

‘Thinking Differently about  
Thinking Differently’

The ADHD Foundation

# Garden



Rose Charlton, Aged 10

**RHS Chelsea Flower Show 2025**

Find us at site no. RGB121



# Katy Terry

*Garden Designer*

GOOD  
GROUNDING



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“My personal neurodiverse journey has just begun. It’s been fascinating to discover the aspects of my character that have led me to consider the world through a different lens. Plants and garden design have been my passion for the last twenty years, and my ‘All About Plants’ garden design for the ADHD Foundation blends my horticulture and artistic strengths.

I hope my debut garden at RHS Chelsea will bring a sense of calm and relief to people who are neurodiverse as they immerse themselves in nature and encourage visitors to ‘think differently about thinking differently’ by recognising the splendid individuality of plants as a mirror to the rich diversity of the human mind.”



‘Thinking Differently about Thinking Differently’



# Garden's key features

The ADHD Foundation Garden has been thoughtfully designed to offer a calm and subtly stimulating space for those with ADHD and other forms of neurodiversity. Inspired by the idea that just as no two plants grow alike, no two minds think alike, the garden celebrates human difference through botanical diversity.

This garden is not only a visual and sensory haven, but also a metaphor for inclusion and individuality. Each element has been curated to reflect and honour the rich variety found in both nature and the neurodiverse community. The space invites visitors to pause, reflect, and appreciate the beauty in thinking differently.

## Signature Features

### **Swing Tree (*Carpinus betulus*)**

A striking, gravity-defying focal point symbolising resilience, non-linear growth, and the beauty of the unexpected.

### ***Hydrangea petiolaris***

Four climbing hydrangea against our back boundary and one free-standing at the front represent the 1 in 5 people in the UK who are neurodiverse.

### **Steel Mesh Umbrella Sculptures**

Five steel mesh umbrellas by renowned sculptor David Begbie are suspended from the Swing Tree, celebrating inclusivity and echoing the ADHD Foundation's Neurodiversity Umbrella Project.

### **Central Reflection Pool**

A handcrafted, rust-toned reflection pool created with Torc Pots, offers a calming space for pause and reflection while supporting local wildlife.

### **Topiary Forms**

Yew topiary, carefully shaped and controlled, serves as an analogy for the pressure to conform and fit in, contrasts with the freer, more expressive surrounding planting.

## Planting Palette

The planting celebrates diversity through the use of a variety of plants, showcasing a range of sizes, forms, textures, and colours, chosen to inspire an emotional, visceral response. Formed shapes such as yew topiary sit alongside freer varieties and contrast with a selection of fabulous umbrellifers, which mirror the Foundation's umbrella motif. Where available, fasciated species highlight botanical mutation and individuality. Clematis heracleifolia, an uncommon herbaceous sub-shrub with distinctive growth habits, adds further interest. The scheme promotes biodiversity and supports pollinators, with a strong ecological foundation.

## Sustainability and Material Choices

- Entirely cement-free garden, using recyclable and natural materials.
- Back panels made from fast-growing, carbon-sequestering woven willow on adjustable steel posts.
- Reclaimed timber bench, locally crafted by AJW Studios, engraved with "Thinking Differently" and carved legs with umbrella detailing.
- All materials to be recycled and reused at the garden's permanent home at the University of Liverpool.

# Our Horticultural Headliners

## **Tree**

*Carpinus betulus* – European Hornbeam Swing Tree

## **Shrubs & Topiary**

*Hydrangea petiolaris* – Climbing Hydrangea

*Taxus baccata* – English Yew Topiary

## **Perennials, Biennials & Herbs**

*Angelica archangelica* – Norwegian Angelica

*Astrantia* 'Buckland' – Masterwort

*Daucus carota* 'Dara' – Wild Carrot

*Digitalis grandiflora* – Large Yellow Foxglove

*Digitalis purpurea* 'Sutton's Apricot' – Apricot Foxglove

*Disporum longistylum* 'Night Heron' – Fairy Bells

*Phlox divaricata* subsp. *laphamii* 'Chattahoochee' – Woodland Phlox

*Salvia* 'Nachtylinder' – Ornamental Sage

*Verbascum* 'Cotswold Beauty' – Mullein

*Zizia aurea* – Golden Alexanders

## **Bulbs & Annuals**

*Athyrium filix-femina* 'Frizelliae' – Tatting Fern

*Polystichum setiferum* 'Herrenhausen' – Soft Shield Fern

## **Ferns & Foliage Plants**

*Athyrium filix-femina* 'Frizelliae' – Tatting Fern

*Polystichum setiferum* 'Herrenhausen' – Soft Shield Fern

## **Grasses**

*Melica uniflora* f. *albida* – Wood Melick

**Scan here to find  
out more about  
our garden  
including a full  
plant list**





# The ADHD Foundation Neurodiversity Charity



The ADHD Foundation is the UK's leading neurodiversity charity, providing a strength-based, lifespan service for the 1 in 5 people living with conditions such as ADHD, Autism, Dyslexia, Dyspraxia, Tourette's Syndrome, OCD, DCD, and more. As Europe's largest user-led ADHD organisation, the Foundation champions a positive, inclusive approach to neurodiversity - empowering individuals to thrive across education, healthcare, and employment sectors.

