Horatio's Garden

Nurturing lives after spinal injury

Impact Report

For the year ended 30 April 2026

Charity registration number:
England & Wales 1151475 | Scotland SC045386



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All statistics have been drawn from surveys in every garden in 2026



After the devastation of a spinal injury, the future can seem bleak. Horatio's Garden creates and runs beautiful vibrant gardens beside NHS spinal centres. Places where you can begin to find connection, enjoyment and calm. Where life goes on.

A spinal injury is devastating.

In an instant, life changes. You are confined to the sterility of a hospital ward for months. Suddenly you find yourself having to rely on someone else to do absolutely everything.

You can't choose what you do, or when you do it. You can't dress yourself. Decide when to have lunch. Have a bath. All the things we take for granted.

It can feel as though life has stopped.

This is why Horatio's Garden exists. To give you your own space and some sense of control. Somewhere to think. To find some peace. To spend time with family and friends.

A place of life and beauty. A breath of fresh air.

Everything we do at Horatio's Garden is shaped by people with spinal injuries. We've created rooms in the garden. Contemporary buildings made with natural materials, where you can feel at home. You can have the family over. Make a cup of tea. Read a book. Celebrate a birthday. Or take part in art sessions, quiz nights or pizza evenings.

Or just sit in nature. And enjoy the garden. Shut your eyes. Or cry.

We meet people who describe us as a lifesaver. People who say they can't imagine not having the garden or our people there. The NHS see Horatio's Garden as a critical part of rehabilitation. A place where you can rediscover your independence. Or as is so often said, 'you can feel normal again'.

Life may never feel 'normal' again after a spinal injury. But after the initial shock, Horatio's Garden can begin to show you that, despite everything, life can and does go on.

Our vision, mission & values

Vision

To ensure that every individual going through rehabilitation for a spinal injury in an NHS centre is offered the psychological and physical benefits of a professionally staffed and beautiful garden.

Mission

To build, care for and run gardens at all 11 NHS spinal injury centres across the UK.

Values

People first

We put people with spinal injuries at the heart of everything we do. We work with kindness, respect and compassion to support them, their families and our NHS partners, while investing in our staff and volunteers so every team member can thrive and make the greatest difference.

Innovative thinking

We are not afraid to challenge and change norms. We use our impact evidence, creativity and ambition to improve outcomes for people after spinal injury.

Integrity

We act responsibly and with accountability as leading experts in gardens within healthcare settings. We have a positive impact on the environment, uphold strong governance and follow a clear, confident strategy to ensure the long-term sustainability of our support.





Emma and Tony's story: we got married in the garden

"He's alive" was all me and three of our four boys heard as the nurse took us to the relatives' room.

Tony had gone out for a motorbike ride, as he often did. When the call came, we didn't know how serious the accident was. Then we learned he had a C4 complete spinal injury, affecting breathing, arm and shoulder movement and other vital functions. In that moment, our lives changed.

After three weeks in Coventry, Tony moved to Stoke Mandeville, where we spent more than six months in intensive care waiting for a bed at the spinal centre. Once you're past the acute stage and waiting for rehabilitation in ICU, it can feel depressing. With no windows, you don't even know whether it is night or day.

Being able to go into Horatio's Garden was a lifesaver. It meant escaping the beeps and machines and talking to people who truly understood. People take time to talk, listen and get to know you - patients, families, volunteers and the garden team. The garden gave us a community and the sense that there was life around the corner.

We wanted to embrace that life together, so two months after Tony's accident, we got engaged. When our move to the spinal centre for rehabilitation was imminent, we asked whether we could have the ceremony there.

Somehow, the Horatio's Garden team heard and immediately said we could do it in the garden. Everyone pulled together. Friends made decorations, bouquets and our wedding cake. Volunteers prepared afternoon tea, and flowers came from the garden.

It felt like everyone was living the ethos of Horatio's Garden: showing that hope remains and life goes on after spinal injury; that joy can still be found and love can still be celebrated.

Our wedding day was a little drizzly, but it didn't matter. The ceremony was short and sweet in the garden room, with readings from our family. People told us afterwards they'd never been to a nicer wedding. There's nowhere on earth we'd rather have been.

Now, we're in the garden as often as we can be. With three grandchildren, it's somewhere we don't have to worry about noise or anything medical happening.

We do not know what the future holds, but every day is a blessing. There are things we cannot change, but we can focus on the positives, keep laughing and look towards what we can shape together.







