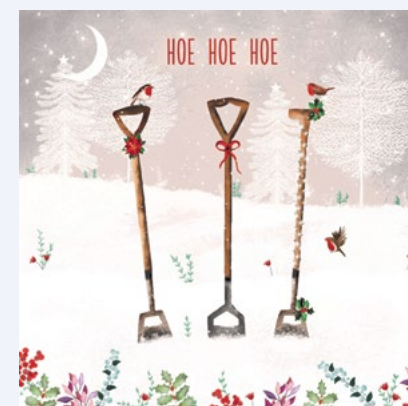
We are excited to introduce our brand-new Christmas card designs! Each pack of cards, priced at an affordable **£4.75**, contains 10 beautifully designed cards to spread joy to your loved ones.

But that's not all! Don't miss the chance to own our exclusive 2024 calendar, showcasing the beautiful Thrive gardens throughout the year. Hang it on your kitchen wall and bring a touch of nature into your daily life for only **£6**.



Make this holiday season extra special with our Christmas cards and calendar.

Head over to www.thrive.org.uk/christmas or complete the form overleaf to secure your purchase today.



Christmas Order Form

Please return in the Freepost envelope provided

Items: Please enter the quantity required

<input type="checkbox"/> Festive Snowy Garden Card(s)	Purchase Total	£
<input type="checkbox"/> Gardener's Friends Card(s)	Postage & Packing	£ 3.00
<input type="checkbox"/> Hoe Hoe Hoe Card(s)	Additional donation:	£
<input type="checkbox"/> 2024 A4 Wall Calendar(s)	Total	£

Payment Details

☐ I enclose a cheque/CAF voucher made payable to 'Thrive'

Card Payment: ☐ Debit Card ☐ Credit Card

☐ Mastercard ☐ Visa ☐ CAF card ☐ Amex

Card number:

Expiry date: / CW:

Gift Aid Declaration

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☐ I confirm that I would like all my donations, past, present and future to Thrive (charity no. 2777570), to be treated as Gift Aid Donations. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations to all charities in that tax year it is my responsibility to pay any difference.

☐ My donations are not eligible for Gift Aid.

Date:

Signature:

Your Details

Title:

First Name:

Surname:

Address:

Postcode:

Phone:

Email:

Delivery address (if different to above):

Address:

Postcode:

We use the details you have provided to process your order/donation/s, including claiming Gift Aid from HMRC. All information is held in our secure database, and we won't share it with any third party/company for marketing purposes. You can read our full Privacy Policy at www.thrive.org.uk/privacy-policy. If you would like to change the way in which we contact you, please contact fundraising@thrive.org.uk.

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