



Mental Health and Well-being Activities Programme

Activities delivered between January - June 2022





66 The activities programme has been life changing for me. I felt so alone and lost before. It has opened up my world, helped me to make new 'like-minded' friends and feel part of something I enjoy. ॐ

ANDREW, York

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COVID-19

Good Practice

We are committed to providing activities, which are safe, effective, and support participant health and well-being.

During the Covid-19 pandemic, ensuring the health and safety of all participants, staff and volunteers, is our priority.

Activities will be delivered, in line with up to date Government guidance and social distancing restrictions. We will be using a blended model of delivery, including face to face activities and online groups.

Where activities are delivered face to face, this will be highlighted in the brochure.

Start dates, times and locations may change, as a result of Covid-19. We will update the brochure with fixed dates when known.

For up to date information, please contact us:

@ activities@yorkmind.org.uk
☎ 01904 643364 option 5

Or view our website:
🌐 www.yorkmind.org.uk

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 by City of York Council.

York Mind in partnership with **Kyra Women's Project, York Travellers Trust, York Carers Centre, York LGBT Forum, Better York, Dandelion Arts, The Wilberforce Trust, York Theatre Royal, TCV-The Conservation Volunteers, and The Friends of Rowntree Park,** will deliver a range of activities in Year 5 of the programme, from July 2021-June 2022.

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, Hope and Grow.**

The ethos and values of Connect, Hope and Grow aim 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 10 week groups,



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 in their community, beyond the lifetime of the programme.

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

They offer a wide range of services including Advocacy, Counselling, Action towards Inclusion, Thriving at Work and Young People's services. They 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:

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, Groups and Peer Support to young people aged 11 to 21, who are experiencing difficulties with their emotional well-being.

Activities Service and Training — In addition to the Mental Health and Well-being Activities Programme, we also provide an in-house

activities programme — **The Bob Project**, and an advanced **Training and Thriving at Work** service, delivering Coaching, Mental Health First Aid - **MHFA** and **ASIST** - Applied Suicide Prevention Skills Training.

Please contact us direct for more information:

☎ **01904 643364**

🌐 **www.yorkmind.org.uk**



 **mind York**

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 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 1300 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.

Courses at Kyra

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

Ongoing Activities at Kyra

- Drop-In
- Counselling
- Mindfulness
- Singing
- Walking group
- Support to return to education/work
- Poetry club
- Crafting and Drama
- Legal Advice and Money management
- Spanish
- Cookery



Please contact us direct for more information:

 **01904 632332**

 **Contact@kyra.org.uk**



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) and
- Young adult carers (18 to 25).



Contact:

☎ 01904 715490

@enquiries@yorkcarerscentre.co.uk

🌐 www.yorkcarerscentre.co.uk



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 bi-phobic discrimination. The forum offers support around hate crime, health and well-being, training and education, including in schools.

Contact:

☎ 07731852533

@yorklgbtforum@gmail.com

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.
- **QueerArts** - Celebrating queer culture through the arts, ensuring the representation of LGBTQ+ people throughout the city of York and surrounding areas, emphasising accessibility, education, safety, visibility, well-being and equality of opportunity.
- **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.



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

DANDELION ARTS

Dandelion Arts - Creative Ways to Well-being, facilitate projects that encourage connection and inspire creativity. We believe that through the arts we can access all sorts of possibilities, which can support us in everyday life.

Established in February 2020, Dandelion Arts is led by Katie Matthews. We facilitate various creative projects across the York area. The projects we are currently facilitating are, **Interconnected: York's Story Circle, I See You, and Community Smiles: Bigger Picture Project.**

We are delighted to be partnering with York Mind on Year 5 of the Activities Programme, and to be given the opportunity to further develop the Community Smiles Project.

What will we be doing? We will deliver Art Packs to your door, for you to complete by a certain date. We will then collect your work, it will be photographed and turned into cards that get sent to schools and care homes, (you will get some copies too of course!) No skill required, just a sense of fun and community spirit! We'd love you to join us!

