



**VSI**  
**ALLIANCE**



# Winter Directory 2023/2024

Support Services  
available in Calderdale  
over the Winter months





A surreal illustration of a human throat. The throat is depicted as a dark, cavernous space with a large, open mouth at the top. Inside the throat, there are three large, white, pill-shaped structures that resemble a landscape with hills and a small figure of a person walking away. The background of the throat is a dark, textured surface, possibly representing the throat's lining. The overall tone is dramatic and mysterious.

# SORE THROAT

· AND · THE · LOST · VOICE ·

## Your pharmacist can help

Even a minor illness can feel dramatic. So whether it's a cough or cold, an itchy eye or earache, for expert advice speak to your pharmacist.

Your  
health  
matters

Help us  
help you



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# Mental Health



## Invictus Wellbeing

[www.invictuswellbeing.com](http://www.invictuswellbeing.com)

[enquiries@invictuswellbeing.com](mailto:enquiries@invictuswellbeing.com)

01422 730015

Children and young people's mental health and wellbeing charity. They provide support to ages 5-25 through 1 to 1 Wellbeing Support, Therapeutic Interventions aged 16+, Peer Support, Group Bereavement work in schools, Holiday Clubs and other ad hoc activities. You can make a referral via the website by looking on the projects page and following the instructions there.

Alternatively call the office number and the friendly admin team will be able to help you.

Opening Hours - Monday - Friday 9am-5pm - office hours.

Support sessions/activities delivered up to 6.30pm Monday to Friday.



## Relate Cross Pennine

[www.relatecrosspennine.org.uk](http://www.relatecrosspennine.org.uk)

[info@relatecp.org.uk](mailto:info@relatecp.org.uk)

01422 363845

Relate is a national charity offering relationship counselling and sex therapy services to individuals, couples, families and young people.

Relate Cross Pennine have an office in Brighouse and an outpost at Hebden Bridge. Please call on 01422 363845 if you want help with your relationships.

Opening Hours - The phone line is available Monday to Thursday 9am - 9pm and Friday 9am - 2pm.





## Survivors West Yorkshire

[www.survivorswestyorkshire.org.uk](http://www.survivorswestyorkshire.org.uk)

[ops@survivorswestyorkshire.org.uk](mailto:ops@survivorswestyorkshire.org.uk)

07393 140250

Survivors West Yorkshire (SWY) and its male-focused Ben's Place online trauma-informed counseling service is survivor-led and focused. Its vision is to support the development of a range of evidence-based services that are gender-informed and accessible across West Yorkshire. Services which are user-friendly and proactively involve survivors.

Support can be accessed by filling out a self-referral form (found on the website) or emailing [ops@survivorswestyorkshire.org.uk](mailto:ops@survivorswestyorkshire.org.uk).

Opening Hours - Monday to Friday 9am - 4pm.



## Talkthru

[www.talkthru.org.uk](http://www.talkthru.org.uk)

[office@talkthru.org.uk](mailto:office@talkthru.org.uk)

01484 515137

Talkthru offer specialist counselling for anyone who is or has faced a pregnancy or baby loss, birth trauma, unplanned pregnancy choices or any other pregnancy related issue.

To make a referral you can visit the website and complete the referral form or phone or email the office. Appointments can be offered in person at our offices based in Huddersfield, by telephone or by video call.

Opening Hours - Telephone lines open Mon, Tue, Thu & Fri 10am - 3pm.

Counselling appointments available Mon to Fri 9am - 5pm.



# Mental Health



## The Turning Point Counselling Service

[www.turningpoint-brighthouse.org.uk](http://www.turningpoint-brighthouse.org.uk)

[coordinator@turningpoint-brighthouse.org.uk](mailto:coordinator@turningpoint-brighthouse.org.uk)

01484 950808

The Turning Point Counselling Service is committed to supporting individuals suffering mental health and emotional difficulties within the local community. They endeavour to be accessible to all who approach us offering a compassionate service, tailored to an individual's need.

Turning Point accept self-referrals from anybody over fourteen years of age and offer affordable counselling that enables clients suffering from mental illness, depression or anxiety to develop coping strategies and skills that empower them to overcome their difficulties. They maintain a welcoming, non-judgmental, and non-discriminatory service to anyone seeking support which is not limited by financial affordability. They also offer a telephone support service and drop-in sessions to anyone who contacts the service.

Opening Hours - Monday - Friday 10 am - 7:30 pm by arrangement.



## Willows Nook Equine Assisted Learning C.I.C

[www.willowsnookequineassistedlearning.co.uk](http://www.willowsnookequineassistedlearning.co.uk)

[fran@willowsnookequineassistedlearning.co.uk](mailto:fran@willowsnookequineassistedlearning.co.uk)

07919 537906

Equine Assisted Learning and wellbeing session offered as 1:1 and group sessions to people of all ages. Ground based equine assisted learning and outdoor activities can improve mental health, reduce stress and promote emotional healing and wellbeing.

Combat loneliness and social isolation, give a sense of purpose, accomplishment and self-worth. Increase self-esteem and personal development through experiential learning.

Opening Hours - Tuesday - Friday 10am - 4pm.





## Unmasked Mental Health

[www.unmaskedmentalhealth.co.uk](http://www.unmaskedmentalhealth.co.uk)

[info@unmaskedmentalhealth.co.uk](mailto:info@unmaskedmentalhealth.co.uk)

01422 356945

Unmasked Mental Health provide mental health support to adults in Calderdale. We run low cost counselling sessions with qualified counsellors. These are just £20 per session.

For individuals on low income, Unmasked Mental Health have a hardship fund to enable them to access services for free.

