



Impact Report 2019



Visiting a National Garden Scheme garden helps change lives ...



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GARDEN OPEN
FOR CHARITY

About us

The National Garden Scheme gives visitors unique access to over 3,500 exceptional private gardens in England and Wales, and raises impressive amounts of money for nursing and health charities through admissions, teas and cake.

Thanks to the generosity of garden owners, volunteers and visitors we have donated a total of £58 million to nursing and health charities since we were founded in 1927, and in 2019 we made total annual donations of £3 million from our 2018 season.

Originally established to raise funds for district nurses, we are now the most significant charitable funder of nursing in the UK and our beneficiaries include Macmillan Cancer Support, Marie Curie, Hospice UK and The Queen's Nursing Institute.

The National Garden Scheme doesn't just open beautiful gardens for charity – we are passionate about the physical and mental health benefits of gardens too. We fund projects which promote gardens and gardening as therapy, and in 2017 launched our annual Gardens and Health Week to raise awareness of the topic. We also support charities doing amazing work in gardens and health and grant bursaries to help community gardening projects.

Our funding also supports the training of gardeners and offers respite to horticultural workers who have fallen on difficult times.

This report looks at the impact of our donations made in 2019 and how our beneficiaries use those donations to support thousands of people across the UK.

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Photo (left): 18 Royal Chase, Tunbridge Wells © Leigh Clapp

Front cover image: Pupils and staff from Treloar's School and College enjoyed a trip to The Thatched Cottage, Hampshire - read more on page 18. Photo: © Julie Skelton

Chairman and Chief Executive's review



Chief Executive, George Plumptre and Chairman, Martin McMillan with President, Mary Berry, at Hazelby House Photo: © Julie Skelton

2019 was an outstanding year for the National Garden Scheme in a number of ways which bound together our fundraising at gardens and support for our beneficiaries.

In March we announced annual donations totalling £3 million which all came from funds raised at our gardens during 2018. The full details can be found on page 8.

We would like to start by extending our sincere thanks to our garden owners and the county team volunteers who support them, for all the hard work and commitment required to achieve such a superb result.

The National Garden Scheme is the largest cumulative funder of most of our beneficiaries – a fact which deserves to be more widely known. Details of the impact of our donations to individual beneficiaries are given in the rest of this report; we would like to single out just two.

The first is our partnership with Macmillan Cancer Support which celebrated 35 years in 2019 making us Macmillan's longest standing partner. The second is our far younger partnership with Horatio's Garden which has become a cornerstone of the Gardens and Health programme that we launched with a report commissioned from The King's Fund in 2016.

Our beneficiary partners provide a unique joint contribution to the nation's health and care, in

particular to community health and social care. To champion that contribution we commissioned a second report from The King's Fund, with case studies from our six beneficiaries which offer nursing services: The Queen's Nursing Institute, Macmillan, Marie Curie, Hospice UK, Parkinson's UK and MS Society (our guest charity at the time the report was commissioned).

Published in May 2019 and entitled *Investing in Quality, the contribution of large charities to the future of health and care*, the report's launch was attended by Caroline Dinenage MP, Minister of State for Care, who commented at the time;

“This is exactly why community health is at the forefront of the NHS's Long Term Plan which sets out that integrated out-of-hospital care is needed to provide proactive, preventative and personalised care... I look forward to working with the charitable sector to deliver this.”

We are now working with our beneficiaries to build on the report and make a substantial contribution to the current debate about community health and social care which has deservedly become an urgent priority.

In June 2019, for the first time ever, we held a major fundraising event in a garden, at Hazelby House in Hampshire. Generously hosted by Hazelby's owners, Patrick and Gabrielle Hungerford, supported by Savills

and other sponsors, and opened by our President, Mary Berry CBE, the event raised a total of £90,000 for the National Garden Scheme. We intend to make this an annual highlight and we will be holding a similar event in the Temperate House at the Royal Botanic Gardens, Kew, in April 2020.

