

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



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*Hello, my name is Imogen and I have cerebral palsy, 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 ”*

## 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 or in our sales kiosk



### Corporates

Partnerships, volunteering and wellness 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

You can even hire our training rooms for your meeting!

## The *gardening* for health charity



### London, Battersea Park




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To discuss any of our programmes, or to arrange a visit to our gardens in Battersea Park, or if you are interested in other ways to get involved, please contact the Thrive office on **020 7720 2212** or email [battersea@thrive.org.uk](mailto:battersea@thrive.org.uk)

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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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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).





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

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 enable them to be 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 themselves, their family, carer or support worker.



## Our People and Our Gardens

Thrive London offers therapeutic gardening programmes to more than 200 people on average per year with a health, social or educational need in four fantastic gardens in Battersea Park, as well as various outreach projects in the wider community.

The Main Garden on East Carriage Drive is where the London office is based, and our qualification and short-term health specific programmes are delivered. It also hosts our sales kiosk – our small social enterprise open to the public where plants grown by our client gardeners are available to buy.

Our longest-standing programmes are delivered from the Herb Garden near the Albert Gate entrance to the Park. When we first arrived there in 2002 the garden was a derelict area.

Since then the client gardeners, together with the therapists and volunteers have transformed it to create a diverse yet beautiful therapeutic space. The glasshouse provides not only a focal point, but a hub of activity as seeds are sown and seedlings potted on ready for sale in the kiosk.

The stunning Old English Garden was regenerated in 2012 and is maintained by client gardeners. As a walled garden it provides security and tranquillity for groups to carry out a wide range of seasonal tasks in a complex area, from various restorative measures to planting large numbers of bulbs and seeds.



The Winter Garden is the newest addition to our therapeutic gardens in Battersea Park. The design is suited to deliver programmes for those whose mental health support needs require a safe and supportive environment and its size and maintenance needs make it ideal for our client gardeners to practise particular horticultural skills for their qualification modules.

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 work with client gardeners, we are able to host corporate volunteering and wellness 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.

Thrive London is open all year round and throughout the year we host guided tours where we open the main garden 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.

