



# Group work Timetable (Feb 2020) Call us on 01484 450866 to book a place

If you are new to WomenCentre you will need to have an initial meeting – you can book this by calling us or by calling in at a drop in.

**HUDDERSFIELD: 15 Lord Street, HD1 1QB**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>9.30 - 12.00</b> <b>Drop-In (Mental Health)</b> Come along to find out more about the service and to book an initial one to one with one of our team. <b>Run by Nikta</b></p>	<p><b>10.15 – 12.00</b> <b>Addictive behaviours course</b> Starting 3<sup>rd</sup> December 2019 till 18<sup>th</sup> February 2020 -Call to book a place <b>Run by Judy</b></p>	<p><b>10.00 – 12.00</b> <b>Allotment</b> To book a place speak to <b>Anna</b></p>	<p><b>10.00 – 12.00</b> <b>Women and the World</b> ESOL learners – run by Paula <b>30<sup>th</sup> January – 12<sup>th</sup> March</b> For a place please call 01484 431400</p>	<p><b>9.30 - 12.00</b> <b>Sew Good</b> If you are part of our service just drop in <b>Run By Anna</b></p>
<p><b>10.45 – 12.15</b> <b>Yoga group</b> If you are part of our service just drop in - <b>run by Ellie</b> £3.00 per session</p>	<p><b>12.30-2.30pm</b> <b>STEPS course (confidence course)</b> 10 weeks starting Tuesday 14th January 2020 - Call to book a place</p>	<p><b>10.30-12.00</b> <b>Music group</b> If you are part of our service just drop in <b>Run by Emily</b></p>	<p><b>11.15 – 12.45</b> <b>Dance Therapy for Stress and Anxiety – Drop In</b> Starts 16<sup>th</sup> January <b>Run by Anna</b></p>	<p><b>9.30 – 11.30</b> <b>Talk English group</b> Waiting list - no children allowed. <b>Run by Paula</b></p>
<p><b>1.30-3.00pm</b> <b>STAGE Info Drop In</b> <b>Run by Elisha</b></p>	<p><b>1.00-3.00</b> <b>Making Sense</b> 8 week programme starting 21<sup>st</sup> January 2020 Speak to <b>Romany</b> about attending</p>	<p><b>12.30 – 2.30</b> <b>Women Together</b> Support group open to any women using our service <b>Run by Zenebu</b></p>	<p><b>12.30 - 2.00 Readers group</b> <b>1<sup>st</sup> Thursday of month</b> if you are part of our service just drop in.</p>	<p><b>12.00-2.00</b> <b>Women in Exile</b> Drop in for women seeking asylum, refugees and new migrants. <b>Run by Nikta</b></p>
<p><b>1.00-2.45pm</b> <b>Breaking the Cycle</b> <b>Run by Elisha and Romany</b> Starts 2<sup>nd</sup> March for 6 weeks</p>	<p><b>Smoking Cessation 1 to 1</b> Starting 20/01/2020 Call to go on waiting list for an appointment <b>Run by Judy</b></p>	<p><b>12.30 - 3.30</b> <b>Walking group</b> Fortnightly Speak to <b>Anna</b>. There is a cost for bus fare to the walk.</p>	<p><b>12.30 - 2.30</b> <b>Knit One pearl one tell one group.</b> If you are part of our service just drop in. <b>Run by Anna</b></p>	<p><b>We apologise due to limited funding and health and safety issues children are only able to attend the drop-in with their mothers.</b></p>
<p><b>1.00-3.00pm IAPT sessions</b>  11/03/20 – Managing Stress 27/04/20 - Sleep</p>		<p><b>1.30 - 3.30</b> <b>Paddock Singing Group</b> If you are part of our service just drop in. <b>Run by Emily</b></p> <p><b>6.00 - 8.00</b> <b>Sisters shhhOUT!-LGBTQ support group - Run by Anna F</b> Call office to book a place.</p>	<p><b>1.00 - 3.00</b> <b>Mother Living Apart from their children Group</b>  (Fortnightly, speak to <b>Romany</b>)</p>	



NHS Greater Huddersfield Clinical Commissioning Group  
and NHS North Kirklees Clinical Commissioning Group



## Supporting women to better manage their mental health and wellbeing and make positive changes in their lives

Our approach to women’s mental health and wellbeing is to look at the whole woman. We recognise the effects that abuse, discrimination, physical and mental ill-health, financial pressure, unemployment, relationship conflicts and other issues have on our overall wellbeing.

We provide services in North and South Kirklees, which include drop-ins, self-help, therapeutic and activity groups. Our programme aims to support women to recognise their strengths and help make positive changes in their lives, at a pace that works for them.

**To join WomenCentre and access our programme** you will need to have an initial meeting with a member of staff.

You can do this in two ways:-

You can attend any of our drop in sessions, where you can find out more about what we offer and book an appointment for your initial meeting

Or

You can call us directly to book an appointment for your initial meeting

### Counselling and therapeutic support

We also offer individual therapy using a range of approaches including counselling, music therapy, dance and movement therapy, art therapy and massage. This is a donations based service that depends on your income (fees from £5 to £30 per session). Please call the office if you would like further information. There is a waiting list of around 1-2 months for all therapies.

**Quitting Smoking** – 1:1 support to quit smoking. Please speak to Judy or enquire with the office to arrange an appointment.

**Clothes exchange** – available throughout the week.

**DEWSBURY: Empire House (1<sup>st</sup> Floor), Wakefield Old Rd, WF12 8DJ**  
**Office number: 07590 445 846 (Please leave a message if switched off.)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>10.30-12.30 Talk English group course starts back in September</b> Speak to Sobiya to book a place.</p>	CLOSED	<p style="text-align: center;"><b>1.00-3.00</b>  <b>Making Sense</b> - 8 week programme starting 22/01/20                      Speak to <b>Romany</b> about attending</p>		<p>CLOSED</p> <p><b>We apologise due to limited funding and health and safety issues children are only able to attend the drop-in with their mothers.</b></p>
<p><b>12.30 – 4pm Drop in</b> Come along to find out more about the service</p>		<p style="text-align: center;"><b>1.00-3.00 Tea &amp; Chat</b> Open to all registered women</p>		
<p><b>1.30pm – 3.30pm</b>  <b>Healthy Relationships</b> - 6 week course starting 20<sup>th</sup> January 2020</p>		<p style="text-align: center;"><b>1.00-3.00 IAPT sessions</b>                      08/01/2020 - Stress awareness                      22/01/2020 - Sleep awareness                      05/02/2020 – Low mood awareness                      19/02/2020 – Worry awareness                      04/03/2020 – Stress awareness                      18/03/2020 – Sleep awareness</p>		

**WomenCentre Ltd**

**Charity no 1118366**

**Company no 06084795**