

## FAIR USE POLICY – IMPORTANT NOTICE

Our fair use policy until the end of April can be found below. In May (our last month of providing services/activities), we will only be offering standalone group sessions. The fair use policy for May is a maximum of 3 sessions in total in the month.



### Fair use policy to end of April

As many of our users have noticed there has been a high demand for our services in recent months. Due to this high demand, the project steering group and team have decided to implement a fair use policy to ensure that our service users are able to access the wide range of activities we have to offer. The table below sets out the position relating to each service/activity.

If you feel that you need to access a service more often than the policy allows, please contact us - we are happy to discuss exceptions. If you have any questions about the policy, please get in touch with our team on [cc4us@healthymindscalderdale.co.uk](mailto:cc4us@healthymindscalderdale.co.uk).

This policy is open to change if demand changes.

Activity	How often it can be accessed
<b>Counselling/therapy:</b> KBG specialist counselling and couples therapy, Laura Dolan counselling, Overgate Hospice counselling, Turning Point counselling	Whenever you require it (booking onto one appointment means you access multiple appointments funded by us)
<b>Group sessions/workshops/courses:</b> Alexander Technique, all art activities, Begin Afresh, Beginners yoga, Climbing/bouldering, Dance for wellbeing, Fitness training, Group Sound Bath, 'Grow Well', Journeys with Nature 2, Meditation, Mindfulness, Nature Immersions, Pilates, Reiki meditation, Squash/aerobic activity and food preparation, Stonecarving, Stress and anxiety management, Wild foraging, Writing	No current limits placed on access to these activities
<b>1:1 sessions:</b> Access Bars, Back massage, Indian Head massage, Massage therapy, Reflexology, Shiatsu massage, Stress relief massage, Swedish massage therapy	A maximum of one appointment out of all the 1:1 sessions can be accessed per month
<b>1:1 series of sessions:</b> Bowen Therapy, Come to quiet with active rest, Fitness training, Focussed mindfulness method, Hypnotherapy, Life coaching, Neuro Linguistic Programming, Physiotherapy, Reiki, Sound therapy, Undoing pandemic posture	One series of sessions can be accessed at once. Once that series of sessions has ended you can then access another 1:1 series of sessions.
<b>Weekly yoga sessions:</b> Holistic 20/20/20 yoga, Restorative yoga, Slow/gentle yoga, Sunday respite yoga, Yin yoga	You can access up to 8 yoga sessions in total – they do not have to be consecutive. This includes any sessions accessed before the implementation of this policy, except those accessed as part of a course.