They also have peer hubs in communities across Calderdale where individuals can go, have a coffee and a chat and a cross stitching group which runs every Tuesday.

Opening Hours - Monday to Friday 9am - 5pm.

Hubs run every Thursday from 7pm to 9pm.

Daytime Hub every Thursday from 12.30-2.30pm.

Cross-stitching group every Tuesday 12.30-2.30pm.



Support to all victims and survivors of domestic abuse living in Calderdale.



One to one support from an IDVA/Domestic Abuse Support Worker.

Group Work.

Court Support.

Drop in Sessions in Halifax and Todmorden.



[www.calderdalestayingssafe.org.uk](http://www.calderdalestayingssafe.org.uk)



01422 323339



The team are here to take your call Monday to Friday between 9am – 5pm

# Arts & Culture



## Calderdale Industrial Museum

[www.calderdaleindustrial.co.uk](http://www.calderdaleindustrial.co.uk)

[enquiries@calderdaleindustrial.co.uk](mailto:enquiries@calderdaleindustrial.co.uk)

01422 384721

Calderdale Industrial Museum - Four fascinating floors of industrial and social history.

The Calderdale Industrial Museum is almost entirely run by volunteers and they have a wide range of volunteering options to suit everyone. If you would like to know more about visiting or volunteering, please email or ring the museum.

Opening Hours - Saturday from 10.00am to 4.00pm, with last entry 3.00pm.

Also open on Thursdays in the school holidays.

Volunteer project days are Tuesday, Wednesday, Thursday 10am to 4pm

Volunteer guide days when the museum is open to the public.



## The West Riding Stonecarving Association

[www.stonecarvingassociation.org](http://www.stonecarvingassociation.org)

[stonecarvingassociation@hotmail.co.uk](mailto:stonecarvingassociation@hotmail.co.uk)

07519 931784

The West Riding Stonecarving Association brings stone carving to the general public. They offer a free taster session then lessons from just £15.

Its not all about carving stone, it's also a social group or 'chip and chatter'.

Opening Hours - Tuesday and Thursday 10am - 9pm.

Wednesday 10am - 4pm.

Saturday 12pm - 4pm.





## Everybody Arts

[www.theartworks.org.uk](http://www.theartworks.org.uk)  
[info@everybodyarts.org.uk](mailto:info@everybodyarts.org.uk)  
01422 346900

Art for Wellbeing Peer Group - Wednesdays 1.30pm - 3.30pm, during school terms.  
Free group, please apply through the website.

Friday Warm Space - Fridays from 10th Nov - 15th Dec, 12th Jan - 29th Mar, 12pm - 3pm.  
Free drop-in space with refreshments and creative activities.

Wellbeing at the Weekend - Every other Saturday from 21st Oct, 10am - 11.30am.  
Free bookable guided workshop sessions.

Family Winter Warmth Drop-In Sessions - Saturday 11th Nov, 9th Dec, 13th Jan, 10th Feb and 9th Mar, 10am - 12pm. Free drop-in space for families with a range of creative activities.



## Inna Nature CIC

[www.innanature.org](http://www.innanature.org)  
[innanaturecic@gmail.com](mailto:innanaturecic@gmail.com)  
07946 052782

Inna Nature CIC is made up of a team of professional art facilitators, therapists and nature guides. They support adults and young people who have been to any degree marginalised due to ill health, mental health issues, low income, unemployment, addiction recovery.

Inna Nature CIC believe that the human relationship with the rest of nature matters for our well-being. They deliver creative, innovative services that enable participants to foster healthful relationships with their own life situation and with the greater world.

Opening Hours - Varies, usually week day mornings and weekend mornings.



**This winter  
Calderdale Libraries  
are offering a  
Warm Welcome  
to everyone in our  
communities.**

**In each library you will  
find free hot drinks  
available as well as a  
range of services and  
activities. Call or drop  
into your nearest  
branch to find out  
more.**

# Physical Health



## Calderdale Wheelchair Basketball Club

[www.calderdalewheelchairbasketball.org](http://www.calderdalewheelchairbasketball.org)

[info@calderdalewheelchairbasketball.org](mailto:info@calderdalewheelchairbasketball.org)

Calderdale Wheelchair Basketball Club is totally accessible and can be played by people with or without impairments, physical and or sensory. From 8 years age upwards of either gender. Sports wheelchairs are available at the club's base at Calderdale College.

Opening Hours - Every Monday from 6th November 7pm - 10pm.

Young participants are recommended to attend 2pm - 8pm.



## Halifax Wheelchair Rugby League Club

[www.halifaxwheelchairrugbyleague.org](http://www.halifaxwheelchairrugbyleague.org)

[info@halifaxwheelchairrugbyleague.org](mailto:info@halifaxwheelchairrugbyleague.org)

Halifax Panthers Wheelchair Rugby League Club is an integral part of the Halifax Panthers Rugby League family. As well as being one of wheelchair sport's most successful teams, the club also has close links with the community in Calderdale.

All equipment is provided.

The Halifax Panthers Rugby League Club also run a Heritage Lunch Club providing a two course lunch for £4 and an 'interview' with a past player from the Halifax Panthers Rugby League Club.

Opening Hours - The phone line is available Monday to Thursday 9am - 9pm and Friday 9am - 2pm.

For information on more Sports Clubs and Activities,  
visit the Calderdale Council Website.

[www.calderdale.gov.uk/leisure](http://www.calderdale.gov.uk/leisure)



# Active Calderdale

## When we move, we're stronger



One of the most important things that we can do to stay physically and mentally well over winter is to move regularly - every day if you can.

