



GROW-Wellbeing C.I.C. is a socially trading organisation that delivers creative, personally affirmative opportunities for children, young people and adults to engage in activities within a range of natural environments, including Forest School and community horticulture projects.

'Grow-Wellbeing's mission is to support healthy communities, strongly connected to the natural environment.'

Grow-Wellbeing believes, and extensive critical research supports this, that the holistic development of children and young people is actively promoted and enhanced through positive engagement within the natural environment. Play and learning based within natural environments promote resilience, autonomy, self-direction, skills development and personal risk management and is shown to improve mental health, cognitive development and focussed application of energies.

All of GROW's work is delivered within the context of respect for the natural environment and of the individual participating. This means we value each child and young person for who and what they are and what they bring.

Grow-Wellbeing is a team of Forest School leaders, horticulturalists, early years and primary educators, artists, yoga teachers and nature therapists, who offer nature-connected programmes in woodlands, green spaces, schools and community gardens across Wirral and the wider Liverpool City Region. We deliver year-round programmes that offer creative, personally affirmative opportunities for children, young people and adults to engage in nature-connected activities. Using forest school, creative arts, community gardening, social prescribing and nature therapy approaches, we aim to support individuals from diverse backgrounds to address social isolation and enhance holistic health and wellbeing.

Over the past half century, access to nature has been reduced. More people live in cities and towns, and more urban green spaces have been developed for housing. As a society we have become gradually more overprotective of our children, telling them 'don't do that, you might hurt yourself', and keeping them close by our side, less able to play out more than a few yards from home or to go to the park by themselves. Older generations may recall these as being memorable features of childhood just twenty or thirty years ago. This reduction in access to nature is known as 'nature deficit', and is the inspiration for Grow-Wellbeing to provide increased opportunities for children and young people to connect to nature, to be able to engage in more 'risky play', and to learn how to manage risk safely, building their confidence, self-esteem and resilience.



Grow-Wellbeing was established as a socially trading organisation with a mission to support healthy communities, strongly connected to the natural environment. We have a commitment to diversity and inter-generational co-operation. However, not everyone has the same access to green spaces. We are committed to increasing opportunities for the most disadvantaged, including BAME communities, to engage in nature-centred activities to enhance their health and wellbeing. We collaborate with councils, housing associations, health service providers, community organisations, including with other socially trading organisations, to provide a balance of public and community-focused sustainable programmes.

The body of research evidencing the human benefits of accessing green space is increasing rapidly. For children, cognitive, physical, social and emotional development is enhanced, improving their confidence and resilience. Our programmes enhance environmental literacy, addressing the global climate emergency and helping to nurture a future generation of guardians of the planet.

We deliver year-round programmes that offer creative, personally affirmative opportunities for children, young people and adults to engage in nature-connected activities. As outdoors-people, we strongly support the notion that 'there's no such thing as bad weather, only wrong clothing.'

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