Chair's report

This has been another remarkable and moving year for Horatio's Garden. We have continued to grow in reach and purpose, guided always by our founding aim: to improve the lives of people with spinal injury.

I am so grateful to everyone who has contributed - our volunteers, staff, Trustees, donors, Patrons, Ambassadors, Friends, fundraisers and NHS partners. Above all, I thank the patients and families who show such resilience in the face of adversity.

A very special highlight of 2025 was the opening of Horatio's Garden Sheffield & East by HRH The Princess Royal. It was a joyful celebration of a garden already making a profound difference at the Princess Royal Spinal Cord Injuries Centre. The transformation from a hospital car park into a place of colour, life and calm has been incredible.



We have also made encouraging progress towards future gardens. Fundraising and planning for Horatio's Garden North in Middlesbrough have advanced, and our ambition remains to reach every NHS spinal injury centre in the UK. We are particularly grateful to the National Garden Scheme for their commitment to support all our capital builds enabling each new garden appeal to start with a significant donation.

With now 14 years of experience creating and running gardens in hospital settings behind us, this year we have seen our recognition as a stakeholder and thought leader in the field of gardens and health grow. We are increasingly asked to share our learnings, impact and expertise to improve access to nature for people living through illness, trauma and long hospital stays.

Financially, this has been an encouraging year in a challenging fundraising environment. We achieved our highest ever fundraised income, with growth across individual giving, events, third-party fundraising and corporate support. The Friends' scheme is helping to build a more sustainable community of regular supporters, while the Patrons' programme has brought together generous individuals who care deeply about our work. We are enormously grateful to every trust, foundation, company and individual who has supported us.

Behind our progress is the strength of our people. The Board has invested in building resilient teams, improving staff engagement and ensuring colleagues feel informed, supported and able to grow. A clearer leadership structure is enabling the Board to focus on governance and strategy while the staff team delivers with energy and professionalism. I thank Katie Tait, the senior team and every member of staff for their dedication and expertise.

In line with the Charity Commission guidance, we conducted the new style governance review in January 2026. The outcomes were discussed with the Board and agreed actions have been implemented with ongoing review continuing as part of Board Governance.

Our volunteers remain one of Horatio's Garden's greatest strengths. This year we have continued to invest in volunteer training and support, recognising the importance of equipping volunteers well and celebrating all they give. Their contribution is immense, not only in hours, but in the compassion and continuity they offer to patients and families.

As we look ahead to the next five-year plan, we do so with strong foundations: a deeper understanding of patient experience, a broader fundraising base, resilient teams, committed volunteers and gardens alive with purpose. Most importantly, we remain rooted in Horatio's original idea: that people spending many months in hospital after spinal injury should have somewhere beautiful, restorative and full of life just outside the ward.





Thank you so much to everyone who has helped Horatio's Garden flourish this year.



Dr Olivia Chapple OBE EMH MRCGP
Founder and Chair of Trustees

"I'm often the first person out into the garden and sometimes stay as late as 7 o'clock in the evening. The staff are amazing and bring out my dinner and tea, meaning I can enjoy the quiet of the garden in the sunshine, or warmth of the garden room when the weather's wet. The tranquillity makes it feel like another world, and I've felt my mental health soar."





Chief Executive's report

This has been a year of significant growth and development for Horatio's Garden: we strengthened patient experience, delivered our highest-ever income, achieved our best staff survey results and deepened the evidence showing the powerful role of gardens in healthcare.

We have laid the foundations for our next five-year plan through these 10 priority areas:

1 **Ensuring that the patient experience is at the heart of all we do.** We invested in three new Patient Experience Manager roles at Stoke Mandeville, Scotland and Wales to deliver the best possible experience for people with spinal injuries in our gardens. We are seeing increased garden use, strengthening NHS engagement and deepening impact reporting.

2 **Continuing to be driven by our impact collection and reporting.** A Senior Impact Researcher and new data collection plan have enabled us to gather clearer, richer evidence of the difference our gardens make across the patient pathway. We have developed our first Theory of Change model to guide us in all work.

3 **Broadening awareness.** Our profile continues to grow through stronger storytelling through developing our stories and impact team, a successful Country Living partnership and new tone of voice, film and photography library that help us share our work clearly, respectfully and creatively.

