



Calderdale Cares 4 Us

Looking after our Public & Voluntary Sector workers



Calderdale Cares 4 Us - Providers and their services/activities

All these services/activities below are free to public and voluntary sector workers in Calderdale and can be booked through the webpage: www.healthymindscalderdale.co.uk/cc4us

Provider	Location of service/activity	Description
Adele's Yoga www.adelesyoga.com	Halifax	<p>Purpose of provider: Yoga, wellness and wellbeing</p> <p>Yoga for all abilities</p> <p>Classes follow a flow of:</p> <ol style="list-style-type: none">1) Centering and calming a busy mind (ARRIVE)2) Breathing practice (SETTLE AND BALANCE)3) An holistic practice for the whole body (RELEASE TENSION, CREATE BREATHING SPACE, BUILD INNER STRENGTH AND MORE)4) A relaxation to close (RESET, NOURISH AND HEAL)
AMB Hypnosis and Therapy www.ambhypnosis.uk	West Vale	<p>Purpose of provider: To help people overcome personal traumas, anxiety, depression, phobias, stress, stop-smoking, weight-loss and many other things.</p> <p>1:1 Hypnotherapy/hypnosis, Cognitive Behavioural Therapy (CBT), Neuro Linguistic Programming (NLP), Eye Movement Desensitisation and Reprocessing (EMDR), Emotional Freedom Techniques (EFT)</p> <p><i>Please note that the project will fund an initial session plus further sessions to be arranged with the therapist</i></p>

Provider	Location of service/ activity	Description
Artworks, The Everybody School of Art www.theartworks.org.uk	Online and in Halifax	<p>Purpose of provider: Artworks, the Everybody School of Art, champions the value of art and creativity in everyday life. We believe that opportunity and engagement with art can make things better for everyone, and should be available to all. Our time, space and resources are dedicated to supporting artistic development and community imagination, and as such we are home to a thriving creative community where everyone is welcome. We run a wide range of artist led learning, training and engagement programmes on-site, online and in the community. Through all of our work we promote and encourage the value of artistic practice and creative production.</p> <p>Drawing for Wellbeing (5-week course)</p> <p>The online 'Drawing for Wellbeing' course will include a weekly video tutorial and live Friday zoom sessions at lunchtime and 5.30. They will receive a materials pack and 'Creative Ideas for Self Care' workbook to support their learning.</p> <p>The course will culminate with a chance to meet up and take part in a friends and family workshop session, one for families and one for adults.</p> <p>Onsite courses and workshops</p> <p>The onsite courses and workshops will include the opportunity to attend 6-week evening courses in either drawing or painting, and Friday and Saturday workshops in a range of applied arts disciplines including printmaking and textiles.</p> <p>The key objectives and benefits of this project will be the enhancement of participants' mental health and wellbeing.</p>

Provider

Absolute Specialists Wellbeing

www.aswellbeing.co.uk

Location of service/ activity

Description

Purpose of provider:

Vision: Transforming people's wellbeing and approach, enabling a more fulfilling life, no matter their background, need or ability to pay.

Mission: A social enterprise which promotes and encourages wellbeing in a financially sustainable way. Supporting, empowering and inspiring individuals and groups, using The Focussed Mindfulness Method and other techniques, to create and maintain a healthy mind-set and a more fulfilling life.

Values:

- Hold an open, non-judgemental, nurturing environment for our clients.
- Guide them with compassion, authenticity and professionalism.
- Work together to achieve positive outcomes.
- Provide support to those in need, through funding streams and company profits.

Mindfulness wellbeing workshops

A one and a half hour workshop with a group of up to 12 people to support your emotional wellbeing. Do you need a bit of time just for you, time to de-stress? In this workshop you will learn some simple but powerful exercises that help you feel more positive and able to cope with everyday challenges, relationships and negative feelings.

