



Mental Health and Well-being Activities Programme 2020



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BACKGROUND

York Mind successfully won the tender to deliver Mental Health and Well-being Activities within the City of York in 2017.

The activities programme is funded for three years by City of York Council.

York Mind in partnership with **Converge, Kyra, Refugee Action York (RAY), Move the Masses, Sunshine Changing Lanes, York Carers Centre, York LGBT Forum** and the **WEA**, will deliver a range of activities in Year 3 of the programme from July 2019-June 2020.

The model of delivery is based on the ethos that mental health and well-being is supported and maintained by a combination of activities. These activities will fall under three pathways: Learning and Development, Well-being, and Social, with the underpinning principles of Connect, Grow and Hope.

The ethos and values of Connect, Grow and Hope aims to support individual's well-being and recovery journey by

creating opportunities for social interaction, emotional support and facilitate opportunities to build wider, and more sustainable networks of support, with both peers and local services.

York Mind will provide a **single point of access (SPA)** and one key contact point for the activities programme.

Participants can enrol on the programme and devise and select their own pathway of support from a menu of activities, from each of the three pathways.

A combination of activities will be delivered by York Mind and partners throughout the week including weekends and evenings, across 50 weeks of the year. Activities and groups will be delivered with staggered start dates, to help reduce waiting times and enable access to timely support.

Activities vary in length and frequency from one-off sessions to a 9 -week group

and span more formal interventions such as courses, vocational learning and informal support, including drop-in events. Some activities are linked to existing local community events, with the intention that annual events can support individuals continued participation into community events, beyond the lifetime of the programme.

Activities will use a variety of local venues and locations across the city, including community centres, universities and parks.



ENROLMENT GUIDELINES

The activities programme is open access for people resident in the City of York, aged 18 and over, who have a mental health and well-being need, or are an unpaid carer where the activities attended support their well-being.

To attend any of the activities or courses on offer, an enrolment form needs to be completed **first**. Once the enrolment form has been received, York Mind will contact the person named on the form to confirm if they have a place on their chosen activity.

***We allocate places 3 weeks before the activity start date.**

Please **do not** attend or advise anyone to attend any activities before they have confirmation of a place, as many of the courses and groups have a limit on participants.

Whilst participants may select more than one activity, they need to indicate which is their priority and **first** choice. This will help us manage demand if any activities are oversubscribed.



If you have any questions, please contact us:

@ activities@yorkmind.org.uk or

📞 01904 643364 and select option 5.

YORK MIND

York Mind is an independent provider of high quality mental health services in York and its surrounding area.

We offer a wide range of services including Advocacy, Counselling, Action towards Inclusion and Young People's services. We deliver a variety of training opportunities and have an active presence in the local community through fundraising activities and events.

York Mind support individuals recovering from mental ill-health to achieve their goals and promote social inclusion, by raising awareness of mental ill-health and tackling the stigma surrounding mental health conditions.

York Mind aims to be an inclusive and accessible organisation, emphasising the importance of acceptance and tolerance of the beliefs, opinions and wishes of individuals accessing their services.

York Mind also provide the following services outside the activities programme. Please contact us direct for more information.

Advocacy - York Advocacy Hub can support you to have a strong voice when you need to make an important decision, or are facing issues you need help with.

Counselling - York Mind runs four counselling services: Daytime, Evening, Young People and Carers.

Action Towards Inclusion - This project aims to support people who are unemployed and experiencing difficulties relating to health, social exclusion, poverty and employability skills.

Young People's Service - This service offers Mentoring and Peer Support to young people aged 13 - 21 who are experiencing difficulties with their emotional wellbeing.

Activities Service and Training - In addition to the Mental Health and Well-being Activities Programme, York Mind runs a further programme of activities internally, and training courses.

Please get in touch on:
 **01904 643364**
 **www.yorkmind.org.uk**



CONVERGE

Converge is a partnership between York St John University and mental health service providers in the York region.

Converge offers high quality educational opportunities to those who use NHS and non-statutory mental health services and who are 18 years and over.

Converge offers many courses within the university setting such as journalism, mixed media arts, creative writing and introduction to theatre.

