

Moments for Movement

FREE events to get you moving!

Mental Health Awareness Week Programme

13-19 May 2024

Monday 13 May, 10 AM - 2:30 PM
Healthy Minds

ASDA HALIFAX STALL

Come see Nimra and Misbah to learn more about Healthy Minds and what we're doing to make movements for mental health in Calderdale!

Monday 13 May, 11 AM
Inspire Motivate Transform
Central Methodist Church in Todmorden

MOVE FOR EXERCISE

Gentle movement for all to enjoy. No need to book, just turn up and join in!

Monday 13 May, 11 AM
Inspire Motivate Transform
Central Methodist Church in Todmorden

AEROBICS & DANCE

Learn to love to move whilst enjoying aerobics and dance! Just turn up and join in the community to keep fit with Rebecca.

Monday 13 May, 7:30 - 9:30 PM
Halifax Choral Society
Carlton URC, Halifax

JOIN THE CHORUS

The friendly bunch at Halifax Choral Society would love to welcome you to their regular Monday rehearsal. You can just listen or you can join in with the warm ups. It's entirely up to you!

Monday 13 May, 7:30 - 9:30 PM
Three Valleys Gospel Choir
Central Methodist Church in Todmorden

GIVE A SONG A GO!

The lovely people from Three Valleys Gospel Choir invite you to go along and try them. There's even tea and cake in the break! All welcome, just turn up.

Tuesday 14 May, 10 AM - 11:30 AM
Curious Motion, Elland

BREWS & GROOVES

A fun and informal dance session for people over 55, followed by time for a chat over a brew!

Please book:

<https://curiousmotion.org.uk/classes/brewsandgrooves/>

Tuesday 14 May, 10:30 AM - 12 NOON
Rock Choir, Sowerby Bridge
St. Paul's Methodist Church

JOIN THE ROCK CHOIR

It's all about singing, fun, community, friendship and life changing experiences.

Please book: www.rockchoir.com



Healthy Minds

Better mental health for everyone in Calderdale.

01422 345154

healthymindscalderdale.co.uk

[f @HealthyMindsCalderdale](https://www.facebook.com/HealthyMindsCalderdale)

[i @HealthyMindsCW](https://www.instagram.com/HealthyMindsCW)

Moments for Movement



Tuesday 14 May, 11 AM - 2 PM
Todmorden, Sowerby Bridge &
Brighthouse Leisure Centres

FREE GYM SESSION

An amazing opportunity to try out your local gym, with an instructor! Please ring the centre to book.

Wednesday 15 May, 10 AM - 3 PM
Healthy Minds Forum

WOOLSHOPS TAKEOVER

The Healthy Minds Forum is celebrating people-powered movements for better mental health! Come along to try our 'myth-busting lucky dip,' chat to us about mental health awareness and pick up your free anti-stigma magnet to 'stick it to stigma'!

Wednesday 15 May, 8:15 PM
Calder Valley Swing
Hebden Bridge Town Hall

LEARN TO SWING DANCE

Join Calder Valley Swing for their weekly session and discover a whole new world of dance fun and great music. No partner needed, and no need to book - just turn up!

Thursday 16 May, 10 AM - 11 AM
Curious Motion
The Space @ Field Lane, Rastrick

WOMEN'S CREATIVE MOVEMENT

A creative, fun, and inclusive movement and dance session for all women. No experience needed.

Please book: www.curiousmotion.org.uk



Thursday 16 May, 12 NOON
Active Rainbow
St. Jude's Church Hall, Halifax

BEGINNERS STRENGTH & MOBILITY

This low intensity class is perfect if you are starting your exercise journey, have a health condition or wish to improve your Mobility, Balance, Strength and Stamina. Give it a go!

Thursday 16 May, 1 PM
Active Rainbow
St. Jude's Church Hall, Halifax

SEATED STRENGTH & MOBILITY

Seated exercises focusing on mobility, flexibility and strength. Perfect for anyone with health conditions or starting on your exercise journey. Just come along and join in!

Thursday 16 May, 6 - 7:30 PM
Curious Motion
Elland Community Hub

DANCE FOR WELLBEING

An accessible movement and stretch class for adults of all ages. Come along to have fun, connect with others, and move your body.

Please book: www.curiousmotion.org.uk

Saturday 18 May, 9 AM
Shroggs Park, Halifax

HALIFAX PARK RUN

A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate. It's up to you!



Healthy Minds

Better mental health for everyone in Calderdale.

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Saturday 18 May, 9 AM
Centre Vale Park, Todmorden

CENTRE VALE PARK RUN

A free, fun, and friendly weekly 5k community event in Todmorden. Walk, jog, run, volunteer or spectate. It's up to you.

Saturday 18 May, 10:30 AM - 12:30 PM
Northlight Art Studios
Hangingroyd Lane, Hebden Bridge

ART WORKSHOP: CELEBRATING TREES

Celebrate the healing experience of being among trees. Using print, paint and ink, we will create a forest of trees from our observation and our imagination. Everyone welcome, no experience necessary.

Please book:

www.northlightstudio.co.uk/full-day-weekend-workshops

Sunday 19 May, 12 PM
Sowerby Walkers & Ramblers
Meet at Healthy Minds

SUNDAY WALK

Join Adrian from Sowerby Walkers & Ramblers for a beautiful four mile walk from Halifax, taking in the spectacular Wainhouse Tower and an outdoor relax at Healthy Minds allotment.



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Thank you to our partners:



**Halifax
Park Run**
**Centre Vale
Park Run**

