

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



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*You are wonderful to Emma.
She is so happy at Thrive.
Thank you.*

– Emma's Grandad

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Other ways to get involved

Individuals

Volunteering with our client groups,
in our office or at events and open days

Corporates

Partnerships or volunteering

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

You can even hire our training
rooms for your meeting!



The *gardening* *for health* charity

Reading, Trunkwell Gardens



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.




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To discuss any of our programmes, or to arrange a visit to
Trunkwell Gardens, or if you are interested in other ways to
get involved, please contact the Thrive office on **0118 988 4844**
or email **trunkwell@thrive.org.uk**

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


using gardening to change lives


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Registered with
FUNDRAISING
REGULATOR

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 at Battersea Park in London, King's Heath Park in Birmingham and here at Trunkwell gardens in Reading.

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

The Trunkwell Gardens at Beech Hill near Reading are situated within three acres of beautiful grounds and are part of Thrive's National Office; The Geoffrey Udall Centre. The gardens provide an accessible, supportive, safe and tranquil environment in which to work and there is a strong sense of positivity, pride and community here.

The garden space is divided into a number of smaller distinct areas to increase the plant diversity and provide opportunities to create a wide and diverse range of rich sensory experiences. These areas are designed to provide calming and reflective experiences alongside others which are stimulating and enabling.

For example, the 'plot area' has over 30 individual plots – some of the clients work with a therapist and volunteers to maintain their own area of the garden; this facilitates a great sense of ownership, responsibility and achievement as each plot is individualised according to both the needs and the creative design of the client gardener.

There are areas for growing herbs, an allotment, orchard plus butterfly and woodland gardens as well as a tree nursery, a large wildlife pond and a shop selling plants on our regular public open days. The focal point of the main garden is a large glass house – a hive of activity where our client gardeners can learn and undertake activities such as seed sewing, potting on and plant identification.



Being an approved training centre enables us to deliver certified practical horticultural qualifications to both young people (16+) and adults wanting to get started in the world of horticulture.

To support our client gardeners further, we undertake extra activities surrounding horticulture such as cooking, where clients may learn new skills as we encourage a better understanding of the seed to plate relationship using our fully accessible kitchen. We are fortunate at Reading to have a number of cabins, classrooms and quiet rooms where the therapists can work with clients on specific

activities or escape from the more inclement weather!

Our community-based settings provide our client gardeners with a range of extra options beyond the Trunkwell garden e.g conservation work. This helps to further promote social inclusion through opportunities to connect with others, build independence and support people with a range of transferable skills enabling them to be valued and active citizens in their communities.



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.