Converge Discover courses, take place in the city, offering behind the scenes experiences of theatre, cinema and York's libraries and heritage.

The Discovery Hub is a support and signposting service. It is an innovative partnership with Converge based at York St John University and is funded by Tees, Esk and Wear Valleys NHS Foundation Trust. The Discovery Hub supports people to access educational and learning opportunities that enhance their recovery journey, enabling a person to rebuild identity, relationships and independence.



Contact:

 **01904 876902**

 **converge@yorksja.ac.uk**



KYRA WOMEN'S PROJECT

Kyra Women's Project is the only independent charity in York dedicated to women's self-development.

Established in November 2013, Kyra is run on a voluntary basis by women, for women. The Project brings together women who are isolated, emotionally vulnerable, or who are looking for help to improve their well-being.

Kyra has 800+ members who regularly participate in a wide variety of its activities. We support women of all ages and backgrounds to take an active role in their own development through social, creative and training opportunities.

We give women the opportunity to understand the reasons underpinning their thinking and behaviour. Enabling them to identify and explore alternative ways of thinking and being, thus helping them to achieve their full potential, as individuals and as members of the larger community. Our project can support women who have specific needs around recovery

- for example, from domestic abuse, alcohol or substance misuse, or mental health.

Kyra Women's Project also provide the following activities outside the activities programme. Please contact us direct for more information.

Courses at Kyra

- Self-Esteem
- Assertiveness
- Domestic Abuse Support (Freedom Programme)
- Art
- I.T.

Ongoing Activities at Kyra

- Drop-In
- Counselling
- Mindfulness
- Singing
- Yoga
- Reiki
- Reflexology
- Mentoring Support
- Poetry club
- Crafting

Contact:

☎ **01904 632332**

@ **Contact@kyra.org.uk**



MOVE THE MASSES

Move the Masses is a registered charity based in York and was founded in 2018. Our aim is to ensure that there are no barriers for people to engage in physical activity and to show everyone how fun exercise can be!

We run free pop-up workouts to teach people how to exercise in their local open space without the need for any additional equipment. We also have online videos, so you can view workouts for guidance and inspiration.

We know that engaging in physical activity helps to manage stress, low mood, anxiety and depression. It also helps with cardiovascular health, improving muscle tone and prevents the onset of many diseases and health conditions. We love getting people moving and we want you to love moving too!

Our sessions are for all ability levels and have an informal and fun feel. You can do as much, or as little as you like.

Move the Masses provide several free and low cost

sessions outside of the activities programme. Please check our website or contact us directly for more information.

Move Mates -

Move Mates are our volunteer walking buddies. If you're not getting out due to low confidence or social anxiety, our walking buddies can help.

We'll pair you with a Move Mate who will meet you at your door and accompany you where you want to go, i.e, to the local shop, to pick up a prescription or attend an activity. We can walk with anyone to help improve your mental and physical wellbeing.

We can also provide you with minimal commitment volunteering opportunities to help others and to give you a reason to get out walking too.

Contact:

 **07473 933335**

 **hello@movethemasses.org.uk**



move
THE MASSES

REFUGEE ACTION YORK

RAY (Refugee Action York) was founded in 2002 and became a registered charity in 2009.

RAY's aims are:

- To advance education and relieve financial hardship amongst migrants, those seeking asylum and those granted refugee status, particularly by the provision of advice and guidance
- To advance the education of the public in general about the issues relating to refugees and those seeking asylum.

RAY's Services are focused around The Hub - drop-in session on Sunday afternoons.

This provides:

- A social setting with a shared meal
- English conversation classes
- Educational and social activities for children, including Turkish and Arabic language lessons
- Talks for adults from local service providers to encourage integration and take up of health, leisure and other services

- An Information and Support service, offering signposting to other services such as benefits, housing, mental health, debt management etc, with translation available, as well as support to complete forms, write letters and access appointments
- A Wellbeing Café area for those who need some space to chat or relax in a supportive environment

Through the Hub, RAY also offers other services (eg Youth Group, mentoring, hardship fund, Women's Project).