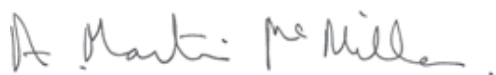
Also in 2019 the Culture, Media and Sport Parliamentary Committee held the first ever evidence session at Chelsea Flower Show. The National Garden Scheme contributed a submission to the evidence which was quoted in the subsequent report published in July:

“The contribution of British gardens to tourism is not properly understood and it is underestimated in financial, social and cultural terms. As a result, gardens are not appropriately promoted.”

In October the Chief Executive attended a follow-up meeting chaired by Helen Wheatley MP, Minister for Arts, Heritage and Tourism, which set out an ambition to better champion gardens and parks with tourism initiatives and recognise their financial and social contribution, and their popularity with overseas visitors.

2019 confirmed the National Garden Scheme's extraordinary dual impact, both within the actual gardens which open and then through the donations made with the funds raised at their open days. As well as their unrivalled horticultural delights and quality, the gardens offer visitors enjoyment, relaxation and confirmation that having access to a garden is good for everybody's health and wellbeing, especially those without their own garden or who have particular health needs.

Year by year, the cumulative impact of the grants to our beneficiary charities grows incrementally, helping them make their enormous contribution to the nation's health and care, and strengthening the partnerships that we have with them all. They are partnerships of which we are enormously proud and we look forward to building further in the coming years.



A Martin McMillan OBE, Chairman



George Plumtre, Chief Executive

Who's who

Patron

HRH The Prince of Wales

President

Mary Berry CBE

Chairman

A Martin McMillan OBE

Deputy Chairman

Sue Phipps

Hon Treasurer

Andrew Ratcliffe

Trustees

Atty Beor-Roberts

Richard Barley

Peter Clay

Susan Copeland

Maureen Kesteven

Susan Paynton

Mark Porter

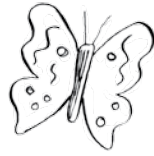
Sir Richard Thompson KCVO

Rupert Tyler

Alison Wright



2019 in numbers...



£3 million
Donated to nursing
and health charities
in 2019



165
Children and young people
with disability supported
at Treloar School and
College



3,552
Gardens open under the
National Garden Scheme
in 2019



26
Clinical bursaries
supported for Marie
Curie professionals



556
Volunteers supporting the
National Garden Scheme



200,000
People and their families
reached by our support
of Hospice UK





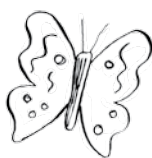
28,495
Unpaid carers and their families reached by our support of Carers Trust



28,000
People living with cancer supported through our funding for Macmillan



1,325
Queen's Nurses supported by our funding



450
Additional people living with Parkinson's able to access the support they need to manage their condition



380
Patients benefitted from Horatio's Garden Oswestry



62,857
Day therapy sessions funded within a Marie Curie Hospice



Our donation of £3 million was generated from the opening of 3,552 gardens, supported by 556 National Garden Scheme volunteers during the 2018 season. These are just some of the incredible things that the money raised has supported.





QNI nurses volunteering at the National Garden Scheme open day at Horatio's Garden at Stoke Mandeville in September. Linking beneficiaries together to support one another and to promote the work of the National Garden Scheme forms an important element of our partnerships with charities.

Our donations in 2019

Originally set up in 1927 to support district nurses, the National Garden Scheme now raises millions for nursing and health charities each year. We also support charities doing amazing work in gardens and health, grant bursaries to help community gardening projects and support gardeners at the start of their careers.

In 2019, we donated £3 million and worked with our main beneficiaries to help promote our partnerships, the importance of gardens to health, and to generate increased interest and support for the work of the National Garden Scheme and its portfolio of gardens.

