

CALDERDALE CARES 4 US – PROVIDERS AND THEIR SERVICES/ACTIVITIES IN JULY AND AUGUST 2021

All these services/activities below are free to public and voluntary sector workers in Calderdale and can be booked through https://www.supersaas.co.uk/schedule/Calderdale_Cares_4_Us/Calderdale_Cares_4_Us

Provider	Location of service/ activity	Description
AMB Hypnosis and Therapy	West Vale	<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>To help people overcome personal traumas, anxiety, depression, phobias, stress, stop-smoking, weight-loss and many other things.</p> <p><i>Please note that the project will fund an initial session plus up to 5 further sessions per person, dates of follow-up sessions to be arranged privately with the therapist</i></p>
Artworks, The Everybody School of Art	Online and in Halifax	<p>Drawing for Wellbeing</p> <p>Artworks' 'Drawing for Wellbeing' project is a 5-week programme of creative blended learning activities that are designed to help public sector workers reduce the impact of stress, take a break and wind down during and after the work day. It will introduce participants to creative processes that can support emotional wellbeing, including drawing, writing and mark-making activities. All of these activities can be later shared, celebrated and enjoyed with colleagues, family and friends.</p> <p>The programme will include a combination of virtual and in-person activities, live sessions and distance learning opportunities. Participants will be welcomed to the programme with a materials pack, which will include a sketchbook and pencil case of drawing materials, and through a welcome video, which will feature the first introductory drawing activity.</p>

		<p>During the 5-week programme, participants will explore a variety of artistic processes through a range of activities. These will include recorded video tutorials, live zoom sessions, meeting and sharing their work with fellow participants in an on-site peer support session</p> <p>The key objectives and benefits of this project will be the enhancement of participants' mental health and wellbeing.</p> <p>Practice and Process workshops</p> <p>There will be a number of free places available at on-site 'Practice and Process' art workshop with a practicing Artworks' artist. These will need to be booked directly with Artworks – further details will be placed on the Calderdale Cares 4 Us website shortly.</p> <p>Art for wellbeing resources</p> <p>There will also be a number of free online resources available via the Calderdale Cares 4 Us website shortly.</p>
Christine Macarthur Yoga	Hebden Bridge Yoga Centre (please note that the Centre is up a flight of stairs – unfortunately there is no wheelchair access)	<p>Yoga</p> <p>I provide gentle to moderate yoga sessions for beginners, and people who wish to restart their practice. The sessions 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> <ul style="list-style-type: none"> • Yoga (all abilities) This will be an open-level session designed to move and challenge the whole body. Classes will target different body areas each week 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. • Slow gentle yoga This session 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

		<p>sense of stillness. This session is suitable for beginners and those who have more experience.</p> <ul style="list-style-type: none"> • Yoga for beginners During the session 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.
Greenwood Organics	Elland	<p>1:1 Stress relief massage treatments with or without aromatherapy oils</p> <p><i>Please note that the project will fund an initial session plus up to 2 further sessions per person to be arranged privately with the therapist</i></p> <p>1:1 sound healing using crystal alchemy bowls</p> <p>I work with the bowls to create beautiful sound frequencies that can be felt physically and energetically. It's a truly relaxing experience that quiets the chatter in the mind and leaves you with a feeling of wellbeing and peacefulness</p> <p><i>Please note that the project will fund an initial session plus up to 2 further sessions per person, to be arranged privately with the therapist</i></p>
Jimmy Dolan	Todmorden	<p>Introduction for printmaking</p> <p>I am offering art workshops based primarily in printmaking. Candidates will create a simple block print of a place or time which has specific meaning to them or a family member. These prints will then be printed onto cards which can be sent to loved ones, friends or family. All participants will have time to slow down and reflect on what has been a very difficult year. Participants will have the opportunity to discuss shared experiences.</p> <p>Participants will have the opportunity to learn a new skill which they can easily take back to their place of work. They will also be left with a physical outcome which they will be able to keep as a</p>

		memento or send on to a friend or colleague.
Laura Dolan Counselling	Online via zoom	<p>1:1 Integrative Counselling 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 up to 5 further sessions per person, to be arranged privately with the therapist</i></p>
Northern Alchemy Therapies	Halifax	<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 per person, to be arranged privately with the therapist</i></p> <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>
Overgate Hospice	See booking schedule	<p>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. Our highly skilled team can offer a variety of services including:</p> <ul style="list-style-type: none"> Person Centred Counselling Neuro Linguistic Programming Cognitive Behavioural Therapy Eye Movement Desensitization and Reprocessing Post-Traumatic Stress Disorder Hypnotherapy Depression and/or Anxiety support

		<p>Bereavement and Loss Trauma Work related issues Health related issues Lack of confidence Drug and alcohol misuse Abusive relationships Identity issues</p> <p>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><i>Please note that the project will fund an initial session plus up to 5 further sessions per person, to be arranged privately with the therapist</i></p>
Shiatsu Lou	Ripponden	<p>1:1 Shiatsu Treatment</p> <p>Shiatsu is a type of bodywork or massage which originated in Japan. It 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>