



Kent's Wellbeing Space of the Year



Kent
Mental
Wellbeing
Awards

kentmentalwellbeingawards.org.uk

WINNER 2023

COMMUNIGROW Get Away Days



Reconnect your Team

Get out of the office, find a new perspective, reconnect with your team & nature. Take part in one of our purposeful projects in the beautiful Kent countryside, while supporting communities & the environment. Experience calm & well-being at Kent's Wellbeing Space of the Year!



Local Charity

Communigrow is a sustainable food education charity based in East Malling. Through outdoor work & growing food sustainably, we promote physical & mental well-being. Working with SEN schools, schools & community groups we respond to issues including social isolation, green space & food poverty & mental wellbeing challenges.



Fantastic Feedback

"Our Away Day was over & above my expectations - being involved with such a positive & enjoyable project. The guided tour was excellent & I learnt a great deal in a short amount of time. It was great to be able to give such crucial support to a local charity." KCC employee



**If you would like to find out more,
please get in touch with
fundraising@communigrow.org.uk**

Prices:
Individuals £20
 Up to 10 people £200/£276 (half/full day)
 Up to 20 people £320/£480 (half/full day)

getting active | well-being | community | healthy food | sustainability



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Charity No. 1159534