



# Calderdale Cares 4 Us

Looking after our Public & Voluntary Sector workers



The Calderdale Cares 4 Us project has been set up to provide free services/activities to public sector workers, voluntary sector workers, carers and volunteers living or working in Calderdale.

Organisations and individuals wishing to provide services under the project have to go through an application/accreditation process. Our accredited providers and the services/activities they provide for the project are given below.

More information about the services/activities set out here can be found on the booking system, which can be accessed through the project webpage [www.healthymindscalderdale.co.uk/cc4us](http://www.healthymindscalderdale.co.uk/cc4us). Not all services/activities are running all the time, so please keep checking back.

Provider	Location of service/ activity	Purpose of provider	Services/activities provided
Absolute Specialists Wellbeing <a href="http://www.aswellbeing.co.uk">www.aswellbeing.co.uk</a>		Transforming people's emotional wellbeing and approach, enabling a more fulfilling life, no matter their background, need or ability to pay. These are online sessions.	1:1 Focused Mindfulness Method
Adele's Yoga <a href="http://www.adelesyoga.com">www.adelesyoga.com</a>	Halifax	Yoga, wellness and wellbeing	Yin Yoga 20/20/20 Holistic Yoga
AMB Hypnosis and Therapy	West Vale	To help people overcome personal traumas, anxiety, depression, phobias,	Hypnotherapy

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<a href="http://www.ambhypnosis.uk">www.ambhypnosis.uk</a>		stress, stop-smoking, weight-loss and many other things.	
Apotholistic <a href="https://apotholistic.wixsite.com/apotholistic">https://apotholistic.wixsite.com/apotholistic</a>	Elland	To provide complementary and holistic therapies to the public to assist in improving their physical and mental wellbeing	Reflexology Swedish massage therapy
Artworks, The Everybody School of Art <a href="http://www.theartworks.org.uk">www.theartworks.org.uk</a>	Online and Halifax	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.	Spring Arts and Crafts
Calder Community Squash <a href="https://www.facebook.com/caldercommunitysquash/">https://www.facebook.com/caldercommunitysquash/</a>	Boothtown	The objectives of the company are to carry out activities which are of benefit to the community and in particular (without	Squash/aerobics and food preparation

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Calder Therapies <a href="http://www.caldertherapies.co.uk">www.caldertherapies.co.uk</a>	Hebden Bridge	limitation) to provide sporting activity, social development and community activity through squash and well-being.	Massage therapy
Carla Daly	Blackshaw Head	To facilitate yoga sessions in community and residential services for people who may not ordinarily be able to access a class. I facilitate yoga classes with the aim of improving health, physical and mental. My classes are designed to help build mind\body connection, increase awareness in the present moment and to regulate the nervous system.	Yoga
Carrie Mckenzie <a href="http://www.carriemckenzieart.co.uk">www.carriemckenzieart.co.uk</a>	Halifax	I offer art workshops for all skill levels, including complete beginners. I will demonstrate and guide you through the creation of a complete painting from start to finish. All materials will be supplied on the day and you will come away with your own beautiful artwork. We will capture the mood and essence of our subject, and enjoy the value of art for the 'journey', not just the end result. There is no right or wrong in art, so you can't fail – there is only learning and growth, and the	Watercolour Art for Wellbeing Creating Zendala Drawing Art

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Charlotte Redfearn (Redfearn Therapies & Development)	Greetland	resulting benefits on physical and emotional health. To deliver blended therapy to be tailored to each individual's needs. To help therapeutic development for positive movement forwards in life	Hypnotherapy
Christina McArthur <a href="http://www.calderdaleyoga.co.uk/teachers/christina-mcarthur">www.calderdaleyoga.co.uk/teachers/christina-mcarthur</a>	Calderdale Yoga Centre, Hebden Bridge	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 wellbeing.	Slow/gentle yoga Yoga beginners courses
Clare Donegan <a href="http://www.claredonegan.com">www.claredonegan.com</a>	Hardcastle Crags	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.	Journeys with Nature course Begin Afresh course Nature Immersions
Curious Motion <a href="http://www.curiousmotion.org.uk">www.curiousmotion.org.uk</a>	Rastrick and online	Curious Motion exists to promote wellbeing and address inequalities through accessible dance and creative experiences that focus on health, happiness, and belonging.	Dance for Wellbeing sessions
Damian Gibson	Online	Provide training services to individual clients. Promote, design and delivery of tailored programs to achieve clients desired results.	Personal training

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Endless River	Online	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.	Mindfulness-Based Living Course
Equinox Deep Healing	Greetland	Holistic health and wellbeing	Reiki Healing
Greenwood Organics <a href="http://www.greenwoodorganics.co.uk">www.greenwoodorganics.co.uk</a>	Elland	Providing holistic/complementary therapies in a relaxing environment.	Stress relief massage Bowen therapy
Hypnotherapy from Within <a href="http://www.hypnotherapyfromwithin.co.uk">www.hypnotherapyfromwithin.co.uk</a>	Wheatley	To help and empower you to change your life for the better!	Hypnotherapy
Jimmy Dolan Art <a href="https://www.instagram.com/jimmy_dolanart">https://www.instagram.com/jimmy_dolanart</a>	Todmorden	Teaching art workshops to improve wellbeing	Oil landscape painting for beginners
KBG Counselling Services <a href="http://kbgcounsellingservices.co.uk">kbgcounsellingservices.co.uk</a>	Burnley and online	Person-centred counselling	Specialist counselling Couples therapy
Laura Dolan Counselling <a href="http://www.lauradolancounselling.com">www.lauradolancounselling.com</a>	Online	The primary purpose is to provide private counselling services to adults and young people.	Counselling

