

A unique volunteering opportunity in your local community



Are you passionate about supporting others?
Can you give a day a week to help and learn at the same time?

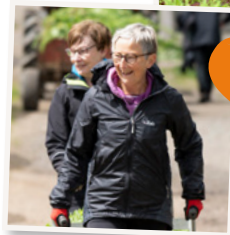
Growing Well, a mental health charity based at Tebay Services, is searching for **Support Volunteers** to help us deliver our work.

What the role entails:

- Assisting our Activity Leads to deliver supported group activity within our kitchen garden
- Helping individuals or the group as a whole to carry out tasks and activities
- Being a non-judgemental, active listener and modelling healthy, supportive human relationships

What you'll get in return:

- Being part of a diverse and inclusive social network
- Loads of horticultural experience and skills
- Mental Health and safeguarding training
- Refreshments, lunch and all equipment provided
- A total buzz from being part of something that transforms lives!



For more information please contact:

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www.growingwell.co.uk



Cultivating good mental health since 2004