4 **Diversifying our income streams.** We delivered our strongest fundraising year to date in a challenging funding environment, with growth across almost every income stream. Highlights included Reach a Peak challenge event, the London Marathon, a Tulip Lunch for supporters at Hever Castle, Chelsea Flower Show in partnership with Country Living, our third biennial art auction, the Big Give Christmas appeal and growing Friends and Patrons programmes.

5 **Engaging stakeholders.** It's key that the people who support us on every level feel informed and thanked for their critical support. We kept supporters closer to our work through our second Patrons Lunch, a well-performing leadership email and growing regional Instagram accounts.

6 **Improving staff engagement.** Staff engagement strengthened, supported by a clearer approach to keeping staff updated, with a 19% rise in people feeling informed and 100% reporting pride in working at Horatio's Garden. A new appraisal process and fairer salary progression framework also contributed to a 12% increase in staff feeling they have opportunities to grow.



7 **Capital development.** Horatio's Garden Sheffield & East, our eighth garden, was completed, supporting the UK's second largest spinal injury centre. Plans are progressing for the Horatio's Garden North in Middlesbrough designed by Pollyanna Wilkinson along with the architectural firm EBBA, with construction starting in summer 2026. Our campaign for the tenth garden in Wakefield is now underway with a site identified at Pinderfields Hospital, strong patient and NHS engagement and the appointment of landscape designer Joe Perkins and architect Clementine Blakemore.



8 **Maintaining and supporting existing gardens.** We know how important ease of access to our gardens is for patients and we continued our campaign to insert doors into the spinal centre wards at Glasgow so that people can reach the garden easily. We also know how vital privacy in the gardens is for people and have begun a campaign to create a new private 'pod' at Stoke Mandeville. A new matrix to clearly understand patient numbers and garden size has allowed us to shape staffing more effectively across our network.

9 **Collaborating with the Third Sector.** We continued contributing to the SCI charities coalition to develop a Spinal Cord Injury Strategy Consultation to improve the care, support and quality of life for people with spinal injuries while also collaborating with the National Garden Scheme and RHS on the wider impact of gardens and wellbeing.

10 **Working alongside the NHS.** A strong and cohesive relationship with the NHS is key to our success. This year, we engaged more deeply in our impact reporting to understand how our gardens improve staff retention and staff morale and were invited once again to speak at the Guttmann Conference which gathers key experts in spinal injury.

"Horatio's Garden makes a significant and profound difference to the rehabilitation of spinal injury patients and also supports both their family and friends. The NHS is proud to have these fantastic gardens as a critical resource in how we deliver our care."

Raghuv Bhasin, CEO, Buckingham Healthcare NHS Trust

Our next five-year plan marks an exciting new chapter: completing the national garden network, broadening into a more comprehensive patient support organisation, increasing lived-experience influence, investing in people and fundraising and positioning Horatio's Garden as the leading authority on gardens and spinal injury rehabilitation.

We have an incredible staff team to deliver this plan and thanks to a supportive Board of Trustees and dedicated and inspirational Founder and Chair; Horatio's Garden will continue to flourish in the years ahead.

Katie

Katie Tait
CEO

People with spinal injuries

4,700 people have a spinal injury every year

Every two hours someone has a spinal injury

Around 105,000 people live with a spinal injury across the UK

Spinal Injuries Association report, May 2025

A spinal injury can be devastating and life changing. It can happen to anyone, and specialist NHS spinal injury centres are often far from home with rehabilitation there lasting many months.

People with a spinal injury are 56% more likely to experience mental health issues* and have at least a four times increased risk of suicide.**

And that's where we come in. It's critical to have a garden as part of your rehabilitation right outside your hospital ward. Our garden team offer personalised support, and people tell us they cannot get through this time without Horatio's Garden.

A place for privacy, to see family, to decompress and learn new skills. To support physical, emotional and psychological needs, reduce stress and anxiety, help process trauma and connect with others. And somewhere to practice what life outside a hospital ward may feel like.

Our impact shows the transformative effect our eight gardens and staff have on how people at every stage of rehabilitation as they start to live with a spinal injury.

89%

of people with a spinal injury said that spending time in the garden had 'a great deal' of positive impact on their mental health

89%

use the garden multiple times a week or more

88%

said the garden made them feel less lonely

85%

report a 'great deal' of positive impact on their family and friends' mental health

83%

said the garden made them feel more independent

82%

said the garden made them feel more hopeful for the future

** Migliorini et al, 2008 ** De Vivo et al, 1991*



"The garden's my happy place and really helps with socialising. I've made six good friends from being here and Horatio's Garden brought us all together in the first place."

