



Mayfield
Nurseries

Gardening for better mental health

Your New Charity Partner

Welcome to Mayfield Nurseries, a social enterprise project and working plant nursery based in Southampton.

We are a part of Solent Mind, the leading mental health charity across Hampshire. Every penny we raise from the sale of our award winning plants is ploughed back into our range of horticultural groups, workshops and activities that support those living with mental health issues and dementia in our community.

Our vision is to ensure that people with mental health problems can rely on Mayfield to help them:

- improve their mental health and physical wellbeing through horticulture
- build confidence and self-esteem
- connect with people and reduce isolation and loneliness
- learn new skills and gain recognised horticultural qualifications
- increase their opportunities for volunteering and paid employment.



In just 10 years, Mayfield's reputation as a trusted and unique social enterprise has gone from strength to strength.

Over the last year:

We supported **105** people with mental health problems or dementia;

96% of them told us their mental health and confidence had improved.

Zurich Fareham have been long term supporters of Mayfield Nurseries. Our employees take part in annual volunteering activities, fundraising for projects they know will make a real difference to the charity. We like to support local causes in the knowledge we are making a lasting impact in our community.

Kerry Chambers, Zurich Cares

Your support has the power to change lives:

£24 per week will sponsor someone's place at our nursery, helping people to learn new skills to support their wellbeing through our Gardening on Prescription service or our Steps Together peer support group.

A one-off donation of **£1,244** will fund an individual to take part in these vital services for an entire year.

£25 per week will sponsor someone to join our Forget Me Nots gardening group, helping people living with dementia to connect with others and improve wellbeing.

£10,000 will fund the whole group for an entire year.

Mayfield has given me hope for the future and a better quality of life.

Mayfield Nurseries service user

Helping People Bloom

Organisations of every shape and size can play a critical role in making Mayfield's vital work possible through funding and influencing, and in turn, enjoy many exciting benefits for their business.

Due to our diverse audience of service users, customers and our wider Solent Mind network, a partnership with Mayfield is a true community investment with a powerful impact.

Our partnerships are completely bespoke and designed around your objectives or corporate social responsibility plan. Some of our flexible opportunities include:

Sponsorship

Mayfield Nurseries is proud to be a local, home-grown charity, where the difference that your fundraising makes can be seen all around you, every time you visit.

There are so many ways to help us grow. Your donations could fund one of our support groups, one of our annual events or even allow us to launch new projects and initiatives. We've also been fortunate to receive match-funding from corporate partners for our yearly community fundraising campaigns.

Fundraising in the workplace is an engaging tool that brings teams together, whether it's a bake sale, half marathon or something more quirky. The only limit on what you do is your imagination. We can also help you explore a Payroll Giving scheme for your employees.

Beyond funding, we are always delighted to accept gifts which help improve our facilities at Mayfield. We have been fortunate to receive tools for our wood working shop, and even a pizza oven to add to our café and allowed us to create a new stream of income.



Volunteering

Volunteering at Mayfield Nurseries is a great way to motivate staff, encourage creativity, improve communications and promote team-building.

Through planting, potting and painting, we'll give your team an up-close look at why their support is so important.

Workplace Training & Development

A partnership with Mayfield Nurseries also gives your business access to our knowledge and expertise in workplace wellbeing.

Mayfield's trusted and fully bespoke Mental Health Awareness training offer both line managers and front line staff, can be adapted to the needs of your organisation and allow staff to promote wellbeing across the workplace for healthier, happier teams.

Community & Employee Engagement

While we help you build your credentials as a mental health-aware employer, we can champion our partnership in a variety of ways:

- feature on our website, videos and popular social media channels
- appear in our promotional materials and have a presence at our much-loved annual events
- have your brand added to Mayfield's estate signage or nursery vehicles.

Your dedicated partnership manager will always be on hand to help scope-out further opportunities, as well as regularly visit your business to update your employees on the incredible difference they have made.

Throughout our partnership with Mayfield Nurseries, our staff felt really involved with the charity, often by taking part in volunteering.

Our organisation got to know the staff and the service users who we were supporting, which made a difference to staff morale and their incentive to become really involved.

Having this connection and realising what a difference our input could do made this partnership a memorable one.

Paula Porter, Carnival UK

Mayfield has been such a positive experience in my life. I have moved on and feel in such a good place.

Mayfield Nurseries
service user



Jonathan's story



Jonathan was diagnosed with depression and chronic fatigue syndrome in 2014, leaving him feeling isolated and struggling with low self-confidence. He wanted to improve his mental health and it was whilst looking online he discovered our peer support groups at Mayfield Nurseries.

Within four weeks of joining our welcoming group, Johnathan noticed his wellbeing was improving. Friends and family noticed that he seemed happier, more confident and that he had a spring in his step. His confidence continued to grow and in September 2017, Jonathon joined our Gardening on Prescription Group.

He was an active member and helped others settle into the group, answering gardening questions and sharing his own mental health experiences.

Jonathan's mental health and confidence has continued to improve, to such an extent that he is now a peer support volunteer and an employed member of staff at Mayfield during the spring season.

Coming to Mayfield has given me a fresh outlook on life as well as a sense of purpose.

Johnathan, Mayfield Nurseries service user

Get in touch

To understand first-hand the difference we make to people's lives, please come and visit us. We'd love to meet you:

Mayfield Nurseries
Mayfield Park
Weston Lane
Southampton SO19 9HL

You can contact Mayfield's Head of Service, Rachel Hampton, on:
rhampton@mayfieldnurseries.org.uk
or call **023 80447743**.

www.mayfieldnurseries.org.uk

Registered Charity No. 1128592

Registered with limited liability in England and Wales
No:680517



Monday to Friday
8:30am to 4:00pm

Saturdays & Sundays (April, May & June)
10:00am to 4:00pm

Saturdays (July - Dec)
9:30am to 12:30pm

Mayfield Nurseries is a social enterprise and subsidiary charity of your local mental health charity, Solent Mind.



Solent

Registered charity No. 1081116

