



Calderdale Cares 4 Us

Looking after our Public & Voluntary Sector workers



The Calderdale Cares 4 Us project has been providing free services/activities to public sector workers, voluntary sector workers, carers and volunteers living or working in Calderdale for over a year.

Organisations and individuals wishing to provide services under the project must go through an application/accreditation process. Our accredited providers and the services/activities they provide for the project are given below.

Name	Description	Contact details
Absolute Specialists Wellbeing	We are a social enterprise based in West Yorkshire offering emotional wellbeing support. We work with individuals and groups using the Focused Mindfulness Method™. Our person-centred approach allows our qualified Practitioners to uncover the root of problems quickly and effectively. We then provide tools and techniques to heal emotional wounds and allow people to move forwards with improved self-belief, resilience and clarity.	Email: contact@aswellbeing.co.uk Phone: 07984115927 Website: https://aswellbeing.co.uk/
Adele's yoga	Yoga for Wellbeing Holistic practices that bring balance and harmony to mind and body together. Hatha and Yin are particularly good for managing stress and anxiety.	Email: adele@adelesyoga.com Phone: 07794 866160 Website: www.adelesyoga.com

Name	Description	Contact details
AMB Hypnosis and therapy	Hypnotherapy to help people overcome personal traumas, anxiety, depression, phobias, stress, stop-smoking, weight-loss and many other things.	Email: hello@ambhypnosis.uk Phone: 07989 589769 Website: www.ambhypnosis.uk
Apotholistic	<p>I am a professional Complementary Therapist: a passionate healer with an alternative approach and dedicated to helping my clients move through a wide range of physical, emotional and spiritual transitions in the most efficient and transformative way possible.</p> <p>My treatments are specifically tailored to the needs of each client to make sure they receive the approach that works best for them. Including: Massage (Swedish, hot stone, sports and advanced), Aromatherapy (massage or tailored products) and Reflexology.</p>	Phone: 07478 515273 Website: https://apotholistic.wixsite.com/apotholistic
Artworks, The Everybody School of Art	<p>Artworks, the Everybody School of Art, champions the value of art and creativity in everyday life. We run a wide range of artist led learning, training and engagement programmes on-site, online and in the community.</p> <p>Through all our work we promote and encourage the value of artistic practice and creative production.</p>	Email: info@theartworks.org.uk Phone: 01422 346900 Website: www.theartworks.org.uk

Name	Description	Contact details
Carla Daly	Yoga classes designed to help build mind\body connection, increase awareness in the present moment and to regulate the nervous system.	Email: carlaedaly@icloud.com Phone: 07515369072 Website: https://www.calderdaleyoga.co.uk/teachers/carla-daly
Carrie McKenzie	I offer art workshops for all skill levels, including complete beginners. I will demonstrate and guide you through the creation of a complete painting from start to finish.	Email: carriemckenzie@hotmail.co.uk Phone: 07854677767 Website: www.carriemckenzieart.co.uk
Charlotte Redfearn Redfearn Therapies	'At Redfearn Therapies & Development we offer a range of different wellbeing therapies, all geared towards helping you shine. From powering you to move forwards from 'stuckness', releasing trapped emotional blockages and freeing you from unhelpful programming that is holding you back from living. Sessions offered: Hypnotherapy, Emotional Freedom Technique (tapping), Reiki, Parashiel Balm Healing, Access Bars Healing, Access Conscious Energetic Facelift, Personal or Professional Development, Peer Support and Supervision.'	Email: crhypnotherapy@outlook.com Phone: 07966 230965 Website: https://www.facebook.com/redfearntherapiesanddevelopment/
Christina McArthur	I provide gentle to moderate yoga classes for beginners, and people who wish to restart their practice. The classes are appropriate for those with minor health issues such as bad backs, weight management problems, mobility issues stress and anxiety and those who wish to improve their general health and wellbeing.	Email: Chrisyoga60@gmail.com Phone: 07503035588 Website: https://www.calderdaleyoga.co.uk/teachers/christina-mcarthur

