



# 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. We promote physical & mental well-being through sustainable food growing activities. Our beneficiaries include children and young people with SEN, young carers, local schools, people from under-resourced communities, older adults at risk of social isolation, people experiencing bereavement, veterans and people with long term health conditions.

### 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



To find out more, get in touch with [fundraising@communigrow.org.uk](mailto: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



[www.communigrow.org.uk](http://www.communigrow.org.uk) | [fundraising@communigrow.org.uk](mailto:fundraising@communigrow.org.uk) | Charity No. 1159534