

## Robert Gardiner Hill

The charity takes its name from a local doctor, born in Louth, who championed the rights of people with mental health problem in the 1800s.

Dr Robert Gardiner Hill is widely credited with being the first superintendent of a small asylum (Lincoln) to develop treatments which did not rely on mechanical restraint and coercion, something he finally achieved in 1838.



“He noticed by observation, or surveillance, and by spending long periods with patients restraints were unnecessary and concluded they should be abolished completely.

“This resulted in a marked increase in tranquillity. Outbreaks and sallies of passion occurred very seldom. No serious accidents had occurred under surveillance.”

Gardiner Hill, 1840

## get in touch

call: (01472) 583053

email: [NAV.GardinerHillFoundation@nhs.net](mailto:NAV.GardinerHillFoundation@nhs.net)

address: NAViGO House, 3-7 Brighowgate, Grimsby,  
North East Lincolnshire, DN32 0QE

## apply for a grant

The Gardiner Hill Foundation can provide support to people whose lives have been affected by mental health problems in a number of ways:

- Education and training grants
- Employment grants
- Housing grants
- Support grants

For more information about applying for a grant, please get in touch using the above contact details or visit the NAViGO website: [www.navigocare.co.uk](http://www.navigocare.co.uk)

**Gardiner Hill Foundation**  
working in partnership with



Gardiner Hill Foundation  
Registered Charity Number: 1146433  
Company Registration Number: 7804290



**Gardiner Hill  
Foundation**

*enhance and enrich the lives of people with mental health problems*

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the lives of people with  
mental health problems

## who are we?

The Gardiner Hill Foundation is a local charity which has been established to enhance and enrich the lives of people with mental health problems and promote good mental health.

## what do we do?

We work alongside and supplement core funded essential services provided to people with mental health problems.

Our principle aim is to support people with mental health issues in ways which empower them. The Foundation will encourage and support education and training, employment and independent living.

All of our trustees and support staff are volunteers which means all donations will help people in North East Lincolnshire with mental health problems.

The Gardiner Hill Foundation is the preferred charity of NAViGO Health and Social Care Community Interest Company who provide mental health services locally.

## get involved

If you would like to get involved with the charity, find out more about what we do or would even like to fundraise for us please get in touch using any of the contact details listed on the reverse of this leaflet, we would love to hear from you.

Alternatively, more information can be found on the NAViGO website at:  
[www.navigocare.co.uk](http://www.navigocare.co.uk)

## how can I donate?

Donations to the Foundation can be made in one of the following ways:

### online

Donations can be made by credit/ debit card or paypal at any time on the Charity Giving website: [www.charitygiving.co.uk](http://www.charitygiving.co.uk)

On the yellow charities tab type Gardiner Hill Foundation in the search for a charity box and then click on donate.

Or visit [justgiving.com/gardiner-hillfoundation/](http://justgiving.com/gardiner-hillfoundation/)

### cash / money envelopes

Spare change can be deposited in the money envelopes which can be found across NAViGO sites.



## cheque

A cheque can be payable to “Gardiner Hill Foundation.”

## payroll giving

Payroll giving means donations can be made directly from your pay. The advantage is that the payment is deducted before tax and is available to all employees including those taxed at the higher rate.

For example, it would only cost an employee who pays tax at the basic rate of 20 per cent £8 to make a £10 donation to the charity. For those employees taxed at the higher rate of 40 per cent £6 would be paid to make the same sized donation.

To make a regular payment, please contact the NAViGO workforce department for a payroll giving donations form on:

[NEL-CT.WorkforcePayroll@nhs.net](mailto:NEL-CT.WorkforcePayroll@nhs.net)  
(01472) 583036

## bank transfer

A bank transfer can be made to the Foundation bank account:

sort code: 08-90-70  
account number: 68277736

**all donations will be gratefully received and will make a difference to people in North East Lincolnshire with mental health problems**