



Sally Brampton: **“Gardening keeps you connected into the seasons and keeps you connected into life itself. I think that’s really important if you suffer from any kind of mood disorder to have that kind of optimism, to know that there is always a future.”**

Sally Brampton is a journalist and novelist, and is the founding editor of British *Elle*. She is also a depressive, and in the past has become so ill that she has twice attempted suicide. Sally wrote the book, *Shoot the Damn Dog*, a memoir of her depression.

Sally gave this interview to *The Times* in support of Thrive, and a film of the interview was shown on *The Times*’ website.

“When I’m gardening the only thing I think about is gardening and I think it’s what physiologists call flow – that you become completely absorbed in something that you’re doing and it transcends everything, you just forget everything else.

“When you are very depressed you might be suicidal you know, which is just one of the symptoms of severe depression. I think that what a garden teaches you is that things die, but things come back, and there is always this constant cycle. It keeps you connected into the seasons and keeps you connected into life itself. I think that’s really important if you suffer from any kind of mood disorder to have that kind of optimism, to know that there is always a future.

“I just think what Thrive does is absolutely fantastic. I’ve always thought with Thrive that there is a feeling of real acceptance about people and their differences and it brings people together, that’s just wonderful I think.”



**NICOLA CARRUTHERS**

Nicola Carruthers, Chief Executive of Thrive, also appeared in the film and talked about how Thrive changes lives through gardening:

**“We run structured horticultural therapy programmes for all kinds of people with all kinds of needs, then on top of that we have projects for people to use gardening in their own homes. So there are thousands of people who can use gardening to their benefit. Really, it’s the process of gardening that helps people... if you change one life you can affect their friends, their family, their carers. Then you affect the community and you affect wider society – and that is how change happens.”**