@HealthyMindsCalderdale

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healthy minds
Calderdale Wellbeing

Healthy Minds Wellbeing Trail

Programme of Events

For more information, go to:
www.healthymindscalderdale.co.uk/wellbeingtrail
or call **01422 345154**

Monday 6th June 2022

Time	Activity	Venue	Booking Information
10.30am – 1.00pm	**Back and Lower Leg Massage or a Facial - Three 30-minute body work treatments available - back and lower leg massage or a facial available.** Throughout our lives factors such as illnesses, stresses, trauma can affect the expression of the body's fluid rhythms which over time, can cause blockages and stuck patterns sometimes held deep within the body. CST practitioners can gently work with the body enabling it to release these allowing healing to naturally occur.	The Wellness Space, Top Floor @ The Old Coop, 29 Rochdale Road, OL14 7LA	Booking is essential Please contact Annabelle to book: info@thewellnessspace.co.uk 07855 863 079
11.00am – 11.45am	**Inspire, Motivate, Transform – Gentle Exercise Session** A 45-minute gentle exercise class aimed at adults provided through Age concern Todmorden. This is a 5 week rolling programme performing choreographed routines moving to music and building on rhythmic ability, coordination, mobility and stamina.	Central Methodist Church, Union St, Todmorden OL14 5AW	Booking is essential Please contact Rebecca at least 24 hours beforehand to book on: hello@imtforever.co.uk 07510 187 211
11.00am – 1.00pm	**M.O.R.E at Warland Farm** Gentle time in nature making simple craft with natural materials. Sit around a camp fire, enjoy being beside a canal or take a barefoot walk and explore our meadow. We are a working farm and given the landscape of the Valley you may not be surprised to know the ground is uneven. The wellbeing session will be on the lower field that is accessed along a gentle path down 2 steps and a gradual slope. We are easily reached by bus, the 590 stops at the end of the lane and Walsden train station is a mile away along the canal tow path.	Warland Farm, OL14 6UY	Booking is essential Please contact Julie to book your place: moreatwarland@gmail.com

Monday 6th June 2022

Time	Activity	Venue	Booking Information
12.00pm – 3.00pm	**Volunteers Week Celebration Lunch** National Volunteers Week event! Are you an adult volunteering at Healthy Minds, or do you volunteer in the Upper Calder Valley? Come and meet other volunteers, enjoy food and refreshments and some feel-good activities at our Volunteer Celebration Lunch!	Mytholmroyd Community Centre, Elphaborough Hall, Streamside Fold, Mytholmroyd HX7 5AF	Booking is essential Please RSVP using the online booking form on the Healthy Minds website: https://www.healthymindscalderdale.co.uk/volunteer
2.00pm – 2.40pm	**Therapeutic Movement** Pilates works on flexibility, core strength, balance, connecting the body and mind as one, the list is endless. Pilates is for all, it holds no barriers, of age or ability. 18+	The Wellness Space, Top Floor @The Old Coop, 29 Rochdale Road, OL14 7LA	Booking is essential Please contact Louise to book: 07972 115 819
2.00pm – 3.00pm	**Inspire, Motivate, Transform – Seated Movement** A 60-minute class aimed at adults who prefer to sit whilst exercising, although standing is possible. A rolling programme combining movement to music with strength exercises	Roomfield House, Cambridge Place, Todmorden OL14 5DG	Booking is essential Please contact Rebecca at least 24 hours beforehand to book on: hello@imtforever.co.uk 07510 187 211

