

# Recovery & Support



## Regular groups and activities

April - June  
2022

Free groups and activities across Calderdale to help you feel well. **Contact your local R&S Worker below to book or enquire about a group or activity**, or call our main line: 01422 345154

Jim

**Sowerby Bridge Allotment Group** | Pye Nest Allotment  
Every Thursday, 12 - 2pm

**Elland Anxiety & Depression Peer-Support Group**  
Every 2nd & 4th Tuesday each month, 12.30 - 2.30pm

**Rastrick Drop-in** | The Space @ Field Lane, HD6 3JT  
Wednesdays, 12.30 - 2.30pm

Sam

**Hebden Bridge Social Drop-in** | Hope Baptist Church  
Every 1st & 3rd Thursday, 10am to 12pm

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

**Upper Valley Anxiety & Depression Support Group**  
Every 1st & 3rd Monday, 6 - 8pm | Kindness Hub

**Cornholme Drop-in** | Cornholme Old Library, OL14 8NH  
Every 2nd & 4th Monday each month, 10.30am - 12pm

**Forge, Cook & Eat** | Todmorden College  
Every 2nd & 4th Wednesday, 3.30 - 5.00pm

Deborah

**Tod College Drop-in** | Tod Food Drop, Tod College  
4th Saturday of the month, 10am to 12pm

**Todmorden Social Drop-in** | Roomfield Baptist Church  
Every 1st & 3rd Wednesday, 1 - 3pm

**Parent Peer-Support Group** | Todmorden College  
Every 2nd & 4th Wednesday in term time, 1pm - 3pm

Nicola

**Ovenden Anxiety & Depression Peer-Support Group**  
Every 2nd & 4th Monday each month, 1 - 3pm

### Mindfulness and Meditation

A group to learn and practise mindfulness and meditation for improved mental wellbeing.  
Tuesdays 1 - 2pm | (via zoom)

**Self-Management Group** | Orange Box Halifax  
A group for people who experience chronic pain and long term physical health conditions.  
Every 1st & 3rd Tuesday, 12.30 - 2.30pm

Sasha

**Halifax Drop-in at King Street, HX1 1SR**  
1-2-1 support/information (by appointment only)  
Wednesdays, 1 - 3pm

Nic

**Mindfulness for Health** (via Zoom) Fridays 1 - 3pm  
For anyone with chronic pain or a long-term physical health condition.

Christine

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

**Hebden Bridge Wellbeing Group** | Hebden Town Hall  
Every 2nd and 4th Thursday of the month, 1pm - 3pm

**Evening Zoom Support Group** (via Zoom)  
Every 1st & 3rd Thursday each month, 6 - 7.30pm

**Coming out of Lockdown Support Group** (via Zoom)  
Every 1st and 3rd Friday each month, 1pm - 2.30pm

**Menopause Support Group** (via Zoom)  
Every 2nd Thursday each month, 6 - 7.30pm

Liz

**Walks For Wellbeing** (locations across Calderdale)  
Contact our Volunteer Walks Coordinator Liz for our latest Walks For Wellbeing programme and to book.

**Nicola** [nicola@healthymindscalderdale.co.uk](mailto:nicola@healthymindscalderdale.co.uk)

**Sasha** [sasha@healthymindscalderdale.co.uk](mailto:sasha@healthymindscalderdale.co.uk)

**Nic** [nic@healthymindscalderdale.co.uk](mailto:nic@healthymindscalderdale.co.uk)

**Christine** [christine@healthymindscalderdale.co.uk](mailto:christine@healthymindscalderdale.co.uk)

**Liz** **Walks for Wellbeing Volunteer Coordinator:**  
[liz@healthymindscalderdale.co.uk](mailto:liz@healthymindscalderdale.co.uk)  
07541 690145

Contact a worker below to enquire about an activity, or call our main line on 01422 345154

**Jim** [jim@healthymindscalderdale.co.uk](mailto:jim@healthymindscalderdale.co.uk)  
07541 690 131

**Sam** [samantha@healthymindscalderdale.co.uk](mailto:samantha@healthymindscalderdale.co.uk)  
07845 014 928

**Deborah** [deborah@healthymindscalderdale.co.uk](mailto:deborah@healthymindscalderdale.co.uk)  
07388 990 232

# Recovery & Support



## Workshops & Events

April - June  
2022

Contact your local R&S Worker below to book or enquire about an activity, or call our main line: **01422 345154**

**Christine**

[christine@healthymindscalderdale.co.uk](mailto:christine@healthymindscalderdale.co.uk)

**Hoarding Workshop** | Hebden Bridge Town Hall | *1pm - 3pm Thurs 21 April*

Are you struggling with too many belongings? Does hoarding affect your life? Would you like to meet others in the same situation? This peer support workshop is a non-judgemental, safe and confidential space which aims to deepen your understanding of hoarding and share what helps.

