FORTY HALL VINEYARD

LONDON

Working together for a healthier, happier community

Providing outdoor volunteering and activities to encourage better mental health and wellbeing
Forty Hall Vineyard is a pioneering 'social enterprise' re-introducing commercial-scale wine production to London for the first time since the Middle Ages. Income from wine sales supports our 'ecotherapy' Flourish project.

Flourish offers opportunities for local people to take part in outdoor, volunteering activities in the vineyard and on Forty Hall Farm's market garden.

There is growing evidence to show that participation in such activities helps improve people's mental health and wellbeing (MIND, 2013). We welcome people from a wide range of backgrounds who are experiencing mild to moderate mental health support needs such as stress, anxiety, depression, isolation or low-self-esteem. We also work with people with managed long-term conditions. We offer opportunities to individuals, groups and can also offer family days.

Referrals can be made from GPs and other agencies but we're also happy to hear from individuals. Please email: flourish@fortyhallvineyard.com

"[FHV] has been a significant factor in recovery from two bad episodes of depression"

"I've got my self confidence back"

FHV volunteers

@fhvlondon www.fortyhallvineyard.com