

THE STANLEY SMITH (UK) HORTICULTURAL TRUST

Application Summary Sheet (please do not extent beyond one page)

Contact details

Name: Emma Hussey

Organisation: Horatio's Garden

E-mail: emma@horatiosgarden.org.uk

Address: 2 Throope Down Office, Blandford Road, Coombe Bissett, Salisbury SP5 4LN

Telephone number: 01722 326834

About your project

Please provide a project title and short, high level description of the project which you are applying for a grant for.

Horatio's Garden Sheffield & East will bring a beautiful, fully accessible garden to the Princess Royal Spinal Cord Injuries Centre in Sheffield to support the mental and physical rehabilitation of everyone affected by spinal injury from a catchment which includes South Yorkshire, East Midlands, Lincolnshire and Norfolk, Suffolk and North Cambridgeshire.

Please identify the category of the Trust's objectives which you believe your project meets.

to promote the creation, development, preservation and maintenance of gardens

Please describe personnel who will be participating in the project (if appropriate).

The garden will be run by Head Gardener, Ruth Calder, supported by a team of volunteers and an admin assistant and by the team in the charity's head office. Ruth trained at Kew and has a lot of experience in running community gardens.

Please describe your long-term plans for the future of the project once the grant has been used (if applicable).

The charity takes a long term lease from the hospital trust to retain control of the garden and is responsible for its' upkeep and running. We work closely with the spinal unit to make sure we are providing the best possible experience for patients and their visitors while maintaining the garden to be a beautiful and restorative space for patients during their long stays.

Financial Information

Please attach all relevant financial information such as expected other income and proposed expenditure.

Sum applied for: £5,000

Please send your application (including this cover sheet and any supporting documents) preferably in electronic form, hard copy or both to the following addresses:

Postal address (hard copies): Dr David Rae, Director, Stanley Smith (UK) Horticultural Trust, Royal Botanic Garden Edinburgh, 20a Inverleith Row, Edinburgh EH3 5LR

E-mail address (electronic copies): d.rae@rbge.org.uk

Application to the Stanley Smith (UK) Horticultural Trust For Horatio's Garden Sheffield & East

Contact Details:

2 Throope Down Office, Blandford Road, Coombe Bissett, Salisbury SP5 4LN

Charity registration number: England & Wales 1151475 / Scotland SC045386

Contact: Emma Hussey – emma@horatiosgarden.org.uk, 01722 326834.

Project Summary:

Horatio's Garden Sheffield & East will bring a beautiful, fully accessible garden to the Princess Royal Spinal Cord Injuries Centre in Sheffield to support the mental and physical rehabilitation of everyone affected by spinal injury from a catchment which includes South Yorkshire, East Midlands, Lincolnshire and Norfolk, Suffolk and North Cambridgeshire.

Project Description

Horatio's Garden is a nationwide charity which creates and nurtures beautiful, fully accessible gardens in NHS spinal injury centres to support the mental and physical rehabilitation of everyone affected by spinal injury. Each stunning sanctuary is home to a thriving community and the charity's outstanding, carefully designed gardens are a source of vital support for patients, their loved ones and NHS staff throughout long stays in hospital. Each garden is cared for by dedicated volunteers, who are led by a Head Gardener. They tend the garden, warmly welcome everyone spending time in the sanctuary and support the therapeutic activities run by the charity. Each Horatio's Garden becomes an integral part of people's lives as they spend many months in hospital.

Evidence shows that gardens in healthcare settings can improve people's physical and mental health, simultaneously encouraging social contact and integration. For people affected by spinal injury, being able to safely enjoy the benefits of nature in Horatio's Garden has a profoundly positive impact physically, mentally and psychologically. Twelve years ago people with spinal injuries and their families had nowhere to go outside the hospital ward. Then in 2012, the first Horatio's Garden was created at Salisbury District Hospital. It changed the life of patients, their families and the staff that looked after them. Today, there are seven gardens across the UK with the garden in Sheffield being the eighth.

Each year, 4,400 people newly sustain a spinal cord injury in the UK and 105,000 people are estimated to be living with the impact of this life-changing injury across the country. With only 11 regional NHS spinal injury centres serving every single one of these people,

many patients find themselves spending upwards of two months and in many cases far longer, in hospital learning to live with their injuries far from their homes and their loved ones. During this time, patients also often have little to no access to the outside world. Horatio's Garden is working to change that. Evidence shows that gardens in healthcare settings can improve people's physical and mental health, simultaneously encouraging social contact and integration. For people affected by spinal injury, being able to safely enjoy the benefits of nature in Horatio's Garden has a profoundly positive impact physically, mentally and psychologically. Our most recent impact report shows that 94% of beneficiaries see an improvement in their wellbeing with 91% reporting that the gardens have supported their mental health.