Main beneficiaries:

Macmillan Cancer Support	£500,000
Marie Curie	£500,000
Hospice UK	£500,000
Carers Trust	£400,000
The Queen's Nursing Institute	£250,000
Parkinson's UK	£185,000
Perennial	£130,000

Guest charity:

Mind	£100,000
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Gardens and health:

Horatio's Garden	£50,000
Treloar's	£85,000
KIDS	£85,000

Support for training gardeners:

ABF The Soldier's Charity	£80,000
WRAGS	£65,000
National Botanic Garden of Wales	£20,000
Professional Gardeners' Trust	£15,000
Garden Museum	£10,000

Community gardening projects:

Echo, Leominster	£2,667
Ashley Vale Action Group, Bristol	£2,785
Kyra Women's Project, York	£800
Ripon Community Link, North Yorkshire	£2,300
St Ann's Allotments, Nottingham	£2,000
The Court Community Garden Project	£1,316
The Therapy Garden, Guildford	£3,000
YMCA East Surrey, Redhill	£1,340

For more information on National Garden Scheme bursaries and community garden awards visit our award-winning* website at: ngs.org.uk

**Voted Website of the Year 2019 by the Garden Media Guild*

Nursing and health beneficiaries

Macmillan Cancer Support

The National Garden Scheme is Macmillan Cancer Support's longest standing partner. We've donated over £17 million since our partnership began 35 years ago and, in 2019, made a donation of £500,000.

This year's donation is the second instalment of five earmarked for the new Y Bwthyn NGS Macmillan Specialist Palliative Care Unit in the Royal Glamorgan Hospital, Wales. The National Garden Scheme has committed £2.5million in total between 2018 and 2022 to help build and support this purpose-designed unit providing inpatient care, specialist day centre care and palliative medicine outpatient services. The new site, which opened to patients in September 2019, will enable people living with cancer to receive the right care and support in one place.

Special features of the build include private terraced areas for each inpatient, and intimate landscaped gardens giving patients and their families an outside space for tranquil reflection.

The unit will be able to support approximately 177 inpatients and 719 day patients per annum when it is fully operational.

Previous National Garden Scheme donations continue to support thousands at the NGS Macmillan Unit in Chesterfield and the NGS Wellbeing Centre in Bristol. In Chesterfield, 3,000 patients attended chemotherapy treatments in 2019 and over 8,000 people have accessed support or information. In the last five years the Centre in Bristol has supported over 32,000 patients, carers and families, an estimated 14,500 in 2019 alone.

In addition National Garden Scheme donations have now funded 150 Macmillan Nurses and other Macmillan professionals, enabling the charity to reach even more people and to provide the very best support from diagnosis on.



Key National Garden Scheme people past and present, including the present Chairman and three of his predecessors celebrating 35 years in partnership with Macmillan Cancer Support at the Garden Museum, London in June Photo © John Goodman

Marie Curie



Photo © Marie Curie, Ben Gold

The National Garden Scheme has been supporting Marie Curie since 1996, donating over £9 million, making us the single largest funder of their work. In 2019, the National Garden Scheme donated £500,000 to help Marie Curie continue to provide their national end of life community nursing service, nine hospices, and information and support service and helpline.

As part of this donation the National Garden Scheme continued to fund Marie Curie's clinical bursary scheme - now named the National Garden Scheme Bursary Fund - with 26 individuals supported through their studies. From hospice and regional nurse managers, allied health professionals, clinical nurse specialists and registered nurses, the bursary has, to-date, supported 41 health professionals, each proud to wear their 'Nursing Bursary' badge.

The remainder of the 2019 donation was spent on core services from funding nurses supporting families at home overnight, to providing 24-hour care for patients

living with terminal illness within one of the nine Marie Curie hospices. The funding equates to: 22,000 hours of nursing care - or 2,444 overnight nursing shifts; 1,100 hours of hospice care or 62,857 day-therapy sessions within a Marie Curie Hospice.

Patients often visit Marie Curie Hospices as outpatients to alleviate symptoms, receive specialist care, take advantage of complimentary therapies and to make use of the beautiful gardens. During 2019, three hospices - Newcastle, Hampstead and Solihull - opened their doors to the public as part of the National Garden Scheme helping to galvanise the partnership and welcoming 400 visitors.

"Opening the hospice garden is so much fun. Everyone loves visiting and it encourages people to get more involved with Marie Curie in the future.

We totally need to keep doing it!"

