



Spring/Summer 2019 Well-being Timetable

Feeling down, worried or stressed?

If you are experiencing mental health problems, one of our well-being sessions could help you.

Mind in Bradford offers a range of well-being groups which can help you on the road to recovery. Sessions are free and most are held at our city centre HQ in Kenburgh House, 28 Manor Row, Bradford BD1 4QU. No diagnosis or referral is required but we ask people to come along to a Welcome Group before attending one of our sessions.

Visit www.mindinbradford.org.uk for more information.

Mind in Bradford
Kenburgh House
28 Manor Row
Bradford BD1 4QU



www.mindinbradford.org.uk
t: 01274 730815
E: admin@mindinbradford.org.uk

Mind in Bradford is a registered charity No 1142357

Printed April 2019

Mind in Bradford Well-being Timetable Spring/Summer 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12pm-1.45pm Peer Support Group	12.30pm-3.30pm Words for Well-being (closed group)	12pm-2pm Arts & Crafts	12pm-2pm Walking Group	11am-1pm WomensZone
2pm-4pm Qigong	1pm-2pm News & Views (first Tuesday of each month)	12.30pm-3pm Wellness Recovery Action Planning WRAP@ (closed)	12pm-1.30pm Hearing Voices	11am-12pm Women's Meditation
3pm-4.15pm Singing	2pm-3.30pm WRAP@ Recovery Support (closed group)	4pm-5pm Welcome Group	1.45pm-3.45pm Food & Nutrition (closed group)	1pm-2pm Women's Peer Support Group
	4pm-5pm Tribal Drumming	4pm-6pm Football at BEAP Community Centre	2.30pm-4pm Mind Your Mind	1.30pm-3.30pm Cook & Eat (closed group)
	5pm-7pm MensZone	5pm-7pm Confidence, Self-esteem & Assertiveness (closed)	3pm-4.30pm Conflict Resolution & Anger Management (closed)	2pm-3.30pm Peer Support Group
	5.30pm-6.30pm Men's Mindfulness	6.45pm-7.45pm Welcome Group	5pm-7pm MixedZone	
			6pm-6.45pm Creative Writing	

Groups open unless stated otherwise. Call 01274 730815 to register for closed groups.

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.

Words for Well-being: Tues 12.30pm-3.30pm
A closed 6-week drama & creative writing programme.

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
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.

Food & Nutrition: Thurs 1.45pm-3.45pm
A 6-week closed programme exploring the theories behind how eating well can affect mental health.

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 (closed).

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
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.