Spending at least 10 minutes each day on small exercises can help us to keep mobile, improve our stability, boost our immune system, and leave us feeling happier and healthier.

## Keep safe whilst being active at home

Exercising is safe for most people and it has many benefits for your health and wellbeing, but some people may need to take some small steps to stay safe. Most people can exercise without speaking to a doctor first. However, if you have a heart, kidney or metabolic condition, you should speak with your GP or a healthcare professional before starting.

Make sure that you have a **clear space** and have something sturdy nearby to support you if you fall, and if you're on your own, have a **telephone** nearby. Make sure you're wearing **comfortable clothing**, have a **glass of water** handy, **warm up** properly before starting, and **pick a pace** that suits you.

If you feel unwell during exercise, you should **stop and rest**. Remember, you don't need to do a lot. Even a little exercise every day can make a big difference. Most importantly, enjoy it!

Visit the Active Calderdale website for ways to get active that you can use at home.

[www.active.calderdale.gov.uk](http://www.active.calderdale.gov.uk)

# Be active: stay strong, keep moving



Stretching regularly



Chair based exercises



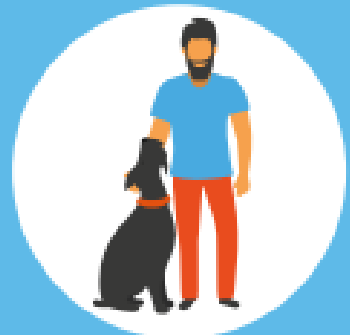
Housework, like cleaning



Walking up and down the stairs



Travel actively



Anything that gets you moving!



# Physical Health



## ROKT Foundation

[www.roktfoundation.co.uk](http://www.roktfoundation.co.uk)

[info@roktfoundation.co.uk](mailto:info@roktfoundation.co.uk)

01484 937180

ROKT Foundation provides adult mental health climbing and activity sessions each Wednesday afternoon from 2.30pm-4pm. The sessions are fully funded. The sessions include bouldering and roped climbing with the possibility of achieving an accredited certificate in climbing.

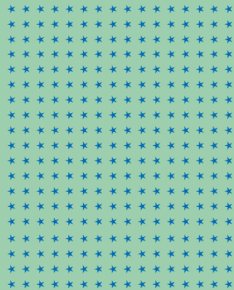
Clients do not have to be particularly fit but for those with any muscular or skeletal issues, ROKT recommend speaking to your doctor before commencing any physical activity.

Opening Hours - Wednesday 2.30pm-4pm.



**If you live with a  
long-term condition,  
you could save money  
on your prescriptions**

Find out if you can get free prescriptions by using the eligibility checker at [www.nhsbsa.nhs.uk/check](http://www.nhsbsa.nhs.uk/check).



## You could save money on your prescriptions

If you are on a low income, or pay for more than three prescription items in three months, or 11 items in 12 months, you could save money on your prescriptions.

A Prescription Prepayment Certificate covers all NHS prescriptions for a set pre-paid price, or spread over 10 direct debit payments.

People on a low income could be entitled to help with costs or free prescriptions through the low income scheme.

You can check if you're eligible for free prescriptions at [www.nhsbsa.nhs.uk/check](http://www.nhsbsa.nhs.uk/check)



# Cost of Living



## Money & Debt Advice

### Noah's Ark

[www.noahsarkcentre.org.uk](http://www.noahsarkcentre.org.uk)

01422 366911

- Young Adult and Adult counselling
- Money and Debt advice
- Professional Development training and workshops
- Food support

322-326 Ovenden Rd, Halifax HX3 5TJ

Opening Hours - Mon/Fri: 8am - 5pm, Tues/Wed/Thur: 8am - 8pm

### Calderdale Age UK

[www.ageuk.org.uk/calderdaleandkirklees](http://www.ageuk.org.uk/calderdaleandkirklees)

01422 252040

- Welfare benefits advice for those over or approaching state pension age.

4-6 Woolshops, Halifax, HX 1 1RJ

Opening Hours - Mon - Sat: 10am - 3pm

### Calderdale Citizens Advice Bureau

[www.calderdalecab.org.uk](http://www.calderdalecab.org.uk)

0808 278 7879

- Help and support with benefits, debt and money and to claim Universal Credit.

Opening Hours - Mon - Fri: 9am - 1:30pm (Phone)

# Cost of Living

## Calderdale Healthy Minds

[www.healthymindscalderdale.co.uk/welfare-rights.html](http://www.healthymindscalderdale.co.uk/welfare-rights.html)

01422 845154

- Benefits and welfare check.
- Support completing benefits forms.
- Advise and represent on social security law, including entitlement, backdates, appeals and overpayments
- Provide advice about or representation at benefits tribunals

[info@healthymindscalderdale.co.uk](mailto:info@healthymindscalderdale.co.uk)

Opening Hours - Mon - Sat: 10am - 3pm



## Living Costs

## Project Colt

[www.projectcolt.org.uk](http://www.projectcolt.org.uk)

01422 416520

- Affordable furniture.
- Zarach Scheme - referrals from schools so children in need get a free brand new bed, mattress, duvet, pillow, bed sheets, pyjamas, and a hygiene kit.

Bridgefield Mills, Elland Bridge, Elland, HX5 0SG

Opening Hours - Mon-Sat: 9:30am - 5pm

## Green Home Halifax

[www.facebook.com/GreenHomeHalifaxShop/](https://www.facebook.com/GreenHomeHalifaxShop/)

07796 993976

- Affordable furniture.