Contact:

☎ 07590 268070

@ dandelionarts1@gmail.com

🌐 www.dandelionarts.co.uk



TCV — THE CONSERVATION VOLUNTEERS

TCV (The Conservation Volunteers), is a national environmental and community volunteering charity, with an office in York.

TCV York, run local projects to benefit people and wildlife in and around York. Volunteering with TCV gives people a chance to get out and about, be closer to nature and help their local community.

Our volunteers are from all walks of life and a wide range of ages, but all have the common goal to volunteer their time, maybe learn new skills, share their own experiences, meet new people, and take positive action for the environment.

Volunteering with TCV supports your overall well-being, both physically through exercise, and emotionally by the positive effects of fresh air, being close to nature and feeling part of a positive group. All our projects are led by staff, and guidance and support are provided throughout.

TCV also provide the following activities outside the activities programme. Please contact us direct for more information.

TCV's Hull Road Park project:

Volunteers are active in the park on Thursday mornings, meeting at 10am to help make it brighter, more cheerful and a better home for wildlife. We want people to use their open green spaces for exercise, relaxation, and enjoyment, and by helping to improve the space more people will access it and protect it into the future.

TCV's Midweek volunteers: We have a group of volunteers who undertake a variety of projects across the city and further afield into the countryside. These opportunities are day long, meeting at around 9.30am, returning around 4.30pm, and run every Tuesday, Wednesday and Thursday. Transport can be provided when you book your place.

Contact:

 **01904 414927**
 **york@tcv.org.uk**



BETTER YORK

GLL are a not for profit, charitable social enterprise, committed to delivering a better quality of fitness and leisure, libraries and performing arts facilities for everyone.

GLL are committed to providing access to quality community facilities at a price everyone can afford. We provide leisure services in York, operating under our 'Better' brand on behalf of City of York Council.

We operate four leisure facilities in York; Burnholme Sports Centre, Yearsley Swimming Pool, Energise Leisure Centre and York Leisure Centre, based at the new Community Stadium Leisure Complex.

The activities programme will be delivered in partnership with the Healthwise practitioners. Healthwise, introduces individuals to the benefits of physical activity in order to help manage and improve existing medical conditions and aims to encourage people of all abilities to become and remain more active.



Contact:

@ Project Lead: Chris.armstrong@GLL.org

www.better.org.uk

BETTER
the feel good place

THE FRIENDS OF ROWNTREE PARK

The Friends of Rowntree Park is a charity dedicated to making Rowntree Park a beautiful space for all people to enjoy.

We work with volunteers and City of York Council, to conserve, protect and improve the environment in the park, to make it the heart of the community. Our charity aims are focused on helping to conserve and improve the environment and biodiversity of the park, along with nature education, and the history of the park.

In addition to caring for and improving the physical space, we also run a range of educational programmes and community events.

We have an extensive volunteer programme and run a range of sessions and events to help combat social isolation, and promote positive well-being of the community.

The Friends see the park as more than just a physical space, we aim to make it a safe and welcoming place for all, with lots to get involved in!

The Friends of Rowntree Park was established in 1996 but became a charity in 2019. We have over 800 households who support our charity through household membership, and over 80 volunteers.

We also work with local schools, social prescribing teams and community groups to offer a varied programme of volunteering, education sessions, projects and events in Rowntree Park.

Some of these include:

- Volunteer opportunities- such as gardening sessions, litter picking, goose/wildlife management, fundraising and children's volunteering.
- Nature based events for schools, children & families, including, forest school, home education, school visits and children's groups.
- Creative groups such as a weekly craft group, woodland crafts and Christmas wreath making.
- Mindfulness walks (nature and sensory based), nature walks and history tours.

- Theatre, writing and art projects displayed in the park.
- Musical events and Photography competitions.

