

Recovery & Support



Regular groups and activities

July
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

Sam

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

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

Summer Gardening Group
Fridays, 10 - 12pm | 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 4th Monday each month, 10.30am - 12pm

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 Wednesday, 1 - 3pm

Liz

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

Nicola

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.

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

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

Women and ADHD Group | Todfellows Space
Every 3rd Thursday, 12pm - 2.30pm

Nicola

nicola@healthymindscalderdale.co.uk

Sasha

sasha@healthymindscalderdale.co.uk

Nic

nic@healthymindscalderdale.co.uk

Christine

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Liz

Walks for Wellbeing Volunteer Coordinator:
liz@healthymindscalderdale.co.uk
07541 690145

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

Jim

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Sam

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