RAY aims to work with other organisations in the city to ensure York is a welcoming and inclusive place, especially for those who come here fleeing persecution. We believe that asylum seekers, refugees and migrants make a positive contribution to our community.

Contact:

 info@refugeeactionyork.com



Refugee Action York

SUNSHINE CHANGING LANES

Sunshine Changing Lanes is a not for profit social enterprise that is based in York. We are offering a 3 tier model for changes in approaches to relationships with self and others.

The “Building Brighter Esteem” model sensitively looks at internal conflicts, our internal attitudes and external behaviours, how we connect with the world around us and learn from our experiences of life, past and present. We share tools in learning skills for assertiveness, ownership of emotions, working through self-awareness and personal development whilst supporting each other’s dignity and safety in a unified manner.

All our participants come voluntarily. We underpin the purpose that our structure and model offers its users the platform and baseline to re-energise, connect, build and maintain healthier relationships, which internally will help to build their self-esteem and soften the inner conflict of self. Our events focus on the personas, the

inner critic and the self-concept of worth and how through these personality drivers we relate with one and other. The courses are open to all gender over 18.

Sunshine Changing Lanes also provide the following activities outside the activities programme. Please contact us direct for more information.

- One to one therapeutic counselling.
- OGD training opportunities for professional capacities.
- Recovery from addiction coaching.
- Independence enabling and life skills support.
- Workshop diversity deliveries.
- Peer group activities.
- Social gatherings.



Contact:

 **07415996330**

 **sunshinechanginglanes@gmail.com**



WEA

WEA (Workers' Educational Association) is a voluntary sector provider of adult education dedicated to bringing high quality learning opportunities into the heart of communities and where they are needed most.

WEA supports adults of all ages and all walks of life, aiming to raise aspirations, improve skills and enhance personal health and wellbeing. For many people WEA courses provide an important second chance to learn.

WEA's programme of Health and Well-being Engagement Activities and Courses will be delivered by a team of experienced tutors who offer a friendly and inclusive approach in a safe environment. The learning will be relaxed and informal with tutors supporting and encouraging groups and individuals to achieve and gain confidence.

Contact:

☎ **0114 242 3609**
💻 **www.wea.org.uk**

WEA Adult Learning
Within Reach

YORK CARERS CENTRE

York Carers Centre are a charity providing support and advice to unpaid carers who live, or care for someone who lives in York.

They offer free support to carers from age 5 upwards.

York Carers Centre offers a range of support including the Carers Emergency Card, benefits and rights advice, one to one support, groups and social events.

York Carers Centre also provide the following activities outside the activities programme. Please contact us direct for more information.



We offer carers;

- One to one support.
- A Carers Emergency Card.
- Regular newsletters.
- Opportunities to meet up in the community with other carers.
- Benefits and rights advice.
- Carers Assessments of Need.
- Plus additional support for young carers (5 to 18).
- Young adult carers (18 to 25).

Contact:

☎ **01904 715490**
@ **enquiries@yorkcarerscentre.co.uk**

York
Carers
Centre

YORK LGBT FORUM

LGBT stands for Lesbian, Gay, Bisexual and Trans. York LGBT Forum use the term LGBT to include all other minority sexual orientations and gender identity groups, who identify with the LGBT community (i.e. asexual, intersex and panromantic).

The Forum strives to improve the social inclusion of LGBT people in the City of York and beyond.

The Forum actively promotes awareness and understanding of LGBT people's needs, to enable full participation in society and works with many others to reduce the fear of crime and bullying, particularly in schools.

It also encourages greater participation in the prevention and detection of homophobic, transphobic and biphobic discrimination. The forum offers support around hate crime, health and wellbeing, training and education, including in schools.

York LGBT forum also provide the following activities outside the activities programme.

Please contact us direct for more information.

- A monthly gardening project at the Human Rights Garden- times vary so please check website events page.
- A monthly support/ social group for older LGBT people (Ageing Without Children).
- A bi-monthly bi social- times vary so please check website events page.
- A transgender workshop every 3 months, times vary, so please check website events page.
- LGBT Young people's book club (TBC).
- Transgender Youth Workshop (TBC).
- Northallerton social groups- times vary so please check website events page.

