

What's inside for you?



Tips for winter wellbeing



Give a gift that transforms lives



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A warm farewell

Our impact on people's lives is greater than ever right now. In the first half of this year, we provided services to 1,184 people, compared to 897 in the first half of 2022. This steep increase of 31% highlights the pressing need for our service across the industry; we must continue to work together to sustain our community.

After six years, I am retiring as Perennial's Chief Executive. During my time, we have grown as a charity in response to challenging times caused by social, economic and world events. I am proud to retire with dedicated services in place to benefit and support more people than ever in horticulture, leaving the community better equipped to manage their wellbeing, improve their lives and prevent issues from arising. Thank you to everyone who has joined me on this journey; I am pleased to hand over the reins to Jamie Gault, the new Chief Executive, whose experience will strengthen Perennial's position within the gardening and horticulture industry even further. I bid you a fond farewell and leave with gratitude to our people who contribute so much to our land and lives.

With warmest wishes Peter Newman, Chief Executive



"Thank you, Peter, for six years of leadership. Perennial's achievements in supporting and raising awareness for all those who work with plants, trees, flowers or grass are a testament to your hard work and commitment. We wish you the very best for the future." Paul Rochford

Looking for advice, information, or support?

Helpline: 0800 093 8543 | perennial.org.uk/services-contact-form Ways we can help: perennial.org.uk/help

Something else?

General enquiries: 0800 093 8510 | info@perennial.org.uk

Perennial Partners: pswainston@perennial.org.uk | kcooney@perennial.org.uk

Fundraising & events: events@perennial.org.uk Volunteering: volunteer@perennial.org.uk **Press:** marketing@perennial.org.uk

Perennial, 115-117 Kingston Road, Leatherhead, Surrey KT22 7SU www.perennial.org.uk

Meet our new **Chief Executive**

We are delighted to welcome Jamie Gault as our new Chief Executive this November, joining us at a time when demand for our services has never been greater.

Perennial Chairman, Paul Rochford says: "Part of our role in providing support for those facing challenging times is to help prevent issues from arising and Jamie's experience will particularly assist the delivery of our prevent services and activities."

Jamie's work in the charity sector has primarily focused on early intervention and prevention. He adds: "I understand the importance of timely, accessible services and the provision of quality information, support and advice. I am delighted to be joining the Perennial family, building on Peter's legacy and working with the Board, the wider team and

partners. I am committed to making a positive impact on the lives of those in the horticultural community and their families."



Let us know your thoughts about the

charity in our Perception Survey

Tell us what you think of us in our Perception Survey so we can be even better at building better lives for people in horticulture. Our short survey won't take long to complete, but it could make all the difference to individuals and their families who need our help, so your feedback is extremely valuable to us.

By understanding how you see us we can identify areas for improvement, shape our future strategies and progress our services. It's really all about being there for all those who work with plants, trees, flowers or grass in the right way and in the right places.

If you work in the industry and are interested in providing personal feedback, you can also join our new Lived Experience Online Panel. This is an opportunity to get involved in research and share the experiences and challenges you've faced while working in horticulture. Your journey will help us align our support with real needs and expectations.





Make your donations worth more

Through Gift Aid your donations are worth an extra 25p for every £1 – at no extra cost to you. If you haven't already made a gift aid declaration, help us claim historic Gift Aid on your donations over the past 4 years by calling us on 0800 093 8510.



Winter wellbeing

Winter can mean challenging working conditions for people in horticulture. As we move into the colder, quieter season, now is a good time to take care and take stock. Let us help maintain your physical, mental and financial wellbeing with our top tips for winter.

Tell us about it

If you need advice and information or want to talk something through that's affecting you or your family, tell us about it at perennial.org.uk/servicescontact-form or call us on 0800 093 8543.

Financial Wellbeing tips Wellbeing tips

Make a budget

Decide how much to spend this winter and make a list of all expenses starting with the big ones like Christmas.

Energy saving tricks

Turn down your thermostat by one degree, turn off heaters in rooms you aren't using and shut the door.

Insure against the worst

Check that your home insurance policy covers you for flooding, burst pipes and storm damage, which are more likely in winter.

Get the right level of support

See if you're eligible for the Winter Fuel Payment, Cold Weather Payment, Warm Home Discount and Cost of Living payments.

Reflect and plan

Use what you've learned this winter to start planning early for the next festive season.



