

Recovery & Support

healthy
minds

Calderdale Wellbeing

A variety of free groups and activities across Calderdale to help you feel well. Whether you need emotional support, information, resources or relaxing activities, we can help you find the right fit for your needs. Get in touch with your local Recovery & Support Worker to enquire about any of our groups or activities:

Halifax area: nicola@healthymindscalderdale.co.uk Upper Calder Valley: deborah@healthymindscalderdale.co.uk

Support Groups/Drop-ins

Elland Anxiety & Depression Peer-Support Group (in person)
Every 2nd and 4th Tuesday of the month, 12.30 - 2.30pm

Ovenden Anxiety & Depression Peer-support Group (in person)
Every 2nd & 4th Monday of the month, 1 - 3pm

Upper Valley Anxiety & Depression Peer-Support Group (in person)
Every 1st & 3rd Tuesday, 6 - 8pm | Todfellows Space, Todmorden

Todmorden Social Drop-in Service
Wednesdays, 1-3pm | The Kindness Hub, Todmorden

Hebden Bridge Wellbeing Group | Hebden Bridge Town Hall
Every 2nd and 4th Thursday of the month, 2pm - 4pm

Hebden Bridge Social Drop-in Service | Hope Baptist Church
1st Thursday each month, 10am to 12pm

Hoarding Peer-Support Group (via Zoom)
Every last Thursday of month, 6pm - 7.30pm

LGBTQIA+ Women's Wellbeing Group
Via Zoom: 2nd Thursday of the month, 6 - 7.30pm
At Hebden Town Hall: 4th Friday of the month, 1 - 3pm

Upper Valley Evening Peer-Support Group (via Zoom)
Every 1st and 3rd Thursday of the month, 6pm - 7.30pm

Wednesday Upper Valley Peer-Support Group (via Zoom)
Every 2nd and 4th Wednesday of the month, 10.30am - 12pm

Coming out of Lockdown (Cool) Support Group (via Zoom)
Every 1st and 3rd Friday of the month, 1pm - 3pm

Mindfulness for Health (via Zoom) every Friday 1 - 3pm
Mindfulness activities for anyone with chronic pain and/or a long-term health condition.



Regular Activity Groups

Halifax/Sowerby Bridge Allotment Group
Thursdays, 12.30 - 2.30pm | Pye Nest Allotment, Sowerby Bridge

Upper Calder Valley Allotment Group
Tuesdays, 12 - 2pm | Todmorden Allotment

Outdoors-in Group (via Zoom)
Can't get out to our allotments? Connect with nature from home!
Every 2nd & 4th Thursday each month, 3 - 4pm

Walks for Wellbeing
A variety of walks across Calderdale, to connect with others and relax the mind. Contact us for info.

Arts and Crafts for Wellbeing (via Zoom)
Evenings of crafting on zoom! Some materials can be posted out to you.
1st & 3rd Monday of the month, 6 - 7.30pm

Mindfulness and Meditation (via zoom video call)
Learn mindfulness & meditation techniques for mental health & wellbeing.
Every Tuesday 1 - 2pm



Workshops & Learning

Connecting Online - Relaxed drop-in to get help getting online.
Thurs 11 Nov, 11am - 1pm | Todmorden Learning Centre

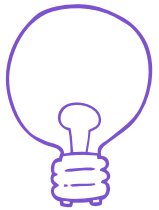
Parent Wellbeing Workshop - Parenting support in a safe space.
Fri 12 Nov, 11am - 1pm | Cornholme
Fri 26 Nov, 12 - 2pm | Mytholmroyd Community Centre

Art for Wellbeing - Creating art inspired by the outdoors
Friday 19 November, 1 - 3pm | Pye Nest Allotment, Sowerby Bridge

Music for Mood Workshop
Explore music as a wellbeing tool to manage our mood.
Thurs 18 Nov, 1 - 3pm | Hebden Bridge

Preparing for the Season Workshop
Share ideas and information to make this time of year less of a burden.
Monday 29 November, 11 - 1pm | Southgate Methodist Church, Elland

Light in the Dark Yoga Workshop
Yoga to support us through the winter months.
Thurs 16 Dec, 2.30 - 4.30 | Halifax



Seasonal Gatherings

Autumn Gathering - Pye Nest Allotment
Join us for conversations and cake around the campfire!
Friday 5 November, 12.30 - 2.30pm

Winter Games! - Pye Nest Allotment
Festive fun around the campfire including a team quiz and mince pies!
Wednesday 15 December, 11 - 1pm

Todmorden Festive Social Drop-in
Weds 22 Dec, 1 - 3pm | The Kindness Hub, Todmorden

Open Mic for Mental Health
An inclusive afternoon of live music, song and spoken word.
Date/location TBC



01422 345154 | info@healthymindscalderdale.co.uk
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