Contact:



07731852533



yorklgbtforum@gmail.com



YORK LGBT FORUM
Don't Hide Your Heart! **FORUM.ORG.UK**

ACTIVITIES PROGRAMME 2020

Please Note: Due to activities taking place throughout the year some activities will not have finalised locations, start dates and times. These will be confirmed later, and up-to-date information can be obtained by emailing activities@yorkmind.org.uk or visiting partner's websites.

Where details have been finalised, they will be noted under each activity type. There may be occasions where publicised dates and locations change. Any changes will be communicated in advance of start dates to enrolled participants.

Guided Learning

Delivered by York Mind

Evening Mindfulness

Dates: Starting Thursday 6th February — 26th March. This is an 8 week course.

Venue: York Mind, Highcliffe House, Highcliffe Court, York YO30 6BP

Time: 6 — 8pm

Mindfulness is a technique, which involves paying more attention to ourselves in the present moment, our thoughts, feelings and surroundings. Research has shown that practicing Mindfulness can have positive benefits. Being Mindful can help people to feel calmer, manage stress better, reduce anxiety, help prevent depression and develop new ways of responding to difficult feelings and events.

Mindfulness can be used in a range of contexts, including in relationships, at work and for general well-being.

Assertiveness Skills

Dates: Starting late April

Venue: York Mind, Highcliffe House, Highcliffe Court, York YO30 6BP

Time: TBC

Participants will explore practical ways of managing emotions, exploring how we think and behave and look at techniques, to feel more assertive, confident and connected.

Creative Writing

Dates: Starting Friday 17th January — 6th March

Venue: York Mind, Highcliffe House, Highcliffe Court, York YO30 6BP

Time: 10.30am — 12.30pm

Our 8 week Creative Writing group will look at inventing characters to light up your short stories, explore the poet within you and help you write about your life experiences. All explored in a relaxed atmosphere, which is designed to share ideas and make writing fun and accessible for all. No previous experience required.

Well-being and Social Activities

will run at different times and locations throughout the year.

Arts and Craft for Well-being

Dates: Thursday 19th March-21st May

Venue: York Mind, Highcliffe House, Highcliffe Court, York YO30 6BP

Time: 1.30pm – 3pm

This 8 week group will offer a relaxed space for participants to make, craft, draw, sew, and meet others. There will be guided sessions, as well as the opportunity to create at your own pace.

Well-being Peer Support Group

Dates: Starting weekly from Monday 20th January-25th May 2020

Venue: York Mind, Highcliffe House, Highcliffe Court, York YO30 6BP

Time: 2pm – 3.30pm

Our 9 week well-being group will discuss a range of subjects such as: managing anxiety and low mood, building confidence

and self-esteem, goal setting, managing setbacks and developing resilience. In addition, other relevant related subjects identified by the facilitator and group participants will be discussed. Members can sign up for a further 9 weeks of support, if spaces available.

Sunday Coffee Club

Dates: Running weekly from 2pm to 5pm

Venue: 30, Clarence Street, York YO31 7DE

An informal coffee club, where people can drop in to meet people, share their experiences and feelings, and spend time in a safe and supportive environment. There will also be some themed sessions, which will focus on a particular topic, or have a presentation from a speaker, where participants can talk more in depth about their experiences in a particular area.

Community Socials

York Mind will be delivering a number of Community Social events at different locations in the city over the next year. Please contact us for more information.

Guided Learning

Delivered by Converge

Discover Theatre

Dates: Starting on Thursday 23rd January - running weekly for eight weeks.

Venue: York St John University and York Theatre Royal

Time: 2pm – 4pm

Focusing on a local professional production, Discover Theatre will look at everything that goes into putting on a play. We will go and watch a production and study script design, production qualities and learn how to review a performance.

Discover Cinema

Dates: Starting on Monday 2nd March - running weekly for eight weeks

Venue: York St John University and York Everyman Cinema

Time: 3.30pm – 5.30pm

Discover Cinema will include discussions about film,

exploring ideas in film and how films are made and include matinee cinema trips.

