

The *gardening* for health charity



Information Service

We offer free support and advice on all aspects of social and therapeutic horticulture and we have a dedicated information officer who can answer individual queries on the phone or by email about gardening for good health.

Thrive can help if you:

- ✓ are looking for a place at a garden project for yourself or somebody else
- ✓ want to know how to make gardening easier for yourself
- ✓ are looking to volunteer at a garden project
- ✓ are seeking more information because you are working at or involved in a garden project
- ✓ want to know more about social and therapeutic horticulture

The advice section on our website offers tips and advice on gardening when you have a disability and we also produce a range of briefing sheets and publications which provide an overview of popular topics.

We are dedicated and passionate about the health benefits that gardening, horticulture and spending time in nature can bring.

Research provides evidence of just that; but we see it first-hand, every day in the people we support and the programmes we run. We want to reach out to a wider audience of professionals and policy-makers in health, social care and education, to help them incorporate gardening and the use of nature in their work to improve health and wellbeing for all.

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

 www.thrive.org.uk

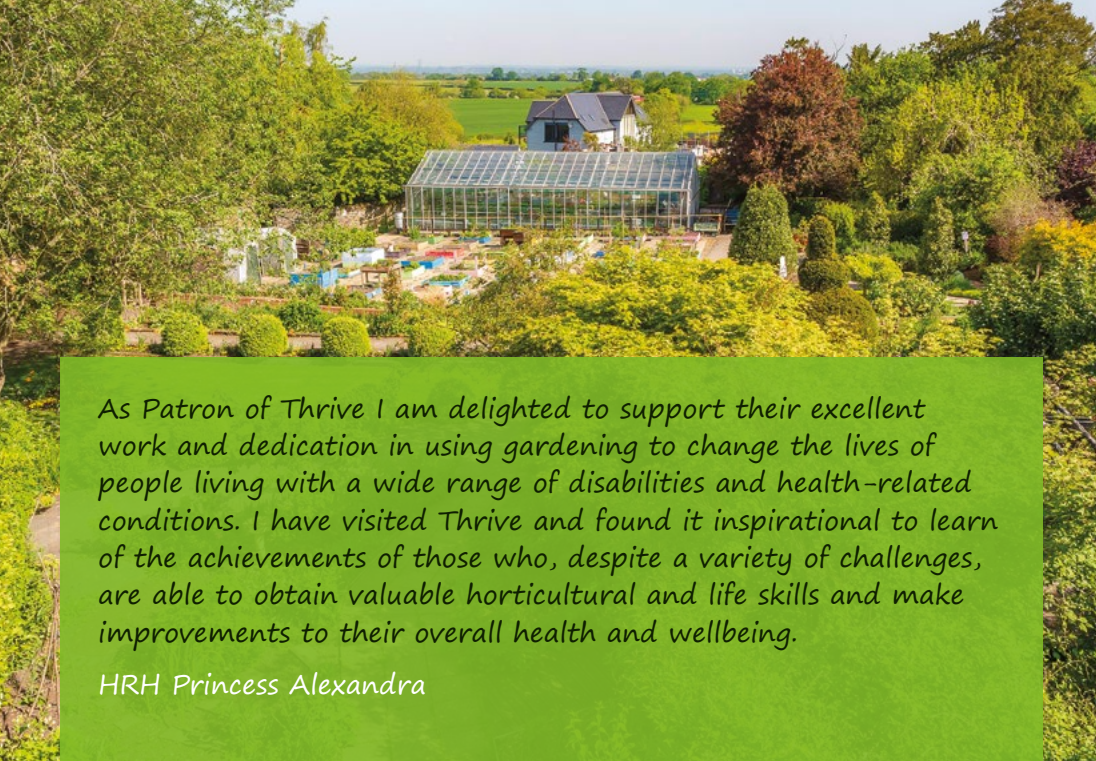
 or call us on **0118 988 5688**



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Thrive, The Society for Horticultural Therapy.
Registered Office: The Geoffrey Udall Centre, Beech Hill, Reading, RG7 2AT.

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Registered company (no. 1415700).



