

### Help us create living walls for local hospitals

Forest of Hearts

# Why Forest of Hearts?

• We exist to create gardens for good which provide green space to improve mental health and wellbeing.

We are guardians for the natural environment and exist to protect precious habitat for wildlife to thrive and to provide an enduring legacy for future generations



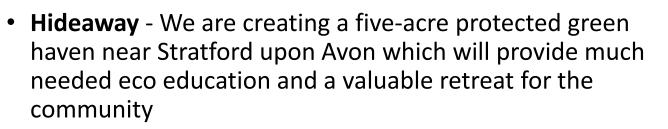
# What will your business gain?



- A measurable and enjoyable way to meet your corporate responsibility and ESG commitment
- Supporting your reporting and accreditation standards
- Demonstrating your social responsibility and ethics in a visible way
- Supporting your employees' health and wellbeing
- Educating staff about sustainability and the value of biodiversity
- Take action to mitigate climate change
- Networking in nature with your teams, clients and partners
- Protecting the environment with living walls which absorb Nitrogen Dioxide
- Get out of the office and help the NHS by creating lovely vertical gardens



# How we do it



- Hospitals We create and maintain beautiful Gardens of Wellbeing for local NHS hospitals and care homes to benefit staff, patients and biodiversity
- Health and wellbeing We run a green therapy group which delivers over 1000 hours each year to improve mental health and reduce isolation

All funding from corporate events helps us make an impact in these three areas. Thanks to recent supporters:













#### "We really enjoyed all the activities and it provided some simple inspiration for our own gardens along with actions we can take to reduce our CO2 at work and home. It was perfect – fun, adding value, the NHS benefits and we thoroughly enjoyed the event!"

## Your Living Walls Event



- A fast paced, fun and informative experience of 2-4 hours which gives you the opportunity to create lovely living walls that are then donated to NHS hospitals to boost biodiversity and improve wellbeing.
- In small teams you will compete to create lots of eco plant pots, which then you will fill with peat free compost and propagate plants to fill living walls.
- Next, you will construct your recycled plastic planters and fill with evergreen plants that look great and absorb Nitrogen Dioxide to purify the air and provide a beautiful vertical garden for all to enjoy.

"Thank you for supporting Forest of Hearts Living Walls project. You are supporting activities which provide gardening training, volunteering and qualifications for local members of the community who are experiencing mental health or learning difficulties. Together, we can make a big difference and help

David Bradley Actor & Charity Patron

combat climate change."





### Event for teams of four



We will upload social media posts with relevant company tags and hashtags and a blog entry on our website specific to your organisation's involvement in our living wall project. We will also provide photos from your event on a shared photo album for your own use.

### Events are £500 for teams of up to 4

(minimum of 3 teams per event – delivered at locations across the UK)

All income supports our projects at the hospitals, nature reserve and sessions to improve health and wellbeing

Our charity — Forest of Hearts