



Community based mental health and wellbeing support in Airedale and Wharfedale.

 mentalhealthconnect@khl.org.uk

 www.mentalhealthconnect.org.uk

Group/class descriptions on reverse

| Mondays | Tuesdays | Wednesdays | Thursdays | Fridays |
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| <p>Wellbeing Group 9.00am - 10.30am BCA, Keighley, BD21 1PW Book via BCA</p> | <p>South Asian Women's Support Group 9.00am - 11.30am Holycroft Primary School, BD21 1JF Book via Roshni Ghar</p> | <p>Seated Zumba® Gold 11.15am - 12.15pm Queens Hall, Burley-in-Wharfedale, LS29 7BT Book via KHL</p> | <p>Wharfedale Wellness Together Support Group 10.00 - 12.00pm Christchurch, Ilkley LS29 9LW Drop in</p> | <p>Tai Chi & Tea 10.00am - 11.00am Civic Hall, Keighley, BD21 3RZ Book via KHL</p> |
| <p>Dance & Tone 10.00am - 10.45am Civic Hall, Keighley BD21 3RZ Book via KHL</p> | <p>Bereavement Support Groups (Third Tuesday of the month) 1.00pm - 3.00pm Central Hall, BD21 3JD Book via mentalhealthconnect@khl.org.uk</p> | <p>Art Group 6 week course - starts 5th March 1.30pm - 3.30pm 15-17 Devonshire Street, Keighley For people with dual diagnosis of substance use and mental health. Must be referred by MHC</p> | | <p>Seated Mindfulness Yoga 1.00pm - 2.00pm Silsden Town Hall BD20 0AJ Book via KHL</p> |
| <p>Body Weight Circuit (Men only) 11.15am - 12.00pm KHL, Scott Street, BD21 2JH Book via KHL</p> | <p>Cardio Blast 1.15pm - 2.00pm KAWACC, Keighley BD21 3HU Book via KHL or KAWACC</p> | <p>Positive Vibes Peer Support Group 3.00pm - 4.30pm KHL, Keighley, BD21 2JH Book via mentalhealthconnect@khl.org.uk</p> | | |

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| Dance & Tone | A full body workout using dance moves and cardio exercise, designed to help improve your cardiovascular fitness and strengthening your body. Call 01535 677177 to book. |
| Cardio Blast | Join our ladies only cardio training class, the session will include high-intensity training designed to help improve your cardiovascular fitness and tone your body. Call 01535 677177 to book. |
| Tai Chi & Tea | A series of slow, meditative body movements using martial arts style moves to promote inner peace and calm. Suitable for all abilities! Call 01535 677177 to book. |
| Seated Zumba® Gold | Great for people experiencing challenges with mobility or balance as the whole class takes place in a chair! No dance experience is needed and there are no wrong moves. This class is 45 minutes exercise, 15 minutes tea break and chat. Call 01535 677177 to book. |
| Seated Mindfulness Yoga | Slow gentle seated movements, suitable for those with tight muscles, joint pain and movement limitations. Designed to re-train the brain to let go of tension, promote movement and self-awareness. Finishing with relaxation exercises and chance for a chat. Call 01535 677177 to book. |
| Body Weight Circuit (Men only) | A circuit style workout focusing on strength and endurance, using weights to target the major groups. Whilst supporting Men's Health and wellbeing. Call 01535 677177 to book. |
| Wellbeing Group | A space to make new social connections, enjoy peer support and improve mental wellbeing. Call 01535 604359 to book. |
| Bereavement Support Group | Our monthly support group focusing on grief, bereavement and loss. Meet people with similar experience and learn about tools to help you better manage your emotions. Email mentalhealthconnect@khl.org.uk to book. |
| Positive Vibes Peer Support Group | Peer support group that focuses on positive ways to help support people to manage their mental health and life's challenges. The group is a friendly, respectful, confident place where individuals will meet like minded people and feel supported in a safe space. Email mentalhealthconnect@khl.org.uk to book. |
| South Asian Women's Support Groups | Groups are confidential and safe space for parents, with different creative and holistic wellbeing topics every session. Call 01535 609927 to book. |
| Wharfedale Wellness Together Support Group | A safe space for wellbeing support. Learn relaxation and mindfulness skills, plus ways to manage stress. Drop in, no need to book. |
| Art Group | Our 6-week art course focuses on self-expression, relaxation and creativity - rather than perfect artwork. The group explores creative ways to better manage emotions and provides alternative ways to express ourselves, for people with dual diagnosis of substance use and mental health. Must be referred by MHC. |