"I don't know if I could cope being here if Horatio's Garden wasn't here."

"The gardener and volunteers are wonderful. They help to maintain a beautiful space that saved my sanity during a very challenging time."

Family and friends

The trauma of a spinal injury doesn't just impact the person injured but can be life-changing for family and friends too. This ripple effect of spinal injury can cause shock, grief, anxiety and put a heavy strain on relationships.

The gardens offer a warm, welcoming and comfortable place all year round for people who may have travelled hours for a visit.

Somewhere where they can feel at home, connect with nature, have private conversations, make their own tea and enjoy homemade cake, celebrate birthdays and where children can play freely.

And somewhere where they can also talk with others who understand the challenges they are experiencing. Our seasonal events and workshops give families the opportunity to spend time together and form new positive memories.



"I came to visit one day and the Head Gardener was helping my father have a cup of coffee and a bun in the garden as he has no movement in his arms. My dad is a very proud man and is reluctant to let people help him, so this was lovely to see as they were both laughing."

"We as a family were able to celebrate Eid here in the garden. We had a beautiful time."

"The garden made it possible to meet our first grandchild, celebrate birthdays and have family time."

98%

said the garden improved the chance to have important conversations

93%

felt that the garden had 'a great deal' of positive impact on the mental health of the person they were visiting

89%

visit once a week or more, with 22% visiting several times a day

87%

visitors said that the garden had 'a great deal' of positive impact on their own mental health

39

average number of miles travelled by visitors

39%

visit the person in hospital more because of Horatio's Garden



"My father's day can be busy with appointments, and he isn't always available when I visit. This is when the garden has helped me the most as I can sit outside and rest. In the previous hospital I only ever left it feeling more anxious and stressed, but here it is the opposite."

"The garden is so beautiful and peaceful. It's a wonderful place to sit in contemplation away from the seriousness of my son's tragic life-changing injuries for a little each day I visit."

NHS staff

Working in a hospital can be an emotionally intense and stressful environment.

NHS staff find the gardens are a place to decompress and calm, resulting in a clear impact on morale, job satisfaction and stress levels.

Here, they can discuss sensitive topics with patients, arrange therapist meetings and run rehabilitation sessions away from the clinical environment.

96%

NHS staff agree that all patients who use the garden benefit from it

92%

felt calmer and more relaxed after spending time in the garden

91%

say the garden is beneficial to their mental health

86%

encourage all patients to use the garden

84%

say time in the garden helps them feel more effective at work

71%

use the garden without patients

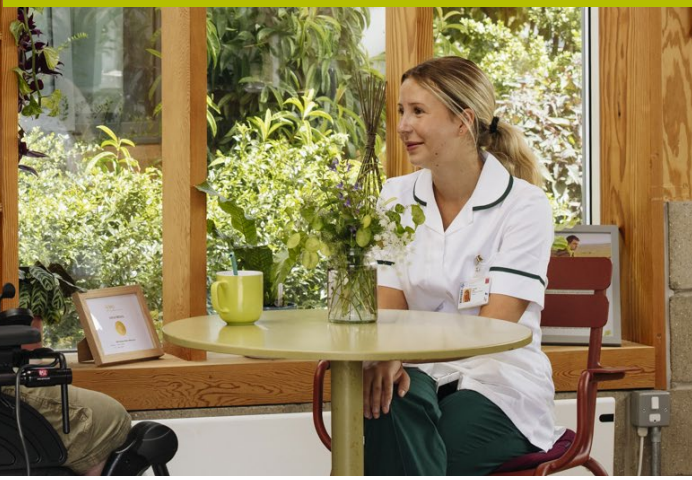
"Sometimes I need to get out of the shared office, or deal with the emotional impact of the job."

49%

go into the garden with a patient at least once a week (31% go in multiple times a week)



"It has provided a beautiful, positive space for me to spend time with patients which I feel has helped me to develop a deeper connection with the people I care for."



"It strongly enhances the rehabilitation programme and experience of some of the most disabled individuals treated by the NHS and helps move away from a purely medical or physical model of rehabilitation."

"It is a beautifully soothing location for me to deliver psychological support."