1:1 Focussed Mindfulness Method™ training

ASW is a not for profit social enterprise who provides emotional wellbeing support using the Focussed Mindfulness Method™. A qualified Practitioner will provide you with a safe confidential space to help you better understand and deal with your feelings and emotional pain. We use simple, but powerful tools to help people cope with day to day challenges and feelings of being overwhelmed, as well as longer term embedded issues and trauma which can show up in many ways, perhaps relationship issues, stress, anger. Bring an open mind as this isn't talking therapy!

Please note that the project will fund an initial session plus further sessions to be arranged with the practitioner

Provider	Location of service/ activity	Description
Calder Therapies	Hebden Bridge	<p>Purpose of provider: Healthcare, physiotherapy, massage, Pilates</p> <p>Massage therapy</p> <p>The benefits of massage include reduced pain, improved movement and function, stress and anxiety reduction and improved wellbeing.</p>
<p>Christina Macarthur Yoga</p> <p>www.calderdaleyoga.co.uk/teachers/christina-mcarthur</p>	<p>Calderdale Yoga Centre</p> <p>https://www.calderdaleyoga.co.uk/contact</p> <p>(please note that there is a flight of stairs up to the centre - unfortunately there is no wheel chair access)</p>	<p>Purpose of provider: I provide gentle to moderate yoga classes for beginners, and people who wish to restart their practice. The classes are appropriate for those with minor health issues such as bad backs, weight management problems, mobility issues stress and anxiety and those who wish to improve their general health and well-being.</p> <p>Yoga (open-level)</p> <p>Open-level class designed to move and challenge the whole body. Classes will target different body areas each work, e.g. shoulders or hips and will result in improved mobility and release of tension. The class will always start and finish with breath work and relaxation to reduce stress and calm the mind.</p> <p>Slow gentle yoga</p> <p>This class will be safe, friendly and fun. Students will learn new postures, build strength and improve flexibility, reconnect with their breath, relax and ultimately experience a deep sense of stillness. This class is suitable for beginners and those who have more experience.</p> <p>Yoga for beginners</p> <p>During the class, students will learn the key postures and foundations to building a personal yoga practice. We will explore: breath and movement synchronicity, core strength, alignment, balance, stamina and flexibility. All postures will be tailored to the needs of individual students and begin and end with breath work and relaxation.</p>

Provider	Location of service/ activity	Description
Christina McArthur yoga	Hebden Bridge	<p>Beginners workshops</p> <p>A great way to introduce new themes and break down postures into their component parts. This will allow students to gain a deeper understanding of the practice and provide more time for breathing and relaxation techniques. These workshops will be suitable for people who have attended several CC4Us yoga classes already.</p>
Clare Donegan www.claredonegan.com	Hebden Bridge	<p>Purpose of provider: My purpose is to reconnect people to Nature, in order to re-establish balance, health and wellbeing in their personal and professional lives. To also inspire care for our planet - valuing our national heritage.</p> <p>Nature Immersions</p> <p>A nature immersion is an opportunity to slow down and engage with the natural world in a restorative and inspiring way. It draws on the practices of mindfulness in nature, forest bathing and creativity.</p> <p>Journeys with Nature (4-part course)</p> <p>A four week course that offers a dive into the fundamentals of mindfulness, nature connections and reciprocity. Each week we will explore aspects of our inner and outer natures through the practises of mindfulness, self-compassion and nature connections. We will awaken our senses, moving through the eight key senses in a creative and inspiring way.</p> <p>There will be opportunities to share, learn and listen with each other, supporting ourselves as we open up to more healthful, restorative ways of being in the world. We will 'give back' to the natural world in the form of a short creative activity.</p>

