

PIONEER PROJECTS

Bentham Mental Health & Wellbeing Hub 2020

Helping people in North Craven stay well



Pioneer Projects, Looking Well Studios, King St, High Bentham, LA2 7HG

Every Friday

Creative Community Session with Pioneer Projects

10.00am - 12.30

We will also be hosting **Personal Development and Wellbeing** courses from North Yorkshire Adult Learning & Skills in the Spring and My Wellbeing College in the Summer! Call for details.

To find out more contact Pioneer Projects on **015242 62672**, e-mail us at office@pioneerprojects.org.uk or drop by Pioneer Projects and speak to a member of staff

*My Wellbeing College courses require online registration at bmywellbeingcollege.nhs.uk or call 0300 555 5551

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Who is Pioneer Projects?

Pioneer Projects is a community arts and wellbeing organisation that has been operating in Craven for over 20 years, helping people stay well through getting together and getting creative.

What is the Mental Health & Wellbeing Hub?

The Mental Health & Wellbeing Community Hub in Bentham is a unique collaboration between Pioneer Projects, Bradford District Care Trust MyWellbeing College, Mind in Bradford and the Cellar Trust, that brings together a range of well-being activity and support in one place – Pioneer Projects Looking Well Studios on King Street.

Who is it for?

Everyone has mental health just like everyone has physical health. Sometimes it's good, sometimes it isn't. The Community Hub is here for anyone who's finding things tough at the moment and needs some support to manage or improve their wellbeing.

What can I expect?

- Creative group activities in a friendly and supportive atmosphere
- Practical courses in self-development, managing stress, anxiety or low mood
- Up to date information and advice and signposting to other services
- Support to look at progressions into work, education or volunteering

How do I get involved?

Drop by Pioneer and speak to a member of staff to find out more or get in touch by phone or e-mail if you have any questions.

Telephone: 015242 62672 E-mail: office@pioneerprojects.org.uk