



OPENING
JANUARY
2023

Growing Well comes to Eden & North Cumbria

**A new mental health service for
your community at Tebay Services**
Free support and free transport from across the area



"My mood picks up as soon as I start walking down the path here. Knowing that I'm not going to be judged or put under any pressure. Who wouldn't feel better here, everybody helps, everybody is supportive and it's an amazing place to spend your day."

Are you struggling with your mental health? If you're feeling depressed, anxious or finding everyday life difficult, then we can help with free, effective support.

We are Growing Well, a mental health charity which began in 2004 at our farm near Kendal. We are thrilled to be setting up a new kitchen garden at Tebay Services, where you can get involved with growing organic vegetables and fruit and improving your mental health.

As a Volunteer (beneficiary) in our growing team one day a week, you can get active and be outside, working at your own pace, learning new skills and building confidence in a safe, non-judgemental environment. You'll be working alongside people experiencing similar challenges to you, and our supportive staff will help you set your own realistic goals and guide you on your road to recovery.

How do I join?
You don't need a formal mental health diagnosis to join us. If you think you are experiencing mental ill health and ready to set a goal for your recovery you can sign up and start with us in as little as two weeks.

How will I get to Growing Well?
A free minibus service will run to Tebay Services and back from Penrith, Appleby, Kirkby Stephen and Brough directions, and from further afield if there is demand. If you can come by car we can fund some of your transport costs.

How do I apply or find out more?
Scan here or visit our web page at bit.ly/GWTebay. You'll find more information and a link to a 'self-referral' form. If you'd like to speak to someone about joining us **call us on 07903 013 648** or **email: info@growingwell.co.uk**



Get Involved
Our new project also needs a team of voluntary supporters – driving our minibus, helping with fundraising, and joining our therapeutic growing team as a Support Volunteer. If you are local business who would like to get involved, or you'd like to donate to our cause, we'd love to hear from you too, visit bit.ly/GWTebay

Growing Well is a Registered Charity in England & Wales, no. 1182018