Name	Description	Contact details
Clare Donegan	To reconnect people to Nature, in order to re-establish balance, health and wellbeing in their personal and professional lives. To also inspire care for our planet -valuing our national heritage	Email: hello@claredonegan.com Phone: 07949 052 782 Website: http://www.claredonegan.com/
Curious Motion	Curious Motion exists to promote wellbeing and address inequalities through accessible dance and creative experiences that focus on health, happiness, and belonging.	Email: hello@curiousmotion.org.uk Website: https://www.curiousmotion.org.uk/
Equinox Deep Healing	Holistic health and wellbeing.	Phone: 07827 922083 Website: https://www.facebook.com/Equinox-Deep-Healing-103954008452404/
Hypnotherapy from within	To help and empower you to change your life for the better!	Email: joanne@hypnotherapyfromwithin.co.uk Phone: 07726 123 918 Website: https://www.hypnotherapyfromwithin.co.uk/

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Laura Dolan Counselling	I am an empathic, non-judgemental counsellor using integrative techniques to help you through your issues in order to lead a happier, more fulfilling life. I am predominately person-centred in the way that I let you lead the session whilst using techniques as needed to help you move forward in your life. I believe that every person and issue should be treated on an individual basis, and so will I use the therapy techniques that suit you.	Email: lauradolancounselling@outlook.com Phone: 07810776681 Website: https://www.luradolancounselling.com/
Lee's Not So Wild Yoga	To teach yoga, specifically Restorative yoga to promote and enhance individual well-being for all.	Email: leewild7@gmail.com Phone: 07900 154 656 Website: https://www.calderdaleyoga.co.uk/teachers/lee-wild
Live Wild	At Live Wild our intention is to foster and facilitate connection: connection to ourselves, connection to others, connection to the natural world. These values guide and inform all our work.	Email: info@livewild.org.uk Website: https://www.livewild.org.uk/
Louise Brown at the Soul Collective	For care and support with trauma and anxiety related conditions. Promotion of well-being, triggering the relaxation response and inducing calm.	Email: INFO@YOURSOULECTIVE.CO.UK Phone: 07796524719 Website: https://www.yoursoulcollective.co.uk/

Name	Description	Contact details
Northern Alchemy Therapies	Complementary & holistic crystal sound therapy (121) and small group sound baths with yoga nidra (max 4 people at 2m apart). The benefits include deep relaxation, stress reduction, physical tension release and improved sleep. If you cannot make the time slot provided (applies to 121 only), please feel free to book it and get in touch. We will find an alternative time to suit you around your work schedule.	Email: natalieseager@icloud.com Phone: 07929889062 Website: https://www.northernalchemytherapies.co.uk/
Olwen Edwards Alexander Technique Teacher since 2002. Alexander Technique Teacher FHT Registered Member	Here are the practical benefits over 60 frontline workers stated they gained, allowing them to manage their daily lives better. This took just 5 or 6 x 1 to 1, in person, 'hands-on', sessions with me: Increased wellbeing and mental health, reduced/ an end to back, neck, shoulder, knee pain, increased, easier movement and mobility, improved posture, stronger backs, less anxiety, stress, able to cope better, improved self esteem, mood, happier, an end to road rage, calmer, better sleep and confidence, an understanding of how to come back to balance physically, mentally, emotionally, much better able to support themselves and become a better runner.	Email: olwen.edwards@onesmallkey.com Phone: 07759 804169 Website: www.EndBackPain.Today
CC4Us provider, September 2021 to May 2022	They'll tell you in their participant feedback in short video, audio, written posts on my Linked In profile between November and May 2022. https://uk.linkedin.com/in/olwenedwards . Read what the NHS Choices website says about The Alexander Technique including what it is. https://www.nhs.uk/conditions/alexander-technique The summary of the NHS Clinical trial results on using the	