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Lee's Not So Wild Yoga	Calderdale Yoga Centre, Hebden Bridge	To teach yoga, specifically Restorative yoga to promote and enhance individual well-being for all.	Restorative yoga
Live Wild <a href="http://www.livewild.org.uk">www.livewild.org.uk</a>	Hebden Bridge	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.	Wild foraging workshops
Louise Brown at the Soul Collective <a href="http://www.yoursoulcollective.co.uk">www.yoursoulcollective.co.uk</a>	Sowerby Bridge	For care and support with trauma and anxiety related conditions. Promotion of well-being, triggering the relaxation response and inducing calm.	Hypnotherapy Meditation
Northern Alchemy Therapies <a href="http://www.northernalchemytherapies.co.uk">www.northernalchemytherapies.co.uk</a>	Halifax	Complementary & holistic crystal sound therapy (121) and small group sound baths with yoga nidra (max 4 people at 2m apart). The benefits include deep relaxation, stress reduction, physical tension release and improved sleep. If you cannot make the time slot provided (applies to 121 only), please feel free to book it and get in touch. We will find an alternative time to suit you around your	1:1 sound therapy Group Sound Baths

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Olwen Edwards <a href="http://www.olwenedwards.com">www.olwenedwards.com</a>	Halifax	work schedule. Looking at postural habits that hold us back, cause or contribute to stress, anxiety, pain, feeling sore, edgy, uncomfortable, deplete our energy and wellbeing. Learning in small, practical ways, how to help ourselves stop so we are more relaxed and comfortable.	Undoing Pandemic Posture Coming to Quiet in Active Rest Alexander Technique
Overgate Hospice Counsellors <a href="http://www.overgatehospice.org.uk">www.overgatehospice.org.uk</a>	Online, telephone or Halifax	Overgate Hospice is an independent local charity, providing expert specialist end of life care to people in Calderdale living with life-limiting conditions. 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.	Person-centred counselling Therapy
Pleiades Life Coaching	Online	Tailored one to one holistic life coaching including spiritual life coaching.	Life coaching
Physiotherapy Works <a href="http://www.physiotherapy-works.co.uk">www.physiotherapy-works.co.uk</a>	Elland	Provide physiotherapy sessions to the local community.	Physiotherapy
Plus Health Company <a href="http://www.plushealthcompany.co.uk">www.plushealthcompany.co.uk</a>	Halifax	High quality musculoskeletal physiotherapy assessment and treatment sessions, delivered by experienced	Physiotherapy Pilates

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Putting the Well Back Into Being	Online	clinicians which would help clients overcome/manage pain and discomforts and help them get back to the activities they love.	Stress and anxiety management workshops
Rachel Connor <a href="http://www.rachelconnorwriter.com">www.rachelconnorwriter.com</a>	Tbc	To facilitate creative workshops in a range of sectors, including community education, promoting wellbeing and confidence in communication skills – and to deliver consultancy, coaching and mentoring to writers and other creatives	Writing workshops
ROKT Foundation <a href="http://www.roktfoundation.co.uk">www.roktfoundation.co.uk</a>	Brighthouse	ROKT Foundation breaks down barriers to access and, helping all ages experience the opportunity to develop a healthier lifestyle and think differently about their health and fitness through 'Active Urban Adventure'. We raise awareness and provide opportunities to help stop the negative upward trend in deteriorating physical & mental health. We create aspirational development and motivational learning through physical	Climbing/bouldering



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Sarah Fanthorpe	Halifax	activity and creative team building opportunities.	Massage therapy
Sarah Moore <a href="http://www.sarahmoorewellbeing.co.uk">www.sarahmoorewellbeing.co.uk</a>	Sowerby Bridge	Private therapy business	Hypnotherapy
School of Forgotten Wisdom <a href="http://www.sarahldavis.com">www.sarahldavis.com</a>	Sowerby Bridge	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.	Reiki Healing
Serenity Wellbeing <a href="http://www.serentiywellbeinggardens.co.uk">www.serentiywellbeinggardens.co.uk</a>	Halifax	I work with plants and people to improve an individual's physical and psychological health. Using gardening tasks and the garden itself, we build a set of activities for each gardener to improve their health needs and to work on certain goals they want to achieve.	'Grow Well' course

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Shiatsu Lou	Ripponden	Provision of 1:1 Shiatsu treatment sessions.	Shiatsu massage
The Hypnotherapy Hut <a href="http://www.thehypnotherapyhut.com">www.thehypnotherapyhut.com</a>	Halifax	To enable clients to overcome anxiety or stress related symptoms using Solution Focused Hypnotherapy to create the change they seek.	Solution-focused hypnotherapy
The Wellbeing Hub Hx Ltd (Razwana Suleman	Halifax	To offer a service that will enhance the lives of members of the community, in particular the vulnerable, in a safe caring environment	Back massage
The West Riding Stonecarving Association <a href="http://www.stonecarvingassociation.org">www.stonecarvingassociation.org</a>	Halifax	To keep the art of carving stone by hand alive and to bring it to the general public.	Stonecarving taster workshops Yorkshire Rose stonecarving course
Turning Point Counselling <a href="http://www.turningpoint-brighouse.org.uk">www.turningpoint-brighouse.org.uk</a>	Brighouse	We provide person centred counselling for anyone over the age of 14.	Person-centred counselling
Work Formations (Qudsia Naeem)	Halifax	Massage therapy	Indian Head Massage