






# Grow-Wellbeing CIC Corporate Social Responsibility Offer

## Partnering for Meaningful Change

At **Grow-Wellbeing CIC**, we believe that businesses and charities can create **impactful partnerships** that benefit both people and the planet. By working with us, your company can contribute to **community wellbeing, environmental sustainability, and social inclusion**, while also meeting your **Corporate Social Responsibility (CSR) and Environmental, Social, and Governance (ESG) goals**.

## Why Partner With Grow-Wellbeing?

A corporate partnership with Grow-Wellbeing offers:

-  **Make a Real Difference** – Your support helps disadvantaged communities access life-changing nature-based programs that improve wellbeing.
-  **Stronger, Healthier Teams** – Volunteering and team-building activities boost morale, reduce stress, and foster deeper workplace connections.
-  **Deliver on CSR & ESG Goals** – Demonstrate leadership in sustainability, biodiversity, and community engagement.
-  **Expert-Guided Experiences** – Our team of **educators, ecologists, and mental health specialists** ensures meaningful, high-quality engagement.
-  **Enhance Your Brand & Reputation** – Show stakeholders your commitment to positive environmental and social change.

## Ways to Get Involved

We offer **customizable CSR engagement opportunities** designed to inspire and connect teams with nature:

### 1. Corporate Volunteering & Team-Building Days

Step away from the office, get your hands in the soil, and make a lasting impact by:

- Revitalizing community green spaces
- Planting trees to support biodiversity
- Leading conservation and habitat restoration projects
- Taking on fun, nature-based team challenges

### 2. Workplace Wellbeing & Nature Connection Workshops

Support employee wellbeing through **immersive outdoor experiences**, including:

- **Forest Bathing (Shinrin Yoku)** – Reduce stress and enhance focus
- **Mindfulness & Ecotherapy** – Strengthen mental resilience

- **Hands-on Conservation & Gardening** – A practical way to connect with nature
- **Bushcraft & Nature Crafts** – Build skills while unwinding outdoors

### 3. Commission Our Nature-Based Services

Looking for a long-term way to integrate nature into your CSR strategy? We offer:

- **Bespoke Wellbeing Retreats & Away Days** – Recharge and reconnect in nature
- **Sustainability & Green Space Development** – Improve local environments with your team
- **Training & Consultancy** – Equip your workforce with nature-connected skills

### 4. Philanthropic Giving & Sponsorships

Your support directly funds:

- **Free program placements** for those who need them most
- **Community-led climate and biodiversity projects**
- **Operational sustainability**, ensuring long-term impact

## Who Will Benefit?

Our corporate programs are ideal for:

- **CSR & ESG Managers** – Driving measurable impact through community partnerships
- **HR & Workplace Wellbeing Leads** – Supporting staff with meaningful engagement opportunities
- **Health & Safety Teams** – Exploring nature-based approaches to workplace wellbeing
- **Public Sector & CAMHS Teams** – Enhancing mental health support through green spaces

## Why This Matters


The UK is facing a **mental health crisis**, with high levels of stress, burnout, and long NHS waiting lists. At the same time, **people are more disconnected from nature than ever**—yet research confirms that time outdoors improves wellbeing, resilience, and team cohesion. By partnering with Grow-Wellbeing, your business can be part of the solution.

## Join Us in Making a Difference

Let's work together to create a **greener, healthier, and more inclusive future**—for your business, your people, and your community.

 Get in touch today: **Duane Chong, Programme Director**

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