"It has given me another area to work with patients, which is so much nicer than the clinical setting in the hospital. It makes my job easier and makes rehab more enjoyable for patients. They love when they can do sports in the garden."

"If I am feeling overwhelmed or frustrated, I will take a walk in the garden making a special effort to notice the smallest details."

Where we work

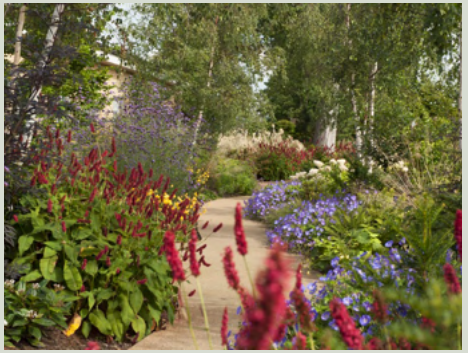


- Regional spinal injury centre with a Horatio's Garden
- Regional spinal injury centre with a Horatio's Garden in progress
- Regional spinal injury centre with future plans for a Horatio's Garden



Horatio's Garden South West

Horatio's Garden South West opened in 2012 at the Duke of Cornwall Spinal Treatment Centre at Salisbury District Hospital, designed by seven-time RHS Chelsea Gold Medal winner, Cleve West.



Horatio's Garden Scotland

Horatio's Garden Scotland opened in 2016 at the Queen Elizabeth National Spinal Injuries Unit (QENSIU) at Queen Elizabeth University Hospital in Glasgow, designed by garden designer and RHS Chair of Judges, James Alexander-Sinclair.



Horatio's Garden Stoke Mandeville

Horatio's Garden Stoke Mandeville opened in 2018 at the National Spinal Injuries Centre in Stoke Mandeville Hospital, designed by RHS Chelsea Gold Medal winner and presenter of BBC Gardeners' World, Joe Swift.



Horatio's Garden Midlands

Horatio's Garden Midlands opened in 2019 at the Midland Centre for Spinal Injuries (MCSI) at the Robert Jones and Agnes Hunt Orthopaedic Hospital in Oswestry, designed by journalist and six-time RHS Chelsea Gold Medal winner, Bunny Guinness.



Horatio's Garden London & South East

Horatio's Garden London & South East opened in 2020 at the London Spinal Cord Injury Centre (LSCIC) at the Royal National Orthopaedic Hospital, Stanmore, designed by nine-time RHS Chelsea Gold Medal winning landscape architect, Tom Stuart-Smith.



Horatio's Garden Wales

Horatio's Garden Wales opened in 2022 at The Welsh Spinal Cord Injury and Neuro Rehabilitation Centre at University Hospital Llandough in Cardiff, designed by three-time RHS Chelsea Gold Medal winner, Sarah Price.



Horatio's Garden Northern Ireland

Horatio's Garden Northern Ireland opened in 2023 at the Spinal Cord Injuries Unit (SCIU) at Musgrave Park Hospital in Belfast, designed by nine-time RHS Chelsea Gold Medal winning garden designer Andy Sturgeon.



Horatio's Garden Sheffield & East

Horatio's Garden Sheffield & East opened in 2025 at The Princess Royal Spinal Injuries Centre at Northern General Hospital in Sheffield, designed by four-time RHS Chelsea Gold Medal winners, Charlotte Harris and Hugo Bugg of Harris Bugg Studio.



Horatio's Garden North

Horatio's Garden North is being created at the Golden Jubilee Regional Spinal Cord Injuries Centre at the James Cook University Hospital in Middlesbrough. Designed by RHS medal winner Polly Wilkinson, construction work is underway.



A landmark moment for Horatio's Garden Sheffield & East

In July, we were honoured to welcome HRH The Princess Royal to open Horatio's Garden Sheffield & East at the Princess Royal Spinal Injuries Centre, Northern General Hospital in Sheffield.

It was a joyful day for everyone connected with the garden. Her Royal Highness spent time with people with spinal injuries and their families, NHS staff, volunteers, supporters, designers Charlotte Harris and Hugo Bugg, appeal ambassador George Robinson and Horatio's Garden founders Dr Olivia and David Chapple.

"I know what a transformative difference this garden would have made to me here. Somewhere for patients to have some private moments away from the ward, to spend normal times with family, a laugh with friends and to be outside in nature. This place will improve so many people's lives."

