



Mental Health and Well-being Activities Programme 2020-21



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COVID-19

Good Practice

We are committed to providing activities, which are safe, effective, and support participant health and well-being.

During the Covid-19 pandemic, ensuring the health and safety of all participants, and staff, is our priority. Activities will be delivered in line with Government guidelines and social distancing restrictions. Initially activities will be delivered using online platforms, like Zoom.

As the project progresses we will re-establish some activities in local venues and locations, across the city, including libraries, universities and parks.

Start dates, times and locations may change, as a result of Covid-19. We will update the brochure with fixed dates when known.

For up to date information, please contact us:

**@ activities@yorkmind.org.uk
☎ 01904 643364 option 5**

**Or view our website:
🌐 www.yorkmind.org.uk**

BACKGROUND

York Mind successfully won the tender to deliver Mental Health and Well-being Activities within the City of York in 2017.

The activities programme is funded by City of York Council.

York Mind in partnership with **Blueberry Academy, Kyra, Refugee Action York (RAY), York Carers Centre, York LGBT Forum, Explore York, Hoglets Theatre, Portal Bookshop, Heart Wood Works** and **York City Knights**, will deliver a range of activities in Year 4 of the programme, from July 2020-June 2021.

The model of delivery is based on the ethos that mental health and well-being is supported and maintained by a combination of activities. These activities will fall under three pathways: **Learning and Development, Well-being, and Social**, with the underpinning principles of **Connect, Hope and Grow**.

The ethos and values of Connect, Hope and Grow aim to support individual's well-being and recovery journey

by creating opportunities for social interaction, emotional support, and facilitate opportunities to build wider, and more sustainable networks of support, with both peers and local services.

York Mind will provide a **single point of access (SPA)** and one key contact point for the activities programme.

Participants can enrol on the programme and devise and select their own pathway of support from a menu of activities, from each of the three pathways.

A combination of activities will be delivered by York Mind and partners throughout the week, including weekends and evenings, across 50 weeks of the year. Activities and groups will be delivered with staggered start dates, to help reduce waiting times and enable access to timely support.

Activities vary in length and frequency from one-off sessions, to 8 week groups,



and span more formal interventions such as courses, vocational learning and informal support, including drop-in events. Some activities are linked to existing local community events, with the intention that annual events can support individuals continued participation in their community, beyond the lifetime of the programme.

ENROLMENT GUIDELINES

The activities programme is open access for people resident in the City of York, aged 18 and over, who have a mental health and well-being need, or are an unpaid carer where the activities attended support their well-being.

To attend any of the activities or courses on offer, an enrolment form needs to be completed **first**. Once the enrolment form has been received, York Mind will contact the person named on the form to confirm if they have a place on their chosen activity.

****We allocate places 2 weeks before the activity start date.**

Please do not attend, or advise anyone to attend any activities before they have confirmation of a place, as many of the courses and groups have a limit on participants.

Whilst participants may select more than one activity, they need to indicate which is their priority and first choice. This will help us manage demand if any activities are oversubscribed.



If you have any questions, please contact us:

**@ activities@yorkmind.org.uk or
📞 01904 643364 and select option 5.**

York Mind is an independent provider of high quality mental health services in York and its surrounding area.

They offer a wide range of services including Advocacy, Counselling, Action towards Inclusion and Young People's services. They deliver a variety of training opportunities and have an active presence in the local community through fundraising activities and events.

York Mind support individuals recovering from mental ill-health, to achieve their goals and promote social inclusion, by raising awareness of mental ill-health and tackling the stigma surrounding mental health conditions.

York Mind aims to be an inclusive and accessible organisation, emphasising the importance of acceptance and tolerance of the beliefs, opinions and wishes of individuals accessing their services.

York Mind also provide the following services outside the activities programme. Please contact us direct for more information.

Advocacy - York Advocacy Hub can support you to have a strong voice when you need to make an important decision, or are facing issues you need help with.

Counselling - York Mind runs four counselling services: Daytime, Evening, Young People and Carers.

