



"A lack of goals was one of the contributors to my poor mental health. The goals I have here make me feel more optimistic for the future."

How to refer someone

If you are a GP or healthcare professional who wants to make a referral or find out more about Growing Well Kendal, please visit

www.growingwell.co.uk/refer-someone

or email refer.kendal@growingwell.co.uk

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.

   [@growingwellcumbria](https://www.instagram.com/growingwellcumbria)

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



Help support someone's mental health recovery.



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.

Our site at Low Sizergh Farm provides a free day service for adults, accepting both self-referrals and referrals from GPs and other healthcare professionals.

We work with people for up to one year. Individuals attend for one day per week and set their own goals for mental health progress and recovery, with support and guidance from our trained staff.

We focus on three vital objectives to cultivate good mental health:

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

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

At Growing Well, the activity IS the therapy.



No one journey through Growing Well is the same.

We refer to our beneficiaries as 'volunteers' because they attend Growing Well of their own volition.

Volunteers set the terms for their own recovery and are actively involved and included in all areas of our charity, including:

Growing

We lead group activities which involves growing, tending, picking and packing our vegetables.

Crop Share' is our popular veg box scheme with 100+ local customers regularly enjoying fresh organic produce grown here at Low Sizergh by our volunteers working alongside qualified staff.

Peer support

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



Growing Well

Goal setting

Everyone is encouraged to set a goal for their recovery. Our therapeutic staff support people to manage their individual progress using the Goals Based Outcomes Framework and the Warwick and Edinburgh Mental Wellbeing Scale.

Life skills

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

Horticultural skills development

A host of practical and vocational training is on offer during people's time at Growing Well. Volunteers record their learning and achievements in individual skills logs.