Actor and Horatio's Garden Ambassador George Robinson who spent seven and a half months in rehabilitation in Sheffield following a rugby accident in 2015.

"I've been a physiotherapist here for seven years. Before this garden was built, getting some fresh air meant waiting outside the hospital entrance, with ambulances and taxis arriving around the clock. Now that Horatio's Garden has opened, it's changed the spinal centre dramatically. I've also felt my own quality of life improve. Even if I just come out for a hot drink, I always feel better for it."

Ryan

During her visit, The Princess Royal toured the award-winning garden, watched a gardening session with Head Gardener Ruth Calder, planted an Aruncus 'Horatio' and unveiled a plaque to declare the garden officially open.

Just two years earlier, the garden began life at RHS Chelsea Flower Show, where it won Best in Show and a gold medal in 2023. It was also the first Chelsea garden designed for people with mobility needs.

Horatio's Garden Sheffield & East was generously supported by the National Garden Scheme, Project Giving Back, Sanita Merali Trust, Garfield Weston Foundation, Sheffield Hospitals Charity, The Geoff and Fiona Squire Foundation, The Band Trust, The Clothworkers' Foundation, Pears Foundation and many other supporters.

Today, it's now thriving as one of our eight transformative gardens bringing calm, connection and nature into the heart of NHS spinal injury rehabilitation centres.











Life in the gardens

The experiences and interests of people adjusting to life with a spinal injury shape what happens in the garden. Through ward visits, informal conversations and focus groups, we listen to patients and families and respond to what matters most to them - creating opportunities to relax, connect with others, spend time with family and friends, build confidence, rediscover interests and try something new.

Across every garden, our teams help people take part in ways that feel comfortable and meaningful to them. Creative, social, music and gardening activities and events may be led by our teams, NHS colleagues or patients themselves, while quieter areas provide space for private conversations, family time and therapeutic sessions.

69%

patients said the garden distracted them from pain

56%

said that using the garden helps improve hand and arm functioning

66%

reported they sleep better after using Horatio's Garden



"We can host family and friends here. I had my birthday here last year. Just sitting out in the nice evenings - we are blown away by it. Everyone we've brought here is. It makes it nicer for people to visit - as soon as you come out into the garden you feel you're not in a hospital."

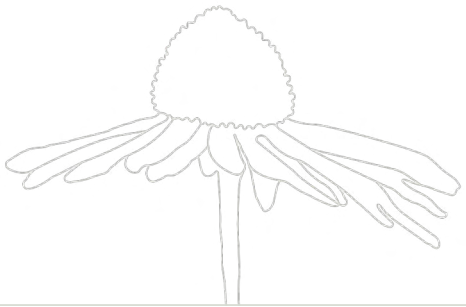


Activities this year have included garden photography and woodturning workshops to birdwatching, quizzes, bingo, board games, film evenings, silent discos and live music. Food has also brought people together through pizza making, cheese tasting, making herbal tea, smoothies, mocktail afternoons and shared feasts, using ingredients grown in the gardens wherever possible.

Each of our gardens feature planting that can be experienced from different vantages and all year round, with accessible greenhouses and raised planters. People grow and cultivate their own salad leaves, vegetables and flowers, helping to also support what the garden needs.

Alongside regular activities, the gardens provide a setting for important personal moments and larger shared events and this year saw us host a patient wedding, birthday celebrations, family lunches, reunions and pet visits.

The gardens also support rehabilitation and care, hosting activities led by NHS colleagues and providing welcoming settings for therapeutic sessions and private conversations.



66%

NHS staff use the garden as an alternative to NHS indoor spaces

74%

say all patients who use the garden become more socially connected

97%

believe the garden helps some patients make faster progress in rehabilitation

83%

say patients who use the garden experience short-term improvements in mood

66%

say all patients who use the garden experience long-term improvements in mental health

99%

believe the garden helps patients gain improved functional independence

"In my second week the wreath workshop made me realise that I could use my left hand effectively. Since then, other activities have positively improved my dexterity."

"In the garden, I feel part of everything again."







Volunteers

Volunteers support every Horatio's Garden be it patient support, community fundraising, gardening or cake baking.