🕼 Go to perennial.org.uk/bemoneysmart for more ways to **Be Money Smart** including **nudge**, our free money management tool.

Health &

How to sleep bed-er

Falling asleep on the couch interrupts your sleep cycles. If you feel yourself drifting off, take yourself to bed.

Boreout, what's that?

Shorter days and less work in winter can leave you bored or restless. Plan something new to do.

We've got your back

Cold weather causes ligaments and muscles to tighten so stretch and warm up before starting physical work.

Do you know your numbers?

During winter you may be less active and not eat or drink as well as you should. Check your blood pressure numbers now.

Don't make light of it

Less sunlight in winter can make you feel low, so make sure you spend time in daylight and top up your vitamin D.

🚯 Go to perennial.org.uk/healthwellbeing for more ways to boost your mental and physical wellbeing including our free health and wellbeing app.

We're improving the lives of more people than ever

Our 2022 Impact Report and recent figures highlight the difference we're making in people's lives and just how much they need us and you. We've seen a 31% increase in the need for our services in the first half of this year, providing services to 1,184 people compared to 897 in the first half of 2022.

Our 2022 services highlights:

1,895 PEOPLE AND THEIR **FAMILIES WERE HELPED BY OUR SERVICES TEAM** WHO **WORK WITH FAMILIES**



WITH ACHES AND PAINS WERE GIVEN **ACCESS TO FREE** PHYSIOTHERAPY.

SUPPORTED THEIR EMPLOYEES THROUGH OUR MENTAL HEALTH FIRST AIDERS' TRAINING PILOT SCHEME.

HELPED WITH TRAINING TO ENHANCE AND **DEVELOP THEIR** CAREERS.

PEOPLE TOOK **CONTROL OF THEIR MONEY AND FINANCIAL WELLBEING WITHIN** THE FIRST FEW WEEKS OF THE LAUNCH OF 'NUDGE', **OUR FINANCIAL** MANAGEMENT TOOL.



See the full report at perennial.org.uk/impactreport2022 and get involved at perennial.org.uk/getinvolved.

Thank you to all our generous supporters and volunteers

Together we can build better futures for people in horticulture.



We recognise the important role that Perennial plays in providing essential support to our industry and want to keep being a part of that.

Steve Walley, Managing Director, London Stone

Making a difference...

INCLUDING:

£93K **PARTNERS**

FUNDRAISING



To become a Perennial Partner or talk about your awareness and fundraising ideas, contact Phil Swainston. Perennial Corporate Partnership Manager at pswainston@perennial.org.uk.

Partner's show garden

raises awareness for mental health and Perennial

Enabling people to be more in control of their wellbeing is a task that we encourage our Perennial Partners and the industry to support us with.

At BBC Gardeners' World Live, our partners did an amazing job with their silver-awarded show garden 'Escaping the Seasons of the Mind' in support of Perennial. Lilidh Matthews, founder of Finding Roots, and John Tallis, owner of Outdoor Living Gardens, combined their skills to create the garden after meeting at Pie and Pint, our social event for Perennial Partners.

As advocates for mental health, John and Lilidh wanted their charity garden to highlight mental wellbeing and people's emotions through the seasons along with the benefit of spending time outdoors. It centred around two facts: the majority of suicides happen in the autumn and humans spend 90% of their life indoors.

"We had an amazing response and coverage for Perennial, and every presenter came onto the garden, including Perennial's President Alan Titchmarsh and Adam Frost who described the garden as a powerful space. It was important for the garden to be a space for reflection, and it was. I could hear visitors talking about their mental health struggles and how the garden we created has made them realise what they can achieve at home. I hope it reached people in horticulture too, so they know Perennial is there to support them," says John.

Book our Speaker Panel

- learn and fundraise!

If you represent a community group, WI, Rotary or horticultural society, please book one of our incredible volunteer speakers for an event. Our industry experts give detailed and knowledgeable presentations across the country on a wide range of horticultural activities from rose pruning and composting to vegetables, herbs and bulbs.

Our speakers contribute to our vital work. With a donation to us in lieu of their normal costs, last year this programme raised over £8,000.

perennial.org.uk/ speakerpanel

> Plantswoman and gardener Gillian Taylor has **raised £4,915** for us as a speaker and through her fundraising activities.

