

We exist to ensure that people do not face mental health issues alone and can lead their lives free from stigma and discrimination.



**I feel safe, I can socialise here and I feel part of a caring community.**



 **mind**  
Rochdale  
and District







## Contact Us

Rochdale Wellbeing Centre  
3-11 Drake Street,  
Rochdale OL16 1RE  
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01706 752338

[www.rochdalemind.org.uk](http://www.rochdalemind.org.uk)

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# The Growth Project!

 **mind** Rochdale and District





## About The Project

Our award winning allotment works in partnership with Hourglass Environments to provide a safer and supportive haven for those struggling with their mental health. It is great for making new friends and learning new skills.

The Growth Project aims to promote good mental health and physical wellbeing through outdoor activity in a green environment. You will be given a full induction by our horticultural expert and we will work with you to find the best way to support you personally, whilst encouraging participation in a variety of garden-related activities.

We are part of the National Garden Scheme and our allotment has been rated "Outstanding" in the Royal Horticultural Society's North West in Bloom awards.



Not only that, those engaged on the project report better mental and physical health, many even returning to regular employment. We are kindly supported by Rochdale Borough Council and ICB (Integrated Care Board)



## Volunteer today!

We are always looking for volunteers who can spare even just a few hours a week. In return, we can provide support, training and the opportunity to gain qualifications.

To find out more visit [www.rochdalemind.org.uk/get-involved](http://www.rochdalemind.org.uk/get-involved)



## Opening Times

Wednesday & Thursdays

10am until 4pm

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The Growth Project

Kellett Street, Rochdale OL16 2JU

If you would like to get involved please speak to a member of staff or complete a referral form and we will be in touch!

<https://www.rochdalemind.org.uk/how-we-can-help/>

## REFER TODAY!

Fill in our online referral form to gain access to this service

