

**15 – 18 June 2023**  
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## **International Women's Day launch for Newson Health Menopause Show Garden and Liz Earle Beauty Co.'s Botanical Show Garden, at BBC Gardeners' World Live**



*Newson Health Menopause Show Garden*

**Women's health takes centre stage at this year's BBC Gardeners' World Live (NEC Birmingham, 15-18 June) as leading menopause expert, Dr. Louise Newson, joins forces with award-winning garden designer, Ruth Gwynn, to create the Newson Health Menopause Show Garden.**

The walk-through Show Garden reflects Newson Health's ethos of inclusive and accessible menopause support for everyone. It is designed to evoke feelings of community, creating a safe, tranquil and comfortable space for women to reflect on their health and to discover the nutritional and physical power of plants for mental health and wellbeing. There will be interactive 'symptom stations' exploring different aspects of menopause and perimenopause, with clinicians and experts on hand with information and advice about diet and nutrition, the wide-reaching benefits of gardening, exercise, mindfulness and mental wellbeing.

Ruth Gwynn, who co-designed Frances Tophill's Platinum Award winning and 'Best In Show' Show Garden at last year's BBC Gardeners' World Live, has selected plants for the Newson Health Menopause Garden which will create a visually enriching yet calm atmosphere. There will be an area for relaxation, a yoga corner and also an area for outdoor cooking.

Ruth Gwynn says: “It’s been great working with Newson Health on this wonderful space to eat, grow and thrive. The initial brief for the garden was full of wonderful ideas on how a garden can support a woman's journey through the menopause. The aim of this design was to create a garden which could be built on a budget which is affordable and achievable. It is a space in which to reconnect with plants and nature, allowing visitors the opportunity to see what they could achieve in their own gardens.”

Dr. Louise Newson, a keen gardener, has been involved in planning the garden’s design and says: “It’s well documented that menopause and perimenopause can have a huge impact on mental health. Our aim is for this immersive garden to enable visitors to see the benefits of gardening on both menopause and mental health. BBC Gardeners’ World Live offers the perfect opportunity to connect with visitors and to open up conversations in a safe and calming garden setting.”

After BBC Gardeners’ World Live, elements of the Newson Health Menopause Garden will be relocated to various local communities by Newson Health.



*Liz Earle Beauty Co.’s Botanical Show Garden*

The **Liz Earle Beauty Co.’s Botanical Show Garden** is also harnessing the power of plants for feelings of wellbeing at BBC Gardeners’ World Live this year. Designed by Platinum Award winning garden and landscape designer, Lucy Bravington, the garden features perennial plants to showcase the botanicals included in many Liz Earle Beauty Co. products, such as echinacea, rosemary and lavender. Ethnobotanist, James Wong, will share insights into the power of these plants during daily appearances on the Show Garden. The focal point of the garden is a sculpture inspired by brand’s coastal home and the Fibonacci spiral which represents the efficacious nature of Liz Earle Beauty Co. products.

Lucy Bravington says: “Visitors to BBC Gardeners’ World Live will be able to experience the fragrances, colours and textures of the plants included in Liz Earle Beauty Co.’s skincare range, as part of a modern country garden. The garden is a calm space with many links to the brand’s Isle of Wight home and we hope

to inspire visitors to recreate aspects of the garden or enjoy the garden's fragrances at home when using their Liz Earle Beauty products."

The Show has significant representation by women garden designers with 77% of Show Gardens and Beautiful Borders designers at BBC Gardeners' World Live 2023 designed by women, compared to 66% in 2022. Designers include **Kim Parish**, **Lucy Hutchings**, **Emma O'Neill**, **Kate Mason** and **Cathy Perry**. Kim Parish is the designer of **The Fontana Show Garden**, a homage to 92-year-old Derek Bishop, who designed and constructed a magnificent 14-acre garden in Southeast Cornwall. The Show Garden celebrates the diversity of planting opportunities within Cornwall and, after the Show, will be relocated to Cornwall Hospice Care, who provide specialist care for end-of-life patients. Lucy Hutchings (@SheGrowsVeg) is the name behind **The Secret Homestead Show Garden**, which explores the possibilities for contemporary edible gardens. Lucy will also host a talks area, integrated into the garden, to help visitors grow more edibles in their gardens.

**Rachel Poletti-Gadd, Portfolio Director - Gardening Division at Immediate Live, organisers of BBC Gardeners' World Events, said:** "We know that gardens are important places for many women. Whether it's being out in the fresh air, the mindfulness of tending to plants, growing healthy food to eat, or the exercise of digging and weeding, the health benefits associated with the garden are plentiful. We're delighted that Newson Health and Liz Earle Beauty Co. have chosen BBC Gardeners' World Live to host their wonderful debut Show Gardens, and have no doubt that Ruth Gwynn, Lucy Bravington and the Show's other talented female designers will be inspiring more women than ever into the garden this year."

Tickets for BBC Gardeners' World Live at the NEC Birmingham (15-18 June) are on sale at [www.bbcgardenersworldlive.com](http://www.bbcgardenersworldlive.com)

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#### Notes to editors:

For further information, interviews or pictures, please contact:

Julie Parmenter at Brampton PR, e: [jparmenter@hotmail.co.uk](mailto:jparmenter@hotmail.co.uk), tel: 07775 715936 / 01981 251820

Press accreditation is open. To apply for a pass and for more information on the show, [please click here](#)

**BBC Gardeners' World Live, 15 – 18 June NEC Birmingham | [bbcgardenersworldlive.com](http://bbcgardenersworldlive.com)**

Co-located with the BBC Good Food Show Summer.

Event contact: [ssr@immediate.co.uk](mailto:ssr@immediate.co.uk). Details correct at time of print. BBC Gardeners' World Live is organised and presented by Immediate Live (the trading name of River Street Events Ltd). The Gardeners' World logo is a trademark of BBC. © BBC.

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