Action Towards Inclusion - This project aims to support people who are unemployed and experiencing difficulties relating to health, social exclusion, poverty and employability skills.

Young People's Service - This service offers Mentoring and Peer Support to young people aged 11 to 21, who are experiencing difficulties with their emotional wellbeing.

Activities Service and Training - In addition to the Mental Health and Well-being Activities Programme, we also provide an in-house activities programme and an advanced training service, delivering Mental Health First Aid-MHFA and ASIST-Applied Suicide Prevention Skills Training.



KYRA WOMEN'S PROJECT

Kyra Women's Project is the only independent charity in York dedicated to women's self-development.

Established in November 2013, Kyra is run on a voluntary basis by women, for women. The Project brings together women who are isolated, emotionally vulnerable, or who are looking for help to improve their well-being.

Kyra has 1,250 members who regularly participate in a wide variety of its activities. We support women of all ages and backgrounds, to take an active role in their own development through social, creative and training opportunities.

We give women the opportunity to understand the reasons underpinning their thinking and behaviour. Enabling them to identify and explore alternative ways of thinking and being, thus helping them to achieve their full potential, as individuals and as members of the larger community. Our project can support women who have specific needs around recovery

- for example, from domestic abuse, alcohol or substance misuse, or mental health.

Kyra Women's Project also provide the following activities outside the activities programme. Please contact us direct for more information.

Courses at Kyra

- Self-Esteem
- Assertiveness
- Domestic Abuse Support (Freedom Programme)
- Loss Group
- I.T.

Ongoing Activities at Kyra

- Drop-In
- Counselling
- Mindfulness
- Singing
- Walking group
- Reiki
- Reflexology
- Support to return to education/work
- Poetry club
- Crafting
- Drama
- Legal Advice
- Money management
- Spanish
- Cookery



Contact:

 **01904 632332**

 **Contact@kyra.org.uk**

REFUGEE ACTION YORK

RAY (Refugee Action York) was founded in 2002 and became a registered charity in 2009.

RAY's aims are:

- To advance education and relieve financial hardship amongst migrants, those seeking asylum and those granted refugee status, particularly by the provision of advice and guidance.
- To advance the education of the public in general about the issues relating to refugees and those seeking asylum.

RAY's Services are focused around The Hub - drop-in session on Sunday afternoons.

This provides:

- A social setting with a shared meal
- English conversation classes
- Educational and social activities for children, including Turkish and Arabic language lessons
- Talks for adults from local service providers to encourage integration and take up of health, leisure and other services

- An Information and Support service, offering signposting to other services such as benefits, housing, mental health, debt management etc, with translation available, as well as support to complete forms, write letters and access appointments
- A Wellbeing Café area for those who need some space to chat or relax in a supportive environment

RAY aims to work with other organisations in the city to ensure York is a welcoming and inclusive place, especially for those who come here fleeing persecution. We believe that asylum seekers, refugees and migrants make a positive contribution to our community.

Contact:

@ info@refugeeactionyork.com



Refugee Action York

YORK CARERS CENTRE

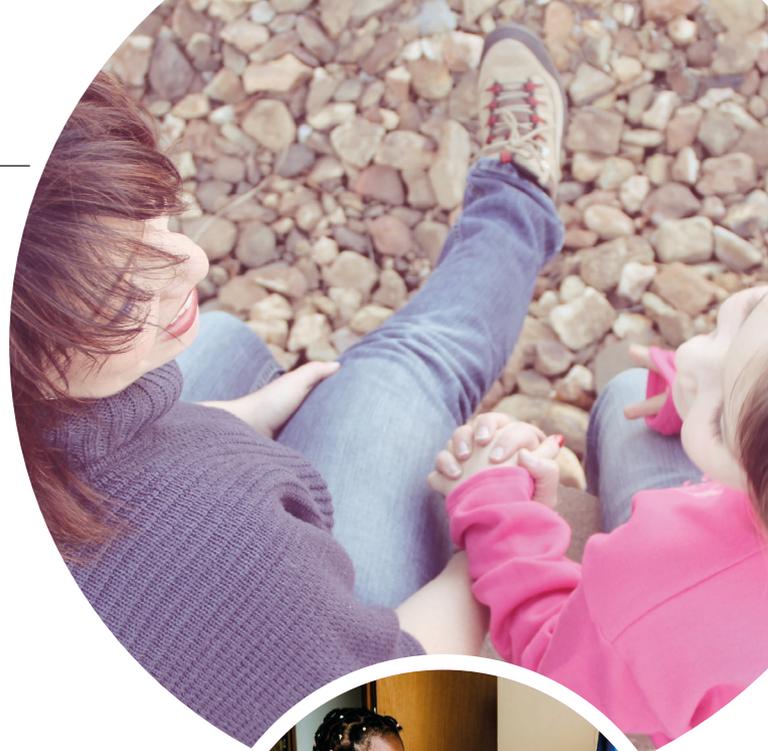
York Carers Centre are a charity providing support and advice to unpaid carers who live, or care for someone who lives in York.

