



Celebrate – and snap – your garden!

Description



If you have a favourite plant or a tranquil spot you enjoy in your garden, why not share a photo of it with the wider world?

Gardening for health charity [Thrive](#) are looking for images and stories for each month to be featured in their upcoming 2025 calendar, *What Gardening Means to Me*. And here at MMHS we want to show off

our residents' gardens, too!

You can share what makes gardening special to you

Thrive are passionate about the health and wellbeing benefits of gardening – and they're inviting others to join them in sharing their experiences. Whether it's a flower on your windowsill, a peaceful garden at sunrise, or a winter morning on your allotment, you can share what makes gardening special to you.

The charity would love to see images of your garden. By participating, you will also help their therapeutic work. All proceeds from the sale of their 2025 calendar will directly fund Thrive's mission to transform lives through social and therapeutic horticulture.

Accompany your photo with a story about what gardening means to you, within about 30 words. Please do not include pictures of people whose faces are visible. This is important as there are strict rules called GDPR – General Data Protection Regulation – which govern this.

Anyone can take part – there's no age limit. Submit as many photos and stories as you like – although Thrive won't be able to use them all. We'd also love to see your submissions here at MMHS, and consider them for our own online gallery of residents' gardens.

Please let Thrive know you are an MMHS resident!

All photos for both Thrive and MMHS have to be in landscape format (4:3 ratio) and can be an edited shot, newly taken or an old favourite. Send digital images in JPEG format, of a minimum quality of 300 DPI – most smartphones should be able to produce this.

For full details of how to take part, click [here](#). Closing date is 11 August 2024. Send your submission by email to fundraising@thrive.org.uk and copy to MMHS at comms@mmhs.org.uk Please let Thrive know you are an MMHS resident!

Category

1. News & reviews

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