



**NEWS RELEASE**

**12<sup>TH</sup> MAY 2020**

**NATIONAL GARDEN SCHEME GLOUCESTERSHIRE  
COUNTY TEAM**

### **HELP SUPPORT OUR NURSES IN GARDENS & HEALTH WEEK**

In this year's National Garden Scheme (NGS) Gardens and Health week, the benefits of gardens to everyone's health and wellbeing have rarely been more relevant or important.

Our campaign is being led by gardening broadcaster and NGS Ambassador, Rachel de Thame, with a film about how her garden was crucial during 2018 and 2019 when she was diagnosed with and underwent treatment for breast cancer. Rachel says:

"My garden became a lifeline, it was a place of escape... but above all it offered me a sense of promise for the future, that glimmer of optimism kept me going through treatment."

The current crisis underlines the benefits of having a garden and the process of gardening to both physical and mental health. In addition to giving hope for the future, they are places for relaxation in stressful times and places of solace in times of bereavement. Garden visiting is another way to enjoy the benefits of being in a beautiful green space. The NGS has been welcoming visitors to gardens of all types and sizes across the country since 1927, raising money to support nursing and health charities. This year is different: no NGS gardens are open until further notice – this has never happened in the 93-year history of the NGS.

But NGS garden owners are keen to show visitors around their gardens safely. Virtual Garden Visits are being uploaded onto the NGS website every week.

Enjoy a visit to these beautiful Gloucestershire gardens:

Kiftsgate Court: <https://ngs.org.uk/kiftsgate-court-in-april/>

Algars Manor: <http://ngs.org.uk/picture-perfect-algars-manor-gloucestershire/>

To donate via JustGiving visit: <https://www.justgiving.com/ngs>

To donate by text:

Text GARDENS 5 to 70085 to donate £5.

Text GARDENS 10 to 70085 to donate £10

Text GARDENS 20 to 70085 to donate £20

Texts cost the donation amount plus one standard rate message.

**And please remember there has to be a space between GARDENS and the number**

You can watch Rachel's film, browse all our gardens and save your favourites on our website: <https://ngs.org.uk>

ENDS

For more information, high resolution images or to interview a spokesperson, please contact Ruth Chivers by emailing [ruthchivers@ngs.org.uk](mailto:ruthchivers@ngs.org.uk) or calling 07712 814359.

## **GENERAL NOTES TO EDITORS**

### **About National Garden Scheme**

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, and made a donation of £3 million in 2019. Founded in 1927 to support 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, we launched our annual Gardens and Health Week to raise awareness of the topic.

To find your perfect garden, visit **ngs.org.uk**, download the National Garden Scheme app or purchase the National Garden Scheme's *Garden Visitor's Handbook*, which is published annually and available via **ngs.org.uk/shop** and at all good book retailers.