# Press Release | Wednesday 21 May

**New garden for stroke patients opens at King’s Lynn hospital**

A door to a courtyard

AI-generated content may be incorrect.Today, Wednesday 21 May, The Queen Elizabeth Hospital (QEH) has officially opened a specially designed Stroke Rehabilitation Garden funded by the QEHKL Charity.

The garden was formally opened by Rebecca Martin, Acting Executive Managing Director and Medical Director at The QEH, during a ceremony attended by patients, staff, volunteers and local supporters.

Designed to support the physical and psychological recovery of stroke patients, the garden is already being hailed as a vital addition to the hospital’s stroke rehabilitation services This tranquil and therapeutic space was made possible thanks to generous funding from the QEHKL Charity and kind donations from the local community.

Rebecca Martin said: “This garden is the result of an incredible team effort, driven by the passion and commitment of the Stroke Rehabilitation team. We know that outdoor spaces are important for our patients, especially those who may need to stay in hospital for a while.

“It is peaceful space for reflection but will actively enhance recovery and therapy for our patients. It is also a lasting tribute to Dr Rai, whose dedication to stroke care continues to inspire us all.”

The garden incorporates varied terrain to support mobility therapy, features for visual scanning and cognitive activities and hands-on gardening spaces that aid in upper limb rehabilitation. A small putting green adds an element of fun while supporting coordination and balance.

Sarah Barber, Assistant Practitioner, and Amelia Turner, Senior Occupational Therapist, spearheaded the project, inspired by successful garden spaces in other wards and feedback from The QEH staff, stroke patients and their families. With funding secured the QEHKL Charity their vision became a reality.

Amelia Turner said: “Our patients are often navigating one of the most difficult times in their lives. This garden provides not only therapeutic benefits but also a sense of normality, connection, and calm. It’s been designed with patient voices at the heart of it, and we’re incredibly proud of what we’ve achieved together.”

Sarah Barber said: “It has been amazing to see patients already benefiting from this space. It will make sure a difference and provides a nice place for children to visit patients without being in a ward environment.”

Two men standing together smiling

AI-generated content may be incorrect.The design takes inspiration from the well-established principles of therapeutic landscapes, similar to those created by Maggie’s Cancer Care Centres. Psychological recovery is an essential part of stroke rehabilitation. Gardens offer a nurturing space for patients to engage in therapy and reconnect with themselves. Being outdoors can reduce anxiety, improve mood, and promote healing — all of which are vital for long-term recovery.

The opening ceremony included a moving poetry reading by Al Ware, a stroke survivor, and Stroke Association and QEH volunteer. Al, who also won Volunteer of the Year at the 2024 Staff Awards, read ‘A Garden in My Soul’ by Annie Paul - a fitting tribute to the resilience and recovery of stroke patients.

Several patients who were treated on the ward came along to see the new space. One commented: “I really missed being outside when I was in hospital, I was always outside before my stroke. It would have meant a lot to me to have the garden when I was here. My mental health would have improved if the garden had been in place when I was on the ward.”

Samantha Taylor, Charity Manager, said: “This garden is a testament to what we can achieve when we work together with compassion and purpose. Thanks to the incredible generosity of our donors and fundraisers and the unwavering dedication of our hospital teams, we now have a beautiful space that will benefit stroke survivors for years to come.”

Following the ceremony, guests were invited to explore the garden and enjoy refreshments in West Raynham patient gym. The event marked the beginning of a new chapter in patient-centred stroke care at The QEH.

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**Notes to editors;**

If you would like to raise funds for good causes or help an appeal at The Queen Elizabeth Hospital, please take a look at our website [www.qehklcharity.co.uk](http://www.qehklcharity.co.uk). Alternatively, please email our Charity team at [Charity@qehkl.nhs.uk](mailto:Charity@qehkl.nhs.uk) or call 01553 613309.

For media enquiries only, please contact Communications Team, [media.enquiries@qehkl.nhs.uk](mailto:media.enquiries@qehkl.nhs.uk) or 01553 613216.

For all other enquiries, please contact QEH Switchboard on 01553 613613.

**About QEHKL Charity:** QEHKL Charity plays a vital role in supporting The Queen Elizabeth Hospital in King’s Lynn. The charity raises funds for medical equipment, research, services, and facilities that directly benefit patients and their families. With its support, QEHKL can provide high-quality care, expand services, and improve the hospital experience for those in need.