

# MINDS 2 MEND

*...plant some seeds and  
cultivate your future*

Join us at the Farm  
every Monday,  
help look after the  
animals, crops  
and each other!



*"This a  
wonderful and  
beautiful place."*

*"The quiet  
support and  
encouragement  
from the staff  
at Depden Care  
Farm*

*got me back  
on my feet."*

*"Thanks gang.  
You're the best."*

**Depden Care Farm**  
**Depden**  
**Bury St Edmunds**  
**IP29 4BU**

*On the A143 between  
Bury and Haverhill*



*growing together*



# MINDS 2 MEND

*...plant some seeds and  
cultivate your future*

Funded by the  
National Lottery,  
Minds 2 Mend  
provides people  
recovering their  
mental health  
or with complex  
personal problems  
a place where  
they can build  
their personal  
resilience, regain  
confidence and  
engage with  
others.

## *About Us*

Depden Care Farm is a 6 acre  
smallholding which offers  
activities and opportunities to  
learn new things working with  
the farm's animals and working  
in the market garden, orchard  
and poly tunnels.

## *How does it work?*

Starting on July 2nd, the  
sessions run 9.30am-4pm  
every Monday. Bring a packed  
lunch. Hot and cold drinks are  
provided.

## *What does it cost?*

The sessions are free but do  
require a referral from a health  
professional and you will be  
expected to attend regularly.

## *How to apply...*

*If you would  
like to attend  
or would like to  
make a referral  
please telephone  
Tim on  
01284 851013  
or email  
tim@depden.com*



*growing together*



**NATIONAL  
LOTTERY FUNDED**