



October 2025

SERVICE UPDATE FROM GROWING WELL

Growing Well Kendal is a FREE mental health service set in a 6-acre organic vegetable farm in South Cumbria. Individuals can get involved in horticultural activities whilst accessing support to improve their mental health. Our service helps people to manage depression, anxiety and other mental health difficulties. A formal diagnosis is not necessary – if a person thinks they are experiencing mental ill health, and would benefit from joining us, we feel they are the best judge of this.

We support beneficiaries living in Furness, South Cumbria and North Lancashire on a Monday to Thursday and can provide FREE minibuss transport to and from our site on the following days:

- Monday – minibus from Windermere, Staveley and Kendal,
- Tuesday – minibus from Kendal and Oxenholme.
- Wednesday – minibus from Morecambe, Lancaster, Carnforth and Milnthorpe.
- Thursday – minibus from Barrow, Dalton, Ulverston and Grange.

Alternatively, beneficiaries can make their own way to site (with costs reimbursed).

At the moment, we have space on ALL days and on ALL minibus journeys. Other key points to note are;

- We provide essential protective clothing including waterproofs and safety footwear.
- We serve a FREE hot, healthy lunch every day, which is made using our own surplus produce.
- There are activities that are suitable for less mobile beneficiaries; however, we are not a fully accessible site.
- Individuals can join our service in as little as 2 weeks from their initial enquiry.

While Growing Well is a clinically led service, we do not provide talking therapy. We work with those experiencing mental ill health to activate their own recovery and live a healthier life by providing meaningful structured horticultural activity.

Beneficiaries attend one day a week for up to a year and are supported by trained staff as they work towards their own mental health goals. This amount of time gives everyone the chance to benefit from a full growing year; however, they do not have to stay the full year if they are ready to move on beforehand.

We support beneficiaries to move on from Growing Well and take everything they have practiced here into their lives and other settings. When someone leaves Growing Well, we will have been working with them for months to discuss and establish further plans for their recovery and reintegration into life/work/other activity. This might include going into, or back to, work, training, education, unsupported volunteering, work experience and/or social opportunities.

Details of how to make a referral, including the patient/client information we require, can be found on our website www.growingwell.co.uk or use this link;

[Make a Referral | Growing Well](#)

Other details of a patient's mental health can be included as well eg. experiencing low mood / anxiety / depression. Referrals can be made directly to our admin team through our website.

Paper forms are also available to download, and once completed can be emailed to refer.kendal@growingwell.co.uk or posted to us at Admin, Growing Well, Low Sizergh Farm, Kendal, LA8 8AE.

Once we receive a referral, we will contact the beneficiary directly to arrange a site visit. The site visit gives them, and us, a chance to assess whether coming here is the right thing for them. Minibus transport is available to our beneficiaries once they have applied for a place and have been accepted. The minibus is not available for initial site visits, and we do recommend beneficiaries are supported with visits where possible. Costs for public transport can be reimbursed.

If you have any queries or concerns with regards to the appropriateness of referrals, accessibility, or mobility concerns please contact the team at Growing Well Kendal by calling 07903 013648 or emailing refer.kendal@growingwell.co.uk.

Please find some of our leaflets enclosed, these are for your staff, colleagues as well as for potential beneficiaries and the general public.

If you or any members of your team would like to have a look round, we would be more than happy to accommodate this, just get in touch via the phone number or email address above.

The Team at Growing Well