168

volunteers helping across all gardens and at central office in Salisbury

393

hours average weekly volunteer time

20,417

hours annual total of volunteer hours

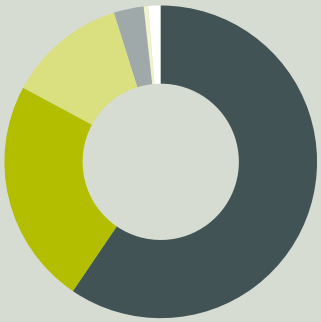
Our funding

As a registered charity with no statutory funding, our work is made possible through the generosity of public support.

How we raised money to support people with spinal injuries

Total Income

£3,617,726

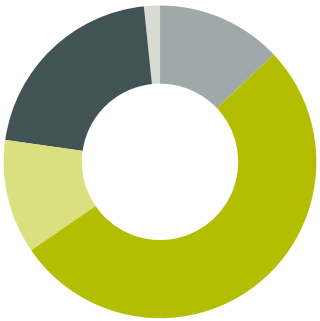


- £2,152,190 Donations from trusts, foundations and corporates
- £844,958 Donations from individuals
- £445,175 Fundraising events
- £111,995 Trading subsidiaries
- £46,533 Bank interest
- £16,875 Legacies

How your money supported people with spinal injuries

Total expenditure

£2,608,443



- £1,368,629 Programme costs to maintain garden and deliver services for people with spinal injuries
- £550,583 Fundraising costs
- £337,847 Garden design and construction costs
- £308,293 Management and support costs
- £43,091 Trading subsidiaries

Income exceeded expenditure because funding for Horatio's Garden North was received before the related construction costs were incurred. These costs will be recognised in future financial years as construction progresses.

Challenge highlights

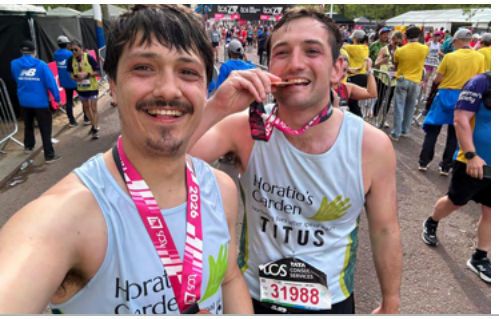
Our brilliant supporters across the country this year embraced an inspiring range of challenges for Horatio's Garden.

Dozens joined our new Reach a Peak climb, reaching the summits of Scafell Pike, Slieve Donard or Yr Wyddfa (Snowdon) or their own personal summit.

Team Horatio's Garden also took on the London Marathon, with Horatio's brothers, Titus and Magnus, joining fellow runners to raise more than £30,000.

Our volunteer fundraising groups and community supporters found creative ways to make a difference, with school pupils organised imaginative fundraisers, including inviting classmates to wear green for the day.











Amanda's climb: achieving what once seemed impossible

When I was a patient at the spinal centre in Wales 12 years ago, I had limited access to natural space during my rehabilitation. Today, Horatio's Garden gives people the chance to immerse themselves in nature, imagine what might be possible and begin to believe in the challenges they can overcome.

Ever since I injured my spinal cord, I have yearned to climb a mountain again. I miss being out in the elements, and the exhilaration and sense of achievement that come with reaching the summit

Because I have an incomplete spinal injury, I'm fortunate to be able to stand from my chair and take a few difficult steps. I will never take that for granted, but I still can't truly go for a walk.

I never dreamed that climbing a mountain would be possible again - let alone reaching the summit of Yr Wyddfa (Snowdon), the highest mountain in Wales.

The belief that Horatio's Garden, my family and my friends placed in me when I decided to take on Reach a Peak challenge was extraordinary. We trained together as a team and when we reached the summit, I was humbled, exhausted and emotional. Above all, I felt profoundly grateful to everyone who had helped me achieve what once seemed impossible - and to raise vital funds for Horatio's Garden along the way.

Governance

Royal Patron

HRH Princess Eugenie of York

President

The Countess of Radnor

Trustees

Dr Olivia Chapple OBE EMH MRCGP *(Chair)*
James Alexander-Sinclair FSGD
Mohammed Belal FRCS *(resigned 24 June 2026)*
Catherine Burns *(resigned 24 June 2026)*
David Chapple FRCS
Hattie Ghaui *(appointed 13 March 2026)*
Richard Grainger
Victoria Holton *(Executive Trustee)*
Lisa Stratton *(resigned 24 June 2026)*
Mark Yallop CBE
Caroline Wareing DL *(appointed 25 June 2026)*