Tuesday 7th June 2022

Time	Activity	Venue	Booking Information
9.30am – 1.30pm	**Craniosacral Therapy (CST) Sessions for Mum and Baby or Pregnant Women** CST helps with colic, digestive problems, babies who are unsettled or have not had an easy birth. CST also gives parents physical and emotional support around the transition into parenthood and to help process any birth experiences.	The Wellness Space, Top Floor @ The Old Coop, 29 Rochdale Road, OL14 7LA	Booking is essential Please contact Annabelle to book: info@thewellnessspace.co.uk 07855 863 079
10.30am – 1.30pm	**Reflexology or Reiki Sessions** Reiki is deeply relaxing, releasing stress and tension and restoring a sense of wellbeing. Reflexology works on the theory that different points on the feet correspond to the different areas of the body, thus aiding relaxation, releasing tension and generally helping to improve wellbeing.	The Wellness Space, Top Floor @ The Old Coop, 29 Rochdale Road, OL14 7LA	Booking is essential Please contact Annabelle to book: info@thewellnessspace.co.uk 07855 863 079
12.00pm – 2.00pm	**Todmorden Allotment Group with Healthy Minds and Calder Community Squash** Experience the benefits of growing, digging, and chatting at this welcoming, relaxed group at Healthy Minds Todmorden Allotment. In this session we will be enjoying a campfire, hot drinks, and gardening. We will also be joined by Aron from Calder Community Squash who is running a special cooking in nature session on the campfire, 'On a Shoestring - Cooking on a Budget'. Come along and connect with nature in a safe, comfortable environment. Meet us at the Allotment or outside the main entrance of Morrison's at 11.45am to be guided there with our volunteer! @ Healthy Minds Todmorden Allotment (Meet outside the Main Entrance of Morrison's)	Healthy Minds Todmorden Allotment (Meet outside the Main Entrance of Morrison's)	No need to book, just come along Please contact Sam if needed: samantha@healthymindscalderdale.co.uk 07845 014 928

Tuesday 7th June 2022

Time	Activity	Venue	Booking Information
1.30pm – 3.30pm	**Art Group** Create a masterpiece or colour in printed pictures, paint or draw! The choice is yours, we provide basic materials and refreshments.	Todmorden Health Centre, Lower George Street, Todmorden OL14 5RN	Please contact Carol to book: cnewland@me.com 07715926426
2.00pm – 3.00pm	**Movement to Music Class** A 60-minute movement to music class aimed at adults who prefer to exercise seated.	Mytholmroyd, Elphin Court, HX7 5ES	Booking is essential Please contact Rebecca at least 24 hours beforehand to book on: hello@imtforever.co.uk 07510 187 211

Wednesday 8th June 2022

Time	Activity	Venue	Booking Information
11.00am – 1.00pm	**Parents Picnic & Peer Support in the Park** The Healthy Minds Parents and Carers Peer Support Group invite you to join them for a relaxed picnic, peer support and conversation in the park. Parents are welcome to bring young babies but the group is not suitable for children of walking or talking age.	Todmorden Central Vale Park	Booking is recommended: Deborah@healthymindscalderdale.co.uk 07388 990 232
1.00pm – 3.00pm	**Small Group Crown Green Bowls Tutoring** A small group session learning how to play bowls in the beautiful greenery of this unique location.	Todmorden Bowling Greens, OL14 7DE	No need to book, just turn up and ask for Peter!
2.00pm – 3.00pm	**Inspire, Motivate, Transform – Dance Fitness** A 60 minute low impact exercise to music class aimed at adults over 40	Hope Baptist Church, New Road, Hebden Bridge HX7 8EW	Booking is essential Please contact Rebecca at least 24 hours beforehand to book on: hello@imtforever.co.uk 07510 187 211

Wednesday 8th June 2022

Time	Activity	Venue	Booking Information
3.00pm – 4.00pm	**Age Concern Tai Chi** Tai Chi involves a combination of smooth rhythmical physical movements allied with breathing and concentration which allows the body and mind to relax and help improve balance and stability. These exercises allow the body and mind to relax and "de-stress" in a natural way. The complete art covers a vast array of subjects covering aspects of mental, physical and emotional health. The student gradually becomes aware of the balance between their physical and internal energies and learns how to store, activate and direct them in a positive manner. Classes generally involve gentle warm up exercises, breathing exercises and a Tai Chi form. Classes are conducted in a friendly and relaxed manner. No prior experience is necessary and exercises can be amended to suit most physical needs.	Todfellows Space, Oxford Street, Todmorden, OL14 5PU	No need to book, just turn up on the day.
3.00pm – 4.00pm	**Therapeutic Sound Healing with Acupuncture** An acupuncture sound bath combines the medicine of acupuncture with the healing vibrations of sound, giving a deeply restorative and rebalancing affect on the mind, body and spirit. This experience gives the opportunity to fully rest and access the deeper levels of consciousness that allow alignment and harmonisation to occur. he acupuncture that will be given is a simple pattern that promotes the circulation and free flow of Qi and blood throughout the body.	The Wellness Space, Top Floor @The Old Coop, 29 Rochdale Road, OL14 7LA	Booking is essential. Please contact Eleanor to book your place: 07395 467351