Tracy, Hampstead Hospice Community Fundraiser

Nursing and health beneficiaries

Hospice UK

The National Garden Scheme has supported Hospice UK since 1996, donating over £5 million during that time. In 2019, the National Garden Scheme donated £500,000 enabling the charity to deliver the aims of its current five-year strategy; to support 200,000 people and their families who benefit from hospice care and to reach the 118,000 who need hospice care but don't currently access it.

Impacts from our 2019 funding include the continued growth of Project ECHO aimed at enabling participants to share and access specialist knowledge and expertise across different health and care services. Thirty seven ECHO networks have been established to-date covering key areas such as dementia, GP support, community nursing and cardiology.

Our funding has also supported national advocacy work seeking to tackle the inequalities in end of life care and

to widen access to hospice care. It has supported the Dying Matters campaign which encourages people to talk about dying, death and bereavement and to put plans in place, reaching an estimated 15 million people and provided training bursaries to staff working in end of life care. So far, 68 healthcare professionals have been funded to participate in a variety of courses including Art Therapy, Prescribing for Nurses, and End of Life Care and Symptom Management.

During 2019, Hospice UK produced a successful series of videos illustrating the positive impacts of gardens and gardening on wellbeing. They also produced a booklet aimed at encouraging eligible hospices to open their gardens with the National Garden Scheme. Currently, sixteen hospice gardens open providing invaluable links to the wider community and increased engagement and support.



Rennie Grove Hospice in Hertfordshire opening for the National Garden Scheme in 2019 - Photo © Hospice UK

Carers Trust



Men with caring responsibilities are typically much harder to engage in support activities so trips like the Garden and Health visits arranged in association with the National Garden Scheme are really important in helping them network and meet other carers - Photo © Carers Trust

The National Garden Scheme has been supporting Carers Trust since 1996, having donated over £4 million in that time to help the charity raise the profile of carers' issues, and enabling them to further their reach and support to even more unpaid carers. In 2019, the National Garden Scheme donated £400,000 to Carers Trust.

The majority of the 2019 donation supported Carers Trust's core work helping 28,495 unpaid carers to access the support they need, raise issues of carers' needs to local authorities and government, as well as designing a new programme that will improve what the charity can offer carers around the UK.

£25,000 was used to set up the Carers Gardening Fund. Launched in September 2019, carers centres are being

invited to submit applications to create a 'garden' that will make best use of their available space and address the needs of local carers. A further £25,000 supported the in-demand Carer's Fund. Sixty three individual carers benefited from these grants which help support their immediate needs, be that a break from caring, a household item (like a bed, cooker or washing machine) upskilling or training, or help with transport needs. In addition, just over £2,000 was used to help support visits to National Garden Scheme gardens for 75 carers and cared-for, as part of the charity's reducing social isolation programme and the National Garden Scheme's Gardens and Health programme.

Carers Trust led the way with service user visits to National Garden Scheme gardens in 2019.

Nursing and health beneficiaries

Parkinson's UK

The National Garden Scheme has been supporting Parkinson's UK since 2012, donating over £1 million in that time to help drive better care, treatments and quality of life for those living with Parkinson's. In 2019, the National Garden Scheme donated £185,000.

The donation helped fund two new nursing posts in the priority areas of Bradford and Orkney, where previously people had no access to nurses. A full-time Parkinson's nurse will have a case-load of around 300 patients and along with the part-time role on Orkney, 400-450 people living with Parkinson's will now be able to access the support they need to manage their condition. These

two new posts build on the three funded in South Tyneside, Vale of York and Halton in 2018 which now reach around 900 patients.

Parkinson's active promotion of their partnership with the National Garden Scheme included the production of a video featuring Parkinson's sufferer Chris Lane and her garden. This powerful story, telling of how therapeutic her garden is in helping her manage her condition, created widespread engagement among staff, service users and the public and linked positively with the National Garden Scheme's 2019 Gardens and Health campaign.



