



Outside the (Veg) Box

A corporate veg box scheme for West Cumbria

You can help make a positive impact on mental health in West Cumbria with our Corporate Supporters Programme...

Growing Well is a specialist mental health charity which champions recovery through outdoor activity. In early 2024, we opened our site in Egremont to support the mental health of people and communities in West Cumbria.

Our wonderful produce is sown and grown, picked and packed by our beneficiaries, and is distributed via our weekly Crop Share Veg Box Scheme.

We want you to support our Crop Share and help make a positive impact on local community mental health in doing so. All proceeds from veg box sales are invested back into the charity and the people it supports.

Our Crop Share veg boxes are more than just produce – they are a reflection of the wonderful work our beneficiaries do when on-site. Without their commitment to improve their mental health, we would not be able to produce such fantastic food for our local community.

Join our Corporate Supporters Programme Easy ways you can get involved...

1. Crop Share employee benefit

Crop Shares are a great way to offer your staff the benefit of healthy eating and supporting better mental health in their local community. Your company can buy a number of Crop Shares and offer them as an employee benefit.

Annual veg box for one family = 50 boxes per year. Discounts available for multiple boxes.



2. Subsidise community Crop Shares

We are proud to produce healthy and meaningful food but recognise that it often doesn't reach local people who need it most, and this is where you can help! Your company may fund Crop Shares for low-income families in the local community by subsidising their weekly boxes of vegetables. Growing Well will work with local partners to ensure it gets delivered to those in need.

You can subsidise 100% or 50% of the cost, discounts available for multiple boxes.

3. Help promote Growing Well

If you'd like to support our charity but don't want to create an employee benefit, you could still help by promoting our Crop Share to your employees. This could be via office notice boards, staff newsletters or intranet

Please contact cropshare.egremont@growingwell.co.uk and we can provide you with marketing materials to share with your staff.



4. Provide a collection hub

We need collection hubs across the local area for Crop Share customers to collect – this may include some of your employees, and/or neighbouring organisation's employees. We'd deliver to you and ask that you create an accessible and secure place for collection. Refrigeration is not required as most of our customers will be collecting after delivery

For more information contact us at cropshare.egremont@growingwell.co.uk

[Visit our website](#)

[Email us for more information](#)

Other ways you can help

While we take great pride in the fruit and vegetables we produce, it mainly serves as a platform for us to deliver mental health support in the community.

1. Help fund our work

Your organisation could help fund our work through a corporate giving programme. You can find more information about this on our website.

2. Take part in a team building day

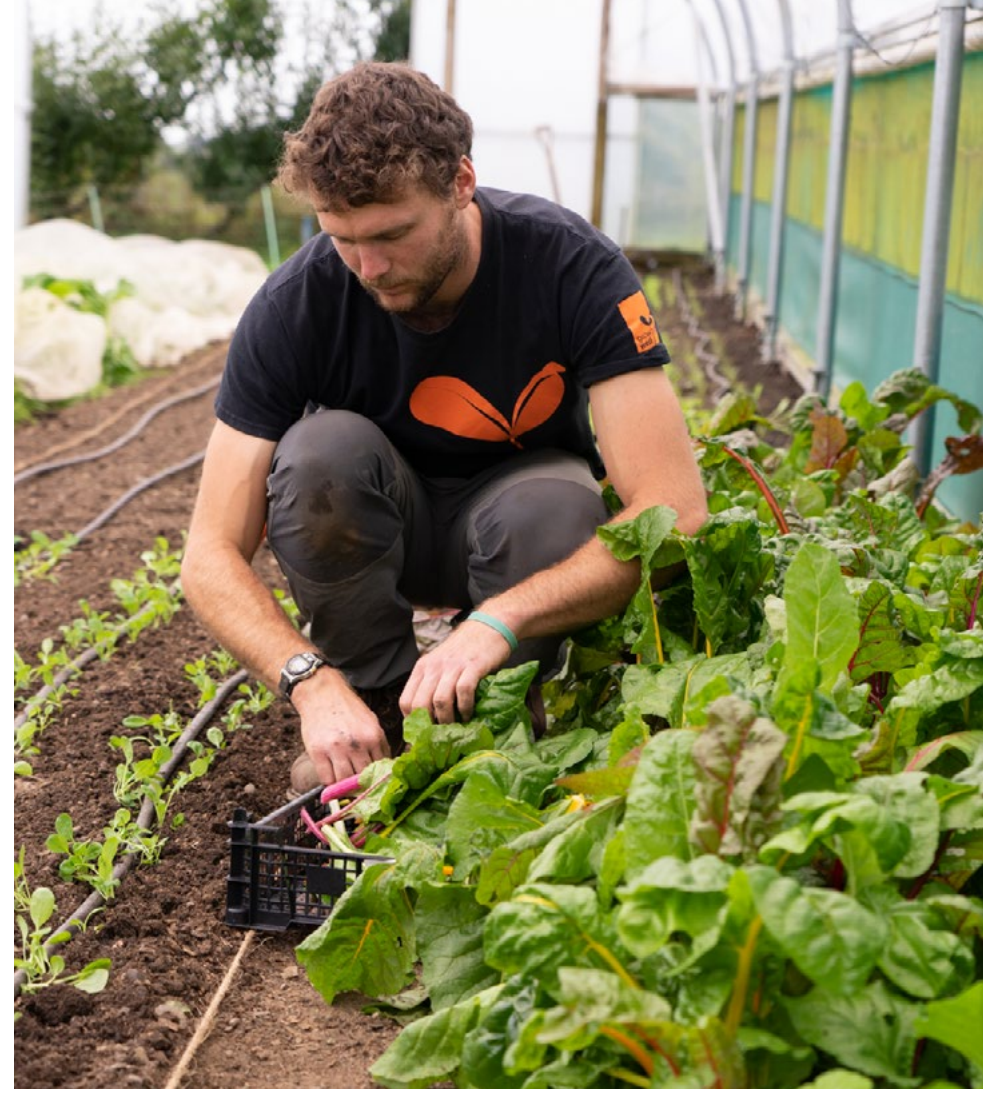
We offer and facilitate team building days and hire of meeting rooms space on site. Please contact us today to find out more.

3. Employee pathways

Growing Well can offer community volunteering to your employees or work with your occupational health teams to create bespoke referral pathways for your employees into our service.

4. Mental health training

If you are looking to improve the mental health training within your own staff teams, we offer mental health in the workplace training set within our wonderful practical growing space.



Fresh local veg, supporting mental health recovery.

Growing Well West Cumbria

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Cross Side
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Growing Well West Cumbria is supported by:



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