



It's not what you grow, it's how YOU grow!

PRESS RELEASE

Life at No.27 – Towcester Therapy Garden - Appeal

In October last year, Life at No.27 launched an appeal to find a new home following development plans being chosen to take place on the land of their original therapy garden. The great news is that following support from the local community, press and BBC Radio Northamptonshire, they have had success! Now, they would love to invite you to come be part of their fun, welcoming community at their new base or help in any way that you can.

The new Towcester site is located at the Tove Valley Centre, a place of worship for Tove Valley Baptist Fellowship, as well as a community facility available for hire by local individuals, families and groups. Local MP, Andrea Leadsom was instrumental in helping to find a new home for Life at No 27 gardens. She will be officially launching the therapy gardens and Annabelle's appeal for plants and materials at 12.00 noon on Thursday 15 April.

Representatives from Life at No 27 *Sponsors, Henchman Ltd and PlantWorks Ltd will also be in attendance to mark the momentous occasion.

Within the expansive garden space, Annabelle, the founder of Life at No.27 and her team will support the local community by providing an annual allotment programme, which includes free mini allotment plots, weekly mental health support and lessons in how to grow your own food. All accessible to anyone struggling with mental ill health, isolation, low confidence and self-esteem.

Jeremy Binley, project lead for the Tove Valley Centre said: "We are delighted that the grounds of the Tove Valley Centre can be used to provide a home for Annabelle and 'Life at No.27'. We believe that God is interested in every aspect of our life; body, soul and spirit, so this partnership is very much in keeping with that. Through her work Annabelle has demonstrated care and concern for anyone experiencing poor mental ill health, low confidence and self-esteem or perhaps feeling isolated or a little lost. This fun and supportive environment can make such a difference."



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Annabelle said: "I'm so relieved and delighted to welcome you to our new home at the Tove Valley Centre. I can't thank the team at the Tove Valley Centre and the local council enough for all their support. Once fully set up, our allotments and sensory garden will change the lives of many within the community.

"In the meantime, we still have a lot of work to do to make the space become a colourful, relaxing haven. We are launching this appeal to not only invite you to join us as an allotmentee or volunteer, but once again to ask for your support so that we can transform our new space successfully. Thank you!"

The new garden is in need of some vital equipment and materials and we would love to hear from you, if you can help in anyway with any of the below:

Compost and Top Soil

Woodchip

Professional Size Polytunnel - 16ft for example

Tools - 10 x Spades, 10 x Forks, 3 x Rakes, 3 x Hoes

Kneeling Mats

Seed Trays

Fencing and Netting for pond

Pond plants

Decking boards or similar for path edging

2 x backed benches

For more information about Annabelle Padwick and Life at No.27 [click here.](#)

Ends



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***About the sponsors:**

Henchman is the UK's leading safety ladder company dedicated to keeping people safe when working at height in all work and leisure environments. The company is proud to sponsor Life at no27 working in partnership to keep people safe mentally and physically. For full details [click here](#) PlantWorks UK, produces biological solutions for gardening, horticulture, agriculture and who are the only UK company to grow mycorrhizal fungi. PlantWorks UK have supported Life at no.27 since 2019 under its Empathy brand. For more information [click here](#).

About Life at No.27

Life at No.27 is a non-profit organisation, which provides unique alternative education and wellbeing support through gardening for all ages within schools and bespoke therapy sites. Building confidence, resilience and a deep connection with the outdoors.

About Annabelle Padwick

Annabelle is the Founder of Life at No.27. She is also a professional gardener and wellbeing practitioner, supporting all clients that use our services across Oxfordshire and Northamptonshire.

Annabelle is a trainee counsellor at Abingdon and Witney College and has achieved FHEQ level 4 Psychology and Cognitive Behavioural Therapy qualifications with Oxford University. She has also completed a range of horticultural therapy training courses with Thrive, the national gardening charity and leading course provider.

She is a patient adviser, champion and faculty member of the National Association of Primary Care (NAPC) and NHS.

Annabelle is also a qualified physical and mental health first aider, member of the National Autistic Society and proud to be an Ambassador for [Thrive](#), the UK National Charity, which changes lives through gardening.



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Alongside her running Life at No.27, she is also the children's author of 'YOU CAN grow your own food', a feature writer and columnist for Kitchen Garden magazine, public speaker and potato growing addict. Using her fresh approach to promote the magic of grow your own and positive wellbeing for all ages. Inspiring more people, to put down their phones, get outside and pick up a spade.