

The background to the project

The Growth Project works in partnership with Hourglass and is kindly supported by Rochdale BC and HMR CCG.

Once referred, we will invite anyone concerned with their own mental health to visit our site. Our proven track record shows the improvement of an individual's wellbeing, alongside collective social outlook of those engaged on the project.

People who are engaged on the project will have a safe and supportive haven to come to, but most of all we have lots of fun while we work!

Mental and physical health has improved for many people, and a number of these have returned to mainstream housing and regular employment.



How will attending the project help me?

The Growth Project supports the 5 Ways To Wellbeing

* Connect

Being with others who have a common interest in the outdoors.

* Give

Give your time and energy to be part of a fantastic team.

* Keep Learning

Increase your knowledge,, boost your motivation whilst learning new skills

* Take Notice

Get close to nature and express yourself at this horticultural oasis.

* Be Active

Something to suit all levels of mobility and fitness.



What can I expect to do at the project

On your first visit to the project, our Wellbeing Co-ordinator will meet you and spend some time during the day to find out the best ways in which we can support you personally. You will also be given a full induction by our on site horticultural expert.

You will be provided with any tools or equipment needed at the project, alongside any training you need to use these safely.

All we ask is that you bring waterproof footwear and clothing each time you visit the project!

You will be given ongoing support with any training you require, help with your mental health needs and be valued as part of a team.



Get Involved

Our allotment has been judged "Outstanding" for the last 5 years by the Royal Horticultural Society's 'It's Your Neighbourhood' Award for North West In Bloom.

We are part of the National Garden Scheme. The Scheme opens gardens in England and Wales for charity. For more information please see www.ngs.org.uk



North West in Bloom
Awards ceremony

If you live in Heywood, Middleton or Rochdale, why not be part of our success story?

Accessing the project

To access the project, you need to complete a referral form and have been seen by our Open Mind Team. Please see below for further information.

E-mail:

info@rochdalemind.org.uk

Website:

www.rochdalemind.org.uk

Telephone:

01706 752336

Rochdale & District Mind
Mind Wellbeing Centre
3-11 Drake Street
Rochdale
OL16 1RE



The Growth Project



Improve your mental health by getting outside and into nature.

Feel better outside

Feel better inside



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