We offer free support to carers from age 5 upwards, with a range of support such as benefits and rights advice, one to one support, groups and social events.

We also provide the following activities outside the activities programme. Please contact us direct for more information.

We offer carers;

- One to one support.
- A Carers Emergency Card.
- Regular newsletters.
- Opportunities to meet up in the community with other carers.
- Benefits and Rights advice.
- Carers Assessments of Need.
- Plus additional support for young carers (5 to 18) and
- Young adult carers (18 to 25).



Contact:

01904 715490

email: enquiries@yorkcarerscentre.co.uk

www.yorkcarerscentre.co.uk

**York
Carers
Centre**

EXPLORE YORK

Explore York Libraries and Archives provides the public library and archives service for the city of York.

We run 14 libraries including York Explore, our city centre library and home of the City Archive, 4 Reading Cafes, a mobile library, a home library service and many of our services are online and in accessible formats.

We are part of the community in every area of York, and provide safe, inclusive and welcoming spaces for people to socialise, connect, create and enjoy new experiences.

We work in partnership with other organisations in York to help us to achieve more and to help to create a connected city. A commitment to supporting the health and well-being of people in York is at the heart of everything we do.

We share the joy of reading with both children and adults. Our libraries offer books for people to borrow and read, reading groups where people can discuss books

and a variety of events where people can meet authors and other readers. Our activities for children include, rhyme-times, story-times, our annual Summer Reading Challenge and a free toy library.

We provide free access to information in our libraries and online, using trusted and reliable sources covering everything from local history, through to how to get online.

We aim to inspire people of all ages to learn, imagine, create, and share ideas through a wide variety of activities including making music, reading, creative writing, dance and movement, printing, painting, collage, mosaic-making, stitching and trying out new technologies.

Contact:

 **01904 552828**

 **www.exploreyork.org.uk**



explore

Knowledge and Ideas for Everyone

YORK LGBT FORUM

LGBT stands for Lesbian, Gay, Bisexual and Trans. York LGBT Forum use the term LGBT to include all other minority sexual orientations and gender identity groups, who identify with the LGBT community (i.e. asexual, intersex and panromantic).

The Forum strives to improve the social inclusion of LGBT people in the City of York and beyond.

The Forum actively promotes awareness and understanding of LGBT people's needs, to enable full participation in society and works with many others to reduce the fear of crime and bullying, particularly in schools.

It also encourages greater participation in the prevention and detection of homophobic, transphobic and bi-phobic discrimination. The forum offers support around hate crime, health and wellbeing, training and education, including in schools.

Contact:

📞 07731852533

✉️ yorklgbtforum@gmail.com

York LGBT forum also provide the following activities outside the activities programme. Please contact us direct for more information.

- A monthly gardening project at the Human Rights Garden - times vary so please check website events page.
- QueerArts - Celebrating queer culture through the arts, ensuring the representation of LGBTQ+ people throughout the city of York and surrounding areas, emphasising accessibility, education, safety, visibility, wellbeing and equality of opportunity.
- A monthly support/ social group for older LGBT people (Ageing Without Children).
- A bi-monthly bi social-times vary so please check website events page.
- A transgender workshop every 3 months, times vary, so please check website events page.