Contact:

@ hello@rowntreepark.org.uk

 www.rowntreepark.org.uk



THE FRIENDS OF
Rowntree Park

YORK THEATRE ROYAL

York Theatre Royal is a producing theatre that welcomes more than 185,000 visitors each year to our unique 276 year old building, in the heart of the City of York.

Supported by Arts Council England and City of York Council, York Theatre Royal provides an exciting mixed programme of work in our 760 seat main house, 70 seat Studio Theatre, and in site specific locations throughout the city.

We are proud to sit at the heart of our Community and strive to be a brave creative hub that provides opportunities for the people of York to watch, make and participate in our work.

Our Creative Engagement department connects directly with the work of the building, with the express aim of widening participation in all aspects of the organisation, providing opportunities, access and connection to our work.

We strive to break down cultural barriers to the arts, and ensure everybody has the opportunity to be creative and is able to access and participate in arts and culture on their doorstep. We run a huge array of different programmes for all ages, see the Be Part Of It section of our website to find out more.

Contact:

☎ 01904 658162

💻 www.yorktheatreroyal.co.uk

💻 www.yorktheatreroyal.co.uk/be-part-of-it/education@yorktheatreroyal.co.uk



YORK TRAVELLERS TRUST

York Travellers Trust is an independent charity based in Clifton, York. Founded over 20 years ago, it is the oldest Gypsy and Traveller organisation in the UK, and grew out of one of York's oldest youth clubs.

Whilst we continue to support Gypsies and Travellers in York and surrounding areas, our doors are also open to all other York residents seeking support and guidance, or just wanting to make new connections in the community!

We work with young people and adults on both a 1:1 basis and in group settings to promote positive mental well-being, provide opportunities for education and training, and develop meaningful social networks.

The activities we run from our centre are varied and have included crafts, sports, history projects, and of course one off parties & celebrations to name a few.

We always aim to work with the people who use our service, to develop our

programme, to make sure what we do is relevant and interesting to the people we work with – all ideas are always welcome!

In addition to this, we also provide advocacy support for liaising with other professionals; advice and guidance around issues such as benefits and housing, and work with partner agencies to ensure services are as welcoming and easily accessible, as possible. Each Thursday we host a free food stall, at which anyone is welcome – no referral or vouchers needed.