If you have an area of expertise in horticulture and would like to join our speaker panel, please contact Ed Charles - echarles@perennial.org.uk

Gifts that transform lives

We all want to spread festive cheer at Christmas but not everyone will be in a position to do so this year, including our friends who work in horticulture. Buying a Gift That Transforms Lives today will directly help those who have reached out to us for support. With your generosity, we can give families a happier Christmas and a helping hand this winter.

A warm welcome from our helpline - £15

Our free and confidential helpline is on hand for those who need to reach out for advice and support. Last year over 850 people took that first step and started a conversation. Your gift could help us provide this vital service year after year.

Help with everyday energy bills - £50



Energy top up support for families could help keep the lights. heating and hot water on. Help us pay for everyday household bills and make sure children stay fed, clean and warm this Christmas with this valuable gift.



Your gift this Christmas can help us react immediately to those experiencing real difficulties - such as homelessness or the impact of major health issues - where Perennial is able to step in and provide urgent support.



The decision between heating and eating is a real and present problem for those in our horticultural community. Your generosity today could provide a food voucher throughout the year but allow a family to feed themselves this Christmas.

Use the order form on page 15, or visit perennial.org.uk/shop to buy a Gift That Transforms Lives today.

You'll receive a card with the details of your gift to keep or pass on.

Thank you, Norma, your family fund

has a meaningful future.



"I want to do something meaningful with my money. By gifting our family fund to Perennial, it feels like we'll all still be around and it's nice to know that the money we leave could help others. I know how important Perennial's work and gardening is and that my family's legacy will be in good hands," says Norma.

Find out more about our up-and-coming legacy events, held in beautiful gardens, where you can hear about the charity's work, meet those involved and take a special tour. Please get in contact at legacy@perennial.org.uk or call 01372 373962.



Special Events for 2024

See our full 2024 Special Event programme online

Treat yourself or someone you know to one of our exclusive garden tours next year. From inspired gardens to world-class sporting venues our special events showcase some of Britain's most amazing green spaces and make fantastic gifts for friends and family. Enjoy a wonderful day out knowing the money raised has helped us support someone in need.



🖒 Visit perennial.org.uk/events or call 0800 093 8792 for more information and to book.



Lyndalls & The Laskett Gardens

Discover the delicate charms of snowdrops in peak season in formal and informal settings. After refreshments, tour Lyndalls in Sollers Hope, a beautiful informal private garden emphasising natural contours and forms with over 600 varieties of snowdrops. The Laskett's naturalised vast collection of snowdrops, particularly in the colonnade court, is enchanting at this time of year among its formal ground's gardens and topiary. A warming lunch will be served in The Laskett house.

Herefordshire HR1 4RL & HR2 8HZ

Friday 23 Feb I 11am-4.30pm I £75



Ashwood Nurseries

Here's an exciting opportunity to spend a day at Ashwood Nurseries in hellebore heaven with lunch. Tour the private garden of nursery owner John Massey VMH and take a behind the scenes' look at the Hellebore Production House with a horticultural talk. John's garden holds a magnificent collection of trees, shrubs and conifers providing the perfect canopy for hellebores, snowdrops, winter aconites and cyclamen. Learn how hellebores are grown and see award-winning stock plants.

West Midlands DY6 0AE

Thursday 7 Mar I 10.30am-3.30pm I £85



Oxleaze Farm

Visit the epitome of a Cotswold country garden and enjoy lunch. Combining formality and informality the garden is a manageable microcosm with billowing borders, ponds and a bog garden, a vegetable potager with a decorative fruit cage, a woodland garden and wild meadow, a charming potting shed and topiary for a strong structure when the flowers fade. Vistas link the garden rooms which home the many varied plants grown in this beautiful plantswoman's garden.

Gloucestershire GL7 3RB

Tuesday 11 Jun I 11am-3pm I £90



The Gardens of Chevening House

Tour the pleasure grounds of the Earls Stanhope with afternoon tea, comprising lawns, wooded walks and wildflower meadows around an ornamental lake. First laid out between 1690 and 1720 in the French style, in the 1770s a less formal English design was introduced. In the early nineteenth century lawns, parterres and a maze were established, a lake was created from the ornamental canal and basin, and many specimen trees were planted to shade woodland walks.

Kent TN14 6HG

Monday 17 Jun I 2pm-5pm I £100



Thank you so much for the wonderful trip to North Wales. It was a real pleasure to get to know our hosts, who were warm and welcoming, and hear about the work of Perennial first-hand. What a smorgasbord of gardens they put together for us. It was especially entertaining to have either owners or head gardeners - or both - leading us on private tours. The whole trip was terrific value; I will be keeping an eye out for future offers.

