

Recovery & Support

healthy
minds

Calderdale Wellbeing

Jan - March 2022 edition! Free groups and activities across Calderdale to help you feel well. Activities are subject to changes to Covid restrictions. Contact your local R&S Worker to book or enquire about an activity:

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 & 4th Tuesday each month, 12.30 - 2.30pm

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

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

Hebden Bridge Wellbeing Group | Hebden Bridge 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

Daytime Zoom Support Group (via Zoom)
Every 2nd & 4th Wednesday each month, 10.30am - 12pm

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

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

Todmorden Social Drop-in | Roomfield Baptist Church, OL14 5BE
Every 1st & 3rd Wednesday, 1 - 3pm

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

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

Parent Peer-Support Group | The Honest John, Todmorden
Every 2nd Wednesday each month, 1pm - 3pm

Chronic Pain Peer-Support Group | Orange Box Halifax
Every 3rd Tuesday each month from February, 12.30 - 2.30pm

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

Self-management Group | Orange Box Halifax
Every 1st Tuesday each month from February, 12.30 - 2.30pm

Cornholme Drop-in | Cornholme Old Library, OL14 8NH
Every 2nd & 4th Monday each month, 10am - 12pm

Halifax Drop-in at King Street (by appointment only)
Day/time TBC, please enquire or check website for updates.

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



Regular Activity Groups

Walks for Wellbeing | See our website for info & dates

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

Sowerby Bridge Allotment Group
Every 1st & 3rd Thursday, 12.30 - 2.30pm | Pye Nest Allotment

Mindfulness and Meditation
Tuesdays 1 - 2pm | (via zoom)

Arts and Crafts for Wellbeing (via Zoom)
1st & 3rd Monday of the month, 6 - 7.30pm

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



One-Offs & Workshops

Arts for Wellbeing: Tree of Life
11th Jan, 12.30pm & 18th Jan, 1.15pm | The Orange Box, Halifax

Building Emotional Strength Workshop
27th Jan, 12.30 - 2.30pm | Southgate Methodist Church, Elland

An Introduction to Anger Management
18th March, 12.30 - 2.30pm | Halifax Industrial Museum

Sleep Better, Live Better Workshop
Thurs 24th Feb, 5 - 7pm | Todfellows Space, OL14 5PU

Community Get-Togethers! See website or enquire for info/dates
Ovenden (Forrest Cottage) & Brighouse (TBC)

Online Digital Skills Workshop (via Zoom)
27th Jan, 12 - 2pm | Contact us if you need support to use Zoom!

Headspace 3 Week Course (via Zoom)
Wednesday 2nd, 9th & 16th Feb, 6 - 7.30pm

Mind Mapping for Wellbeing Workshop
10th Feb, 12.30 - 2.30pm | (via Zoom)

Open Mic for Mental Health
Sat 29th Jan, 2 - 5pm | Fielden Centre, Todmorden, OL14 7DD

Lantern Making - Lamplighter Festival
18th, 25th Jan & 1st Feb, 12 - 2pm | Tod College, OL14 7BX

You, Yourself and Yoga | Maurice Jagger Centre, Halifax
Various dates, enquire to be added to waiting list.

BIG DIG! | Todmorden Allotment
Tuesday 22nd March, 12 - 2pm

Spring Clean | Pye Nest Allotment, Sowerby Bridge
Thursday 24th March, 12.30 - 2.30pm



Walks For Wellbeing

Join us for a walk and a brew! Walking has a huge range of benefits for our physical and mental health. 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.

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

Shibden Park | Monday 10 January, 10.30am
Mereside Centre, Shibden Park, Halifax, HX3 6XG

Savile Park | Monday 14 February, 10.30am
New Lodge Fisheries, Savile Park Road, HX3 OEG

The Piece Hall | Monday 14 March, 10.30am
Top/westgate entrance of The Piece Hall, Halifax

Lower Valley

Every 1st
Wednesday

Brighouse | Wednesday 5 January, 10.30am
Bethel St Car Park, Bethel Street, Brighouse HD6 1JX

Elland | Wednesday 2 February, 10.30am
The Wharf, Gas Works Lane, Elland HX5 9HH

Wellholme Park | Wednesday 2 March, 10.30am
Wellholme Park, Bradford Road, Brighouse HD6 4AA

Ryburn Valley

Every 3rd
Thursday

Sowerby Bridge | Thursday 20 January, 10.30am
Tuel Lane Lock, HX6 2LA (car park behind B&M)

Sowerby Bridge | Thursday 17 February, 10.30am
Tuel Lane Lock, HX6 2LA (car park behind B&M)

Sowerby Bridge | Thursday 17 March, 10.30am
Tuel Lane Lock, HX6 2LA (car park behind B&M)

Mid Valley

Every 4th
Monday

Hebden Bridge | Monday 24 January, 10.30am
Hebden Bridge Picture House, HX7 8AD

Warley | Monday 28 February, 10.30am
BP Fuel Station, Burnley Rd, Sowerby Bridge HX6 2TL

Jerusalem Farm | Monday 28 March, 10.30am
Station Road Car Park, Luddenden Foot, HX2 6AD

AdHoc Hike! (approx 4hrs & more strenuous)
Hardcastle Craggs | Wednesday 12 January, 10.30am
Hebden Bridge Picture House, HX7 8AD

Upper Valley

Every 3rd
Wednesday

Todmorden | Wednesday 19 January, 10.30am
The Golden Lion, Fielden Square, OL14 6LZ

Todmorden | Wednesday 16 February, 10.30am
The Golden Lion, Fielden Square, OL14 6LZ

Todmorden | Wednesday 16 March, 10.30am
The Golden Lion, Fielden Square, OL14 6LZ

To book onto walks please contact Liz
with your name and mobile number:
liz@healthymindscalderdale.co.uk
07541 690145



Sign up to our
mailing list!

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