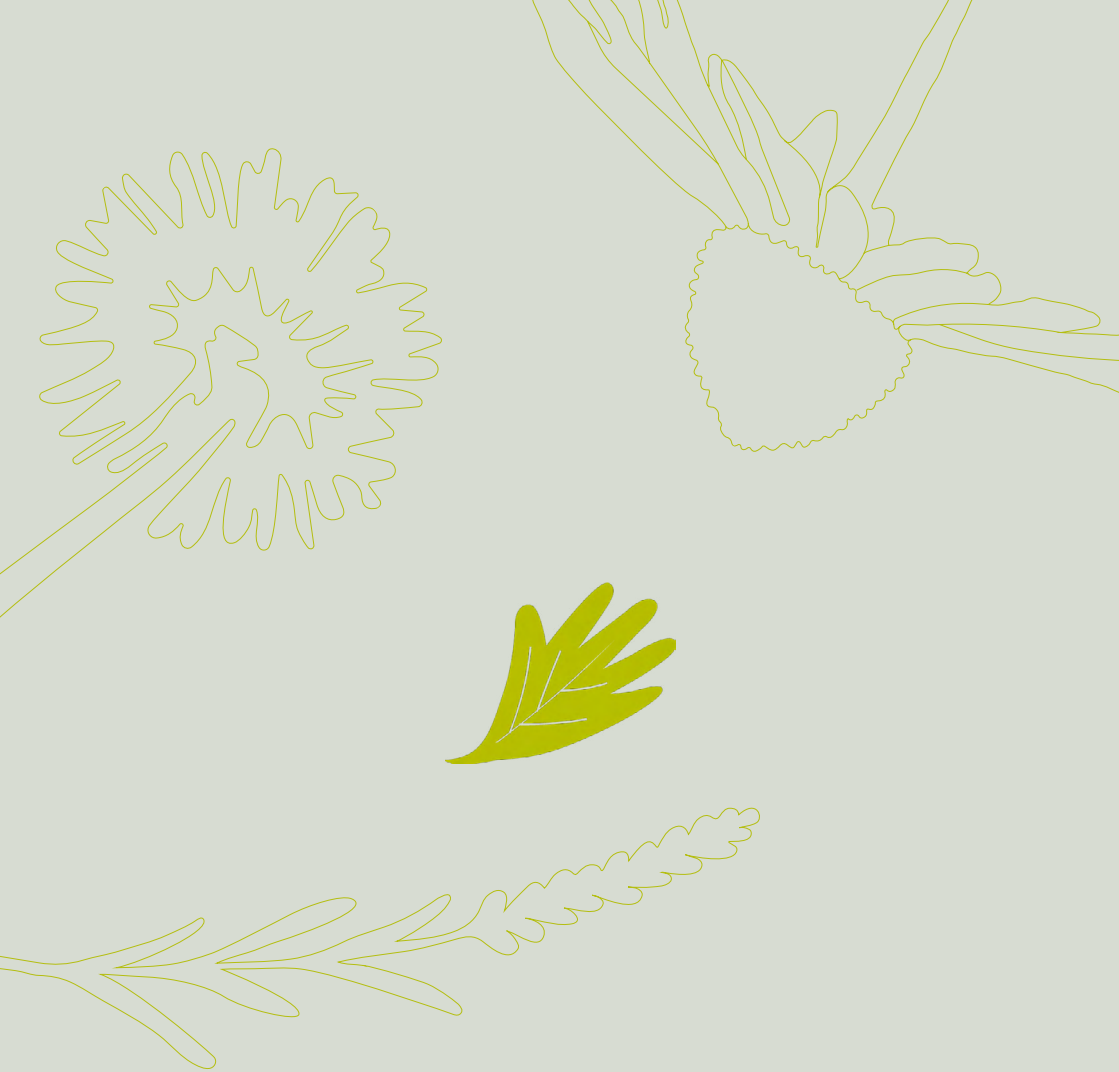
Key management staff

Katie Tait – CEO
Julia Dustan - Finance Director
Bethan Cummings – Director of Fundraising & Events
Zoë Franklin – Director of Communications & Impact
Kath Moss – Director of Gardens
Nathalie Griffiths – Director of Patient Experience *(appointed 1 April 2026)*

Ambassadors

Lord Bilimoria DL
Dame Emma Bridgewater
Maggie Cameron
Adam Frost
Frank Gardner OBE
Mel Giedroyc
David Gregg
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