



Help support Growing Well

Growing Well is a targeted and specialist mental health charity which champions recovery through outdoor activity in our three Cumbrian market gardens. We accept GP/healthcare referrals and self-referrals from adults experiencing a level of mental ill health that requires ongoing support. People come and participate in our organic market gardening activity on one, regular day per week, with therapeutic support from trained staff.

You can find out more about our work at www.growingwell.co.uk



Cultivating good mental health since 2004