As Patron of Thrive I am delighted to support their excellent work and dedication in using gardening to change the lives of people living with a wide range of disabilities and health-related conditions. I have visited Thrive and found it inspirational to learn of the achievements of those who, despite a variety of challenges, are able to obtain valuable horticultural and life skills and make improvements to their overall health and wellbeing.

HRH Princess Alexandra

Thrive's Vision

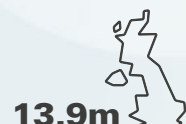
People living with a disability or ill-health, or who are isolated, disadvantaged or vulnerable, have the opportunity to access therapeutic gardening and horticulture programmes, wherever they live, and are actively encouraged to use gardening as part of their personal health and wellbeing management.



Approximately **1 in 4** people in the UK will experience a mental health problem this year.
(Mind 2019)



Every **3 minutes** someone is diagnosed with **dementia**.
(Alzheimer's Society 2019)



There are around **13.9 million disabled people** in the UK.
(Gov.UK Family Resources Survey 16/17)



Loneliness is associated with an increased risk of dementia, heart disease and depression.
(Valtorta et al, 2016)

Thrive's History

Thrive began as the Society for Horticultural Therapy and Rural Training in Frome in 1979, set up by Chris Underhill, a young horticulturist inspired by his work with people with disabilities and his voluntary service in Africa. Chris was supported by, amongst others, Dr Geoffrey Udall a paediatrician. Initially the organisation concentrated on supporting the people who were setting up and running specific outdoor projects and wanted to use the concept of horticultural therapy. It aimed to be a bridge

between the world of horticulture and the world of health. In the mid-1980s the organisation widened its scope by offering services to individual disabled gardeners.

Before his death, the Reverend Dr Geoffrey Udall made provision for Thrive in his will and bequeathed his family's estate and walled garden to the charity - this bequest continues to be instrumental in enabling Thrive to bring the benefits of gardening to increasing numbers of people in need.

It's Not Just Gardening

Gardening can bring profound positive change, from improvements in physical and mental well-being to gaining skills, knowledge and abilities. Thrive has over 40 years' experience and a wealth of evidence to support this. Ultimately the changes people make can help them overcome everyday obstacles and challenges they may face in their lives.

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 horticultural 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.



Regular therapeutic gardening sessions have **five** key benefits:



Better physical health, greater muscle strength and improved mobility.



Improved mental health, from gaining a sense of purpose and achievement.



Reducing isolation or feelings of exclusion. Our horticultural therapists tailor sessions to promote interaction between clients and to build their social skills.



Building confidence and self-esteem. Learning new things and knowing how to do them can lead to volunteering, qualifications in horticulture and even employment.



Being outdoors in touch with nature is associated with positive emotions, self-esteem and wellbeing.



What We Do and the People We Support

We work in a variety of ways: we facilitate therapeutic programmes at our regional centres in Reading, London and Birmingham and we also run programmes in care homes, village halls, prisons and other community settings. We are at an important moment in the development of STH, Green Care and in using nature for health and wellbeing. More and more people are understanding how giving someone the opportunity to get outside, whatever the activity, can lead to a positive impact.

We support and work with a wide range of people... people who have a physical or learning disability; people with mental health support needs; people who may have sensory loss or autism; people with age-related conditions such as dementia, heart problems, diabetes or stroke survivors and also young people who have social, emotional or behavioural difficulties.



National Knowledge Centre

With over 40 years' experience, Thrive are the experts in providing training, education and consultancy for people to use social and therapeutic horticulture and other nature-based interventions to help individuals living with a wide range of needs.

We offer a variety of face-to-face, online and bespoke training and education opportunities, ranging from one-day courses to higher education qualifications. Our courses are suitable for practitioners, health or social care

professionals, people looking for a career change and volunteers working in the fields of care, education, the environment, health, horticulture or social care. Train with us as an individual or come with your team. Our courses are run throughout the UK by a highly professional team of trainers with in-depth experience of delivering social and therapeutic horticulture, and our online courses can be accessed across the world!

Thrive's team can help with:

- ✓ **Developing a project** - creating or improving green spaces to make the most of their therapeutic potential
- ✓ **Developing programmes** - implementing and monitoring their outcomes
- ✓ **Developing gardens** - designing a garden for specific needs
- ✓ **Business planning** and accessibility reports