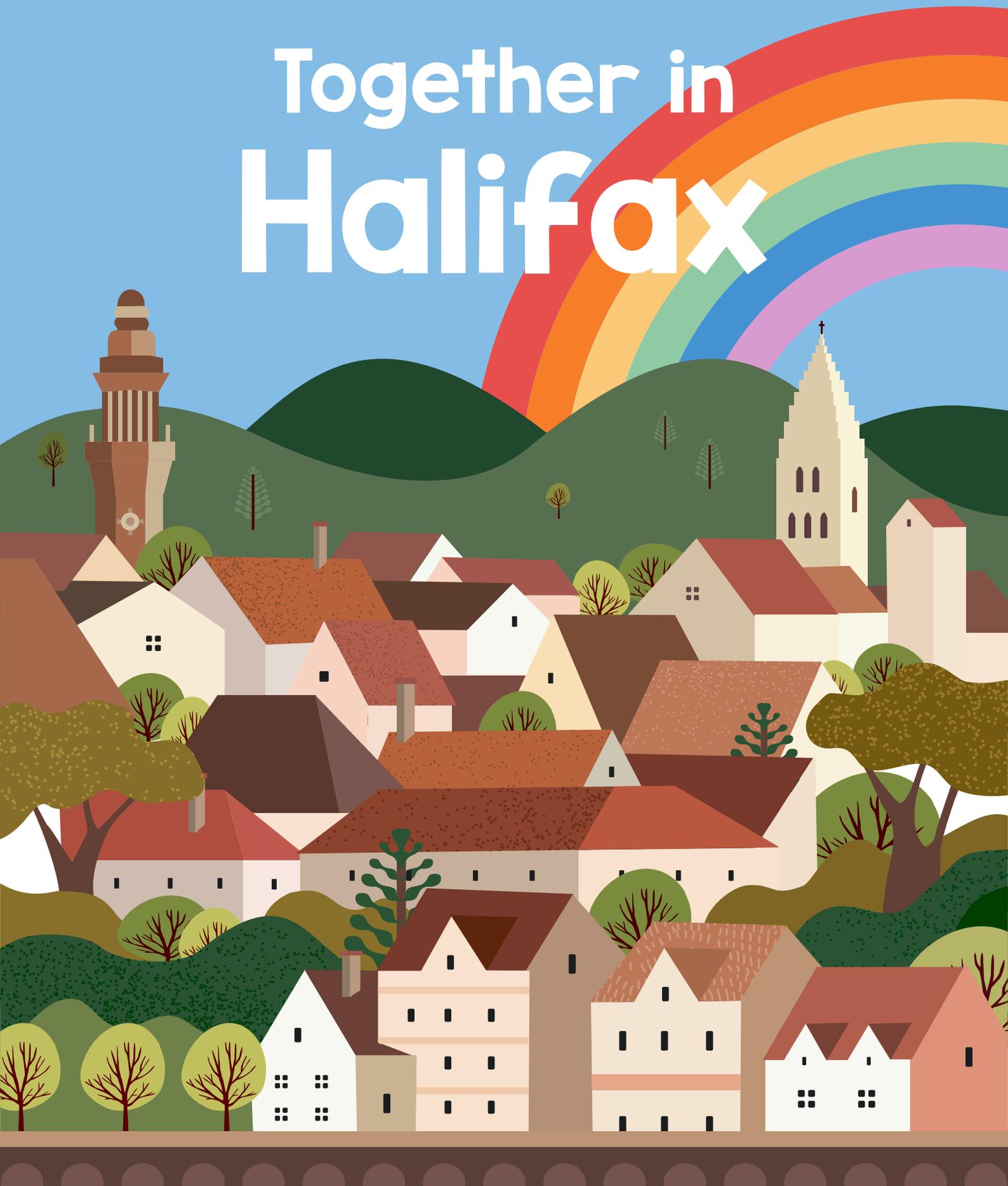




WOOLSHOPS  
SHOPPING CENTRE

# Together in Halifax



# Hello

We know that things are a little uncertain and scary at the moment, but there's plenty of help and support available in Halifax and Calderdale.

Woolshops Halifax has put this health and wellbeing pack together to highlight some of the local charities and services providing mental health support and access to essential supplies.

If you need help, or know of anyone who does, please contact the relevant group via the contact details listed on the right.

We can all get through this and support each other.

**#TogetherInHalifax**

## Your local services



### Calderdale Council

Your local council. All contact details can be found on their website.

[customer.first@calderdale.gov.uk](mailto:customer.first@calderdale.gov.uk)

[Visit the website](#)



### Calderdale SmartMove

A local charity supporting the homeless and vulnerably housed in Calderdale.

01422 361 515

[info@calderdalesmartmove.org.uk](mailto:info@calderdalesmartmove.org.uk)

[Visit the website](#)



### H.H.C.K

Halifax Homeless and Community Kitchen is a food parcel and home delivery service.

07889 676 155

[Visit the website](#)



### Project RESET

A local support group for anyone whose mental health or wellbeing has been affected as a result of Covid-19.

07518 628 744

[Visit the website](#)



### Healthy Minds

A local mental health charity for people aged over 18, who would like help with depression, anxiety or stress.

01422 345 154

[info@healthymindscalderdale.co.uk](mailto:info@healthymindscalderdale.co.uk)

[Visit the website](#)



### Time Out

A support group that helps 10-19 year olds improve their wellbeing and connect with others by learning new skills.