Provider	Location of service/ activity	Description
Curious Motion www.curiousmotion.org.uk	Elland	<p>Purpose of provider: Curious Motion exists to promote wellbeing and address inequalities through accessible dance and creative experiences that focus on health, happiness, and belonging.</p> <p>Dance for Wellbeing (5 week course)</p> <p>Participants will explore and learn a range of accessible dance sequences to a variety of music, cultivating a shared sense of fun, relaxation and achievement. Each session will finish with a short relaxation and stretching activity and then time to chat and enjoy refreshments together.</p>
Endless River www.endless-river.org	Hebden Bridge/Todmorden/ Online	<p>Purpose of provider: To share mindfulness and nature connection practices for healthy minds and bodies in this time of global change and concern about the world. To help people see similarities instead of differences.</p> <p>Mindfulness / nature connection classes</p> <p>The tutor recommends you sign up for at least two sessions. A regular mindfulness meditation practice is a proven way to maintain a healthy mindset and helps with self-compassion towards others and obsessive thinking/anxiety/worry.</p> <p>Mindfulness Based Living Course</p> <p>An 8-week accredited online course on Mondays 19:00 – 21:00. This is a powerful introduction to the practical, self-empowering mindfulness model. It is a way for people to look at the self-critical mind and see that we can approach our experience of the everyday with kindness and acceptance. These realisations can have powerful and even life-changing benefits.</p>

Provider	Location of service/ activity	Description
Greenwood Organics http://greenwoodorganics.co.uk	Elland	<p>Purpose of provider: Providing holistic/complementary therapies in a relaxing environment.</p> <p>1:1 Stress Relief Massage</p> <p>A relaxing massage focusing on the back, neck, shoulders and scalp. Helping to reduce muscular tension and soothe the nervous system.</p> <p>1: 1 Bowen Therapy</p> <p>This is a gentle hands-on therapy working over muscles, ligaments and soft tissue to release tension and tight muscles. Helpful for conditions such as back or shoulder discomfort and stiffness, headaches, sciatica, muscular aches and pains and tension held in the body. Not only does it help many conditions it has an overall relaxing effect on the body.</p> <p><i>Please note that the project will fund an initial session plus further sessions to be arranged with the therapist</i></p>
Jimmy Dolan	Todmorden	<p>Purpose of provider: Teaching art workshops to improve wellbeing</p> <p>Introduction to oil painting course (2-part course)</p> <p>You will be taught how to produce a landscape painting you can be proud of, using oil paint. Artist and teacher Jimmy Dolan will walk you step-by-step to a final outcome based on your own photos in a friendly and relaxed atmosphere.</p>
Laura Dolan Counselling www.lauradolancounselling.com	Online via zoom	<p>Purpose of provider: The primary purpose is to provide private counselling services to adults and young people.</p> <p>1:1 Integrative Counselling</p> <p>I am an integrative counsellor meaning I work within a number of different counselling modalities to suit the client. This is done on a one-to-one basis.</p> <p><i>Please note that the project will fund an initial session plus further</i></p>

Provider	Location of service/ activity	Description
Lee's Not So Wild Yoga	Hebden Bridge	<p data-bbox="934 189 1525 218"><i>sessions to be arranged with the therapist</i></p> <p data-bbox="934 296 1912 363">Purpose of provider: To teach yoga, specifically Restorative yoga to promote and enhance individual well-being for all.</p> <p data-bbox="934 384 1189 413">Restorative Yoga</p> <p data-bbox="934 440 1951 730">Restorative yoga is a style of practice that is very inclusive, not only suitable for active/ sports people to maintain balanced mental and physical wellbeing but also enabling those struggling with their physical and/or mental health to participate in a group class. The main focus of the practice is on breath awareness while in postures that are supported with props so there is no stress or strain on the body. This enables deep relaxation for the individual and a deepened awareness of the self that promotes their personal healing journey.</p>
Live Wild CIC www.livewild.org.uk	Hebden Bridge	<p data-bbox="934 804 1921 943">Purpose of provider: At Live Wild our intention is to foster and facilitate connection: connection to ourselves, connection to others, connection to the natural world. These values guide and inform all our work.</p> <p data-bbox="934 970 1128 999">Wild singing:</p> <p data-bbox="934 1026 1944 1238">Singing round the fire in the beautiful woods in Hebden Bridge. These singing workshops are a chance to connect with nature and community, sing from the heart in harmony with others and learn beautiful songs from around the world. The songs we sing are simple and fun and are suitable for complete beginners and as well as those with an established love of singing.</p> <p data-bbox="934 1265 1323 1294">Wild foraging workshops:</p> <p data-bbox="934 1321 1935 1455">Our foraging courses in the beautiful woods near Hebden Bridge, are a journey through the season and the senses. We focus on getting to know the land and its wild food in a deep, immersive way that makes it easy to continue learning, gathering and cooking at home.</p>