At the heart of the Foundation's work lies a deep belief in the potential of neurodiverse individuals. The charity delivers training to schools, NHS Trusts, and public sector bodies, while also offering consultancy services to businesses seeking to foster inclusive and neurodivergent-friendly workplaces.



## Dr Lindsey Roberts *Acting CEO, The ADHD Foundation*

"Variation among living organisms is the key to our strength and survival. Our garden reflects the diversity of both plants and people, encouraging the public to embrace difference as something vital and beautiful.

This wonderful opportunity, awarded to us by Project Giving Back, has allowed us to showcase a garden that celebrates diversity - both botanical and human. Just as plants adapt and thrive through evolutionary variety, so too do human beings flourish through neurological and genetic diversity. It is our differences that enable us to grow, connect, and thrive."



**The ADHD Foundation, through advocacy, education, and direct support, works to remove barriers and reframe**

**the narrative around neurodivergence - not as a deficit, but as a different and valuable way of experiencing the world.**



### **The Neurodiversity Umbrella Project**

Thousands of colourful umbrellas are installed each year in cities worldwide, raising awareness and challenging stigma's by celebrating the beauty of thinking differently.

### **Training & Consultancy**

Delivering bespoke training for schools, healthcare professionals, and organisations to provide better support for neurodiverse individuals.

### **Youth Empowerment & Ambassadorship**

Supporting a new generation of neurodiverse leaders through national youth councils, mentorship, and ambassador roles.



# Meet Cole Middler

A young ambassador who represents  
The ADHD Foundation  
Neurodiversity Charity on the  
National Neurodiversity Youth Council



Hi, I'm Cole, a 19-year-old from Newcastle upon Tyne. At 14, I was diagnosed with ADHD, autism, anxiety, hyperkinesia, OCD and Tourette's. These labels could have held me back—but instead, they became the fire behind my mission to drive change and challenge stigma.

I proudly work with The ADHD Foundation and sit on the National Neurodiversity Youth Council, fighting for a future where difference is not just accepted, but truly valued. My own journey fuels everything I do—supporting young people in a SEND school, helping them see their worth, and proving that neurodiversity is a strength, not a struggle.

I've shared my story in schools across the country and on Channel 5 News, because every young person deserves to feel understood, empowered, and proud of who they are. Thinking differently is powerful—and no one should ever feel the need to hide what makes them unique.

## Your support helps us sow the seeds of change. Please donate today.

The increasing number of families, schools, healthcare workers and employers we work with demonstrates the need for our services, but there is still so much more to be done. With your help we can ensure that people with different minds can enjoy happy, healthy and successful lives.

**£10**

helps us support parents & carers. Without this support they are often left isolated and alone and without the help and information they need.

**£50**

helps to pay for a therapy or coaching session for a child or teenager, helping them to feel better about themselves and achieve their potential.

**£100**

helps us create and provide educational resources for teachers and schools helping them to better support neurodiverse children.

**£750**

provides ten skills building sessions for parents and carers. These sessions help them to better understand and support their Neurodiverse child.

**£1500**

helps to pay for two neurodiverse young people to be active members of our National Neurodiversity Youth Council for 1 year. This will allow them to create resources to benefit neurodiverse young people and training to ensure they have the skills needed to help make real change for the young ND community.

## How to Donate

Scan the QR code  
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our website to  
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## Become a sponsor!

Support our impactful work and boost your brand visibility while making a real difference

To find out more, email:  
[tom.howcroft@adhd.foundation.org.uk](mailto:tom.howcroft@adhd.foundation.org.uk)





## A Lasting Legacy for Neurodiverse Communities

Following its debut at the RHS Chelsea Flower Show 2025, The ADHD Foundation Garden will be permanently relocated to the University of Liverpool's City Campus. This tranquil, biodiverse space will offer a lasting sanctuary for neurodiverse students and staff, providing a peaceful escape from daily pressures.

With thoughtful planting and natural design, the garden will continue to celebrate the strength found in neurodiversity.

## Zoë Chapman

*Head of Service, Ness Botanic Gardens, University of Liverpool*

"The University of Liverpool is delighted to receive The ADHD Foundation Garden. The space will continue to support our neurodiverse community and become a symbol of inclusivity and wellbeing on our campus."

## Championing Neurodiversity at the University

**The University of Liverpool has long been a proactive advocate for neurodiverse inclusion:**

- Home to a display of over 100 colourful umbrellas as part of the Neurodiversity Umbrella Project.
- A dedicated sensory room in the Sydney Jones Library provides a relaxing space with sensory objects, dimmable lighting, and supportive seating.
- A library of resources on neurodiversity, including ADHD, Autism, Dyslexia, OCD, and Dyspraxia.
- Annual celebration of Neurodiversity Week, featuring talks, events, and awareness campaigns to foster understanding and reduce stigma.

Through these initiatives, and now with the addition of The ADHD Foundation Garden, the University reaffirms its commitment to creating inclusive environments where all minds are recognised, supported, and celebrated.

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**RHS**  
Show Exhibitor 2025



Stay up to date as the garden is relocated and continues to inspire:



@ADHDFoundation | @LivUni | @GoodGrounding

Sign up to follow its journey: [www.adhdfoundation.org.uk](http://www.adhdfoundation.org.uk)

University of Liverpool: [www.liverpool.ac.uk](http://www.liverpool.ac.uk)