- LGBT Young people's book club (TBC).
- Transgender Youth Workshop (TBC).
- Northallerton social groups - times vary so please check website events page.



YORK LGBT FORUM.ORG.UK
Don't Hate Your Heart!

YORK CITY KNIGHTS

The York City Knights Foundation, is a registered charity (1112571), and is the community arm of York City Knights Rugby League Club.

We have an excellent reputation across the city for delivering programmes to people aged 6 years old, upwards, and received national recognition for our work by the Rugby Football League, as being named Foundation of the Year in 2018.

The Foundation work is delivered through the strands of Education, Health, Community and Rugby League. It has a significant footprint within the schools and community of York, delivering to over 10,000 people each year.

Our mission is to 'Inspire Communities and Change Lives'. To do this we aim to increase participation in physical activity, reduce social isolation and loneliness, improve health and well-being, create more connectivity between people, as well as raising aspirations and opportunities for all generations.

Our range of community projects is diverse and includes delivering Rugby League sessions in Further and Higher Education, programmes for player development, as well as coach education and mentoring for teachers and coaches. These sit alongside our schools RL programmes, community girls RL section, and a weekly Disability RL session. We also have a heritage project, monthly events tackling isolation & loneliness, a programme of exercise and lifestyle advice, and school holiday sessions.

If you would like more information on any of our programmes, please feel free to get in touch with us at:

@ n.gulliver@yorkcityknights.com
📞 01904 876527



PORTAL BOOKSHOP

The Portal Bookshop is an independent specialist, focusing on everything LGBTQ+, activism, and diverse sci-fi and fantasy fiction.

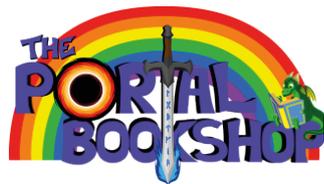
Doors opened in late 2019, and the shop has already been host to author readings and signings, writing groups, queer friendly beauty specialists, student events, youth groups, and more.

Portal strives to be an inclusive and welcoming place. It provides somewhere for anyone to learn more about the LGBTQ+ community, and explore their own identity in a safe and supportive environment.

As a small business, Portal adapts to the needs of its customers, evolving with feedback, and is always seeking new ways to help the community.

Contact:

📍 5 Patrick Pool, York YO1 8BB
@ portalbookshop@gmail.com
🌐 www.portalbookshop.com



BLUEBERRY ACADEMY

The Blueberry Academy team provide specialist support for adults with learning difficulties, autism and mental health issues.

The main aims of the Academy, is to promote employability and independence - delivering a Preparing for Adulthood curriculum, that gets young people ready for a meaningful adult life. Our services are mainly York based, though we also work in Selby, Scarborough and Northallerton - the Academy currently supports over 100 individuals in York and North Yorkshire to grow and develop.

The opportunities for individuals are mainly through either Education,

or Social Care routes, with projects focused on the progression to employment or independence - all with the aim of improving health and well-being as part of a positive adult life.

We work in small groups and provide a relaxed and supportive setting where we can build relationships, and work on areas which are important to each individual.



Contact:

☎ 01904 638885
@ info@blueberryacademy.co.uk
🌐 www.blueberryacademy.co.uk

HOGLETS THEATRE

Hoglets Theatre was founded in 2013 by Gemma Curry, actress, storyteller and mother of 2.

Gemma was diagnosed with Depression and PTSD during, and after both difficult pregnancies. Since then she has been passionate about raising awareness and support for women who suffer from these illnesses.