Provider	Location of service/ activity	Description
Louise Brown at the Soul Collective www.yoursoulcollective.co.uk	Sowerby Bridge	<p>Purpose of provider: For care and support with trauma and anxiety related conditions. Promotion of well-being, triggering the relaxation response and inducing calm.</p> <p>1:1 Hypnotherapy</p> <p>Hypnotherapy is an established practice which follows a specific pattern or protocol. This practice enables a person to reach a deeply relaxed state where their subconscious mind becomes more accessible and open to positive suggestions which have been discussed prior to hypnosis. These suggestions help them to overcome a variety of conditions, most of which have anxiety or unhelpful habits or thoughts at their origin.</p> <p><i>Please note that the project will fund an initial session plus further sessions to be arranged with the therapist</i></p> <p>Meditation (6 week class)</p> <p>These nurturing sessions will include a little movement, a full relaxation, a meditation and a sound bowl therapy session.</p>
Mark Duffy Football School www.Markduffyfootballschool.co.uk	Greetland	<p>Purpose of provider: Our aim is to provide a safe environment, with excellent facilities, for our local communities to come together and enjoy playing football. This ranges from specific 1 to 1 or group coaching, to simply facilitating activities and covers all generations. We want our footballers to enjoy playing the game with their friends. Meet new people. Form lifelong friendships. Arriving and leaving with smiles on their faces.</p> <p>Walk, Jog, Run – Get Fit!</p> <p>Fancy getting active in private and safe surroundings? Some power walking, or perhaps a light jog? Or even a slight gallop? Then come and join us at the Mark Duffy Football School. We will design and deliver a session that suits all levels of fitness, ensuring a smile on all faces by the end of the hour! We are certain you will see weekly</p>

Provider	Location of service/ activity	Description
Mark Duffy Football School (cont.)		<p>progress.</p> <p>Football coaching</p> <p>New to the game? Or simply fancy getting the boots back on? Come along and join us for 60 minutes of fun and football, learning new skills thanks to quality coaching at the Mark Duffy Football School. Lots of touches of the ball guaranteed! And smiles on faces.</p>
National Association of Primary Care www.napc.co.uk	Online	<p>Purpose of provider: NAPC is a not-for-profit, social purpose development and support organisation that represents and supports healthcare professionals, both clinicians and managers, working across the breadth of primary healthcare. We are at the centre of shaping the future of healthcare, influencing policy, connecting professionals and spreading innovation to improve patient-centred healthcare.</p> <p>Wellbeing course (6 week course)</p> <p>This online course provides 6 half hour sessions to concentrate on self care, our own wellbeing and resilience. It provides half an hour out 'just for you' and gives an understanding and the tools to support taking back control and thriving. Easy relaxation skills are built on week by week so that people become with the format.</p> <p>Spaces for Listening</p> <p>This is a structured process which creates a space for participants have an equal opportunity to share their thoughts and feelings, and to experience an equality of listening. It's a way to reconnect with our shared humanity. Anyone can do this.</p>
Northern Alchemy Therapies www.northernalchemytherapies.co.uk	Halifax	<p>Purpose of provider: To provide complimentary therapies (natural vibrational healing modalities – sound, plant essences & crystals, also yoga nidra – a restorative 'sleep' practice) to support overall health and well-being. My work is rooted in a holistic approach, using methods which work innately to bring balance. Yoga nidra and sound both work to activate deep relaxation states and the body's own healing response.</p>