*Chris Lane, who lives with Parkinson's, in the garden she opens for the National Garden Scheme. Her story created a powerful story for both charities
Photo © Parkinson's UK, James Labous*

The Queen's Nursing Institute



*The Executive Leaders Group with Dr John Unsworth, Chair of the QNI's Council and Dr Crystal Oldman, QNI Chief Executive (second right)
Photo © Kate Stanworth*

The National Garden Scheme was founded by The Queen's Nursing Institute (QNI) in 1927 when £8,191 was raised by opening 609 gardens at one shilling a head. We became independent of the QNI in 1980 but the charity has remained a valued partner and, over our 92 years together, we have raised more than £4.4 million to support them. In 2019, the National Garden Scheme donated £250,000 to the QNI.

The donation has been used to continue building the Queen's Nurse network. This national network of highly qualified nurses works in the community across England, Wales and Northern Ireland and has increased from 1,200 nurses in 2018 to 1,325 today.

Funding also supported the production of important top level reports including the annual District Nurse Education Report. This is the most authoritative study about the number of universities offering accredited

District Nurse education programmes and the number of students enrolled and graduating from these programmes. This intelligence is vital to the QNI's strategy around nurse education and provides the information needed to argue for greater investment in District Nurse education for the benefit of patients at home and in the community.

To continue building a cadre of influential and senior nurses with expertise in leading and managing community services, the National Garden Scheme funded a further 18 Queen's Nurses to be part of the QN Executive Leaders programme.

Engagement in the partnership with the National Garden Scheme remains strong with nurses and staff not only visiting and volunteering at garden open days but also opening their own gardens. This partnership helps us retain an enduring link with our joint heritage.

Perennial

The National Garden Scheme is Perennial's largest single donor having donated more than £1.8 million since the partnership began in 1986 when Perennial was the Royal Gardeners' Benevolent Fund. This contribution makes a huge difference to the lives of thousands of people who are working, or have worked, in the horticulture industry in the UK, and their families.

In 2019, a donation of £130,000 helped fund the equivalent of two and a half Perennial caseworkers, allowing them to be on the road for an entire year visiting and meeting with clients who need help and

support. Typically, one caseworker will support up to 100 clients a year. Each client has their own individual needs and the bespoke service Perennial provides helps them in a variety of ways.

The nationwide team of caseworkers and debt advisers respond quickly and effectively, providing free confidential advice, support and financial assistance for as long as it takes to get people back on their feet and to rebuild their lives. In the year to August, Perennial helped and supported 1,380 people, an increase of 20% on the same period in 2018.



Andy's story

Self-employed landscape gardener Andy Perry lost his leg after being bitten by a false widow spider and developing sepsis. When he was at his lowest, suffering both financially and personally, Perennial stepped in to help Andy and his family find a way forward.

Despite emergency treatment Andy wasn't well enough to return to work but, as his wife was working, they were not entitled to any statutory financial help. The family began to struggle and what's more, HMRC were demanding a repayment of working tax credit.

Sadly, Andy's health continued to deteriorate, and, in March 2018, he underwent surgery to amputate his leg above the knee. His wife took carer's leave from her job, meaning her pay was reduced initially by half and then stopped altogether. It was at this time that Andy contacted Perennial.

"I was doubtful that they could help, but I was out of options. I'd had major surgery and was officially disabled. I was unable to work, struggling financially and just needed a bit of help. My family were totally supportive but without Perennial I'm not sure what would have happened. The caseworker came to see me and things improved from there. I was able to explain fully what was happening and how I was feeling. It was a massive relief just to be able to talk to someone without being judged.

"Perennial took the weight off my shoulders, sorted out our finances and dealt with creditors - it really helped."

As well as sorting out his financial issues, Perennial raised £5,000 from other charities and trusts to adapt the family's garden. Today, Andy can leave the house unaided, his wife has returned to work, and Andy is hoping to start a career as a carpenter from his new workshop.

"My wife and I are happier than we've been for a long time – we are able to sleep easily, and we're no longer worried about opening the post. My children don't even know that we were in financial trouble and that's fantastic. They now also have a beautiful safe place to play in and I can be outside watching them play."