Taking place in cinemas in York and at York St John University, this course offers an introduction to cinema around the city.

Guided Learning

Delivered by WEA

The WEA will be delivering 4 x activity engagement sessions and 2 x 6 week courses as part of the programme. The engagement sessions provide a taster for participants to try an activity before moving on to other activities, or courses available.

2020 Activities

Photography for Well-being

2 x two hour Photography for Wellbeing Engagement Activities, which will give group participants an introduction to the art of photography and look at some basic techniques for improving the images we capture.

A camera or smartphone will be required.

Dates: Monday 10th February
Monday 24th February

Venue: York Mind,
Highcliffe House,
Highcliffe Court,
York YO30 6BP

Time: 1pm — 3pm

Photography for Well-being Course

A 6 week course, which will help further develop photographic skills both indoors and in outdoor locations. The course will help participants develop a critical eye in photography as well as learning how to take a mindful approach to taking photographs.

Again, a camera or smartphone will be required.

Dates: 2nd March- 6th April

Venue: York Mind,
Highcliffe House,
Highcliffe Court,
York YO30 6BP

Time: 1pm — 3.30pm

Guided Learning - Anger, Anxieties and Conflict Management

Delivered by Sunshine Changing Lanes

Each workshop is delivered over a weekend: **Friday evening 6.30pm-8.30pm, Saturday 9.30am-4.30pm and Sunday 9.30am-4.30pm.** Participants need to be able to attend for the whole weekend, to get the full benefit of the course.

Level 1

A free weekend workshop that focuses on ***“Conflict Resolution and Anger Management.”*** This course allows us to look into frustrations we feel in ourselves and the presenting behaviours during difficult times and what we need.

Level 2

A free weekend workshop that focuses on ***“Anxiety, Stress and Fears.”*** It teaches self-awareness and the development of coping strategies.

Level 3

A free weekend workshop that focuses on ***“Overcoming***

Isolation and Loneliness.”

Learning the patterns and combinations from level 1 & 2 that contribute to repetitive harm in self-esteem. Level 3 shares tools for coping and resilience for assertive personal experiences in life that can help us in our relationships.

2020 Dates:

Level 1: Friday 24th - Sunday 26th April

Level 2: Friday 29th - 31st May

Level 3: Friday 26th - Sunday 28th June

Venue: York Mind, Highcliffe House, Highcliffe Court, York YO30 6BP

Well-being Activities for Women

Delivered by Kyra

Pause for the Menopause

Our 8-week menopause peer support group is for women who are experiencing perimenopause or menopause symptoms and would like to know more.

The group will be led by a Kyra team member who will facilitate small groups of women in a safe, nurturing and supportive space, as we talk about our experience of menopause and have our questions answered.

Kyra has identified this as a pressing need for women who feel lost, or adrift at – what can be for some – a challenging and isolating and confusing time.

The group will be a forum to share and learn and to support each other to thrive, during this transition period of our lives. As well as providing basic emotional support information (not advice) on treatments available.

Dates for 2020:

Round Three: running weekly in January/February.

Wednesday 8th January - 26th February

Time: 6pm — 8pm

Round Four: running weekly Friday 20th March - 2nd May

Time: 10am — 12noon

Venue: Kyra Women's Project, The CMC, St Saviourgate, York YO1 8NQ

Social Activities - Pop up Fitness

Delivered by Move The Masses

Pop up Fitness sessions will take place on Mondays and Wednesdays at the below locations.

Red Tower - 10 Foss Islands Road, York YO1 9UJ

Meeting Point: outside the main entrance of Red Tower, off Rosemary Court.

Millennium Field (near Millennium Bridge) - Maple Grove, York YO10 4EH

Meeting Point: meet at the eastern end of Millennium Bridge opposite the end of Maple Grove.

Homestead Park - 40 Water End, York YO30 6WP

Meeting Point: meet at the pedestrian entrance of the park off Water End.