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	<p>Alexander Technique for low back pain are published in the British Medical Journal. https://www.bmj.com/content/337/bmj.a884.</p> <p>The Trial's Conclusion? "One to one lessons in the Alexander technique from registered teachers have long term benefits for patients with chronic back pain.'</p> <p>My appointments include evenings and weekends. Clients remain fully clothed in these gentle practical sessions</p>	
Pleiades Life Coaching	Tailored one to one holistic life coaching including spiritual life coaching.	Email: perveen@outlook.com Phone: 07776107362 Website: https://www.associationforcoaching.com/member/Pleiades
Plus Health Company	High quality musculoskeletal physiotherapy assessment and treatment sessions, delivered by experienced clinicians which would help clients overcome/manage pain and discomforts and help them get back to the activities they love.	Email: hello@plushealthcompany.co.uk Phone: 07824380358 / 01422 345088 Website: https://plushealthcompany.co.uk/
Putting the well back into being	To educate and empower clients to understand stress and regain control of their anxiety.	Email: puttingthewellbackintobeing@gmail.com

Name	Description	Contact details
Rachel Connor	To facilitate creative workshops in a range of sectors, including community education, promoting wellbeing and confidence in communication skills – and to deliver consultancy, coaching and mentoring to writers and other creatives.	Email: rachel@rachelconnorwriter.com Website: www.rachelconnorwriter.com
Sarah Fanthorpe	Freelance provider of Health and Wellbeing packages including coaching, mentoring, massage therapies, cancer touch therapy, holistic therapies and postural assessments.	Phone: 07584709310
Sarah Moore	Offering caring, solution-focussed support for anyone experiencing challenges in their lives, using a range of therapies including Hypnotherapy, Bach Flower Remedies, and calming Reiki.	Email: sarah@sarahmoorewellbeing.co.uk Phone: 07871852760 Website: https://www.sarahmoorewellbeing.co.uk/
Serenity Wellbeing	I work with plants and people to improve an individual's physical and psychological health. Using gardening tasks and the garden itself, we build a set of activities for each gardener to improve their health needs and to work on certain goals they want to achieve.	Email: louiseiredale@serenitywellbeinggardens.com Phone: 07939176313 Website: https://serenitywellbeinggardens.co.uk/

Name	Description	Contact details
Shiatsu Lou	I practice Shiatsu, a holistic bodywork therapy from Japan.	Email: lme.carey@googlemail.com Phone: 07845433996 Website: www.shiatsulou.com
Louisa Carey – Shiatsu Practitioner Treatments in Ripponden	<p>Shiatsu can help you to:</p> <ul style="list-style-type: none"> • relax and de-stress • relieve pain and tension • increase energy and vitality • sleep better • improve your mood <p>It uses a mix of pressure, stretches and movements to help rebalance your body. Each session is tailored for your individual needs. The Shiatsu treatment is given through your clothes on a comfortable mat on the floor. My usual fee for a treatment is £45. However, for CC4Us-eligible clients I am offering a discounted price of £30 a treatment for up to 6 treatments! Contact me to book. You do not need to have already been for a CC4Us Shiatsu treatment with me to qualify for this offer. Just quote 'CC4Us' when you contact me.</p>	
The Hypnotherapy Hut	To enable clients to overcome anxiety or stress related symptoms using Solution Focused Hypnotherapy to create the change they seek.	Phone: 07486397572 Website: https://thehypnotherapyhut.com/
The Wellness Hub Hx	Offering a wide range of wellness therapies tailored to the individual including Swedish massage, prenatal massage and Indian head massage.	Email: razwanasuleman@yahoo.co.uk Phone: 07989323149

Name	Description	Contact details
The West Riding Stonecarving Association	To keep the art of carving stone by hand alive and to bring it to the general public.	Email: stonecarvingassociation@hotmail.co.uk Phone: 07519931784 Website: https://stonecarvingassociation.org/
Work Formations (Qudsia Naeem)	Offering a range of massage therapy and Hijama cupping.	Email: qudsia_naeem@icloud.com Phone: 07764357081