Guest beneficiary

Mind



Garden owner Joe Shannon (above right with partner Alex) has lived with mental health issues for several years. Inspired by our partnership with Mind, he wanted to share his story as part of our Gardens and Health campaign explaining how gardening helps him manage his condition

Guest charities are part of the National Garden Scheme's nursing and health donations, and are a beneficiary for two to three years. Charities are selected and shortlisted by volunteer county teams. Following presentations by the shortlisted group of charities, the trustees select the successful beneficiary.

Mind is the National Garden Scheme's new guest charity for 2019 and received a £100,000 donation.

Funding the growth and development of Mind's core peer support work, the donation will help ensure that no one experiences a mental health problem alone.

Mind reaches out to key peer support groups in a number of ways and the National Garden Scheme funding supports:

Peerfest - an exciting approach for groups and organisations to celebrate the importance and diversity of peer support, attracting 200-300 people.

Friends in Need - a network of peer support groups established and supported by local Minds. Each group is unique and the 32 groups currently running reach 640 people. Growing this network is a priority for Mind.

Friends in Need Toolkit - rolled out to up to 600 people across the local Minds that are running the Friends in Need programme.

GetUpSetUp - events reaching 100 people through peer support.

By March 2020, Mind expect to have reached 2,000 people through this core support work.

Since Mind became a guest beneficiary, a number of garden owners have come forward with stories about the importance of their gardens in managing their mental health and wellbeing. We are confident that the partnership will make a substantial contribution to our Gardens and Health programme.

Gardens and health beneficiaries



*Patient and visitor in Horatio's Garden, Salisbury
© Horatio's Garden*



Horatio's Garden

Horatio's Garden is one of the National Garden Scheme's gardens and health charities which receive funding for work which promotes the physical and mental health benefits of gardens and gardening.

We have been supporting Horatio's Garden since 2015 and have donated £255,000 to-date to help the charity create and care for beautiful, accessible gardens in NHS regional spinal injury centres. In 2019, the National Garden Scheme committed funding for the completion of gardens at all 11 spinal injury centres in the UK.

In 2019, a grant of £75,000 was allocated for the creation of Horatio's Garden, London. This is the first of two donations pledged in support of this project.

Designed by Tom Stuart-Smith, it will be located in the London Spinal Cord Injury Centre at the Royal National Orthopaedic Hospital, Stanmore, which has 40 beds and receives over 300 referrals with nearly 1,500 outpatients treated each year. Building started in November 2019 with the expectation of opening in summer 2020.

In September, Horatio's Garden Oswestry - which received a £50,000 donation from the National Garden Scheme in 2018 - was officially opened. This centre, which serves the West Midlands and North Wales, admits on average 380 patients a year and sees 1,500 outpatients. The gardens provide beautiful, accessible spaces for patients who are often in the spinal centres for long periods of time.

Horatio's Gardens at Stoke Mandeville, also funded by the National Garden Scheme which opened in 2018, and the first Horatio's garden in Salisbury welcomed over 350 visitors when they opened as part of the National Garden Scheme in 2019.

The garden at Salisbury, which opened in 2012 designed by Cleve West and tended by head gardener Stephen Hackett, was voted the Nation's Favourite Garden for the South West in *The English Garden* magazine competition that was run in partnership with the National Garden Scheme in 2019.

"The gardens are not just a pretty environment but one in which people can survive and thrive."

Tom Stuart-Smith, Garden Designer - Horatio's Garden, Stanmore

KIDS

In 2019, KIDS received a donation of £85,000 to help create two gardens. One at the KIDS Basingstoke Nursery and one at Wylde Green in Birmingham.

Forming part of the KIDS healthy living programme the gardens will provide disabled children with the means to explore nature, play outdoors and grow their own fruit and vegetables in order to improve their wellbeing, and physical and mental health.

A design brief, bringing together the wishes of staff, children and parents at the Basingstoke Nursery, has been prepared for tender with the expectation that phased work will begin in 2020.