Portia from Leathley, North Yorkshire



Madresfield Court

Tour these historic gardens on a summer and/or autumn day with lunch. The formal gardens and lawns feature a Pulhamite rock garden assembled in 1879, a herbaceous border with sundial, plus an arbour of pleached lime trees, a wild garden and many ornamental trees. Other features of interest include the Ginkgo Avenue with glorious autumn colour, the Yew Garden of Mawson design, Caesars' Lawn with the busts of the twelve Roman Emperors, and the grave of Shadrach ridden by Lord Raglan in the landing party in the Crimea.

Worcestershire WR13 5AJ

Thursday 27 June and 24 October I 10.30am-2pm £95 each or £72.50 each if purchased together



Hutton Wandesley Walled Garden

This tranquil walled garden follows a quadrant design influenced by original drawings dating back to 1874. Enjoy a guided tour of its stunning landscaped areas with lunch. There are four main areas including a cutting garden full of narcissi, tulips and alliums followed by roses in June and dahlias in August; a parterre garden planted with box plants that frame swathes of colourful Verbena bonariensis, Astrantia 'Florence' and Salvia nemorosa 'Caradonna'; a perennial meadow garden providing late interest; and a grass lawn designed for recreational space.

York YO26 7LL

Tuesday 2 Jul I 11am-3pm I £80

org.uk to



Biddulph Old Hall

Rarely open for tours, the garden of this 16th century mansion with an amazing history of worship and artistry was inspired by pre-Raphaelite painter Robert Bateman. Tour this incredible restoration project with lunch. Enjoy the romanticism of the grounds and its key features like the magical White Garden hidden within the walls of the ruined manor, the Knot Garden that stands beside a late 15th century building, a stunning reflecting pool and much more.

Staffordshire ST8 7SQ

Wednesday 3 Jul I 10.30am-4.15pm I £85



Upper Bolney Estate

Set in the beautiful Chiltern Hills, this garden provides impressive year-round interest - a spring bulb meadow lasting almost three months and mixed borders and roses for summer colour and scent. A wide variety of trees and shrubs bring blazing autumn shades whilst yew topiary and formal hedging provide structure and form during winter. Tour its series of garden rooms and terraces which surround the house, view the current project - a South African garden - and enjoy lunch.

Oxfordshire RG9 4AQ

Thursday 4 Jul I 10am-2.30pm I £120

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Save the date for snowdrop days in February

Ho, ho, ho...

We've got gardening themed Christmas gifts in our garden shops and online perennial.org.uk/shop



the Laskett

Join us for festive home-grown apple juice, mulled wine and mince pies plus a seasonal plant and bulb sale.

Over 30,000 visitors enjoyed our beautiful gardens last year. Gifted to us by special supporters, each is the heart of a community. Under our care, the gardens help build better futures for people in horticulture through the funds they raise and the life they bring to gardeners, apprentices and trainees, volunteers and visitors. Here's why each garden is special to someone... Travelers'





Trainee Kate Holliday began volunteering at York Gate while studying practical horticulture and is now completing a traineeship and horticultural theory course there. For Kate, the garden is an exceptional place:

"For its humble size, York Gate is exceptional. Its diversity of plants allows us to learn from a wonderful variety of ornamental and botanical horticulture. It's a special place to volunteer and train, and I've loved every minute so far. I've changed career through the garden, stepping into the world of horticulture and opening the door to all sorts of opportunities I'm grateful for and cherish.

Experimentation and creativity is encouraged here; hedge cutting the iconic yew sails and taking responsibility for the paved garden and recently extended rockery was a privilege and a great learning curve. York Gate Garden is often described as a hidden gem and it is. It's immensely special and even more so because of the people who work and volunteer here. We have fun, support each other and bring the garden to life as a team, carrying it forward for Perennial."

Winter opening times

Café and shop open 1 November - 23 December 2023. Wednesday - Sunday | 10am-3.30pm Garden open for Snowdrops 21-25 February 2024 Wednesday - Sunday | 10am-3pm No booking required. Garden reopens 3 April 2024.

S York Gate is a magical one-acre garden situated near Leeds. yorkgate.org.uk





Senior Gardener Jim Madge has worked at The Laskett for over a year through its changeover from a private to a public garden. For him it was love at first sight:

"I first visited The Laskett as a volunteer. It's such an intricate, magical garden it blew me away, so when the opportunity for a senior gardener arose, I went for it. It's a deeply personal garden, not like most. Every area means something; my favourite is Muff's Parade named after a much-loved cat, the Revd Wenceslas Muff, as it has something for every season.