Opening Hours - Mon: 9am-5pm / Tues - Fri: 9:30am - 3pm

## Calderdale Lighthouse

www.calderdalelighthouse.com

01422 241458

- Baby and children items for vulnerable children and families, with clothing and shoes for newborns to teenagers, toiletries, toys, and books.
- Referrals from professionals only.

Unit 1 White Rose Mill, Holdsworth Rd, Halifax HX3 6SN

Opening Hours - Mon-Thur: 9:30am - 1pm

## Mothershare

www.mothershare.org.uk

01422 763998

- Baby and children items for vulnerable children and families, including clothing, toys, essentials, and equipment, e.g. prams.
- Referrals only. Emergency requests accepted, see website.

Coal Ln, Halifax HX2 9PG

Opening Hours - Mon-Fri: 9am - 2pm



For support around cost of living and information on local Warm Spaces this Winter, visit the Calderdale Council Website.

<https://new.calderdale.gov.uk/benefits/money>



# Food Support

## Food Parcels

### Halifax Community Fridge

Jamia Madni Mosque, 117 - 131 Gibbet Street, Halifax. HX1 5LE.

Open to all: Daily from 11am - 12.30pm.

Phone: 07790 758618.



### Brighouse Central Food Bank

Methodist Church, Commercial Street, Brighouse. HD6 1AQ.

Open to residents of HD6 Brighouse, Rastrick, Clifton to HX3 Hipperholme, Lightcliffe:

Fridays from 1pm - 3pm.

Phone: 07540 306496.

### The Salvation Army (Brighouse)

33 King St, Brighouse. HD6 1NX.

Open via referral: Wednesdays from 9am - 12pm.

Phone: 01484 401175.

## Calder Food Support

Mytholmroyd, Hebden Bridge and Luddenden Foot.

Open to all : Tuesday 1.30pm - 6pm - Kershaw Community Centre, Kershaw Drive. HX2 6PD.

Wednesday 10am - 12pm - Valley Road Surgery, Hebden Bridge, HX7 7BZ.

Saturday 10.30am - 12.30pm - St. Michaels Parish Church, Mytholmroyd, HX7 5DU.

Phone: 07741 457658.

## Todmorden Food Drop In

Todmorden Community College, Burnley Road, OL14 7BX. Please use the side entrance (near Aldi).

Open to people living in the Upper Calder Valley, such as Luddendenfoot, Mytholmroyd,

Hebden Bridge, Todmorden and Walsden.: Saturdays from 10am - 12pm.

## Old Library, Cornholme

1 Parkside Road, Cornholme. OL14 8QA.

Open to people living in the Cornholme and Portsmouth areas: Mondays from 10am - 12pm.

Phone: 01706 813222.

## Elland Food Bank

Southgate Methodist Church, Langdale St, Elland. HX5 0JL.

Open to residents of Elland, Greetland and Stainland: Saturdays from 10.15am to 11.45am.

Phone: 07440 682614.

## Affordable Food Supermarkets

### Happy Days Community Supermarket

The Gathering Place, 1 St James Road, Halifax. HX1 1YS.

By referral and membership required (free)

Pay £6 per visit and can choose up to 15 items.

All members can open a Credit Union account.

Open: Wednesday to Saturday from 10am to 3pm.

Phone: 01422 381316.



## Building Bridges Food Hub Brighouse

Online Social supermarket, which covers Brighouse (HD6) and Hipperholme/Lightcliffe (HX3).

Address: 16 Market Street, Brighouse, HD6 1AP.

Proof of Income based benefit required.

Order online and pay £3 for a basket of up to 20 items.

Collect on Saturdays between 11.30am and 12 noon.

Phone: 07951 893546.

# Food Support

## Affordable Food Supermarkets

### Focus4Hope Food Club

Social supermarket, which covers Brighouse and surrounding areas.

10A Huddersfield Road, Brighouse HD6 1JZ (entrance within Bethel Street car park).

£6 per week for 18 items.

Register on the website for a specific time slot every Friday.

Phone: 01484 443979.



## Community Meals

### Basement Project

Basement House, 10 Carlton St, Halifax. HX1 2AL.

Open for those who are socially excluded or homeless.: Wednesdays from 10am to 11.30am.



### Brighouse Central Methodist Church

Commercial Street, Brighouse HD6 1AQ.

Open to all: Fridays at 10.30am for a coffee and chat;  
and 12 noon for a two course hot meal.

### Calder Food Support

Mytholmroyd - Good Shepherd Church, Mytholmroyd. HX7 5EA.

Open to all: Mondays from 5pm to 7pm.

Luddenden Foot - Kershaw Community Centre, Kershaw Drive. HX2 6PD.

Open to all: Tuesdays from 1.30pm to 6pm.

## Calder Grub Hub

Hope Baptist Church, Hebden Bridge. HX7 8EW.

Open to all: Wednesdays from 5pm to 7pm.

## The Gathering Place - The Banqueting Table

Café open for hot food.

The Gathering Place, St James Road, Halifax. HX1 1YS.

Open to all: Tuesdays, Thursdays and Fridays from 12.30pm to 1.30pm.

## Halifax Homeless Community Kitchen

Halifax Bus Station, Halifax. HX1 1UZ.

Offers a hot meal and a food waste parcel on a donation basis. (Items will vary on a weekly basis.)

Open to all: Sundays from 1pm to 2.30pm.

## St Augustine's Centre

Hanson Lane, Halifax. HX1 5PG.

The welcome café, open for hot meal take-aways.

Open: Mondays and Thursdays at 12.30pm.

## The Jilani Kitchen at the Halifax Community Fridge

Jamia Madni Mosque, 117 - 131 Gibbet Street, Halifax. HX1 5LE.