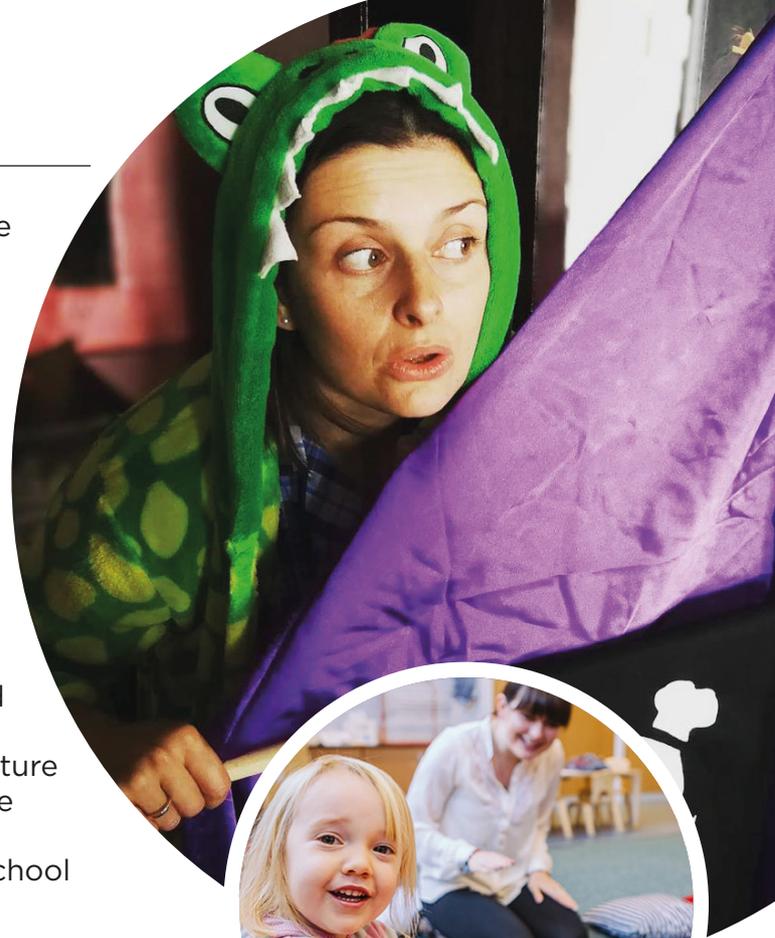
Following the birth of her first child, Gemma found herself using many acting methods when she was telling stories to her daughter. This inspired her to create classes, applying these techniques to the telling of stories.

Hoglets stage a wide range of original theatrical productions and run interactive sessions for young children – from babies up to Primary age.

Everything we do is centered on storytelling and the amazing impact stories, imagination and creativity can have on

young minds. We use storytelling, drama, puppetry, dance, song and music, to create immersive experiences for little imaginations to revel and play within.

We've also run numerous interactive sessions at festivals, libraries, schools and community groups – including York Literature Festival, York Explore Libraries, Deer Shed Festival, Bootham School and many more.



Contact:

@ gemma@hoglets.org.uk
www.hoglets.org.uk



HEART. WOOD. WORKS

Heart Wood Works Community Interest Company have been running outdoor sessions in York for the last 4 years.

Working with a diverse range of the local community, including children, young adults, and people with additional support needs, women's groups and people experiencing mental health issues.

Melanie Elkan is a qualified woodwork teacher and community worker, with many years' experience of working in schools, colleges and community settings. She particularly likes to encourage people to engage in outdoor activities, whether it is creative or physical fitness.

Claire Drury has worked with adults with learning disabilities for many years, leading craft and woodwork sessions, as well as delivering green woodwork and rural craft sessions in schools, nature reserves and local woodlands. As a qualified yoga teacher her interest lies in the therapeutic qualities of craft and nature.

Claire and Melanie met through a shared interest in green woodwork and rural crafts. They are passionate about encouraging people outdoors to experience all nature has to offer, while learning simple new skills.

Small groups meet in local woodlands and use the areas sustainable resources to make natural artefacts. Groups are shown how to use simple tools and techniques to make items from the natural resources around them.

Learning repetitive skills, such as whittling or weaving, is widely acknowledged to contribute to a 'mindful' or 'meditative' experience, which may help reduce stress and anxiety.

The combination of calming activities and the peace of the woodlands, can really help to improve physical and mental well-being.