Provider	Location of service/ activity	Description
Northern Alchemy Therapies (cont.)	Halifax	<p>I also offer learning to empower clients with natural everyday tools to help themselves such as grounding techniques and simple movement and rest practices to reduce stress, anxiety and to support improved sleep. These are the things clients most often come to me with and feed-back most often that it helps them with, as well as many other positive knock-on effects.</p> <p>1:1 sound therapy sessions A relaxing, restorative holistic treatment in which the client rests while I work around the client with sound & harmonic frequencies (crystal singing bowls). The immediate benefits are most often described as regaining a sense of balance/calm, stress/ anxiety relief, feeling lighter and improved sleep as well as other, often unexpected, benefits such as feeling more resilience, creativity etc. <i>Please note that the project will fund an initial session plus a further session, to be arranged with the therapist</i></p>
	Elland	<p>Small Group Sound Baths (with a short guided yoga nidra/relaxation) – for up to 4 people</p> <p>These restful, restorative sessions deliver the same benefits as the 1:1 sessions, meeting the priority areas of stress management, anxiety relief and improving sleep patterns.</p>
Olwen Edwards www.OlwenEdwards.com	Halifax (please note that there is a flight of stairs to the room)	<p>Purpose of provider: Looking at postural habits that hold us back, cause or contribute to stress, anxiety, pain, feeling sore, edgy, uncomfortable, deplete our energy and wellbeing.</p> <p>Learning in small, practical ways, how to help ourselves stop so we are more relaxed and comfortable.</p> <p>Alexander Technique Teaches you the skills to help you move well and live better, in all that you do, e.g. sitting, at your computer, standing, daily activities. Clients use it to help: Pain, Posture, Wellbeing, Sports, Performing, Education.</p>

Provider

Location of service/ activity

Description

Have you tried things which haven't worked? If yes, your problem may be postural.

Clients remain fully clothed for this gentle, enjoyable in person "hands-on" experience.

Clinical trial evidence (NHS, in The BMJ) and other scientific research via the website.

Please note that the project will fund an initial session plus further sessions to be arranged with the Alexander Technique Teacher.

Overgate Hospice Counselling
www.overgatehospice.org.uk

Online/telephone/ in-person (Halifax)

Purpose of provider: Overgate Hospice is an independent local charity, providing expert specialist end of life care to people in Calderdale living with life-limiting conditions and is the only Hospice in Calderdale. We have provided expert palliative care to our local community for over 40 years, with our team of expert doctors and nurses caring for patients and their families in our 12 bed Inpatient Unit and through Day Hospice Services.

Patients and families are also supported by our Counselling Service, Chaplaincy Service, Social Work Team, Physiotherapist, Occupational Therapist, and Complementary Therapists. This multi-disciplinary team works together to provide the highest level of care for our patients and their families in a warm, caring and supportive environment; aiming to help people maintain their physical, emotional and mental wellbeing, so they can live well until they die.

1:1 Counselling/therapy

Our therapists are trained in various types of therapy, meaning we are able to work with a wide range of issues and specialise in trauma, loss and grief.