A warm meal for all neighbours and those in need.

Open: Thursdays, 30 minutes before sunset

## The Outback Take Away Lunch Club

Free hot food for local people in need.

The Outback Kitchen, Lightowler Road, Halifax. HX1 5NB

Open: Tuesdays from 12 noon to 2pm.



# Food Support

## Other Support

### Healthy Start Vouchers

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.

You can also use your card to collect: Healthy Start vitamins and vitamin drops for babies and young children – these are suitable from birth to 4 years old.

### Free School Meals

<https://new.calderdale.gov.uk/benefits/free-school-meals>

In Calderdale, children are eligible for free school meals if their parents or guardians get certain support payments. Free School Meals should be applied for even if the child is entitled to Universal Free School Meals (In reception, Year 1 or 2).

### Healthy Holidays

<https://healthyholidays.calderdale.gov.uk/>

The Healthy Holidays programme is for children from reception to year 11 who receive Free School meals. There are also some subsidised places for other specific groups of children.

It runs over Christmas, Easter and Summer School Holidays and aims to make sure children enjoy healthy and nutritious meals, whilst keeping a healthy level of physical activity.

Children who attend develop a greater understanding of food, nutrition and other health-related issues, whilst taking part in fun activities.

# Specialist Support



## Calderdale Dementia Hub

[www.calderdaledementia.com](http://www.calderdaledementia.com)

[cdh@commmlinks.co.uk](mailto:cdh@commmlinks.co.uk)

01422 399833

Calderdale Dementia Hub provides information, advice and signposting to people affected by dementia across Calderdale. Referrals for the dementia support coordinator service can be made for anyone with a diagnosis of dementia living in Calderdale and their carers, family or friends.

Calderdale Dementia Hub accept referrals from professionals as well as self-referrals/referrals for carers via the website and email. Referrals to the service will receive a full assessment by telephone to help identify best ways to support any needs and enhance their existing coping strategies. All referrals are offered an annual check-in call from the service.

Calderdale Dementia Hub also provides information sessions for both carers and people with dementia. They also run dementia awareness sessions for the general public.

Free Cognitive Stimulation Therapy group sessions are available for people with mild to moderate dementia and facilitate an involvement group for people with dementia - Happy Valley DEEP Group.

Carers are also invited to join the Carer2Carer service, matching carers or people with dementia for mutual peer support to reduce isolation and share expertise.

Full details of our service offers are available on the website.

Opening Hours - Monday to Friday 9am - 5pm.

(contact us if you need to arrange an out-of-hours call)

# Specialist Support



## Alpha House Calderdale

[www.alphahousecalderdale.org.uk](http://www.alphahousecalderdale.org.uk)

[info@alphahousecalderdale.org.uk](mailto:info@alphahousecalderdale.org.uk)

01422 346289

Alpha House provides supported housing which works with other service providers to ensure that our residents can access recovery programmes to address addiction and offending issues. We have a structured approach to addressing crime, mental health issues, drug and alcohol dependency and a range of social and domestic issues. For referrals call the office .

Opening Hours - Monday - Thursday 9am - 4pm.

Friday 9am - 1pm.



## Calderdale Forum 50 Plus

[www.calderdaleforum50plus.com](http://www.calderdaleforum50plus.com)

[info@calderdaleforum50plus.com](mailto:info@calderdaleforum50plus.com)

07946 510900

Calderdale Forum 50 Plus is the online newspaper for older people and the community group for the over-50 population of Calderdale. They identify news, support services and events that are relevant to older adults and publish them online; through social media; and in a monthly email and print newsletter. They signpost and connect older people to local groups, clubs, societies and community organisations and publish an online calendar of up-and-coming events in the local area. They also collate guidance on key later life issues. Opportunities to contribute to consultations are researched and shared and quarterly surveys are run to engage with their audience and find out more about the issues affecting their lives.

Opening Hours - Monday - Thursday 9am - 5pm.



## Calderdale Staying Safe

[www.calderdalestayingssafe.org.uk](http://www.calderdalestayingssafe.org.uk)

014223 323339

Calderdale Staying Safe is a domestic abuse support service provided by a well-established local charity. They have been providing free and confidential domestic abuse support for many years to people living across all areas of Calderdale, including Halifax, Brighouse, Elland, Hebden Bridge and Todmorden. Domestic abuse support is provided for all ages, all victims and all risk levels.

Opening Hours - Monday- Friday 9am - 5pm.



## Disability Partnership Calderdale

[www.disabilitypartnershipcalderdale.org](http://www.disabilitypartnershipcalderdale.org)

[info@disabilitypartnershipcalderdale.org](mailto:info@disabilitypartnershipcalderdale.org)

07716 122897

Disability Partnership Calderdale are a lottery funded charity set up to help disabled adults, carers and family members. They have an extensive website which is updated daily with events and information for people in Calderdale as well as surrounding areas. People can sign up for free to become members to receive weekly email newsletters via our website or by contacting them by email or mobile. They hold bi-monthly open meetings in Halifax where there are guest speakers and free buffet style lunch.

Opening Hours - Monday - Friday 9am - 5pm.

# Specialist Support



## EdShift

[www.edshift.co.uk](http://www.edshift.co.uk)

[info@edshift.co.uk](mailto:info@edshift.co.uk)

07596 855364

EdShift is an award winning, arts-based organisation based in the centre of Halifax. They are a core provider of domestic abuse and sexual violence prevention and early intervention programmes for young people aged 4 - 18.