Developing a small garden and getting it ready to greet visitors is a challenge I enjoy. There's lots to think about, but I think we're doing something right as we have repeat visitors coming back with their friends and the volunteers turn up religiously, come rain or shine. Now people know it's there, there's a real buzz about the garden. Some visitors stay for hours; I often chat with them about Perennial and the garden. It's rewarding to know the time we've invested is giving back to people, and on a bad day, the garden balances you."

Winter opening times

Garden open for Advent | 2-10 December 2023 Saturday & Sunday | 2.30pm or 5pm

Garden open for Snowdrops | 17-25 February 2024 Saturday & Sunday | 10.30am or 2.30pm

Booking essential. Garden reopens 4 April 2024.

The Laskett in Herefordshire is a creative autobiographical garden that celebrates the arts. thelaskett.org.uk





Garden Manager Annie Dellbridge is saying a fond farewell to Fullers Mill. Annie was working at the garden when founder and

creator Bernard Tickner gifted it to us and after 13 years, she shares what the garden means to her.

"Every part of Fullers Mill is special to me. I especially love the garden in late spring when it's fresh with new growth, feeling full of hope and new beginnings. It's become a botanical garden with an interesting mix of trees, shrubs, perennials and lilies. I always tell visitors to explore all of it because there's a surprise around every corner. If I had to choose, I think the scented lilies, trees and views across the mill pond bring me the most joy.

The garden's lovely tranquil setting and relaxed energy are the basis for many friendships. I'll miss the staff, apprentices, volunteers and visitors and seeing the garden through their eyes. Their enthusiasm is contagious and we have a wonderful community now. I've loved rejuvenating the garden with the team, learning together and watching it grow. As the garden evolves, it creates another opportunity to plant something else exciting, but we're always mindful of Bernard's vision. I was privileged to work with him in the early years, and carrying on his gardening style is important. I've been the custodian for many happy years; now it's time for someone else to enjoy the experience of creating something that's so much more than just a garden."

Winter opening times

Garden open 4 November - 16 December 2023 Saturdays I 11am-4pm

Garden open for Snowdrops I 2-28 Feb 2024 Wednesdays & Fridays only | 11am-3pm

No booking required. Garden reopens 3 April 2024.

B Fullers Mill in Suffolk is an enchanting. quiet waterside oasis. fullersmill.org.uk

Experience the gardens through the seasons as a Friend of Perennial.

Great Christmas gift idea

- Unlimited entry to all three gardens for you and a friend on public open days.
- Exclusive Friends Events at the gardens.
- Priority booking for our Special Events garden tours and holidays.

Annual membership costs just £30 and helps to support the very people who shape our cherished green spaces. Join at perennial.org.uk/friends or call 0800 093 8510

Seasonal shopping

We have the perfect festive gifts for all your family and friends this Christmas. Our online shop has everything from Christmas cards to pampering products, and a wide range of gifts for the gardener in your life. Order online by visiting perennial.org.uk/shop or call us on 0800 093 8792.

> Pack of 10 cards with envelopes. Cards measure 140 x 140mm and the message inside reads With Best Wishes for Christmas and the New Year' unless otherwise stated.





£4.25 Fork Handles with Moon



Ruby Wreath



Gardeners' Christmas



Evening Snowdrops









Floral Merry Christmas

Silent Night

Love, Peace and Joy

Season's Tweetings

Snowdrops. Blank inside





Christmas Allotment



Christmas Thyme



Birds and Watering Can

Our single photographic cards measure 160 x 160mm and are blank inside. £1.50 each or any 8 for £10. Shop our full range online.