Wednesday 8th June 2022

Time	Activity	Venue	Booking Information
6.00pm – 6.45pm	**Dance Fitness (Women's Only Session)** A 45 minute low impact exercise to music class aimed at adults over 40. This is a women's only class	Union House, Todmorden, OL14 7AD	Booking is essential Please contact Rebecca at least 24 hours beforehand to book on: hello@imtforever.co.uk 07510 187 211
6.00pm – 8.00pm	**Todmorden in Bloom – Herb Garden Wednesday** A gentle community gardening session to help keep Todmorden beautiful!	Herb Garden, Burnley Road (opposite Todmorden Cricket Club)	No need to book, just turn up!
8.15pm – 9.00pm	**Beginners Swing** Fun swing dance classes for all abilities. No partner required.	Hebden Bridge Town Hall, St. George's Street, Hebden Bridge HX7 7BY	Booking is essential Please contact Rebecca at least 24 hours beforehand to book on: hello@imtforever.co.uk 07510 187 211

Thursday 9th June 2022

Time	Activity	Venue	Booking Information
10.00am – 12.00pm	**Chance to Dance!** Stay for 2 hours or just pop in, meet friends, have a good time, you deserve it!	Waterfront Hall, Hebden Bridge Town Hall, St. George's Street, Hebden Bridge HX7 7BY	No need to book, just turn up!
10.00am – 12.00pm	**Small Group Crown Green Bowls Tutoring** A small group session learning how to play bowls in the beautiful greenery of this unique location.	Todmorden Bowling Greens, OL14 7DE	No need to book, just turn up and ask for Peter.
10.00am – 2.00pm	**Renew Hope at Hope Baptist**	Hope Baptist Church, New Rd, Hebden Bridge HX7 8EW	No need to book, just turn up!
10.00am – 2.00pm	**Movement to Music Class** A 60-minute movement to music class aimed at adults who prefer to exercise seated.	Mytholm Court, Hebden Bridge, HX7 6DT	Booking is essential Please contact Rebecca at least 24 hours beforehand to book on: hello@imtforever.co.uk 07510 187 211
11.00am – 1.00pm	**Make the Most of Your Laptop** This session is a chance to learn how to make the most of your laptop. We will learn how to use the web safely, you can set up email or learn to use it, and also how to use skype or other video meeting software. All are welcome – this workshop is aimed at beginners.	Todmorden Makery, Tod College	No need to book, just turn up!

Thursday 9th June 2022

Time	Activity	Venue	Booking Information
1.00pm – 3.00pm	**Wellbeing Group** This is a face-to-face, peer support, wellbeing group delivered by Healthy Minds. This is a safe, relaxed, non-judgemental, confidential space where people use their own experiences to support each other. The group will be held in a large, private room on the first floor of Hebden Town Hall. The Town Hall is wheelchair accessible and numbers of participants will be restricted to enable us to socially distance in the room. The room also has large doors leading to a private terrace which will also enable us to ventilate the room. Please contact Christine to discuss any Covid safety concerns.	Hebden Bridge Town Hall, St. George's Street, Hebden Bridge HX7 7BY	Booking is essential Please contact Christine to book on: christine@healthymindscalderdale.co.uk
2.00pm – 3.00pm	**Singing for Soul** We aim to be a safe, welcoming space, encouraging everyone who turns up, whatever their ability, and helping each other explore our spirituality through singing together. We also aim to have fun and enjoy the many benefits of singing.	Roomfield Baptist Church, Halifax Road, Ol14 5 Todmorden	No need to book, just turn up!
6.00pm – 7.30pm	**Menopause Support Group** Menopause driving you to distraction? Want to hear how others are coping? Our safe and supportive group offers a space to chat to others and share information for coping with menopause.	Online – via Zoom	Please contact Christine to book on: christine@healthymindscalderdale.co.uk