EdShift's mission is to dramatically redefine relationships for the next generation and beyond. Their vision is that one day in this world, everyone will have the courage and skills to seek and achieve healthy, equal and fulfilling relationships. EdShift protects the emotional health and wellbeing of children and young people by equipping them with the skills, knowledge and awareness to aspire to achieve healthy, equal and fulfilling relationships.

Opening Hours - Monday - Friday 9am - 5pm.



## ACE CIC

[moha20@hotmail.co.uk](mailto:moha20@hotmail.co.uk)

Advancement of Community Empowerment (ACE CIC) offers information, advice, guidance, signposting and support around benefits, in Urdu and Mirpuri dialect. ACE CIC also run health and fitness activities, and work in partnership with local GP practices and community organisations, running activities on Saturdays at the Outback.

Opening Hours - Monday - Thursday 11am - 3pm.

Activities on Saturdays 2pm - 4pm at The Outback, Lightowler Road, HX1 5NB.



## Halifax Society For The Blind

[www.halifaxblindsociety.org.uk](http://www.halifaxblindsociety.org.uk)

[info@halifaxblindsociety.org.uk](mailto:info@halifaxblindsociety.org.uk)

01422 352383

Halifax Society for the Blind provides practical and emotional support to those with sight loss living in Calderdale. At their new town centre premises they have social engagement cafe where those with a visual impairment, their friends and family, can come along to have a brew and a biscuit. Alongside the cafe there is also a Sight Centre with Sight Support Advisors available to give specialist support around daily living aids, equipment and technology available.

Halifax Society For The Blind have have a wide variety of groups available including groups such as:

- Coffee and Chat
- Games Group
- Craft Group
- Walking Group
- Book Group

They also have additional services such as Friends on the Phone and Home Visiting as well as their Aviators Project. The Aviators Project is where we loan a mobile device which is programmed with specially adapted software, during the loan period you are matched with a volunteer who teaches you how to use the device. At the end of the loan period, you can make an informed choice about whether this is the right software to meet your needs and if so you can purchase the device at a subsidised price. If not, you can hand the device back without it costing you a penny.

Opening Hours - The Sight Centre and Social Engagement Cafe are open for drop in sessions from Monday - Friday 10am - 2pm.

Main Office Monday - Thursday 9am - 4pm and from 9am - 2pm on Fridays.

Appointments available during these hours.



# Specialist Support



## Hebden Bridge Disability Access Forum

[sechbdisabilityaccess@gmail.com](mailto:sechbdisabilityaccess@gmail.com)

01422 844914

Hebden Bridge Disability Access Forum (HBDAF) aims to improve access to all aspects of life in our local area. Including access to places, services, events and transport.

They welcome all Deaf, disabled and neurodivergent people as members, and those with long-term health conditions. HBDAF also welcome non-disabled associates.

Opening Hours - HBDAF meet on the third Monday of each month in Hebden Town Bridge Hall HX7 7BY and by zoom video calls from 2:30pm - 4pm



## JAH Light Community Project

[www.jlcommunityproject.co.uk](http://www.jlcommunityproject.co.uk)

[jlcommunityproject@gmail.com](mailto:jlcommunityproject@gmail.com)

07793207410

JAH Light Community Project provides activities and workshops to help improve the confidence of young people, allowing them to feel more positive and self-assured which will enable them to avoid being bullied or falling behind, as well as positive changes in lifestyles and an increased awareness of future and career opportunities arising from inspirational mentoring.

Opening Hours - Monday - Friday 10am - 2pm.



## Restorative Solutions CIC

[www.rjwestyorkshire.org.uk](http://www.rjwestyorkshire.org.uk)

[rjwestyorkshire@westyorkshire.org.uk](mailto:rjwestyorkshire@westyorkshire.org.uk)

0800 783 1550

Restorative Justice is a free service that is offered across West Yorkshire for people who have been affected by crime. It is a voluntary process that involves communication, either directly or indirectly, between those who have been harmed by crime and those who have caused that harm. It enables those harmed by the crime to safely hold those that have caused that harm to account by explaining to them the personal impact of their actions. It gives the opportunity to ask questions about what happened or understand why.

Opening Hours - Monday - Friday 8am - 5pm.



## The Brunswick Centre

[www.thebrunswickcentre.org.uk](http://www.thebrunswickcentre.org.uk)

[info@thebrunswickcentre.org.uk](mailto:info@thebrunswickcentre.org.uk)

07718 261007

The Brunswick Centre is a service for people affected by HIV. They offer HIV support service, one-to-one support, counselling, benefits advice, wellbeing sessions and hardship grants. Service for people affected by HIV only.

They also provide LGBTQ+ young people's service which includes one-to-one youth work support, youth groups and counselling.

Opening Hours - Monday - Friday 9am - 5pm

Groups run in the evening

Out of hours and weekend services available by appointments.

# Specialist Support



## Overgate Hospice

[www.overgatehospice.org.uk](http://www.overgatehospice.org.uk)

Day Hospice Team - 01422 379151

Overgate Hospice Hubs - Those living with a progressive, life-limiting illness are invited to attend the Overgate Hubs with their carer, family member or friend, to gain support, advice, education, and signposting from our dedicated team, as well as the chance to socialise with others in similar situations and join in with diversional therapies such as crafts, activities and music, in a safe and understanding environment. There are currently six Hubs supporting communities in each district of Calderdale. There is no referral needed to attend the sessions at any of the Overgate Hubs, simply drop in between 10am-3pm!

Visit the website to find your local Hub and the next session date or call the Day Hospice team.

A Breath of Fresh Air - A Breath of Fresh Air is a seven week course of advice, education and information for people with a chronic lung condition and their carers, aiming to help them cope and learn strategies to manage their illness more effectively. The course is based at the Overgate Day Hospice in Elland and sessions run every Tuesday.

