

## Mind in Bradford Well-being Timetable Spring/Summer 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12pm-1.45pm Peer Support Group	1pm-2pm News & Views (first Tuesday of each month)	12pm-2pm Arts & Crafts	12pm-2pm Walking Group	11am-1pm WomensZone	6pm-9pm Film & Food Club (last Saturday of every month)
2pm-4pm Qigong	2pm-3.30pm WRAP® Recovery Sup- port (closed)	12.30pm-3pm Wellness Recovery Action Planning WRAP® (closed)	12pm-1.30pm Hearing Voices	11am-12pm Women's Meditation	
3pm-4.15pm Singing	4pm-5pm Tribal Drumming	4pm-5pm Welcome Group	1:45pm-3:45pm Wellness Recovery Action Planning WRAP® (closed)	1pm-2pm Women's Peer Support Group	
	5pm-7pm MensZone	4pm-6pm Football at BEAP Community Centre	2.30pm-4pm Mind Your Mind	1.30pm-3.30pm Cook & Eat (closed)	
	5.30pm-6.30pm Men's Mindfulness	5pm-7pm Confidence, Self-esteem & Assertiveness (closed)	3pm-4.30pm Conflict Resolution & Anger Man- agement (closed)	2pm-3.30pm Peer Support Group	
		6.45pm-7.45pm Welcome Group	5pm-7pm MixedZone		
			6pm-6.45pm Creative Writing		

*Groups are held at our base in Kenburgh House, 28 Manor Row, Bradford BD1 4QU.*

*To attend, call 01274 730815 and ask to come to a Welcome Group. No referral required.*



www.mindinbradford.org.uk

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Mind in Bradford is a registered charity No 1142357

*Call 01274 730815 to register and attend a Welcome Group.*

**Peer Support Group:** Mon 12pm-1.45pm & Fri 2pm-3.30pm  
Activities and techniques to improve your mental well-being.

**Qigong:** Mon 2pm-4pm  
Chinese breathing and physical exercises to improve your health.

**Singing:** Mon 3pm-4.15pm  
Sing your heart out in a friendly, non-judgmental environment.

**News & Views:** First Tues of the month 1pm-2pm  
A media group for clients and staff interested in writing.

**WRAP® Recovery Support:** Tues 2pm-3.30pm  
Ongoing support for those who have completed our WRAP® course.

**Tribal Drumming:** Tues 4pm-5pm  
Beat the stress and strain away in this fun, uplifting music session.

**MenZone:** Tues 5pm-7pm  
A safe place for men to express themselves, socialise and have fun.

**Men's Mindfulness:** Tues 5.30pm-6.30pm  
A mindfulness session just for men.

**Arts & Crafts:** Weds 12pm-2pm  
A relaxed, fun, creative session for all. No experience necessary.

**Wellness Recovery Action Planning (WRAP®):** Weds 12.30pm-3pm or  
Thurs 1:45pm-3:45pm  
Identify triggers and wellness tools to help you overcome your personal mental health issues. Talk to a member of staff to enroll.

**Welcome Group:** Weds 4pm-5pm or 6.45pm-7.45pm  
An informal welcome to Mind in Bradford where you can learn more about our groups and services. Call 01274 730815 to attend.

**Football:** Weds 4pm-6pm at BEAP Community Centre  
Speak to a member of our staff about joining our football team.

**Confidence, Self-esteem & Assertiveness:** Weds 5pm-7pm  
A closed 6-week programme to help you deal with real-life situations.

**Walking Group:** Thurs 12pm-2pm  
Gentle walks in good company. Various locations around Bradford.

**Hearing Voices Group:** Thurs 12pm-1.30pm  
A supportive session for people who experience hearing voices to help understand and find practical strategies to deal with them.

**Mind Your Mind:** Thurs 2.30pm-4pm  
Awareness sessions based on national Mind guides to mental health.

**Conflict Resolution & Anger Management:** Thurs 3pm-4.30pm  
Techniques & strategies to manage your anger and emotions.

**MixedZone:** Thurs 5pm-7pm  
Socialise and share experiences in a supportive environment.

**Creative Writing:** Thurs 6pm-6.45pm  
Understanding your mental health through the power of language.

**WomensZone:** Fri 11am-1pm  
A women-only peer support group including meditation & healthy food.

**Women's Meditation:** Fri 11am-12pm  
Helps to build confidence, self-love and acceptance.

**Women's Peer Support Group:** Fri 1pm-2pm  
Activities and techniques for women to help improve mental health.

**Cook & Eat:** Fri 1.30pm-3.30pm  
A 6-week closed program to learn how to improve your mental health through cooking and eating well.

**Film & Food Club:** last Saturday of each month 6pm-9pm  
A friendly, relaxed social gathering at our HQ.

**Maastricht:** By appointment.  
An innovative project to help people who hear voices. Call for details.

Mind in Bradford offers support for anyone experiencing mental health problems:

- Well-being Groups to aid recovery 01274 730815
- Guide-Line confidential telephone helpline 12pm-9pm 01274 594594
- The Sanctuary, a safe space for adults in crisis 6pm-1am. Call First Response on 01274 221181
- Extended Access one-to-one sessions with Mind Recovery Workers at Shipley Medical Centre, The Ridge Medical Practice and Picton Medical Centre. Make an appointment with your own GP receptionist.