



# Royal Star & Garter

Care with courage

**FOR IMMEDIATE RELEASE**

## **Reflect & Grow: New campaign encourages reflection and sharing**

Royal Star & Garter is inviting people to grow sunflowers this summer to support the charity.

The Reflect & Grow campaign aims to bring together families to reflect on their experiences in the pandemic, while sharing the joy of growing plants.

Donations will support the charity, which provides loving, compassionate care to veterans and their partners living with disability or dementia. It has care homes in Solihull, Surbiton and High Wycombe.



*A green-fingered resident planting seedlings in a raised flowerbed*

Supporters are invited to make a £10 donation to the charity to receive a family-fun activity pack. This includes five sunflower seeds with step-by-step planting instructions, colouring-in sheet, markings to measure your flowers as they grow and a table to chart their progress.

As Royal Star & Garter celebrated its 105<sup>th</sup> anniversary earlier this year, it is aiming to have at least 105 people take part in the Reflect & Grow campaign.

The packs also make ideal gifts for friends and loved ones, while supporting a worthy cause.

Participants will be encouraged to share photos of their soaring sunflowers on social media, tagging Royal Star & Garter.

On the National Day of Reflection on 23 March, each Home planted a cherry blossom tree in its gardens to create a living memorial for residents who died last year and also to recognise the efforts



*Spending time in the gardens can boost residents' physical health and well-being*



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of staff, who have worked tirelessly throughout the pandemic to ensure residents continue receiving exceptional care.

Senior Community Fundraiser Lauren Baker said: "We hope that while planting and watching these sunflowers grow, our supporters will have an opportunity to reflect on what we have been through over the past year. Reflect & Grow can also bring together families and friends who have been separated for so long, and provide a summer-long project for all to enjoy."

To get your Reflect & Grow activity pack and seeds, and for further details, please visit: <https://starandgarter.org/reflect-and-grow/>

**[Ends]**

**For further information please contact:**

Goolistan Cooper

Communications Officer

[goolistan.cooper@starandgarter.org](mailto:goolistan.cooper@starandgarter.org)

0208 481 7669 / 07391 868796

Cally Madden

Marketing & Communications Manager

[cally.madden@starandgarter.org](mailto:cally.madden@starandgarter.org)

020 8481 7692 / 07881 017299

**About Royal Star & Garter**

Our charity provides loving, compassionate care to veterans and their partners living with disability or dementia.

**Twitter:** @starandgarter

**Facebook:** facebook.com/starandgarter

**Website:** [www.starandgarter.org](http://www.starandgarter.org)



Royal Star & Garter  
is a member of the  
National Care Forum



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