



# "GROW ME BE HAPPY"

WE ARE WORK ROAD PROJECT



## ABOUT THIS CAMPAIGN

This campaign is about encouraging each of our clients along with staff and volunteers to plant and grow a sunflower, nurturing it into its recognisable form.

Sunflowers are like a ray of sunshine, guaranteed to put a smile on your face, we're hoping you can help us get a kit to everyone so we can brighten up their days!

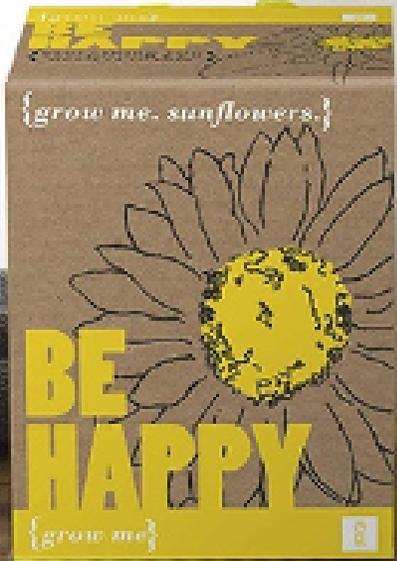
**WE ARE WORK ROAD PROJECT**





**York Road  
Project**

*Defeating  
Homelessness  
in Woking*



## THE IMPACT

There has been significant research done that suggests a person's health during an illness is improved quicker simply because indoor plants remove toxins from the air, renew the oxygen in a room and positively impact mental health and well-being. The small amount of care and nurturing given to a plant improves our well-being, emotionally and mentally and can do something as important as giving someone a purpose.

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**York Road Project**



**Cherisse Dealtry**  
CHIEF EXECUTIVE

## A BEAM OF SUNSHINE

*"The mental health and well-being of our clients, staff and volunteers is of the utmost importance and with studies suggesting such a positive outcome from simply planting, growing and nurturing a plant we thought we'd do something different this year as we approach spring looking at how we can create a little ray of sunshine and hope. The campaign will allow us to provide each client along with staff and volunteers a box with everything they need to grow their own Sunflower along with information on mental health and wellbeing. We're also asking those at home to join us by planting their own and sharing their progress on social media as we create that beam of Sunshine across Woking and the surrounding areas".*



## HOW YOU CAN HELP

- Donate to the campaign helping us buy everything we need to get a 'Grow Me Be Happy' box and mental well-being tips & info sheet to all of our clients, staff and volunteers. [[Click Here](#)]
- Visit our 'Grow Me Be Happy' wish-list and purchase something we need to make this happen [[Click Here](#)].
- Buy yourself a 'Grow Me Be Happy' box and share your sunflowers progress by using the following # Hashtags #WeAreYRP #GrowMeBeHappy. [[Click Here](#)].