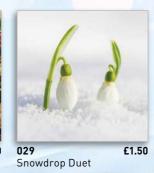
Moonlit Tree



Single Wreath











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Gifts for family and friends



Mini Greenhouse Tree Decoration. Glass, 6cm high



Wheelbarrow Tree Decoration Glass, 8cm high



£9.99 Bird Bath Tree Decoration. Resin, 5cm high



£6.00 Mini Shed Tree Decoration. Glass, 6cm high



Christmas Wellies Tree Decoration. Glass, 12cm high



£6.60 Christmas Hats Biscuit Tin. 160g ginger, lemon, choc chip biscuits, 15 x 15 x 7cm



131 Lottie Shaw's Traditional Fruit Cake. 420g



Rosebud Preserves Traditional Piccalilli in Kilner Jar. 375q



Grandma Wild's Savoury Biscuit Selection for Cheese, 385q



Rosebud Preserves Old Yorkshire Chutney in Kilner Jar. 375q



Okatsune Snips. 45mm blades



Sentei Secateurs. 55mm blades

£15.00



£39.00 Hand Trowel Dark Grey. Carbon Steel, ash handle



Niwaki Gloves. Medium, Large or XL





Hand Fork Dark Grey. Carbon Steel, ash handle



Haws Langley Watering Can. Nutscene Jute Twine. Black, recycled plastic, 0.7L Botanical, 110m



102



105 £23.00 Allotment Essentials. 20 x 30cm tray, dibber, pots, gloves, twine, pencil, labels



£12.00 Hand Rescue Kit. Hack wax and barrier hand cream,



Gardener's Stoneware Mug. 9 x 12cm



Orange Grove Boxed Candle. 9 x 8 x 8cm, burn time 23h, glass holder



Tea-Break Hand Essentials. With rhubarb and shea butter hand cream & hand wash



Sudoku: Perfect Pocket Puzzles. Paperback, 200 puzzles



Maroon Stab Stitch Throw. 125 x 150cm, 80% cotton, 20% polyester



In The Garden Hand Cream in Tin. With shea butter, 100ml



Garden Friends Kids' Tea for Two Set. Tinplate set in board carry case, age 3+

Description



Garden Friends Water Bottle. 400ml, age 4+



Garden Friends Lunch Bag. Insulated, 13 x 14 x 21cm



Scratch Art Set - Forest Leaves. 8 leaves, scrapers,



Mini Woodland Fox Planter. Ceramic, 7 x 7cm



Order before 15th December for pre-Christmas delivery

Order form - Details Price TOTAL

- 1. Whilst every attempt will be made to send out your order within five working days, there may be times when we are waiting for stock of an item. Please allow 28 days in this instance
- 2. Returns will only be accepted within 28 days of delivery and must be in original packaging as received. 3. If we are out of stock of an item you have selected, we will offer you a substitution or refund of the same value
- For details on how we process your data please visit **perennial.org**. **uk/privacy**. You can update your contact preferences at any time by contacting us at the address below or email info@perennial.org.uk or

call **0800 093 8510**. Are you a UK tax payer? 🔲 Tick here and boost your donation by 25p of Gift Aid for every £1 you donate. Gift Aid is reclaimed by

the charity from the tax you pay for the current tax year. I would like to Gift Aid all donations I make to Perennial in the future, or have made in the past four years, until I notify you otherwise. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year, it is my responsibility to pay the difference.

Please post to: Perennial, 115-117 Kingston Road, Leatherhead, Surrey, KT22 7SU - Alternatively, shop online at: perennial.org.uk/shop or call: 0800 093 8792

substitution of retaind of the same value	£ DATOT
Customer Details	Payment Methods
Title: Forename:	Online perennial.org.uk/shop
Surname:	By phone on 0800 093 8792
Address:	By cheque payable to Perennial and all major credit cards are accepted except
	American Express
	Card No:
Tel:	Cara no.
Email:	
	Expiry Date:
To receive email updates tick here 🔲	Security No:

P&P Goods up to value of £50.00

P&P Goods value above £50.00

Donation £

Help us be there this festive season and beyond

With Christmas just around the corner, we're asking directly for your support.

You'll read inside how already this year many more people have turned to us for help and with the winter months ahead this need will continue to be there, if not increase.

Every day people get in contact - either for themselves, to help a loved one or on behalf of a colleague. And there are lots of different reasons why people turn to us such as bereavement, the impact of an accident, health issues or a family breakdown to name but a few. Many also access our free advice and information on our website and through our free health & wellbeing and money management tools. All of this you'll see highlighted in our Christmas Appeal over the coming months.

It's a reminder of why we're here. If you can, please donate. Thank you.

perennial.org.uk/donate





Alan Titchmarsh, President, Perennial



Become a Perennial

Partner, Fellow or Friend.

Volunteer

Work at one of our gardens or events.



Book a special event or hold a fundraiser.

perennial.org.uk/getinvolved

Share on social (7 9 @ 0 to











Helpline 0800 093 8543

