

'Nurture Through Nature' show garden promotes self-care and a sustainable work/life balance



The latest show garden from Newquay-based garden designer Kim Parish, reflects the recent rise in garden room popularity. 'Nurture Through Nature' is a garden inspired by the world's changed experience over the last two years, specifically finding ways of mastering a better work-life balance as more of us move to a more flexible, 'hybrid' way of working.

- **Following success at RHS Chelsea, show season takes the Landscapes of Distinction team on to BBC Gardener's World Live 2022.**
- **Kim Parish's latest design builds on her gold medal winning debut at this event last year.**
- **'Nurture through Nature' themed garden promotes the positive power of plants and the value of vitamin G.**
- **Kim is one of three landscapers from across the UK to be shortlisted for the prestigious, national Association of Professional Landscapers (APL) award.**
- **Best APL Avenue Show Garden winner will be announced at the BBC Gardeners' World Live event on 15th June 2022.**

Best in Show

Each year, The Association of Professional Landscapers (APL) challenges landscapers from across the UK to submit designs for a themed garden, to be in with a chance of being awarded the Best APL Avenue Show Garden.

Landscapes of Distinction is one of three designers from across the UK to be shortlisted for the prestigious award, for its 'Nurture Through Nature' garden, which was designed by Director Kim Parish. The winner will be announced at the BBC Gardeners' World Live event on the evening of Wednesday 15th June 2022.

Nurture Through Nature: the positive power of plants

Taking the theme of 'Work, Rest and Play in a Sustainable Way', Kim has designed a unique, typically-sized back garden which highlights how you can transform any green space, no matter the size.

The garden celebrates the effects of green space on health, wellbeing and productivity, turning home working inside out. "Vitamin G is 'green', and research has shown that getting a daily dose improves our sense of personal wellbeing," explains RHS Director of Science, Professor Alistair Griffiths.

Plants are built into the fabric of this garden design, both inside and out. Living structures, including the sedum living roof by Sedum Green Roof and Alex Hobbs' living wall, introduce innovative ways to green up any space.

Kim Parish, director at Landscapes of Distinction and designer of 'Nurture Through Nature', said: "Our garden was inspired by the positive power of plants and the value of vitamin G. We wanted to emphasise the importance of fostering a positive work-life balance, reflected in the dual aspect of the garden, which creates the perfect space to both work and unwind".

Ripple effects of cold-water therapy

A chill swimming convert at home in Cornwall, Kim was also keen to make this experience accessible in other locations. Achieved through the garden's refreshing immersion pool to promote the use of cold-water therapy in treatment of stress, anxiety and depression.

The ripple effects of cold-water dips on the immune system and personal resilience are also widely reported as part of a movement towards mindfulness.

Elsewhere in the garden, Parish creates space for relaxation and wellness with large doors that open onto an outdoor dining area, which is ideal for relaxing and socialising.

Landscapes of Distinction's garden will be on display at this year's BBC Gardeners' World Live event, taking place from 16-19 June at Birmingham's NEC - with award winners being announced on Wednesday 15th June (pm).

Thank you to our sponsors and suppliers Alex Hobbs, Taylored Garden Rooms, Sedum Green Room, Rolawns, Adrift Furniture, Marshalls Landscaping, Hedges Direct, Hardy Exotics Nursery and Hayle Plants.

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