Contact:

@ heartwoodwork18@gmail.com
☎ 07507 605599



HEART
WOOD
WORKS

ACTIVITIES PROGRAMME 2020-21

Please Note: Due to activities taking place throughout the year, some activities will not have finalised locations, start dates and times. These will be confirmed later, and up-to-date information can be obtained by emailing activities@yorkmind.org.uk or visiting partner's websites.

Where details have been finalised, they will be noted under each activity type. There may be occasions where publicised dates and locations change. Any changes will be communicated in advance of start dates to enrolled participants.

Guided Learning

York Mind

Evening Mindfulness

Dates: Starting Monday
3rd August – 28th
September 2020
*(no group w/c 14th
September)*

Venue: Initially delivered over
Zoom online platform.

Time: 6.30pm – 8pm
Mindfulness is a technique, which involves paying more attention to ourselves in the present moment, our thoughts, feelings and surroundings. Research has shown that practicing Mindfulness can have positive benefits. Being Mindful can help people to feel calmer, manage stress better, reduce anxiety, help prevent depression and develop new ways of responding to difficult feelings and events.

Mindfulness can be used in a range of contexts, including in relationships, at work and for general well-being.

This 8 week course will be delivered again in 2021.

Building Confidence and Resilience

Dates: Starting Tuesday
11th August – 13th
October 2020
*(no groups w/c
14th/21st September)*

Venue: Initially delivered over
Zoom online platform.

Time: 10.30am – 12 noon
Our facilitated 8 week course will look at practical ways of managing emotions, by exploring how we think and behave.

In doing this we will be able to reflect on how we could change our thoughts in order to feel more confident, resilient and connected.

As a group, we will look at the barriers we face, and explore coping strategies to support positive well-being.

Come along and take a step on the path to a more confident life!

A further 8 week course will commence in 2021.

Managing Anxieties

Dates: Starting Tuesday 28th July – 29th September 2020.
(no groups 15th or 22nd September 2020)

Venue: Initially delivered over Zoom online platform.

Time: 6.30pm – 8pm

This 8 week course sets out to explain what Anxiety and worry actually are, and then offers tools and techniques to manage these issues in a way that can easily be incorporated into your everyday life.

Anxiety can be debilitating but it can also be overcome in the majority of cases, leading to better mental and physical well-being and even greater fulfilment and happiness in life.

We will learn together, as a group in a relaxed and friendly atmosphere, facilitated by an experienced trainer – so sign up today and take the first step towards greater peace of mind.

A further 8 week course will commence in 2021.

Hatha Yoga for Well-being

Dates: Starting Friday 25th September – 13th November 2020

Venue: Initially delivered over Zoom online platform.

Time: 10am – 11am

An 8- week introduction to this form of exercise, with the aim of promoting well-being. Participants are advised to wear comfortable clothing, have access to a yoga mat/ exercise mat, and will be asked to complete a health questionnaire.

A further 8 week course will commence in 2021.

Creative Writing

Dates: Starting Monday 7th September – 2nd November 2020
(no group 14th September – homework week)

Venue: Initially delivered over Zoom online platform.

Time: 10.30am – 12noon

Our 8 week Creative Writing group will look at inventing characters to light up your short stories, explore the poet

within you and help you write about your life experiences.

All explored in a relaxed atmosphere, which is designed to share ideas and make writing fun and accessible for all.

No previous experience required.

Eating Well for Good Health

Dates: Starting early 2021

Venue: Clifton Parish Church, Clifton YO30 6BH

Time: TBC

Working in small groups, this 8 week course is designed to support the health and well-being of participants who want to improve their diet and understanding of how to eat healthily whilst recovering from mental ill-health.

The course will include practical cooking sessions, nutritional information, planning and preparing shopping lists and the relationship between food and mood.

A further 8 week course will be delivered before June 2021.

Well-being and Social Activities

Will run at different times and locations throughout the year

Arts and Craft for Well-being

Dates: Starting late 2020/ early 2021

Venue: York Mind, Highcliffe House, Highcliffe Court, York YO30 6BP

Time: TBC

Our 8 week group will offer a relaxed space for participants to make, craft, draw, sew, and meet others. There will be guided sessions, as well as the opportunity to create at your own pace.

