

# Our story so far...

**2007**

In 2007, a group of people in Calderdale with lived experience of mental health issues saw and felt the 'gaps' in services where people's needs were not being met.

The group got together and had a lot of discussions to explore what people needed. There was plenty of disagreement, but also some clear shared needs: more opportunities for creativity, peer-support, and to be "more than just patients"...

**2009 - 2010**

The group founded Healthy Minds in 2007, and became a formal company in 2009. They were the first ever members of the charity. In 2010, we were starting to deliver mental health projects out in communities across Calderdale.

Being 'user-led' has always been a core part of our approach. Through activities such as The Healthy Minds Forum, the organisation continually learned about what people needed and how we could support these needs, relying on small grant funding and gradually building a group of committed volunteers and staff.

**2010 - 2016**

The organisation grew, becoming a reputable local mental health service provider, and starting to gain larger contracts from the NHS trust as well as grant funding.

**2016 - 2019**

Healthy Minds continued to develop and deliver projects such as Roshani, Time Out, Recovery & Support, and Welfare Rights, as well as launching Safespace: the first open access crisis-alternative service in Calderdale for people in emotional distress.

**2020**

In the wake of so much organisational growth and change throughout the 2010s, we realised there was a strong need to 'return to our roots' as an organisation, by re-igniting the Healthy Minds Forum and our membership structure.

**2023**

As we recovered from the pandemic, we re-launched The Healthy Minds Forum in 2023, once again creating a space for discussion about what people need, and what we can do about it together.

**2023 - 2025**

Through consulting our staff, volunteers and service users in we developed a new sense of what 'membership' means at Healthy Minds, driven by the principles of the Forum and our volunteer-led projects, people expressed their sense of 'shared ownership' of Healthy Minds.

April 2025  
Membership re-launch!

Healthy Minds  
Membership