01422 345 154

[timeout@healthymindscalderdale.co.uk](mailto:timeout@healthymindscalderdale.co.uk)

[Visit the website](#)

### Open Minds in Calderdale

Advice, information, support and signposting on emotional health and wellbeing services for children, young people and families.



[Visit the website](#)

# Things to do



Looking for something to do to fill your time? Woolshops has been working with Healthy Minds Calderdale to put together a list of fun and productive things that can keep you busy whilst at home.



## Connect to others

Pick up the phone and speak to someone you haven't spoken to for a while, particularly if they may be alone at the moment.



## Move your body

Exercise is great for both your mind and body. Find an activity that suits you and give it a try, even if it's only for five minutes a day.



## Read a book

Reading can lower stress levels and help you to relax. Now is the perfect time to read that book you've been meaning to start!



## Learn a new skill

Learning new things is stimulating and can help to lift your mood. Why not try learning a new language or take up baking? There are lots of free digital resources available to get you started.

## Free Activities

Over on the Woolshops website, we've been sharing free activities and things to do at home, including scavenger hunts for the little ones and colouring sheets to brighten up your home.

We love seeing what you get up to, so please share photos of your creations with us on social media by tagging @woolshops or with the hashtag #TogetherInHalifax.

[Download our free activity sheets here](#)



# Food & Housing



We are aware that many people in our community are currently feeling extremely vulnerable for a number of reasons. We've therefore put together a list of food banks and support groups for the vulnerably housed that are here to help.

## Calderdale Food Banks

Calderdale Council has put together a list of available Food Banks, complete with details on how to get in touch if you or someone you know requires support.

At this unprecedented time, Calderdale's Food Banks, which are mainly led by volunteers, are relying on the kindness of our communities even more than usual. All food and financial donations are very gratefully received by the food banks to help them top up their supplies. If you'd like to make a donation, you can find details on how to do so safely via the link below.

[Click here to view the food bank list](#)

## Calderdale SmartMove

SmartMove is a charity supporting the homeless or vulnerably housed. They support people who have difficulty maintaining a tenancy, people who suffer with mental or physical health issues and help people to gain independence and control of their lives.

They offer a number of free training courses for their clients that are taught by professional tutors, including classes on money management, maintaining a tenancy course, eating on a budget, arts and crafts and drug and alcohol awareness. Clients are given a dedicated support worker who advocates on their behalf, taking away the pressure of life until the clients have the confidence to deal with things themselves.

## H.H.C.K

The Halifax Homeless and Community Kitchen is a volunteer-run community kitchen led by Natalie and Nicola, offering food parcels and home delivery services to the local community every Tuesday, Friday and Sunday.

If you or someone you know requires the community kitchen service, you can make a referral online or over the phone. H.H.C.K is currently accepting referrals via an online form on their website. Alternatively, you can call Nicola on 07889 676 155 if you don't have access to a computer.

[Click here to find out more](#)

Support is available if you or someone you know needs help regarding housing, please contact 01422 361 515, or email [info@calderdalesmartmove.org.uk](mailto:info@calderdalesmartmove.org.uk).

SmartMove are also looking for donations of clothing, food and small items of furniture to enable them to continue to offer support. If you can do so safely, donations can be dropped off at the SmartMove office on 15 Harrison Road, HX1 2AF.

[Click here to find out more](#)

# Mental Health



Taking care of your mind as well as your body is really important while staying at home. We've put together a list of local charities and services that can help you keep on top of your mental wellbeing.

Always make sure you reach out for support if you feel you need it. The following local services are here to help:

## Project RESET

Local support group Project RESET is here for anyone whose mental health or wellbeing is being affected by Covid-19. The team are here to help, support and alleviate any concerns or worries you may be experiencing. They work collaboratively with other services and sign post where appropriate, to relevant services and organisations, to ensure everyone has as much support and advice available to them as possible.

Contact Project RESET via the link below or call Joanna on 07518 628 744.

[Click here to find out more](#)

## Healthy Minds Calderdale

Local mental health charity, Healthy Minds, is for people aged 18 and over, who require help with depression, anxiety or stress. Their current support offering includes Zoom Peer Support Groups and Yoga Sessions. They're also running SafeSpace; an out of hours emotional support service open 7 days a week, 6:30pm-10:30pm. Call early to book an appointment.

Contact Healthy Minds on 01422 345 154, via Facebook messenger or email [info@healthymindscalderdale.co.uk](mailto:info@healthymindscalderdale.co.uk).

[Click here to find out more](#)

## Open Minds in Calderdale

The Open Minds website provides a host of advice, information, support and links to local and national emotional health and wellbeing services that help children, young people and families who are going through a difficult time.

[Click here to find out more](#)

## Time Out

This project created by Healthy Minds helps young people aged 10-19 to improve their wellbeing and connect with others by learning new skills. Check out their website for lots of creative and sports activities to try at home.

Contact the Time Out project workers on 01422 345 154 or via email at [timeout@healthymindscalderdale.co.uk](mailto:timeout@healthymindscalderdale.co.uk).

[Click here to find out more](#)

### Useful links

#### Project RESET

- [W Website](#)
- [f Facebook](#)

#### Healthy Minds

- [W Website](#)
- [f Facebook](#)
- [T Twitter](#)

#### Time Out

- [W Website](#)
- [f Facebook](#)
- [@ Instagram](#)



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