If you would like a referral please speak to your respiratory specialist team. Alternatively, please ring the Day Hospice team.

Time to Think - Time to Think is a six-session programme which runs weekly over two months at Overgate Hospice for people with dementia and their carers. It offers a holistic approach to individual needs, focusing on person-centred care and support. Time to Think provides a friendly, safe environment where people with dementia can attend with their carers and gain access to advice, information and support from a dedicated team of staff and volunteers. The aim is to improve self-esteem, encourage self expression, reduce social isolation and help lessen anxiety.

Referrals can be made through your GP, community nurse or any other health or social professional. Alternatively, for further information please ring the Day Hospice team.

Support and Wellbeing Group - Support and Wellbeing is an 8-week programme for adults living with a progressive, life-limiting illness, irrespective of diagnosis. The programme aims to promote a sense of wellbeing and a positive approach to living with your illness in a relaxed and caring environment.

Referrals can be made through your GP or any medical professional within the community. Alternatively, for further information please ring the Day Hospice team.

Opening Hours - Monday - Friday 9am-5pm



## Todmorden Learning Centre

[www.tlchub.org.uk](http://www.tlchub.org.uk)

01706 318130

The following services operate from from the Todmorden Learning Centre:

- Todmorden Food Drop-In
- Todmorden Emergency Support
- Todmorden Makery - repair cafe, tool library, community workshop
- Exercise and leisure - Pilates, Yoga, Judo, Karate, Netball, Walking netball, Basketball, Table Tennis, Soccer academy, Rollerskating
- Learning - Functional skills Maths and English, English for speakers of other languages
- Art - Life drawing, Disability Support Art Group, Art and Car

Opening Hours - Monday - Thursday 8am - 9pm

Friday 8am - 6pm

Saturday 9am - 2pm

# Specialist Support



## Unique Ways

[www.uniqueways.org.uk](http://www.uniqueways.org.uk)

[hi@uniqueways.org.uk](mailto:hi@uniqueways.org.uk)

01422 343090

Unique Ways is a local Calderdale charity (based on Hanson Lane Enterprise Centre, Halifax) that directly supports Parent Carers who have children/ young people with a disability/additional need aged 0 - 25. They are a membership charity so Parent/Carers need to join as a member before we the organisation can help. Membership is free.

Unique Ways offer Parent/Carers support through specific services, all free to Parent/Carer Members in Calderdale:-

- Coffee Mornings and Afternoon Teas: these take place at our base on Hanson Lane, Halifax and at Hebden Bridge Town Hall.
- Specialist Form Filling Service: help with completing complicated carer related forms.
- Specialist Sleep Service: offers advice from a Specialist SEND Sleep Practitioner to help with sleep good practice.
- Training Courses: free in-house courses to help build resilience and enhance knowledge.
- Sensory/toy library: where families can 'try before they buy'.
- Book Library.
- Information: access to SEND related news in Calderdale, regionally and nationally.
- Parent Carer Forum for Calderdale – 'Family Voice Calderdale'. This forum enables Parent/Carers to use their voice to help influence policy and service development at a strategic level.
- Ongoing Membership support and signposting.

To become a Member, visit the Unique Ways website and complete the Membership Form and select which service area you are interested in.

Opening Hours - Monday - Friday (during term time only) 9.30am - 2.30pm.



## X-PERT Health

[www.xperthealth.org.uk](http://www.xperthealth.org.uk)

[admin@xperthealth.org.uk](mailto:admin@xperthealth.org.uk)

01422 847871

X-PERT Health is an award-winning UK based charity. We aim to help transform people's lives through inspirational diabetes, insulin and weight loss education programmes. They support people with prediabetes, Type 1 and Type 2 diabetes (newly diagnosed or established), obesity, and anyone overweight.

X-PERT Health's group education programmes are a fun way to learn about and understand diabetes, weight loss and wellbeing. Using visual aids and discovery learning, individuals are enabled to make their own informed decisions. If your GP does not currently offer X-PERT education in your local area, you can purchase handbooks or enrol on to a Remote Programme via the X-PERT Health website shop.

Opening Hours - Monday - Friday 8am - 4pm.

**healthwatch**  
Calderdale

Healthwatch Calderdale is your health and social care champion. They make sure NHS, health and social care managers hear your voice and use your feedback to improve care.

Healthwatch Calderdale can also help you find reliable and trustworthy health and social care information and advice.

It's quick and easy to share your experiences.

Telephone: 01422 412 141

Email: [info@healthwatchcalderdale.co.uk](mailto:info@healthwatchcalderdale.co.uk)





UK Health Security Agency

**NHS**

# GET WINTER STRONG

Get  
vaccinated

**Flu and COVID-19 spread  
more easily in winter and can  
cause you serious harm if you have  
an ongoing health condition.**

**But flu and COVID-19 vaccines can  
help keep you protected and better  
able to defend yourself. So if you do  
run into these viruses this winter, you'll  
have milder symptoms, recover quicker  
and be less likely to end up in hospital.**

**Check your eligibility and book online  
at [nhs.uk/wintervaccinations](https://nhs.uk/wintervaccinations)**



# Social Groups



## Making Space - Carers Wellbeing Service

[www.makingspace.co.uk/carers-wellbeing-service-calderdale](http://www.makingspace.co.uk/carers-wellbeing-service-calderdale)

[carers.wsc@makingspace.co.uk](mailto:carers.wsc@makingspace.co.uk)

01422 369101

If you care for a family member, friend or neighbour who cannot manage without support due to a health condition or disability you may benefit from our service.