Friday 10th June 2022

Time	Activity	Venue	Booking Information
1.00pm – 3.00pm	**Small Group Crown Green Bowls Tutoring** A small group session learning how to play bowls in the beautiful greenery of this unique location.	Todmorden Bowling Greens, OL14 7DE	No need to book, just turn up and ask for Peter.
1.30pm – 3.30pm	**Knit or Natter Group** Knit or Natter group - we provide wool, needles, and patterns plus refreshments.	Todmorden Health Centre, Lower George Street, Todmorden OL14 5RN	Please contact Carol to book: cnewland@me.com 07715926426

Saturday 11th June 2022

Time	Activity	Venue	Booking Information
9:30am – 10.30am	**Yoga Outside!** A free taster yoga class that is inclusive and adaptable to all, everyone is welcome, regardless of experience. Plus social and coffee afterwards.	8 The Hollins, OL14 8BJ	Booking is essential Please contact Charlotte to book: 07982 198469. lottiederry@icloud.com
9.30am – 11.30am	**Seeking Guidance** Tarot is a divination tool dating back to ancient times. It is a way to gain insight into questions you may have about your life and what is ahead. It is a snapshot of your life at that time and as we all have free will we can change outcomes.	The Wellness Space, Top Floor @The Old Coop, 29 Rochdale Road, OL14 7LA	Booking is essential Please contact Marie to book on: 07727 119 629 info@thewellnessspace.co.uk
10.00am – 12.00pm	**Todmorden Food Drop In** If you are struggling to feed yourself or your family, you are welcome at the Tod Food Drop In. The Food Drop In is a completely independent food bank and they are not linked to any official agencies. They provide food for people who cannot afford to buy it- whatever the reason. You can donate to Tod Food Drop In at: http://www.localgiving.com/todfooddropin	Todmorden College (Side Entrance next to Aldi), Burnley Road, Todmorden OL14 7BX	No need to book, if you live in the area and need support with food please turn up.

Sunday 12th June 2022

Time	Activity	Venue	Booking Information
10.00am – 12.00pm	**Todmorden in Bloom Community Sessions – Patmos Gardening Sunday** A gentle community gardening session to help keep Todmorden beautiful.	Patmos Gardens (Burnley Road opposite Todmorden College)	No need to book, just turn up.
10.00am – 11.15am	**Relaxing Family Fun Time** Family yoga session suitable for children aged 3 – 7 years with a parent or carer supporting. These session has limited availability for 4 adults with 4 children so please make sure you book in advance.	The Wellness Space, Top Floor @The Old Coop, 29 Rochdale Road, OL14 7LA	Please contact Hannah at Bee Free Kids Yoga to book: beefreekidsyoga@yahoo.com
12.30pm – 1.15pm	**Therapeutic Movement** Pilates works on flexibility, core strength, balance connecting the body and mind as one, the list is endless. Pilates is for all, it holds no barriers, of age or ability	The Wellness Space, Top Floor @The Old Coop, 29 Rochdale Road, OL14 7LA	Booking is essential Please contact Annabelle to book: info@thewellnessspace.co.uk 07855 863 079

Sunday 12th June 2022

Time	Activity	Venue	Booking Information
1.00pm – 3.00pm	**Bowls academy session, social bowling and all four greens** Small group sessions playing bowls in the beautiful greenery of this unique location	Todmorden Bowling Greens, OL14 7DE	No need to book, just turn up and ask for Peter.
1.30pm – 3.30pm	**Women's Golf Taster Day** Golf taster session – Women only session, come along and try something new!	Todmorden Golf Club, Rive Rocks, Cross Stone, Todmorden OL14 8RD	Please contact Julia to book: 07949 845 620 womentodgolfclub@gmail.com
2:00pm – 4:00pm	**Open Mic for Wellbeing** Join the Healthy Minds community for a special Open Mic for Wellbeing to celebrate the final day of our Wellbeing Trail! Come along for an afternoon of live music, song and spoken word exploring our collective experience of mental health and wellbeing. Are you interested in sharing your creativity at our Open Mic? We'd love to hear from you! To be involved please get in touch with Samantha: samantha@healthymindscalderdale.co.uk or 07845 014 928. Hot drinks and refreshments provided. If you have any accessibility requirements please get in touch with samantha@healthymindscalderdale.co.uk to discuss.	The Old Delivery Office, Rise Lane, Todmorden, OL14 7AA	No need to book, just turn up

Notes

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