

# Grow to Grow

## Supporting Young People

### What we do

#### Vocational & Learning Development

Grow to Grow gives those attending the opportunity to re-engage with learning through their experience of working in the market garden and being part of a team. They start to recognise that, despite struggling to learn at school, they have the ability to learn through taking part in the real work that happens on a very busy farm. Grow to Grow gives attendees the opportunity to re-engage with learning, develop independence and take responsibility for themselves.

#### Social Enterprise

The organic market garden operates as a social enterprise, with produce sold to the Bore Place kitchen, local pubs and restaurants, through a box scheme and at local markets. All profits are fed back into the project.

#### Therapeutic Keyworking

Young people on the programme have weekly one-to-one therapeutic keyworking, for up to two years. This gives them time to address their difficulties and develop resilience to cope with life's challenges. We work with young people to harness their strengths but also to address their weaknesses.

#### Life & Social Skills

Young people are supported to travel independently and each day the group cooks and shares a meal using freshly harvested produce. We place emphasis on developing interpersonal skills, much of which is achieved through a fun environment and forming friendships.

#### Bespoke Programme

All young people on Grow to Grow are treated as individuals with a bespoke programme of support and learning to meet their needs.

### To make a donation or get in touch

Please contact  
[growtogrow@boreplace.org](mailto:growtogrow@boreplace.org)  
 or telephone 01732 463255  
 or visit [www.boreplace.org](http://www.boreplace.org)

If you know a young person who might benefit from Grow to Grow please get in touch.



### Why we need your support

## Who we are

Grow to Grow is a therapeutic project designed to re-engage and help young people who are facing challenges. Through the process of gardening and growing vegetables, attendees learn new skills, develop their self-esteem and confidence and benefit from one-to-one therapeutic support.

The project is situated at Bore Place, a beautiful 500-acre organic estate and farm near Chiddingstone in Kent. This unique environment provides the ideal setting to offer a holistic programme based outdoors in our market garden.



“ I started getting panic attacks when I was at primary school but didn't understand what it was. They got worse when I went to secondary school and I found taking exams really hard and felt like I couldn't cope.

At Grow to Grow they understand that I find things difficult. Coming here has helped me to learn more about how to deal with my anxiety, and I have gained new skills through the work. I am thinking hard about my future now, and hope to be able to help other young people who struggle like me. ”

**Billy, 19 – Grow to Grow attendee**

## Who is the project for

Grow to Grow is for young people aged 14-24 who might be experiencing mental health problems, difficulties at school, unemployment or other health and family issues. All of those who come are struggling to cope and need support to build their future.

## Outcomes

81% of young people who have completed the programme to date have made a successful transition to college, voluntary or paid work or have returned to school.

“ When I started at Grow to Grow I found it really hard. I didn't want my mum to leave me. The team here have helped me to cope so much better. They understand how hard it is for me to do things and knowing that makes it easier for me to move forward. My mum now drops me off, and leaves me for the day.

I work hard in the market garden and have learnt a lot. I have also changed and now my relationship with my family is so much better. I have started to do some maths and English again which was one of my goals, and I'm thinking about my future career choices with the support of my key worker. ”



**Chloe, 18 – Grow to Grow attendee**

## Why we need your help

Mental health problems in young people continue to grow. Around 1 in 4 children and young people suffer from a mental health issue and many are not getting the help they need.

The Grow to Grow project welcomes referrals from local schools, parents, social services, health professionals and clients themselves. Our project is designed to provide the support and treatment that many young people need but are not able to access through public services. Grow to Grow does not receive public sector funding and as a result relies on grants and donations.



## How you can help

£5 will fund a pair gardening gloves and lunch for one of our Grow to Grow clients

£50 will fund a programme training a young person to travel independently on public transport

£3000 will fund a place for a young person on the Grow to Grow project for a year

You can donate via our website [www.boreplace.org](http://www.boreplace.org), via a postal cheque or as a regular payment.

