



The Growth Project

Wednesday & Thursdays
10:00am - 4:00pm

Venue:
Kellett Street Allotments,
Rochdale,
OL16 2JU

Gardening can improve many aspects of mental health, focus, and concentration. It can make you feel more peaceful and content as well as encourage social bonds. It is a good form of exercise which in turn can reduce anxiety, stress, etc.

People who are engaged on the project will have a safe and supportive haven to come to.

To enquire about a place on this FREE opportunity please contact Alison Connolly on 07875 236 708 or email alisonconnolly@rochdalemind.org.uk

v12 05/22

 **Rochdale and District
Mind**



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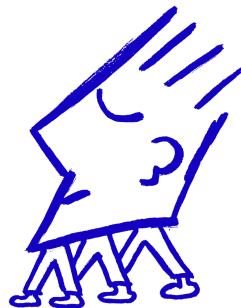
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 **Rochdale and District
Mind**

Who are we?

We are Rochdale and District Mind. We're here to fight for mental health in the Rochdale Borough.

We provide advice, information and support to those living within Rochdale, Middleton and Heywood, who feel they need support with their mental health and emotional wellbeing.



What do we offer?

We offer mental health advice, information, and a range of support services. We also have strong links with various local and national organisations, who are able to help you with a wide range of issues.

- *Welcome Sessions
- *Support Groups
- *Wellbeing Activities
- *Out-Of-Hrs Support
- *Self-Help Courses
- *Allotment Project
- *Wellbeing 1-1s
- *Counselling
- *Dementia Support

How do you access our services?



Please visit www.rochdalemind.org.uk or scan the QR code and complete our referral form. One of our Wellbeing Coordinators will be in touch within two weeks to invite you to attend a Welcome Session.

Alternatively, you can contact our Information Line on 01706 752 338 or info@rochdalemind.org.uk who can post a referral form out to you.

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

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