A further 8 week course will be delivered before June 2021.

Mindful Walking Group

Dates: Starting late 2020/ early 2021

Time: TBC (1 hour walk, with social time/ refreshments).

This group will encourage participants to make use of outside spaces, increase exercise, meet peers and socialise. Our group links in

with our Mindfulness courses, enabling participants to become more present and self-aware of themselves and their surroundings.

Why not come along, enjoy the beautiful outdoor spaces York has to offer, improve your fitness levels and meet others!

Initial meeting point and wet weather venue: York Mind.

Locations and weekly meeting points will be provided in session 1.

A further 8 week group will be delivered before June 2021.

Sunday Coffee Club

Dates: Starting: Sundays in July 2020

Time: 2pm

Venue: Initially delivered over Zoom platform, and then 30, Clarence Street, York YO31 7DE

An informal coffee club, where people can drop in to meet people, share their experiences and feelings, and spend time in a safe and supportive environment.

There will also be some themed sessions, which will focus on a particular

topic, regular quizzes and opportunities for members to learn new skills.

Community Socials

Dates: From January 2021.

York Mind will be delivering some Community Social events at different locations in the city over the next year. Please contact us for more information.

Guided Learning-Creative Cafes

Explore York

Creative Café 1

Dates: January - March 2021

Venue: York Explore, Library Square, Museum Street, York YO1 7DS

Time: TBC

This 8-week group will give people the opportunity to participate in and explore different creative activities in the company of 2 professional artists, helping them to discover hidden and new skills in a relaxed café environment.

Creative Café 2

Dates: January — March 2021

Venue: The Centre @
Burnholme, Mossdale
Avenue, York YO31
OHA

Time: TBC

This 8-week group will give people the opportunity to participate in and explore different creative activities in the company of 2 professional artists, helping them to discover hidden and new skills in a relaxed café environment.

Guided Learning

Blueberry Academy

Health & Fitness Group

Dates: Sep 2020 to Jun 2021
(subject to change)

Venue: The Melbourne Centre,
Escrick Street, York
YO10 4AW

Time: Tuesdays — 3.30pm to
4.30pm

This weekly group will give people the opportunity to participate in active health and well-being sessions, in a safe and relaxed environment. We set up circuit activity, and support people to set

personal goals and improve physical well-being. This session is for anyone in the city with an Education Health and Care plan.

Guided Learning

Blueberry Academy

Blueberry Art Group

Dates: Sep 2020 to Jun 2021
(subject to change)

Venue: The Melbourne Centre,
Escrick Street, York
YO10 4AW

Time: Thursdays — 3.30pm
to 5pm

This weekly group will give people the opportunity to work on a range of art projects with the support of our crafts team.

The aim is to develop individualised and shared projects, while hopefully fostering friendships and improving relaxation through meaningful activity.

This session is for anyone in the city with an Education Health and Care plan.

Well-Being Activities

York City Knights

FitKnight Lite

Dates: TBC — Run in 8 week
blocks.

Venue: Various in York

Time: TBC

Following our successful FitKnight programme, we are looking to bring men and women together, who may lack a little confidence around their health and fitness.

Our FitKnight Lite sessions will offer a space to share hints & tips on improving health and well-being, followed by fun exercise sessions.

The sessions run in blocks of 8 weeks and are fun, safe and welcoming!

Well-Being Activities

Kyra

Kyra Loss Group

Date: Taster Session: To find out more and to see if it is for you, come along to the taster session on Thursday 23rd July at 10:00 am.

Dates: **Group Session:** Starting Thursday 30th July 2020 for 7 weeks

Venue: The group will be held online via Zoom.

Time: 10am – 12 noon

Are you struggling following a personal loss?

- Bereavement
- Relationship breakdown/divorce
- Loss of health
- Job loss
- Pet loss
- Family estrangement
- Any other type of loss

The Kyra Loss group for women, could help you to start getting your life back on track, after loss.

Further tasters and groups will be delivered over the year.

Well-Being Activities

Hoglets Theatre

Hoglets at Mind

Dates: Starting July 2020

Venue: TBC

Time: TBC

Hoglets at Mind is a storytelling class for mothers and their babies.