Treloar's School and College



Students and staff visit *The Thatched Cottage* Photo © Julie Skelton

Treloar's received a donation of £85,000 to help fund the garden area within a new Horticulture and Outdoor Learning Centre at their site in Hampshire. Due for completion in 2020 this new facility will serve all 165 disabled children and young people who attend the school. The centre will also be open to the local community including special needs and mainstream schools, together with the wider disabled.

As part of our Gardens and Health campaign in 2019 Treloar's students and staff were invited to visit a local National Garden Scheme garden where they extended their classroom learning on pollinators and enjoyed the hospitality of garden owners David and Cally Horton.

Grants and bursaries

As well as supporting our main beneficiaries, guest charity and gardens and health beneficiaries the National Garden Scheme donated £206,208 to support community garden projects and trainee gardeners in 2019.

From supporting those looking for a change of career and getting into horticulture for the first time to supporting gardens that help rehabilitate ex-servicemen or reduce social isolation, our funding provides a positive introduction to gardening. In 2019 we continued to fund Community Gardens Awards in memory of Elspeth Thompson, and apprenticeships for trainee gardeners.

Case study: The Therapy Garden, Surrey

The Therapy Garden in Normandy, Surrey, which opens for the National Garden Scheme in May and September each year, received a £3,000 Community Gardens grant in 2019.

Working with adults and teenagers with learning difficulties, physical disabilities and mental health challenges, the team also offer school-age teenagers interventional education opportunities.

“The transformative effects of the garden are great to watch,” says horticulturist Emma. “One student from a special educational needs school arrived unimpressed by the thought of gardening and unwilling to even put on his work boots or gloves. But, over the space of a year, something changed. He became the first one through the gate in the mornings, the first one to have his gloves on and the first to be in the garden enjoying the work.”

For students excluded from mainstream education there’s a City and Guilds qualification in Horticulture that helps provide a career stepping stone - learning new skills to get them ready for the workplace.

Other clients are referred via the local medical centre, the police, social services, schools and other health-related charities. This system is part of the growing Social Prescribing movement, officially embraced NHS England in 2019. Under Social Prescribing people are offered community-based, non-clinical solutions to a wide range of physical and mental health issues.

Sue, a volunteer at the Therapy Garden for two years adds: “People who visit seem calmer, their anxiety drops, they always seem to have a smile on their face when they are here. For our dementia clients, they seem to enjoy being outside and there are benefits for their partners too, a break from the 24/7 care and the



George enjoying learning new skills at The Therapy Garden

chance to interact and socialise with others in the same situation.”

Summing up the benefits of this safe haven, Emma says: “Many come because they enjoy team activities or because being in the garden is such a peaceful place to be. Gardening gives them a sense of achievement and it really boosts their self confidence and self esteem.”

Case study: The Garden Museum Horticultural Trainee

For five years the National Garden Scheme – with the Leffman Trust – has supported a traineeship at The Garden Museum designed for a recent graduate in horticulture to explore options within the horticultural industry. Based at the Museum, they work alongside Head Gardener Matt Collins, but also have ten placements in other gardens, from private gardens by leading designers to established scientific collections.

In 2019, Elena Donovan came fresh from Writtle University College with her horticultural interests nurtured as a child of a military family in Japan. At Writtle, her dissertation was on the use of hemp in industry, and her interest in herbs has continued with a planting scheme for a medicinal garden in a park adjacent to the Museum; the first phase was planted during the Museum's summer holiday Botany Camp with teenagers from Brixton's Evelyn Grace Academy.

Elena's placements began assisting Tom Stuart-Smith in the build of his RHS Bridgewater garden at the Chelsea Flower Show and have continued through the kitchen garden at Gravetye Manor, and at Bedgebury Pinetum, where she learned about tree maintenance. At the Museum, the new cutting garden project has Elena's freshly-picked bunches of flowers on sale to visitors.

Elena says: "Ever since I was child, I had imagined a career that allowed me to work in and with nature. I would constantly plant in the garden with my mother and, throughout my teens, I worked at various garden centres. Later, I studied horticulture at Writtle University College, and the trainee position for The Garden Museum was at the top of my job applications.

