



Because no one  
should face death  
or grief alone

KATHERINE  
HOLLAND  
GARDEN DESIGN

RHS Chelsea Flower Show 2024

PRESS PACK – Sue Ryder Grief Kind Garden

Designer Katherine Holland is using her own experiences to create the Sue Ryder Grief Kind Garden, to open up conversations around grief



Illustration credit: Katherine Holland Garden Design

With 40% of bereaved people believing gardening has “saved them from grief”<sup>\*</sup> – award winning garden designer [Katherine Holland](#) is using her own experiences to create the [Sue Ryder Grief Kind Garden](#), which aims to open up conversations around grief and ensure that no one has to feel alone with their grief.

The [Sue Ryder Grief Kind Garden](#) is sponsored by [Project Giving Back](#). The garden theme is explored through a stunning, sensory garden which provides a safe and peaceful space, in which people can feel embraced and supported by the beauty of nature.

Katherine’s design was inspired by Sue Ryder’s [Grief Kind](#) movement, which encourages people to be there when it matters and to equip them with the knowledge and tools they need to support themselves, or those who are grieving.



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## The Designer

[Katherine Holland](#) previously collaborated with Sue Ryder at the RHS Hampton Court



Garden Festival, in 2022, winning an RHS Silver Medal for the concept garden “A Journey.” She also received an RHS Chelsea Silver Gilt Medal for “The Folio Society’s Reading Room Garden” in 2023.

Katherine continues her conversation around grief here at RHS Chelsea and has also drawn on her own experiences of grief following the death of her mother in 2020. She is seeking to emulate the beautiful green landscapes and gardens in which she sought solace following her bereavement.

## Carefully curated plant list

Sue Ryder research\*\* has revealed that 91% of people believe that the five senses of touch, taste, sight, sound and smell can trigger emotions and poignant reminders of someone they are grieving.

For this reason, Katherine has carefully curated a selection of highly sensory plants and shrubs to provide year around interest in the garden. The serene palette of perennials includes *Saruma henryi* with its pale green, heart-shaped leaves and yellow, three petalled flowers, *Zizia aurea* with its yellow flat umbels, *Molopospermum peloponnesiacum*, and *Nepetas*. Feature Shrubs include *Calycanthus ‘Venus’* with its scented creamy white flowers and *Mahonia ‘Sweet Winter’*.

There are also several stunning specimen trees in the garden including the super hardy - *Acer Ginala* with its mottled grey bark, scented white flowers and rich autumn colour. *Frangula alnus Asplenifolia* with its filigree lace foliage and a multi-stemmed form of *Tilia henryana* which has textural leaves and fragrant flowers. For latest plant list [click here](#)



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## Symbols of loved ones

The heart of the garden features a welcoming meeting space, with a striking, tactile certified sustainable teak bench and chairs, set around a scalloped edged medite ply coffee table, designed by Katherine and [Camilla Hampton Interiors](#). During the week of RHS Chelsea the table will feature a display of personal objects from Katherine and some of Sue Ryder's garden volunteers. The objects symbolise loved ones who have died and the space aims to highlight the importance of starting conversations around loss and grief and sharing with others.

## Forever Home – Relocation to Sue Ryder's St John's Hospice

Following the show, the garden is to be relocated in its entirety to Sue Ryder's St John's Hospice in Bedford. Its new location will provide a lasting legacy, as a dedicated space for grieving, which is able to accommodate varying mobility needs and which offers a place of solace for hospice staff, patients, their families and the local community. The metal raised edge around the RHS Chelsea garden will be fully repurposed into raised beds at the hospice.

## Bedford Bud Lace

As the garden's forever home will be in Bedford, Katherine has also taken inspiration from the area's history in lace production, using some of the organic shapes from the famous Midlands 'Bud' lace, to create designs for laser cut York stone paving.

