

# Fair Use Policy

As many of our users have noticed there has been a high demand for our services in recent months. Due to this high demand, we 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.

Our fair use policy will be implemented from **10<sup>th</sup> January 2021** and any appointments made after this date outside of the policy will be cancelled. 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.

| <b>Activity</b>  | <b>How often it can be accessed</b>   |
|--|---|
| <p><b>Counselling/therapy:</b><br/>KBG specialist counselling and couples therapy, Laura Dolan counselling, Overgate Hospice counselling, Turning Point counselling</p>  | <p>Whenever you require it (booking onto one appointment means you access multiple appointments funded by us)</p> |
| <p><b>Group sessions/workshops/courses:</b><br/>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</p> | <p>No current limits placed on access to these activities</p>   |
| <p><b>1:1 sessions:</b><br/>Access Bars, Back massage, Indian Head massage, Massage therapy, Reflexology, Shiatsu massage, Stress relief massage, Swedish massage therapy</p>  | <p>A maximum of one appointment out of all the 1:1 sessions can be accessed per month</p>                         |

**1:1 series of sessions:**

Bowen Therapy, Come to quiet with active rest, Fitness training, Focussed mindfulness method, Hypnotherapy, Life coaching, 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.

**Weekly yoga sessions:**

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.