Horatio's Garden Sheffield & East is currently being built at the Princess Royal Spinal Cord Injuries Centre (PRSCIC) at the Northern General Hospital in Sheffield. The PRSCIC is the second largest spinal injury centre in the UK, with 64 beds providing rehabilitation to patients of all ages following a spinal cord injury. The large catchment area means that while in hospital, patients are often many miles away from home and their families. Spinal cord injuries are traumatic, life-changing

events and patients often spend many months in hospital following their injury.

Horatio's Garden Sheffield & East is designed by four-time RHS Chelsea Gold Medal winners, Charlotte Harris and Hugo Bugg of Harris Bugg Studio. Presented initially as a show garden, it won Best in Show at RHS Chelsea Flower Show 2023. It will support people from the West Midlands to East Anglia, South Yorkshire to Lincolnshire.

The 1800m² garden will wrap around the spinal centre giving patients and staff views of the sanctuary from the wards. The design uses colours, scent, natural sounds and tactile experiences - bringing important sensory features into the garden to enhance the emotional and spiritual wellbeing of patients with spinal injuries. A water feature, which can be touched at wheelchair height, animates the garden and encourages wildlife - a fundamental part of the magic that patients comment on when using Horatio's Gardens. Stone cairns give rhythm and structure and the garden pod, designed in collaboration with the architect Andrew McMullan, will provide a year-round place for shelter. The garden room will be the hub of a social area where patients and their visitors can gather in all weathers, using the kitchen to help themselves to hot and cold drinks and to enjoy the cakes made by our volunteers.

There is growing evidence of the benefits that access to not only a green space but a beautiful garden which engages all the senses, can bring to improve physical and mental wellbeing. Access to the garden and the events organised by the charity help patients with their recovery, helping them to see the progress they are making, giving visual

indications of their improved hand-functions and giving them the opportunity to spend time with family and friends at the music and social events held in the garden.



Horatio's Garden acts as a stepping stone to leaving the spinal centre. Somewhere they can be alone, or make their family a cup of tea or talk to a volunteer about every day non-medical things. For the NHS, it has become part of the patient pathway - 99% of staff believe patients benefit from having access to the garden.

The garden has cost around 1.75m to build.

Build costs	
Set up and prelims	£144,140
Hard landscaping and build	£801,428
Soft Landscaping	£154,485
Planting	£78,000
Water & Water Feature	£64,000
Greenhouse	£25,000
Shed	£9,000
Seating	£38,000
Entrance	£30,000
Contingencies	
Design Contingencies	£31,972
Construction contingencies	£63,944
Inflation	£38,367
Total build cost	£1,478,335
Fees	
Garden Designer	£72,000
Architect	£40,548
Design Fees Lift and Pod	£19,320
Site Survey	£3,888
QS	£35,820
PM	£35,268

Engineer	£18,000
M&E	£9,600
Designer principal	£4,800
Building Control	£2,400
Legal	£4,152
Other	£24,666
Total fees	£270,462
Additional costs on site	£74,647
Total project cost	££1,823,444

Income	
Individual Donors	£216,681
Third Party	£3,821
Trusts & Foundations	£1,370,672
Companies	£31,935
Other	£152,083
Total	£1,775,192

Once built, the charity is responsible for the upkeep and running of the gardens and receives no statutory funding. As an extension of the medical environment, they have very high requirements and are expensive to run. The charity also funds the horticultural therapy and arts programme run in the gardens which do so much to improve both the mental and physical wellbeing of patients and their families during their long stays. The charity has a good track record of fundraising to maintain the gardens through support from Trusts, corporate support, individual giving.

Our patients currently have limited access to outside spaces, and the areas we have are concrete and unwelcoming. If we were to have a Horatio's Garden in Sheffield it would make the biggest difference to the patients, their families and the staff because we would have an environment that is back to nature outside of a hospital setting where patients can go and spend time with their families and still be safe." Ali Mortimer, Nurse Director, Spinal ward Sheffield.

The annual running costs for the garden will be in the region of £100,000. This includes the salaries of the staff in the garden, the upkeep and maintenance of the garden and the programme of activities run by the charity.

Wages Direct	£64,522
Patient Activities	£18,605
Garden Repairs and Servicing	£5,800
Soil and Compost Ongoing Maintenance	£4,400

General Garden Expenses	£6,840
Travel and Accommodation	£1,800
Postage & Stationery	£900
Garden Designer Visits after Build	£1,200
Total Garden Direct Costs	£104,067



The garden is currently under construction and is due to open in March 2025, with planting due to take place when the weather permits. I have attached the planting list supplied by Harris Bugg Studio and a price list.

We are requesting a grant of £5,000 towards the costs of the plants for the garden.

We have recently appointed a head gardener who will be in charge of maintaining and running the garden, supported by a team of volunteers who have been recruited locally. They will liaise with the clinical team in the spinal centre, making sure that patients are encouraged to come into the garden and are benefitting from being able to get out into the fresh air and the beautiful surroundings and can take part in the activities organised by the charity. Ruth Calder, the head gardener, trained at Kew and has worked for the National Trust, Daylesford gardens and Oxford Botanic Gardens.



Attachments:

Year End Accounts 23/34
Planting List
Price List