

## **FOR IMMEDIATE RELEASE**

### **Penrith Town Council grant £1,000 to Growing Well to enable access to mental health provision**

Penrith Town Council has provided a grant of £1,000 to Growing Well to provide free transport for service users from Penrith to the Growing Well site at Tebay Northbound Services.

Growing Well at Tebay supports adults (18yrs+) including some Penrith residents with a mental health need in their recovery through targeted and specialist mental health intervention. Service users come and participate in organic market gardening activity on one regular day per week with therapeutic support from trained staff.

The grant funding provided by Penrith Town Council has ensured free transport for individuals from Penrith to and from the Growing Well site at Tebay, allowing those individuals to access the service free of charge.

Growing Well at Tebay services will eventually help 100 people a year from Eden, Carlisle and North Cumbria recover from mental health difficulties, with their unique approach to recovery through supported activity in the outdoors, within a real-world horticulture enterprise.

### **On Friday 17 November 2023, Doug Lawson, Chair of Penrith Town Council and Mayor of Penrith visited the Growing Well site at Tebay, and said:**

*"Visiting the Growing Well site and meeting some of the volunteers, you get a real sense of the important rehabilitation work they do to support those living with mental ill health.*

*"A lack of public transport and access to services in a semi-rural area like Penrith can be a major obstacle in getting vital mental health support that individuals need.*

*"Our grant helps break down those barriers and I am proud yet again that the Council has been able to grant fund another important project."*

### **One of Growing Well's beneficiary volunteers, Rachael, who comes from Penrith has said:**

*"The minibus is a lifeline as without it I wouldn't be able to access Growing Well's wonderful service and the support and guidance given to me, it has really made a difference.*

*"Thank you Growing Well, and Penrith Town Council for your support, it's very much appreciated."*

Growing Well's site at Tebay Services Northbound hosts a FREE day service for adults, accepting both self-referrals and referrals from GPs/other healthcare professionals.



**Penrith Town Council**

Date: Tuesday 21 November 2023

Contact: [cso@penrithtowncouncil.gov.uk](mailto:cso@penrithtowncouncil.gov.uk)

Growing Well work with people for up to one year. Individuals attend for one day per week and set their own goals for mental health progress and recovery, with support and guidance from our trained staff.

Free minibus transport and a hot, healthy lunch is provided.

**How to refer someone**

If you are a GP or healthcare professional who wants to make a referral or find out more about Growing Well at Tebay Services, please visit;

[www.growingwell.co.uk/refer](http://www.growingwell.co.uk/refer) or email [refertebay@growingwell.co.uk](mailto:refertebay@growingwell.co.uk)