Provider	Location of service/ activity	Description																										
Overgate Hospice Counselling (continued)	Online/telephone/ in- person (Halifax)	<p data-bbox="934 268 1827 295">Our highly skilled team can offer a variety of services including:</p> <table border="0" data-bbox="934 300 1827 778"> <tr> <td data-bbox="934 300 1368 327">Person Centred Counselling</td> <td data-bbox="1525 300 1827 327">Abusive relationships</td> </tr> <tr> <td data-bbox="934 336 1368 363">Neuro Linguistic Programming</td> <td data-bbox="1525 336 1733 363">Identity issues</td> </tr> <tr> <td data-bbox="934 373 1368 400">Cognitive Behavioural Therapy</td> <td></td> </tr> <tr> <td data-bbox="934 410 1637 437">Eye Movement Desensitization and Reprocessing</td> <td></td> </tr> <tr> <td data-bbox="934 446 1379 474">Post-Traumatic Stress Disorder</td> <td></td> </tr> <tr> <td data-bbox="934 483 1133 510">Hypnotherapy</td> <td></td> </tr> <tr> <td data-bbox="934 520 1424 547">Depression and/or Anxiety support</td> <td></td> </tr> <tr> <td data-bbox="934 557 1263 584">Bereavement and Loss</td> <td></td> </tr> <tr> <td data-bbox="934 593 1043 620">Trauma</td> <td></td> </tr> <tr> <td data-bbox="934 630 1211 657">Work related issues</td> <td></td> </tr> <tr> <td data-bbox="934 667 1232 694">Health related issues</td> <td></td> </tr> <tr> <td data-bbox="934 703 1200 730">Lack of confidence</td> <td></td> </tr> <tr> <td data-bbox="934 740 1285 767">Drug and alcohol misuse</td> <td></td> </tr> </table> <p data-bbox="934 820 1944 1182">Overgate’s team of professionals will create an environment where people can feel safe enough to begin resolving their problems. By offering 1:1 face-to-face support, as well as telephone and online appointments, people will not have to take time away from work to drive to appointments or sit in a waiting room full of strangers – all these factors contribute to people feeling overwhelmed when considering seeking help. We will reduce anxiety, stress, and barriers to accessing services by providing a variety of ways to get help. People receiving support can be reassured they will always be speaking with properly trained and vetted professionals.</p> <p data-bbox="934 1222 1861 1289"><i>Please note that the project will fund an initial session plus further sessions, to be arranged with the therapist</i></p>	Person Centred Counselling	Abusive relationships	Neuro Linguistic Programming	Identity issues	Cognitive Behavioural Therapy		Eye Movement Desensitization and Reprocessing		Post-Traumatic Stress Disorder		Hypnotherapy		Depression and/or Anxiety support		Bereavement and Loss		Trauma		Work related issues		Health related issues		Lack of confidence		Drug and alcohol misuse	
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Physiotherapy Works www.physiotherapy-works.co.uk	Elland	<p>Purpose of provider: Provide physiotherapy sessions to the local community.</p> <p>Physiotherapy Physiotherapy and massage services to relieve pain and reduce stress.</p> <p><i>Please note that the project will fund an initial session plus further sessions, to be arranged with the therapist</i></p>
Plus Health Company www.plushealthcompany.co.uk	Halifax	<p>Purpose of provider: To provide high quality physiotherapy and Pilates services to local people.</p> <p>Physiotherapy High quality musculoskeletal physiotherapy assessment and treatment sessions, delivered by experienced clinicians which would help clients overcome/manage pain and discomforts and help them get back to the activities they love.</p> <p>Within our services, we adopt a 'head to toe' approach to assessment/treatment and treat the whole person rather than just the painful part. We integrate a cognitive behavioural approach as well as a balance between 'hands on' treatments (including therapeutic massage/myofascial release) and empowering the client to self-manage through specific exercises and advice.</p> <p><i>Please note that the project will fund an initial session plus further sessions, to be arranged with the therapist</i></p>

Provider**Location of service/
activity****Description**

Rebecca Roach

www.lifevibe.co.uk

www.everybod.com

Brighthouse/Halifax/
Online

Purpose of provider:

LifeVibe: Corporate wellbeing

The mission is to improve mental health and wellbeing and to help people to achieve peak performance and gain a more balanced life. I provide specific tools and techniques on how to optimise the brain and mind to the full capacity, allowing you to become more productive and fulfilled. LifeVibe facilitates both in-house and online wellbeing workshops, one to one consultation, exercise classes and can help run companywide initiatives and wellbeing days.

