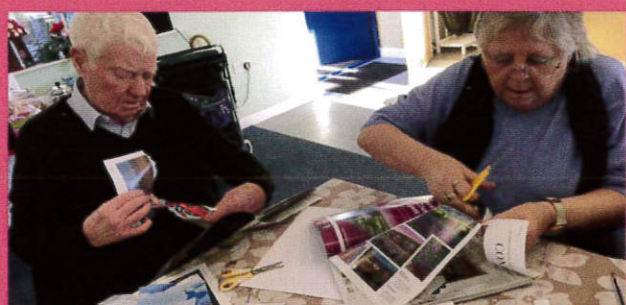
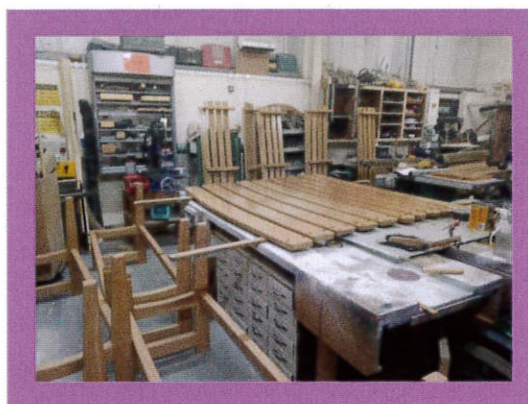


"I love teaching creative therapies. The music and art classes bring joy to people of all ages and all abilities. It offers a safe space to connect with others, to relax and to find new ways of looking at problems and feelings."



"My confidence and self-esteem has improved so much from the training I did with Growing Space. I also got a lot out of the work placement and feel ready to take the next step back into employment."



We provide therapeutic activities, accredited and non accredited training across all of our sites.

"I will forever be grateful for the support and encouragement I received whilst attending Growing Space which helped me to build up my confidence and enabled me to gain employment in such a short space of time."



Growing Space is a registered health charity founded in 1992. We provide training, work experience and support for adults with mental ill health, learning disabilities, and autism.

We help build confidence, develop skills and improve quality of life and well-being.

"Without the support I received at Growing Space, I don't think I would be here today. The project has changed my life!"



ENVIRONMENTAL

How you can join us:

- Self-referral.
- Through family or carers.
- Referral from GP, Mental Health Service, or other agencies.

We can arrange for you to come and meet us for an informal chat, on your own or with a friend, family, or a support worker. We are always happy to talk through if and how we can best support you.

Get in touch with us



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Company Number: 3378760
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Newport, NP10 8YW

Tel: 01633 810718
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GROWING S · P · A · C · E

helping people grow



Growing Space supports individuals with mental ill health, autism or a learning disability to build confidence, develop social skills and improve quality of life through the provision of therapeutic training, vocational skills, creativity and work experience.

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