

About The Grow Centre

The Grow Centre is located in Nantenwich Borough in London and is similar to the Bromley-by-Bow Centre in Tower Hamlets in terms of its purpose, activities, reputation, structure, size and assets. *You've had a tour of the BBBC today to help think about what might be possible....*



What is the Grow Centre?

The Grow Centre is a **community organisation** that runs a **huge range of projects** for families, young people, vulnerable adults and elders, working with **over 2500 people** each month. The guiding philosophy of the Centres is to focus on people's capacity, and ability to achieve their goals and raise their aspirations.

What does the Grow Centre do?

The Centre (which involves a café, workshops, offices, a nursery, officers from the local housing association, a garden, and a GP surgery) is the **hub** for most of the services. Around **80% are directly provided**, and the rest are in **partnership** with other providers.

The **main support** provided through the projects is:

- supporting people to **overcome chronic illness and unhealthy lifestyles**
- enabling people to **learn new skills**
- supporting people to become **less grant dependent to find work**
- providing the **tools to create an enterprising community**.

One element of the **health and wellbeing programme** offered at the centre is **social prescribing**. This involves GPs in the local area referring patients to projects at the centre that help people with long term conditions to take control of their lives. Examples include support for healthy lifestyles, social groups, volunteering, adult learning and skills programmes and social welfare.

What about the Grow Centre's resources?

There are 6 people on the senior management team, a board of volunteer trustees, and 100 members of permanent staff (70 full time equivalent).

Financially the centre is healthy in that for the last five years there has been an annual surplus.

With some reorganisation it would be possible to **release office space** to accommodate three additional project workers. Two large and well-equipped rooms are used for a variety of purposes including meetings, internal training and for hire to external bodies – occupancy across the year for both rooms is running at 78%.

The Grow Centre is **well staffed** but it is recognised that project managers are working at or close to capacity and are unable to take on any additional activity.