We combine storytelling, games and songs, designed especially for very young children (from birth to walking), with an informal and relaxed post-class session where Mums can listen to each other's stories, share experiences, or simply enjoy being with one another in a safe judgemental free space.

Well-Being Activities

Heart Wood Works

Whittling and Outdoor Crafts

Starts: TBC

Venue: TBC

Time: TBC

If you are interested in rural crafts in woodland environments, we provide supportive sessions for people who have little, or no experience.

Come to our tranquil natural settings and learn:

- Rural crafts such as whittling, weaving and green woodwork using simple hand tools,
- Foraging for edible plants and berries,
- Fire building and campfire cooking,
- The groups are small and supportive.

We are offering taster sessions and 6 week courses.

No need to bring any special equipment, the sessions are open to all, no experience necessary.

You should wear suitable outdoor

clothing, sturdy shoes and there may be uneven ground.

In the event of bad weather we will provide sheltered areas, and hot drinks.

Social Activities

Blueberry Academy

Blueberry Social Group

Dates: Sep 2020 to Jun 2021
(subject to change)

Venue: The Melbourne Centre,
Escrick Street, York
YO10 4AW

Time: First Saturday of
the month - 10am to
12noon.

This monthly group will give people the opportunity to access a range of places of interest within the city. The aim is to develop confidence in a range of social situations and to widen the scope of what people access in their city. This session is for anyone in the city with an Education Health and Care plan

It is possible for aspects of the above sessions to be accessed through online video sessions, so please contact us to see what we are able to offer.

Social Activities

York Carers Centre

Carers Substance Misuse/Gambling Group

Dates: To commence in July 2020.

Venue: Initially delivered via Zoom. Then at Tesco Askham Bar Community Room when in-person groups restart.

A new monthly support group for people who are supporting loved ones through issues with substance misuse and/or gambling.

We appreciate that some carers may find it difficult to attend groups during the day, so this new support group is available on a Tuesday evening.

If you are new to York Carers Centre we ask that in the first instance you contact our office on **01904 715 490** and register with us.

You will then be offered a 30 minute telephone appointment with the group facilitator, prior to attending the group.

Social Activities

The Portal Bookshop

Gender Adventure

Dates: monthly from
September 2020.

Times: TBC

Venue: TBC

This monthly group workshop will guide you through an exploration of your gender identity, and discuss the many options that exist.

We will provide resources, including exercises to help you understand your authentic self, coping strategies for becoming comfortable as yourself in daily life, and educational tips to help cis allies, friends and family support you.

This is a safe environment, and aims to help anyone questioning, or wishing to explore their gender.

Social Activities

Refugee Action York

RAY Active

Dates: January-June 2020

Venues: Various outdoor locations.

Time: TBC.

RAY Active sessions focus on promoting physical activity, to support overall well-being.

Our sessions will improve the wellbeing of asylum seeking, refugee and migrant men and women, and prevent crises arising, through a programme based on their individual needs.

A number of different activities will be offered, but all are based around exercise, or relaxation. Some are for women only, some for men only, and some for both.

Sessions may include Zumba, Football, Running, Relaxation, Mindfulness, or Yoga.

Social Activities

York City Knights

Andy's Man Club

Dates: Mondays- TBC.

Venue: The Knights Jim Bone Room, LNER Community Stadium, York

Time: 7pm

This weekly group will give men the opportunity to talk and share their experiences with a group of like-minded people. #ItsOkToTalk.

Social Activities

York LGBT forum

York LGBT+ Choir

Colours of the Rainbow is York's new LGBT+ community choir. Come and join our vibrant, diverse, inclusive singing community where everyone in the LGBT+ community, and straight allies, are welcome. No prior experience is required, nor do you need to read music. Everything is taught by ear, and songs will be tailored to its members.

Get those vocal cords ready for some Whitney Houston, Cher, Cyndi Lauper, and many more!

The choir will run fortnightly and is set to commence July 2020.

Mental Health and Well-being Activities Programme 2020-21



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