EveryBod Fitness:

Group and one to one fitness training, including but not exclusively; Pilates, Running, Boxercise, Boot Camps, Pre-Postnatal, and circuits, mindful walking plus nutrition.

Walks for wellbeing

Short lunchtime walks focused around different topics relating to mental health and wellbeing.

Pilates

Pilates is a type of fitness system that consists of movement exercises that are designed to tone the body, strengthen the muscles, increase flexibility and agility, improve posture, and heighten concentration skills.

Making Your Mind Work For You

Using a mix of neuroscience and sports science, along with digital cognitive training to retrain your brain so it is working to full potential, helping you be more productive, make better decisions and being able to relax in your down time, this giving improved mental health.

Provider	Location of service/ activity	Description
Sarah Fanthorpe @ Northdean Associates Wellbeing Services	Halifax	<p>Purpose of provider: Freelance provider of Health and Wellbeing packages including coaching, mentoring, massage therapies, cancer touch therapy, holistic therapies, postural assessments</p> <p>1:1 Massage therapy</p> <p>Massage therapy involves manipulating the soft tissues of the human body and has a vast range of therapeutic benefits. Whether you are wanting to ease the aches and strains of day to day life, or want to drift into a state of deep relaxation, Sarah can tailor a massage just for you.</p>
School of Forgotten Wisdom www.sarahldavis.com	Sowerby Bridge	<p>Purpose of provider: To provide alternative ways of looking at individual health and the healing of individuals. Taking into account the mental, physical, emotional and spiritual state and wellbeing of clients to bring harmony and balance back to individuals' lives and wellbeing by using a range of relaxation and wellbeing practices.</p> <p>1:1 Reiki Healing</p> <p>This therapy works on the physical, mental, emotional and energetic state of the client's body, restoring balance and well-being within the client. Any tension, stress and energetic knots are released from the body, resulting in the nervous system being more calm and balanced. Ideal for clients that are highly stressed and feel they live in a fight or flight state. They will leave feeling regenerated and balanced.</p> <p><i>Please note that the project will fund an initial session plus further sessions to be arranged with the therapist</i></p>
Shiatsu Lou	Ripponden	<p>Purpose of provider: Provision of 1:1 Shiatsu treatment sessions.</p> <p>1:1 Shiatsu Treatment sessions</p> <p>Shiatsu is a type of bodywork or massage which originated in Japan. It</p>

Provider	Location of service/ activity	Description
Shiatsu Lou (cont.)	Ripponden	<p>uses pressure and various manipulations to restore and promote the flow of energy around the body. It is very accessible as the receiver remains clothed throughout, and the treatment is given on the floor.</p> <p>Shiatsu has a wide range of holistic health and wellbeing benefits. It is both deeply relaxing and revitalising. Clients report relief of many symptoms, including anxiety, depression, panic, low mood, back pain, sciatica, fatigue, stress, tension, digestive problems, migraine, insomnia and arthritis.</p>
Turning Point Counselling www.turningpoint-brighthouse.org.uk	Brighthouse	<p>Purpose of provider: We provide person centred counselling for anyone over the age of 14.</p> <p>1:1 Person-centred counselling</p> <p>Person-centred counselling, is an approach that deals with the ways in which individuals perceive themselves consciously, rather than how a counsellor can interpret their unconscious thoughts or ideas.</p> <p><i>Please note that the project will fund an initial session plus further sessions to be arranged with the therapist</i></p>
West Riding Stonecarving Association www.stonecarvingassociation.org	Halifax	<p>Purpose of provider: The aim of the association is to keep the art of carving stone by hand alive and to bring it to the general public.</p> <p>Stonecarving Taster Session</p> <p>In this taster session, you will receive a tour of the workshop and a practical session.</p> <p>Yorkshire Rose stonecarving (one day course)</p> <p>On this course you will learn to carve a Yorkshire Rose from stone.</p>