## Creating a green Hug

**Katherine Holland** commented:

*"For this Sue Ryder Grief Kind Garden, I am creating a safe and sensory sanctuary for visitors to sit within in the beauty of nature, whilst encouraging them to either share their own experiences of grief or have a moment of reflection.*

*"I found from my own experiences of grief that I needed a green space to reflect and sit with my feelings.*







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*Through this garden, I wanted to emulate this and with the layout give visitors the feeling that they are being given a 'green hug'.*

*"I hope the Sue Ryder Grief Kind Garden will encourage people to start conversations around grief and raise awareness of Sue Ryder's bereavement support services, as well as encourage people to find a place of solace in nature to help them to learn to live with grief."*

## **No one has to face grief alone**

Sue Ryder offers a range of bereavement support services, so that everyone can access advice and support for themselves, or a loved one, including free online counselling sessions and an online bereavement community.

**Heidi Travis, Chief Executive at Sue Ryder**, says: *"Sue Ryder is delighted to be working with Katherine Holland on this exciting opportunity with Project Giving Back at RHS Chelsea Flower Show 2024.*

*"We firmly believe that together, we can make sure everyone has access to the right support, at the right time, so no one has to face grief alone. We hope that visitors to our **Grief Kind Garden** will reflect on their own or others' grief by connecting with this space. We hope people leave it feeling confident to start open conversations about grief and having a better understanding of what good grief support looks like."*

For information on the **Sue Ryder Grief Kind Garden** at the RHS Chelsea Flower Show and further details on grief support please visit [sueryder.org/RHSChelsea](https://sueryder.org/RHSChelsea)

ENDS

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07773 200759.

\* Sue Ryder Grief Kind research, 2024

\*\*Survey of 1,011 bereaved respondents (16+) in the UK undertaken by Censuswide in between  
07/08/23-09/08/23



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## Notes to Editors

### About Katherine Holland

Katherine is a garden designer who combines her passion for strong design and beautiful planting to create bespoke, wildlife-friendly gardens for spaces of all kinds. She believes that everyone deserves a joyful garden unique to their circumstances. Having grown up near Marlborough, she now works with clients across Wiltshire, London and surrounding areas. As a child, Katherine was constantly in the family garden - and through this, her passion for gardening, and more recently garden design, was born. After studying Maths at university, she began working life as a financial risk manager. However, life ultimately led Katherine to follow her dreams and retrain - she studied for her garden design diploma at the renowned London College of Garden Design based in Kew Gardens. Katherine gained invaluable experience working for one of the UK's leading garden designers before launching her own garden design studio. To find out more: [www.katherine-holland.co.uk](http://www.katherine-holland.co.uk)

FB: [@katherinehollandgardendesign](https://www.facebook.com/katherinehollandgardendesign) Insta: [@katherinehollanduk](https://www.instagram.com/katherinehollanduk) Tik Tok: [katherinehollanduk](https://www.tiktok.com/@katherinehollanduk) [linkedin.com/in/khgd](https://www.linkedin.com/in/khgd)

### About Sue Ryder:

At Sue Ryder, we can't make life's most difficult moments easy, but we can carry some of the load. For more than 70 years, we have been a source of strength and support for anyone living with a life-limiting illness or grief.

Dying and grief are universal experiences, but too many people face them alone. We are a safe and reassuring hand you can reach for. From providing care and support for someone at the end of their life to helping someone manage their grief, we know there is no one size fits all when it comes to how we cope and the help we need. We campaign for everyone who is approaching the end of their life or grieving to have access to the right support, at the right time. And we seek to break down the barriers to talking about dying and grief - so we can all be better prepared and better equipped to be there for each other.

We can make a positive difference during even the darkest of times. Whether in the last months, weeks, or days of life, or living with grief, we help people live the best life they possibly can. We are there when it matters.

### About Project Giving Back

Project Giving Back (PGB) is a unique grant-making charity that provides funding for gardens for good causes at the RHS Chelsea Flower Show. PGB was launched in May 2021 in response to the Covid-19 pandemic and its devastating effects on UK charitable fundraising - effects that have since been exacerbated by the cost-of-living crisis. PGB will fund a total of



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15 gardens at RHS Chelsea Flower Show in 2024 and intends to fund up to 60 gardens at the show from 2022 - 2026.

Project Giving Back was established with funding from two private philanthropists who are RHS Life Members and keen gardeners. They wish to remain anonymous. PGB will help UK-based good causes recover from the unprecedented effects of the global pandemic by giving them an opportunity to raise awareness of their work for people, plants and the planet at the high-profile RHS Chelsea Flower Show. Find out more at [www.givingback.org.uk](http://www.givingback.org.uk)