**Nicola**

[nicola@healthymindscalderdale.co.uk](mailto:nicola@healthymindscalderdale.co.uk)

**Anger Management 3-week course** | The Industrial Museum, Halifax | *12.30 - 2.30pm Weds 11th, 18th & 25th May*

Is your anger effecting your emotional health and relationships with others? In this course we will look how we can understand our anger better, take control of strong emotions and develop healthier ways to express our needs.

**Deborah**

[deborah@healthymindscalderdale.co.uk](mailto:deborah@healthymindscalderdale.co.uk) | **07388 990 232**

**You, Yourself & Yoga 6 Week Course** | Todfellows Space | *From 25 April, Mondays 2.30 - 3.30pm (not bank holidays)*

A very gentle introduction to yoga for new or apprehensive participants in a small group setting.

**Singing For Fun!** | Todmorden Allotment | *5pm - 7pm, Thursday 30 June*

We know the healing powers of singing especially in a group. Join us for a fun way to connect with others in a beautiful forest setting. Hot soup to keep us warm. No singing skills or ability needed!

**Jim**

[jim@healthymindscalderdale.co.uk](mailto:jim@healthymindscalderdale.co.uk) | **07541 690 131**

**Developing Resilience Workshop** | Southgate Methodist Church, Elland | *1.30 - 4.30pm Tues 17 May & Tues 31 May*

Come join this workshop for an emotional spring clean! We will be developing our personal wellbeing 'Survival Kit', putting together tools, handy hints and coping strategies

**Sam**

[samantha@healthymindscalderdale.co.uk](mailto:samantha@healthymindscalderdale.co.uk) | **07845 014 928**

**Sleep Better, Live Better Workshop** | Hebden Bridge Town Hall | *4pm - 6.30pm, Monday 23 May*

Sleep can be a huge struggle for many of us, especially if we are experiencing anxiety or intrusive thoughts. In this workshop we will explore the causes of sleep issues, how to achieve good sleep practice and strategies to help ease sleep anxiety.

**Connecting Online Digital Skills Session** | Todmorden College | *11am - 1pm, Thursday 28 April*

Get help getting online and using your devices at this digital skills session.

**Healing Haikus** | Todfellows Space | *2pm - 4pm, Friday 13th May*

A workshop exploring our mental health journey where group members have the opportunity to tell their story through the ancient art of Haiku poetry.

# Recovery & Support Service



## Walks For Wellbeing

Join us for a walk and a brew! Our walks are opportunities to get out, do some gentle exercise and chat to others in a relaxed environment. Walks are approx 2hrs. Find dates and meeting points below, booking essential.

Walking has a huge range of benefits for our physical and mental health!

We have local walks all across Calderdale so why not take a short bus or train journey and explore somewhere new...?

"Walking is a reason to get out and meet people. It gives you confidence, it did for me!"  
- Chris, volunteer



### Central Halifax

Every 2nd Monday

**Heritage Walk** | Monday 9 May, 10.30am  
Southgate entrance, The Piece Hall, Halifax HX1 1RE

**Shibden Park** | Monday 13 June, 10.30am  
Meet outside Mereside Centre, Halifax HX3 6XG

### Lower Valley

Every 1st Wednesday

**Brighouse Boundary Walk** | Weds 4 May, 10.30am  
Wellholme Park entrance, Bradford Rd, HD6 4AA

**Wellholme Park** | Wednesday 1 June, 10.30am  
Wellholme Park, Bradford Road, Brighouse HD6 4AA

### Ryburn Valley

Every 3rd Thursday

**Sowerby Bridge** | Thursday 19 May, 10.30am  
Tuel Lane Lock, HX6 2LA (car park behind B&M)

**Sowerby Bridge** | Thursday 16 June, 10.30am  
Tuel Lane Lock, HX6 2LA (car park behind B&M)

### Mid Valley

Every 4th Monday

**Hebden Bridge** | Monday 25 April, 10.30am  
Hebden Bridge Picture House, HX7 8AD

**Cragg Vale** | Monday 23 May, 10.30am  
St.Michael's Parish Church Car Park, HX7 5DS

**Brearley** | Tuesday 28 June, 10.30am  
St.Michael's Parish Church Car Park, HX7 5DS  
(please note this walk in June has been rearranged for a Tuesday)

### Upper Valley

Every 3rd Wednesday

**Centre Vale Park** | Wednesday 18 May, 10.30am  
The Golden Lion, Fielden Square, OL14 6LZ

**Walsden** | Wednesday 15 June, 10.30am  
The Golden Lion, Fielden Square, OL14 6LZ

To book onto walks please contact our Volunteer Walk Coordinator Liz with your name and mobile number:

[liz@healthymindscalderdale.co.uk](mailto:liz@healthymindscalderdale.co.uk)  
07541 690145