

What's on in November

Keep moving over winter with Healthy Minds

- * **Allotment Group**
- * **Walking Group**
- * **Yoga Course**

Winter is well on its way, the days are getting shorter and darker ... and sometimes that can have an effect on mood, making us feel low & tired, weighted down. One of the ways to look after ourselves over these dull and sometimes difficult months can be to take care of our bodies ***breathe the autumn air, stretch the legs, and rise up from under the duvet*** ... not always easy, but Healthy Minds has some "get up and go" activity groups that might help.

Allotment Group . . . Our lovely allotment is getting bigger and bushier. Right now is the time to clear away the old stuff to make way for new growth, so it's a great time to get stuck in. New members are welcome to come along to **Pye Nest Allotments in Sowerby Bridge**, where the group meets on Monday afternoons. Last year's efforts were rewarded with a fantastic harvest of fresh and free vegetables, but that's not all. Coming along to the allotment can help people **get more active, meet other people**, become **aware** of what's around them, **learn** new skills, and **support others** ... all ways to improve our mental health and take care of our emotional wellbeing. ***Look out for the allotment walk coming up in December!***

If you really don't want to venture out on a rainy day, why not come along to the **You, Yourself and Yoga 2** course starting mid-November in Sowerby Bridge. You don't need to be fit to practise yoga, but it can be a wonderful way to take care of the physical body and learn about the link between physical and mental health. There's no tying yourself in knots – this course helps people learn simple techniques they can practise at home. ***Just get into some comfy clothes and take some time out for yourself.***

"These yoga sessions help me feel calmer, more positive I really look forward to them."

"I found it really difficult to make the effort to come, but I'm so glad I came – it really lifted my spirits".

If gardening isn't for you ... try out the **Walking Group**. This friendly group usually meets the last Friday of the month, whatever the weather. We do different types of walks, all around Calderdale, from gentle park walks to hills and woods, so there's something for everyone.

Walking in a group can be a good way to meet up with new people – you can chat or walk along quietly with no pressure.

For more information or to book onto groups, contact:

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