Date: Monday 24th Feb

Time: 2pm

Venue: Red Tower

Date: Wednesday 26th Feb

Time: 2pm

Venue: Millennium Field

Date: Monday 2nd March
Time: 2pm
Venue: Red Tower

Date: Wednesday 4th March
Time: 2pm
Venue: Millennium Field

Date: Monday 9th March
Time: 2pm
Venue: Red Tower

Date: Wednesday 11th March
Time: 2pm
Venue: Millennium Field

Date: Monday 16th March
Time: 2pm
Venue: Red Tower

Date: Wednesday 18th March
Time: 2pm
Venue: Millennium Field

Date: Monday 30th March
Time: 2pm
Venue: Red Tower

Date: Wednesday 1st April
Time: 2pm
Venue: Millennium Field

Date: Monday 20th April
Time: 2pm
Venue: Homestead Park

Date: Wednesday 22nd April
Time: 2pm
Venue: Millennium Field

Date: Monday 27th April
Time: 2pm
Venue: Homestead Park

Date: Wednesday 29th April
Time: 2pm
Venue: Millennium Field

Date: Monday 11th May
Time: 2pm
Venue: Homestead Park

Date: Wednesday 13th May
Time: 2pm
Venue: Millennium Field

Date: Monday 18th May
Time: 2pm
Venue: Homestead Park

Date: Wednesday 20th May
Time: 2pm
Venue: Millennium Field

Date: Monday 1st June
Time: 2pm
Venue: Red Tower

Date: Wednesday 3rd June
Time: 2pm
Venue: Millennium Field

Date: Monday 8th June
Time: 2pm
Venue: Red Tower

Date: Wednesday 10th June
Time: 2pm
Venue: Millennium Field

Date: Monday 15th June
Time: 2pm
Venue: Red Tower

Date: Wednesday 17th June
Time: 2pm
Venue: Millennium Field

Date: Monday 22nd June
Time: 2pm
Venue: Red Tower

Date: Wednesday 24th June
Time: 2pm
Venue: Millennium Field

Social Activities - Mental Health Carer Drop in

Delivered by York Carers Centre

A monthly drop in, for carers of someone with mental ill health. Carers can get information, advice and an opportunity to talk to others.

This group is aimed at those carers who are caring for younger people in transition, or carers who are in the early stages of caring, or who might be in crisis. The group is for carers only and will be informal, providing a supportive environment and a well- deserved break from often very stressful caring roles.

Dates:

29th January 2020
26th February 2020
25th March 2020
29th April 2020
27th May 2020
24th June 2020

Time: 6pm — 8pm

Venue: Slug and Lettuce,
The Courtyard, York
YO1 8AD

Social Activities - Well-being for Men

Delivered by Refugee Action York

Date: Starting Sunday 17th November 2019, weekly until Sunday 9th February (except during school holidays when the project will not be running)

Time: 1pm — 3pm

Venue: Clifton Green Primary School, Kingsway North, York, YO30 6JA

During our regular Sunday afternoon sessions for refugees, asylum seekers and migrants living in York, Well-being for Men is a space where men can spend time together chatting and playing board games. Staff, volunteers, occasionally a health professional, and a translator will be available to chat and offer support where needed.

As part of the project there will also be a few trips, including one to the Yorkshire Museum of Farming. Other trips will include group cycle rides exploring routes out into the countryside.

Social Activities -York LGBT+ Choir

Delivered by York LGBT Forum

Colours of the Rainbow is York's new LGBT+ community choir. Come and join our vibrant, diverse, inclusive singing community where everyone in the LGBT+ community, and straight allies, are welcome.

No prior experience is required, nor do you need to read music. Everything is taught by ear, and songs will be tailored to its members.

Get those vocal cords ready for some Whitney Houston, Cher, Cyndi Lauper, and many more!

Date: The choir will run fortnightly from Thursday 11th July 2019 - June 2020.

Time: 6pm — 8 pm.

Venue: York St John University. Room: SK037 Skell Building.

What are you waiting for? Get in touch and come and sing your heart out with Colours of the Rainbow!

Mental Health and Well-being Activities Programme 2020



Contact:

Highcliffe House
Highcliffe Court
York
YO30 6BP

 **01904 643364**

 **office@yorkmind.org.uk**