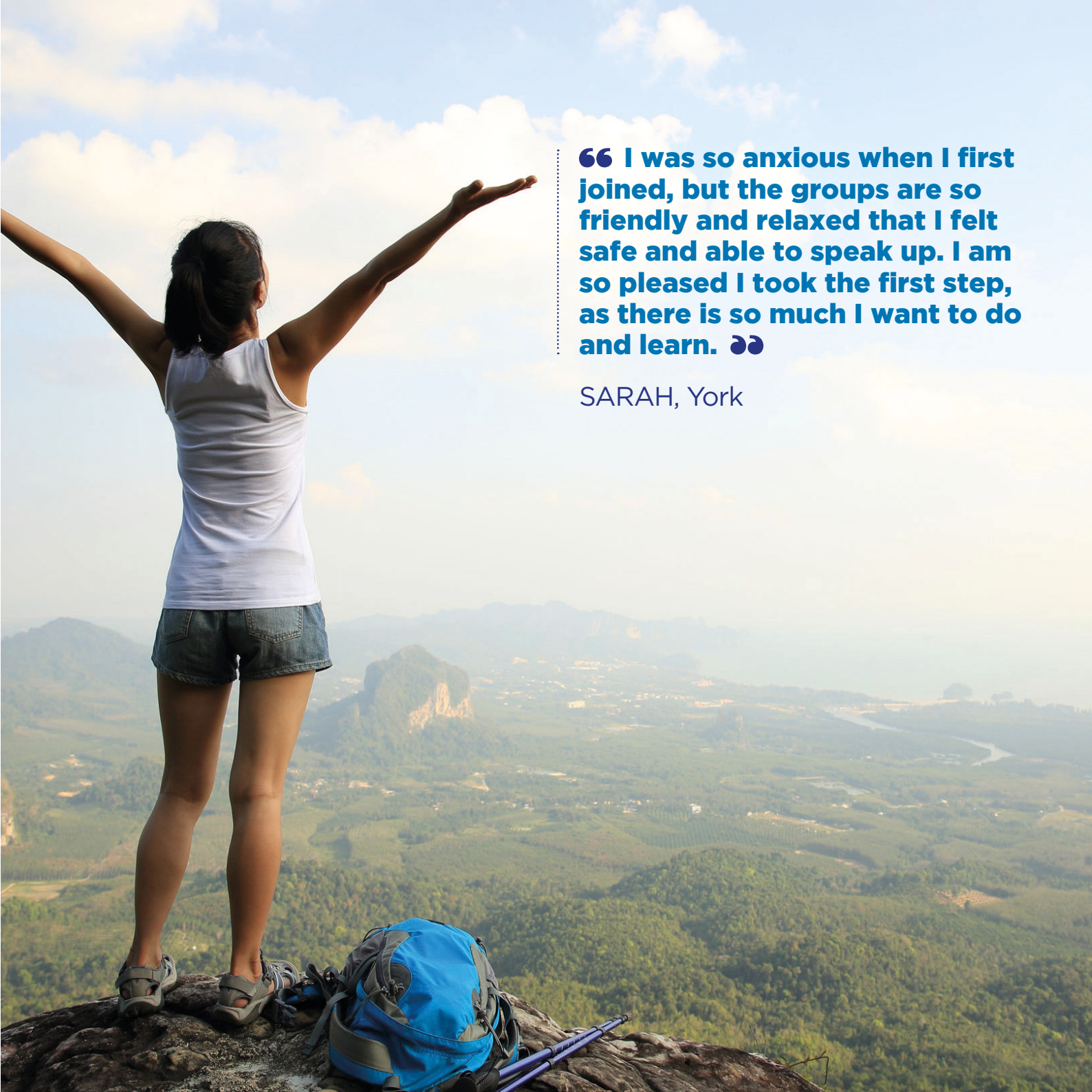


Contact:

 **01904 630526**

 **www.ytt.org.uk**





“ I was so anxious when I first joined, but the groups are so friendly and relaxed that I felt safe and able to speak up. I am so pleased I took the first step, as there is so much I want to do and learn. ”

SARAH, York

ACTIVITIES PROGRAMME

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.

Key:

 **Dates**


 **Venue/Platform (e.g. Zoom)**

 **Time**

Guided Learning

York Mind

Daytime Mindfulness

 **Starting Friday 14th January - 11th March 2022 (no group Friday 25th February)**

This is an 8 week course.

 **York Mind, Highcliffe House, Highcliffe Court, York YO30 6BP**

 **1.30pm - 3pm**


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.

Building Confidence and Resilience

 **Starting Tuesday 12th April - 31st May 2022**

 **York Mind, Highcliffe House, Highcliffe Court, York YO30 6BP**


 **1pm - 2.30pm**

Our facilitated 8 week course will look at practical ways of managing emotions, by exploring how we think and behave.


In doing this we will be able to reflect on how we could change our thoughts, in order to feel more confident, resilient and connected. As a group, we will look at the barriers we face, and explore coping strategies to support positive well-being.

Come along and take a step on the path to a more confident life!

Managing Anxieties

 **Starting Tuesday 1st February - 29th March 2022**

 **Initially delivered over Zoom online platform**

 **1pm - 2.30pm**


This 8 week course sets out to explain what Anxiety and worry actually are, and then offers tools and techniques to manage these issues in a way that can easily be incorporated into your everyday life.

Anxiety can be debilitating but it can also be overcome in the majority of cases, leading to better mental and physical well-being and even greater fulfilment and happiness in life.

