**PRESS RELEASE**

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**For Immediate Release**

**Local charity issues call to *Pledge a Plant* to Teddington Memorial Hospital wellbeing garden**

The Friends of Teddington Memorial Hospital, which supports the patients and staff of the hospital, has put out an urgent call to *Pledge a Plant*.

The local charity plans to achieve a garden revamp to deliver an attractive wellbeing space for patients, staff, and hospital visitors. This makeover will help to significantly enhance patient and visitor wellbeing and help boost staff mental health.

A donation of just £10.00 could buy 5 Hyacinth plants to help improve the hospital garden.

People wishing to donate to *Pledge a Plant* can find more information on The Friends of Teddington Memorial Hospital website.

Chairman of The Friends, Simon Douglas Lane said: "We're immensely grateful to anyone who can donate this summer. Only because of the generosity and support of local people can we revamp the hospital garden."

On 19th September 2023, local volunteers, charity staff and trustees will work to reestablish the planting and restore the garden furniture.

The Friends of TMH has funded several improvements at the hospital through community donations and fundraising, including providing a new paediatric audiology suite, the complete refurbishment of the Urgent Treatment Centre reception area and new radiology equipment.

**Ends**

***Notes to editors***

*The Wellbeing Garden donation page can be found at* [*https://friends-tmh.co.uk/create-a-wellbeing-garden-for-patients-visitors-and-staff*](https://friends-tmh.co.uk/create-a-wellbeing-garden-for-patients-visitors-and-staff)

***Patient recovery***

*Hospital appointment, admission or lengthy stay is often a time of great stress for patients who may may feel anxious and vulnerable.*

*Getting outside and enjoying the fresh air surrounded by a beautiful garden can reduce stress and aid the recovery of patients as they take a break from confinement.*

***Staff wellbeing***

*Recent research shows that under-pressure health staff often wish to take time outdoors at times of stress. Our excellent staff at Teddington Memorial Hospital are no exception.*

*A well-planned and maintained hospital garden offers a range of health benefits to staff who feel more relaxed, calm, and refreshed and report higher levels of wellbeing.*

***Visitors***

*Visitors can find the illness of a loved one takes an emotional toll as anxiety often increases with concerns about the patient's care. A wellbeing garden enables visitors to spend time outside with a patient or alone in less stressful surroundings.*

*That’s why The Friends of Teddington Memorial Hospital are working to raise £20,000 to improve the garden at Teddington Memorial Hospital urgently.*

***The Friends of TMH*** *is an essential part of the community supporting staff and patients of Teddington Memorial Hospital by enabling and enhancing the quality and quantity of medical services, facilities, and general improvements above the NHS-funded baseline, ensuring the long-term future of the hospital.*

*Over the last 20 years, the Friends has mounted successful fundraising appeals and since its inception raised over £8m through the generosity of the Teddington community. This fundraising has enabled The Friends to deliver many improvements that would not have been possible otherwise.*

*The NHS provides an appropriate baseline level of funding for the hospital. However, supporting The Friends offers local people, organisations, and businesses the opportunity to contribute to valuable additions and enhancements.*