We provide carers aged 18 and over with an extensive range of resources and support designed to promote your own health and wellbeing. Our team of professional carer support workers cover all of Calderdale and our workers will get to know you and your situation and tailor our services to give you the most relevant and appropriate support.

### How Can We Help You:

- Information and advice
- One-to-one support
- Carers needs assessments
- Emergency back-up planning
- Social groups and activities
- Monthly support groups
- Courses for carers
- Specialist support for young adult carers and working carers

Opening Hours - Monday - Friday 9am - 5pm.

Support for working carers available on request.

# Social Groups



## Age Concern Todmorden

[www.ageconcerntodmorden.org](http://www.ageconcerntodmorden.org)

[ageconcerntodmorden@gmail.com](mailto:ageconcerntodmorden@gmail.com)

01706 817926

Age Concern Todmorden supports people of state pension age from Todmorden, Cornholme and Walsden to live active, healthy and social lives. They provide a range of activities and events and a daily drop in for information signposting.

Opening Hours - Office drop-in open 10am -12pm Monday-Friday 19 Burnley Rd, OL14 7BU.  
Activities held throughout the week.



## Calderdale Carers Project/Our Place

[www.facebook.com/groups/1074512369762185/](https://www.facebook.com/groups/1074512369762185/)

[coordinator@calderdaleourplace.co.uk](mailto:coordinator@calderdaleourplace.co.uk)

07825 429034

### 'CARING TOGETHER'

Joint services with Calderdale Our Place for Carers, ex Carers and their Cared for. Lunch, refreshments, quizzes, games and entertainment.

Speakers especially on Thursdays representing other services which might be of use to those attending. Help with referral to other services available.

Opening Hours - Sunday 12pm - 4pm at Boothtown Methodist Church Hall, HX3 6LR.  
Wednesday 11am - 3pm at Boothtown Methodist Church Hall, HX3 6LR.  
Thursday 11am - 1pm at Waterhouse Almshouses, HX1 2AZ.



## Dementia Friendly Todmorden

[www.dementiafriendlytodmorden.org.uk](http://www.dementiafriendlytodmorden.org.uk)  
[enquiries@dementiafriendlytodmorden.org.uk](mailto:enquiries@dementiafriendlytodmorden.org.uk)  
07960 125036

Dementia Friendly Todmorden is a volunteer led group who run a monthly dementia cafe called Daisys which acts as a one stop shop where people living with dementia, their families and carers can attend to get advice, care and support over a free lunch, entertainment and fun activities.

Opening Hours - Cafe on the 1st Saturday of every month 11am - 1pm at Todmorden Health Centre, OL14 5RN.



## The Friends of Crow Wood Park

[www.facebook.com/p/Friends-of-Crow-Wood-Park-100083533594004](https://www.facebook.com/p/Friends-of-Crow-Wood-Park-100083533594004)  
[friendsofcrowwoodpark@gmail.com](mailto:friendsofcrowwoodpark@gmail.com)  
07718 261007

The Friends of Crow Wood Park, support the upkeep of the park and help keep it clean and tidy so that visitors have a pleasant experience. They run a variety of events including regular monthly coffee mornings. All events are well publicised on social media.

Opening Hours - Coffee Morning on the 3rd Wednesday of every month 10am-12pm.  
Excluding January and February.

# Social Groups



## Memory Lane Cafe

[www.memorylanecafe.org](http://www.memorylanecafe.org)

[june@memorylanecafe.org](mailto:june@memorylanecafe.org)

07920 549131

Memory Lane Cafe are a local community group providing support for people affected by dementia, other memory problems, and isolation.

Opening Hours - Halifax (Maurice Jagger Centre, HX1 1UZ) - 1st & 3rd Monday of the month  
Sowerby Bridge (St Paul's Church, HX6 2EQ) - 2nd & 4th Saturday of the month



## Sowerby Bridge Together

[www.facebook.com/sowerbybridgetogether](http://www.facebook.com/sowerbybridgetogether)

07940 466008

Sunday Get-Together is held at St Paul's Methodist Church, Tower Hill, Sowerby Bridge. They offer a choice of free hot meals and a relaxed environment for anyone who wishes to come along. No need to book or call ahead, just turn up.

Opening Hours - Sunday 3pm to 6pm at St Paul's Church, HX6 2EQ. Food served until 5pm.

**Calderdale Home  
Library Service**  
Infinite Possibilities



<https://new.calderdale.gov.uk/libraries/home-library-service>





## Women's Activity Centre

[www.waccic.com](http://www.waccic.com)

[admin@waccic.com](mailto:admin@waccic.com)

01422 252447

Women's Activity Centre (WAC) provide a programme of structured support to mainly South Asian women aged 50+ who, due to cultural sensitivity, are exposed to social isolation and deprivation. The centre has adopted a variety of approaches exploring the management of maintaining the physical and mental well-being of older Asian women living in Calderdale.

Opening Hours - Monday - Wednesday 9am - 2pm.



## Upper Stoodley Residents' Association

[www.usra.org.uk](http://www.usra.org.uk)

[usrasecretary@gmail.com](mailto:usrasecretary@gmail.com)

The Upper Stoodley Residents' Association provide a range of support, information and social activities to residents in the upper Stoodley area (Lumbutts, Mankinholes, Harvelin Park, down to Stoodley Glen and including the outlying farms and properties.

Calderdale Home Library Service is free to those living in Calderdale and are not able to visit your local library.

Apply for the service if ill-health, disability, age or frailty means you are not able to get to a library.

You may also get this service if you are a carer and cannot get to a library.



# VSI ALLIANCE