"The fact that the museum not only allowed me to work with plants, but also provided placements was a major influence on my decision. These placements allow me to explore areas I would like to grow in. My first placement at the Royal College of Physicians (RCP) was



Elena Donovan, Horticultural Trainee at The Garden Museum

an amazing experience, and offered me the opportunity to work in a historical herb garden.

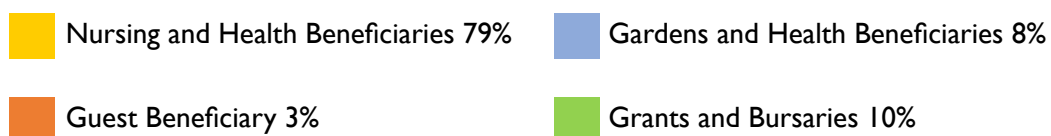
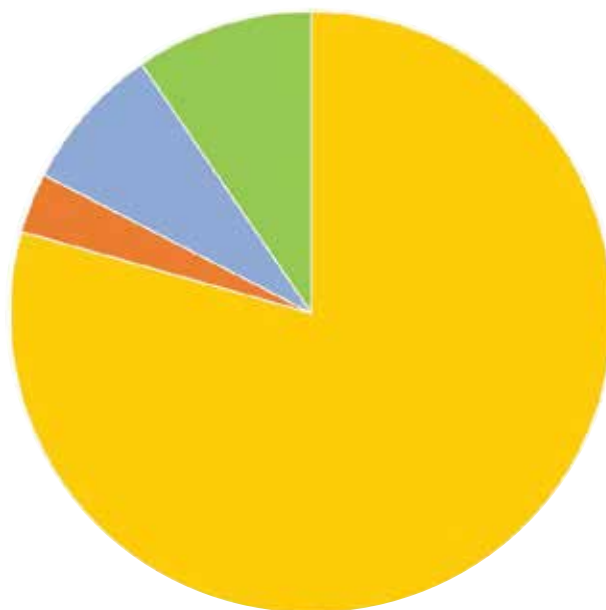
"Herbs are a great interest of mine, and it was fantastic to garden alongside Jane Knowles, whose knowledge about the plants is truly remarkable. Additionally, The Garden Museum's Head Gardener, Matt Collins, has been extremely supportive in arranging placements, providing me with experiences in historical sites that would otherwise be hard to access. I was also able to gain a sense of what it's like to build a show garden at the Chelsea Flower Show, which was amazing. Through my placements at gardens and my experience gained thus far at the Museum, I have grown more and more confident in my horticultural knowledge."



Donation summary

The donations we made in 2019, as detailed below, amounted to 80% of funds raised at our gardens in 2018.

	£
Nursing and Health Beneficiaries	2,465,000
Guest Beneficiary - Mind	100,000
Gardens and Health Beneficiaries	245,000
Grants and Bursaries	296,208
	<hr/>
	3,106,208
	<hr/> <hr/>



Our thanks to ...

Special thanks

Our special thanks go to the 3,552 garden owners who so generously shared their gardens, opening their gates to visitors to help raise funds for our nursing and health beneficiaries in 2019. Sincere thanks also to the 556 National Garden Scheme volunteers who work so hard to support garden owners across the country, promote their garden openings locally and so much more. Without these generous supporters, we simply could not do what we do.

Core sponsor

We are extremely grateful to the valuable contribution from Investec Wealth and Investment which has supported the National Garden Scheme for over 21 years and is our core sponsor.



Our corporate partners



Our event sponsors





The National Garden Scheme
East Wing Hatchlands Park
East Clandon
Guildford Surrey
GU4 7RT

Email: hello@ngs.org.uk
Telephone: 01483 211535, 9.00am - 5.00pm
(Monday – Friday)

The National Garden Scheme is a charity registered in the UK. Charity Number 1112664

Photo: Sleightholmedale Lodge in Yorkshire, which celebrated 80 years of opening for the National Garden Scheme in 2019
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