

Skipton Mental Health Hub

Spring Timetable 2020 v2 March

A unique collaboration to bring a range of mental health and wellbeing support in Craven's communities together

What's On?	What's Involved?	Where's it at?	Who Runs It?	Who do I Contact?
<p>Creative Community Session & 1-1 Facilitation</p> <p>Thursdays 1.30-3.30</p>	<p>A weekly Creative Art Session with extra 1-1 support and advice sessions from a Pioneer Facilitator. Run in conjunction with Skipton Wellbeing Café</p>	<p>St.Andrew's Church Hall Newmarket St, Skipton</p>	<p>Pioneer Projects</p>	<p>Pioneer Projects 015242 62672 office@pioneerprojects.org.uk this session runs in conjunction with the Skipton Wellbeing Café so you can also drop by to enquire</p>
<p>Skipton Wellbeing Café</p> <p>Thursdays 1.00-4.00</p>	<p>An inclusive weekly café for all the community. Drinks, food, games, music and access to a range of other activity and support</p>	<p>St.Andrew's Church Hall Newmarket St, Skipton</p>	<p>St.Andrew's Methodist Church Group together with other Skipton Churches</p>	<p>Just turn up on the day. There will be volunteers there to greet you</p>
<p>Employment Support</p> <p>Thursdays 1.00-4.00</p>	<p>1-1 support and advice sessions from the Cellar Trusts mental health employment support advisers</p>	<p>St.Andrew's Church Hall Newmarket St, Skipton</p>	<p>The Cellar Trust</p>	<p>Just turn up on the day and speak to one of the volunteers</p>

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<p>Self-Development Workshops</p> <p>Thursdays 1.30-3.30 9th April-7th May</p>	<p>Self-development courses to build your confidence and self-esteem, manage change and help with conflict resolution</p>	<p>St.Andrew's Church Hall Newmarket St, Skipton</p>	<p>The Cellar Trust Next courses: 9th April-7th May</p>	<p>The Cellar Trust 01274 588002 mail@thecellartrust.org www.thecellartrust.org These course require registration so please contact Cellar Trust first</p>
<p>Creative Art + Craft & 1-1 Facilitation</p> <p>Fridays 2.30-4.30</p>	<p>A quieter weekly art session with extra 1-1 support and advice sessions</p>	<p>St.Andrew's Church Hall Newmarket St, Skipton</p>	<p>Pioneer Projects</p>	<p>Pioneer Projects 015242 62672 office@pioneerprojects.org.uk this session requires registration so please contact Pioneer first</p>
<p>My Wellbeing College Courses</p> <p>Fridays 12.30-2.00</p>	<p>Courses to help you manage common difficulties like stress, low mood and anxiety</p>	<p>St.Andrew's Church Hall Newmarket St, Skipton</p>	<p>Bradford District Care Trust My Wellbeing College Next course starts: Stress Control - 17th April Living Life to the Full - 29th May</p>	<p>My Wellbeing College 0300 555 5551 bmywellbeingcollege.nhs.uk These courses require registration so please contact My Wellbeing College first</p>