We will learn together as a group, in a relaxed and friendly atmosphere, led by an experienced facilitator – so sign up today and take the first step towards greater peace of mind.

Creative Journaling

 **Starting Thursday 10th February - 7th April 2022 (no group 22nd February 2022)**

 **York Mind, Highcliffe House, Highcliffe Court, Clifton, York YO30 6BP**


 **2.30pm - 4pm**

Our 8 week Creative Journaling course enables participants to try a unique way of expressing themselves, whilst boosting emotional well-being.

We will try different journaling techniques and work together as a group to explore common themes. Journaling is recognised as being beneficial for mental health, including recovery from depression and anxiety, as it helps individuals to express, process, and understand their feelings and emotions.

Hatha Yoga for Well-being

 **Starting Wednesday 2nd March - 20th April 2022**

 **York Mind, Highcliffe House, Highcliffe Court, Clifton, York YO30 6BP**

 **10.15am - 11.30am**

An 8-week introduction to this form of exercise, with the

aim of promoting well-being. Participants are advised to wear comfortable clothing, have access to a yoga mat/ exercise mat, and will be asked to complete a health questionnaire.

Eating Well for Good Health

 **Starting Wednesday 27th April - 22nd June 2022**

Working in small groups, this 8 week course is designed to support the health and well-being of participants who want to improve their diet and understanding of how to eat healthily whilst recovering from mental ill-health.

The course will include practical cooking sessions, nutritional information, planning and preparing shopping lists and the relationship between food and mood.

 **Clifton Parish Church, Clifton Green York**

 **1pm - 3pm**

Well-being and Social Activities

Will run at different times and locations throughout the year

Arts and Crafts for Well-being

📅 Starting Wednesday 27th April - 22nd June 2022 (Break half term 1st June 2022)

📍 York Mind, Highcliffe House, Highcliffe Court, York YO30 6BP

🕒 1pm - 2.30pm

Our 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.

Sunday Coffee Club

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, regular quizzes and opportunities for members to learn new skills.

📅 Every Sunday afternoon

🕒 2pm - 4pm

📍 York Mind, Highcliffe House, Highcliffe Court, Clifton YO30 6BP

Guided Learning

York Theatre Royal

Theatre for Well-Being

York Theatre Royal's Theatre for Well-being course will work towards building a group of individuals into an ensemble; working on the principles of teamwork, openness, mutual respect and playfulness.

Drama is a means of using our own experience to understand the experience of other people. This principle will underpin the course, working with play texts alongside participants own experience, to explore universal narratives around mental health and well-being and how we can find comfort, solace and a positive way forward from our shared experience.

Drama skills will be developed to build participant resilience, alongside learning skills and techniques that will appeal to diverse learning styles. Each

week will build participants confidence in themselves, which will lead to an informal show back in the final week of the course.

📍 York Theatre Royal - Studio Theatre

📅 Monday 17th January - 28th March 2022 (excluding half term)

🕒 1.30pm - 4pm

Well-Being Activities

The Friends of Rowntree Park

Family Forest School

Fun and relaxing forest school sessions for families of all ages.

Families will come together to explore nature, learn bush craft skills, such as fire lighting, outdoor cooking and shelter building, before finishing with a campfire and marshmallows.

Sessions will be delivered in 3 week blocks, and are relaxed and informal, providing a safe, non-judgemental space for families to enjoy each other's company and learn new skills, tips and ideas for future family adventures outdoors.

Activities will vary according

to the seasons, taking place regardless of the weather, (except in high winds and thunderstorms).

2022 Dates and Times

 **Saturday 12th March**

 **Saturday 19th March**

 **Saturday 26th March**

 **2pm - 4pm**

 **Rowntree Park woodland area**

Well-Being Activities

The Friends of Rowntree Park

Woodland Crafts

Our woodland craft sessions are a great way to take time out and relax in the outdoors.

