

“I didn't want to live.  
Thanks to Growing Well,  
I spring into work”

“Seeing growth in what  
we've planted and nurtured  
feels like an achievement”

“It's provided training that  
has helped me get a job”

“It's given me a great  
social environment to get  
back into the community”

“Growing Well has provided a  
platform to continue trying  
to manage my mental health  
and start a new chapter in my life”



## Referrals

Many of our volunteers are referred to us by local GPs and mental health professionals, but you can also refer yourself or a friend or family member - with their consent - to Growing Well.



Visit [www.growingwell.co.uk/referrers](http://www.growingwell.co.uk/referrers) where you can find download or complete referral forms.

## Getting Here

From all directions, head to Low Sizergh Farm on the A590. Drive through the courtyard and to the right of the main car park, and follow the track to the Growing Well site.

We offer a free minibus service in the South Lakes, Furness and North Lancashire regions. Please enquire for more information.

## Contact Us

Growing Well,  
Low Sizergh Farm,  
Kendal LA8 8AE

**Email.** [info@growingwell.co.uk](mailto:info@growingwell.co.uk)

**Telephone.** 07903 013 648

**www.growingwell.co.uk**



## Mental health recovery through activity at our organic farm



## Day service for adults in Cumbria & North Lancashire

[www.growingwell.co.uk](http://www.growingwell.co.uk)



## No one journey through Growing Well is the same.

Our volunteers (beneficiaries) set the terms of their own recovery and are actively involved and included in all areas of our charity. Here are some of the activities people can take part in at Growing Well:

### Growing

We have a 'veg box' scheme with 100+ local customers and lead group activities which involve growing, picking and packing our vegetables.

### Cooking

Volunteer groups also prepare a daily meal for everyone on site. We use surplus and wonky organic fruit and vegetables grown right here to create delicious, healthy meals for lunch and food products for sale.



## Growing Well work with adults in Cumbria and North Lancashire who are experiencing mental ill health.

We are a day service that accepts both self-referrals and GP/healthcare referrals, based within a six-acre organic horticultural enterprise and kitchen on the outskirts of Kendal.

We work with people for an average of up to one year, with individuals attending for one day per week, focusing on three vital objectives:

- Building emotional resilience
- Developing vocational and life skills
- Supporting healthier, more active living

Where sometimes there just aren't the words, our field, kitchen and training activities help people to discover, understand and communicate personal needs and strengths.

**At Growing Well, the activity IS the therapy.**



“Being outdoors with a great group of people, working together towards a common goal – better mental and physical health”



### Goal Setting

Everyone that volunteers at Growing Well is encouraged to set a goal for their recovery. Our therapeutic staff support people to manage and monitor their individual progress.

### Life Skills

We support people to express their individual needs, problem solve, make decisions under pressure, and become more independent. Managing mental health and employability skills are a key focus.

### Horticultural and Catering Skills Development

A host of practical and vocational training is on offer during people's time at Growing Well.

### Peer Support

A key role of our service is the opportunity for our volunteers to work alongside and support each other, because nobody understands it better than someone else experiencing similar feelings.

