

FREE MINIBUS PICK-UPS AVAILABLE

from **Carlisle** and across Eden including **Penrith, Appleby, Kirkby Stephen** and **Shap**



Are you struggling with your mental health?

If you're feeling depressed, anxious or finding everyday life difficult, we can help with free, effective support in our kitchen garden at Tebay Services on the M6 near Penrith.

Speak to your GP, health professional or self refer via our website. You could be joining us within 2 weeks, rebuilding your confidence, learning new skills and meeting new life goals.

FREE minibus transport service - FREE lunch provided



Growing Well Ltd is a Registered Charity in England and Wales, No. 1182018

Cultivating good mental health

www.growingwell.co.uk