Each session begins with a short period of quiet mindfulness, offering time and space for participants to still the mind and take in the natural sounds of the woodland before beginning the craft activities. Activities will vary but are all using the natural materials found in nature, and encompass gentle repetitive processes, which



are mindful in themselves. Examples include: weaving, willow work, felting and leaf printing.

2022 Dates and Times

 **Workshop Sunday 3rd April**
 **2pm - 4pm**

 **Workshop Sunday 8th May**
 **2pm - 4pm**

 **Workshop Sunday 12th June**
 **2pm - 4pm**

 **Evening Woodworking**
Thursday 9th June 2022
 **6pm - 8pm**

 **Rowntree Park woodland area**

Well-Being Activities

Dandelion Arts

Community Smiles Project

If you fancy contributing to your local community and like art, our project could be for you.

To support participation and engagement, we deliver art packs straight to your front door. Inside the art packs will be everything you need to

complete a themed piece of work (please note it is about having a go and not about having any specific skill!).

Once your piece of work is finished we will collect it from your home. It will then be photographed and put into a virtual gallery (we will send you the link so you can have a look).

Here is the really exciting bit... we will also send your artwork to a local printers to get them printed into cards. These cards will be distributed to local schools, where pupils will use them to write letters to residents in care homes. We believe strongly in the power of paying it forward, and this project is based on that idea.

Project Three January 2022:

24/01/22 - Third Art Pack gets delivered

07/02/22 Third art pack collected

Virtual gallery and cards follow

Project Four May 2022:

03/05/22 - Fourth Art Pack gets delivered.

16/05/22 Fourth Art pack gets collected.

Virtual gallery and cards follow

Being part of Community

Smiles: Bigger Picture Project is a real joy. If you would like to have a look at previous galleries you can do so here:

www.youtube.com/watch?v=uBKeHUOm6rQ

and here:

www.youtube.com/watch?v=MCGjlcGUAnY

Well-Being Activities

Kyra Women's Project

Women's 50+ Club

Do you want to 'get back out there' and re-connect after Covid?


This group for women aged 50+, will help you build up your confidence when socialising, let you try something different, and make new friends.

In weekly, two-hour sessions held over eight-weeks, you will be able to try a mix of activities to reduce post-lockdown isolation and improve your well-being and creativity; including arts and crafts, movement and exercise, health and vitality.

We'll deliver two 8 week groups between January and June 2022.

1st group:

 **Wednesday 19th January**

 **Central Methodist Church, St Saviourgate, York YO1 8NQ**

 **1pm**

2nd group:

 **TBC**

Well-Being Activities

TCV

Nurture and Harvest

Come along to TCV's Nurture and Harvest to slow down, relax, and grow fruit and vegetables in a sociable, knowledge sharing group.


No experience is necessary and all tools and gloves, etc are provided. Suitable outdoor clothing that you don't mind getting muddy is needed, (we also have some available to borrow).

Hull Road Park has a dedicated food growing area with raised beds and hard footpaths, so accessible for all to join in. Activities will include nurturing plants and maintaining the site, crafting and creating items for the garden, harvesting our produce, sharing ideas for using different produce, etc.

Programme 2: Spring/Summer 2022 = 9 fortnightly sessions

 **Start Date: Wednesday 2nd March 2022**

 **End Date: Wednesday 22nd June 2022**

 **Hull Road Park, Millfield Avenue, Layerthorpe, York YO10 3AA**

 **10.30am - 12.30pm**

Well-Being Activities

York Travellers Trust

Women's Well-Being Group

Our women's well-being group will meet once a week for 6 weeks, and is a chance for women in York to meet new people, learn new skills and share and develop ways to manage mental health and promote positive well-being. Each session will involve taking part in an activity, or workshop - such as flower arranging, relaxation, or developing healthy lifestyles - and will end with a shared meal and chance to get to know each other in a relaxed, friendly atmosphere.

