



"Growing Well is an important safe and happy activity for me to be doing, to give me structure for my mental health."

How to join

For more information on how to join Growing Well Kendal, please visit www.growingwell.co.uk/join-us

For general enquiries, please contact us via:
Email kendal@growingwell.co.uk
Telephone 07903 013 648

Getting here

Growing Well, Low Sizergh Farm,
Low Sizergh, Kendal, Cumbria LA8 8AE

From all directions

Head to Low Sizergh Farm on the A591.
Drive through the courtyard and to the right of the main car park, follow the track to the Growing Well site.

Help with transport

Our FREE minibus is available to collect and drop off from various locations. We can also help with transport costs. Please enquire for more information.

X f i @growingwellcumbria

Growing Well Ltd is a Registered Charity in England and Wales, No. 1182018



Do you need support with your mental health?



Free mental health recovery service on our organic farm near Kendal

www.growingwell.co.uk

Growing Well Kendal is a mental health service set in our organic market garden in South Cumbria.

At Growing Well you can get involved in growing and horticultural activities whilst getting support to improve your mental health.

You can join the service as a Volunteer (beneficiary) in as little as two weeks from the point of getting in touch.

You don't need a formal mental health diagnosis – if you think you are experiencing mental ill health, then we believe that you are the best judge of this.

Our service helps people to manage depression, anxiety and other mental health difficulties, and move forward with their lives.

You can work at your own pace whilst learning skills to build your confidence.

All we ask is for a commitment of one day a week, for anything up to a year.

At Growing Well, the activity IS the therapy.



No one journey through Growing Well is the same.

Our therapeutic staff will offer support to help you manage and monitor your progress on your own mental health journey.

Everyone that comes to Growing Well is encouraged to set a goal for their recovery, which we will work on with you as part of your time with us.

We will support you to build your confidence, express your individual needs, problem solve, make decisions under pressure and become more independent.

We'll also teach you a host of practical and vocational skills to take forward into your life and – if relevant – your work.

You'll have the opportunity to work alongside other people experiencing similar feelings as you, and support each other along the way.



Growing Well Kendal is an entirely FREE service.

Our FREE minibus is available to collect and drop off from various locations, alternatively, we can help with transport costs if you prefer to come in your own car or by bus.

We provide essential protective clothing including waterproofs and work boots, as well as training to keep you safe on site.

We also serve a hot, healthy lunch every day, for everybody to share, which is made using our own surplus produce.

There are activities that are suitable for less mobile Volunteers, though we are not a fully accessible site.

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