

GROW, LEARN,  
ENJOY, **THRIVE...**



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*I am so impressed with all that you are achieving at Thrive and I can see why our pupils like it so much.*

*– Deputy Head at Chadsgrove School, Birmingham*

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## Thrive's Vision

People living with a disability or ill-health, or who are isolated, disadvantaged or vulnerable, have the opportunity to access therapeutic gardening and horticulture programmes, wherever they live, and are actively encouraged to use gardening as part of their personal health and wellbeing management.



## Other ways to get involved

### Individuals

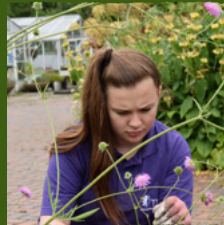
Volunteering with our client groups, maintaining our gardens or supporting office activities

### Corporates

Partnerships or volunteering days

### Everyone and Anyone

Following us on social media, fundraising or making a donation are great ways to support us and mean we can continue to deliver essential programmes




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To discuss any of our programmes, or to arrange a visit to Thrive Birmingham TV Gardens, or if you are interested in other ways to get involved, please contact the Thrive office on **0121 293 4531** or email **birmingham@thrive.org.uk**

**To find out more about our work and the people we support please go to**

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

 or call us on **0118 988 5688**



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A company limited by guarantee in England and Wales.  
Registered company (no. 1415700).



## The *gardening* for health charity

### Birmingham, King's Heath Park



As the leading gardening for health charity, we know that gardening can bring profound positive change, from improvements in physical and mental well-being to the transformation of skills, knowledge and abilities. Thrive has over 40 years’ experience and a wealth of evidence to support this.

Today, with our National Office in Reading, Berkshire, we provide social and therapeutic horticulture (STH) programmes from our three regional centres located in Reading at Trunkwell Gardens, Battersea Park in London and here in Birmingham’s King’s Heath Park.

Additionally, we run a range of outreach programmes from our regional centres in care homes, hospitals, schools and other community settings.



## Social and Therapeutic Horticulture

Thrive uses an approach called Social and Therapeutic Horticulture (STH), where trained horticultural therapists work with plants and people to improve an individual’s physical and psychological health, communication and thinking skills.

Our horticultural therapists use the garden as a safe and secure environment in which to develop a person’s ability to socialise, make friends and gain practical skills that make them more independent.

The therapist will focus on each individual that comes to Thrive, building a set of activities aimed at improving their particular health needs to achieve goals identified by the client gardener, their family, carer or support worker.



## Our People and Our Gardens

Thrive Birmingham offers therapeutic gardening programmes to people with a health, social or educational need in the former TV Gardens in King’s Heath Park as well as various outreach projects in the wider community. The TV Gardens provided the outside broadcasting location for Pebble Mill and previously BBC Gardeners’ World and Gardening Times.

Thrive is based in the pavilion next to the Horticultural Training Centre in the park, but the majority of our work takes place in the TV gardens.

Whilst King’s Heath is a public park, the TV gardens, cabins, glasshouse and training rooms provide safe, secure and private spaces for the client gardeners, therapists and volunteers in which to work.

The ‘mature garden’ is a large area, where client gardeners feel very close to nature with large, mature trees being home to hundreds of birds and other native wildlife.

The old rose garden by comparison, is smaller and enclosed with hedgerows, providing a sense of security, stimulating the senses with a variety of colour and perfume – it’s a very nostalgic setting to prompt memories and to reminisce.

There is a variety of herbaceous borders which beautifully illustrate the changing seasons – therapists use these with client gardeners during the training modules for accredited qualifications, but also as cues to understand time and the passing of a year.



The intimate designer gardens allow small groups to work in a peaceful setting - the design is suited to deliver programmes for those whose mental health needs require a supportive and safe environment or where external stimulus needs to be kept to a minimum.

Being an approved training centre enables us to deliver certified practical horticulture qualifications to both young people (16+) and adults wanting to get started in the world of horticulture. Our large glasshouses facilitate these sessions in a less structured or formal way.



To support our work with clients, we are able to host corporate volunteering days where teams can gain first-hand experience of the benefits of social and therapeutic horticulture and learn various gardening skills, such as seed-sowing and potting on. Teams are also able to use the garden to facilitate team-building days.

Throughout the year, Thrive Birmingham host guided tours and volunteer taster days where we open the TV Gardens to the public. Our therapists, volunteers, staff and client gardeners are proud to show people around all the areas in which they work.

## Making a referral

People come to us through a variety of referral paths. Some are referred by their GP or health and social care professional, others may self-refer or be referred by a family member, school or other organisation. Whatever the referral route, we can discuss individual needs to ensure the programme options are appropriate.