 **Monday 7th February - 14th March 2022**

🕒 11am – 1pm

📍 York Travellers Trust, 20
Falsgrave Crescent, Clifton,
York, YO30 7A

Well-being Activities

Better York

Nordic Walking

Nordic Walking provides a whole body workout, benefitting both physical and mental health. It can be accessed by a range of participants, including those with pre-existing medical conditions and supports rehabilitation from injury.

It provides a whole body workout with general health benefits including 20% increase in O2 uptake, with increased calorie expenditure and Heart rate compared to walking.

These 6-week long group sessions, will give people the opportunity to learn the Nordic Walking technique, before exploring the local area.

Sturdy footwear and clothing suitable for the elements are required. Nordic Walking poles are supplied. Contact healthwiseyork@gll.org

📅 Tuesday 8th March - 12th April 2022

📍 Burnholme Sports Centre,
Mosssdale Avenue, York
YO31 0HA

🕒 1pm – 2pm

Well-being Activities

Better York

Aquatic Activity for Health

Our 6 week programme will involve multiple activities, including General swim for fitness (lanes), and aquatic fitness sessions directed by a fully qualified Aquatic Fitness for Health practitioner.

This is not just a turn-up and swim session, these sessions can include pockets of people participating across the pool in a number activities. Lane swimming, aqua-jog, or water gym based activities. Sessions are available for all abilities.

2022 Dates:

📅 Friday 14th January –
18th February 2022

📍 Yearsley Swimming Pool,
Haley's Terrace, YO31 8SB

🕒 11.30am – 12.30pm

Well-being Activities

Better York

Walk 2 Jog

Our 10 week Walk 2 Jog programme is organised by Better York Leisure Centre and delivered by qualified run leaders.

Beginners enjoy a structured walk, with a progression to a 5km jog. The programme is a fun way to start jogging, or return to running after an injury. The speed and distance is gradual, and participants are able to progress at their own pace.

The benefits of physical activity are well known, but specific running benefits can include: reduced anxiety, improved sleep, gives a goal to achieve, and allows greater social interaction.

This guided programme also provides a feeling of security, in that you are both guided on how to gradually increase activity levels, but also have others around you as a support network, providing a less isolated start to running than if going solo.

Participants are asked to bring

a drink and wear trainers and comfortable clothing.

 TBC

 York Leisure Centre, Kathryn Avenue, York YO32 9AF

 TBC

Well-being Activities

Better York

Climbing Taster Courses

Climbing can improve stamina, endurance and muscle strength but also offers a wealth of health benefits that are not just physical. It can improve your self-esteem, mental agility and self-awareness. It's a great stress-buster and a full body workout, so it's good for overall well-being.

Our 6 week climbing taster sessions will include: Bouldering, instructor led climbs, how to belay and use of auto-belays.

These sessions are aimed at the beginner. However more experienced climbers can also join these sessions by prior agreement.

 January - March 2022

 Energise Leisure Centre, Cornlands Road, YO24 3DX

 TBC

Social Activities

York Carers Centre

Carers Substance Misuse/Gambling Group

A monthly support group for people who are supporting loved ones through issues with substance misuse and/or gambling.

We appreciate that some carers may find it difficult to attend groups during the day, so this support group is available on a Tuesday evening.

If you are new to York Carers Centre we ask that in the first instance you contact our office on **01904 715490** and register with us. You will then be offered a 30 minute telephone appointment with the group facilitator, prior to attending the group.

Dates: First Tuesday of every month

4th January 2022

1st February 2022

1st March 2022

5th April 2022

3rd May 2022

7th June 2022

 6 - 8pm

 Delivered over Zoom platform

Social Activities


York LGBT forum

York LGBT+ Choir

Colours of the Rainbow is York's 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!

The choir runs weekly on a Thursday evening.

 6.45pm start (members can stay afterwards to socialise)

 York St John University Music Department Room C224

Mental Health and Well-being Activities Programme

Delivered in partnership with



Contact:

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York
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