



Supporting Hambleton & Richmondshire Communities

Darlington Mind Ltd

Northallerton Office:

2 The Link
Crosby Road
Northallerton
DL6 1DG

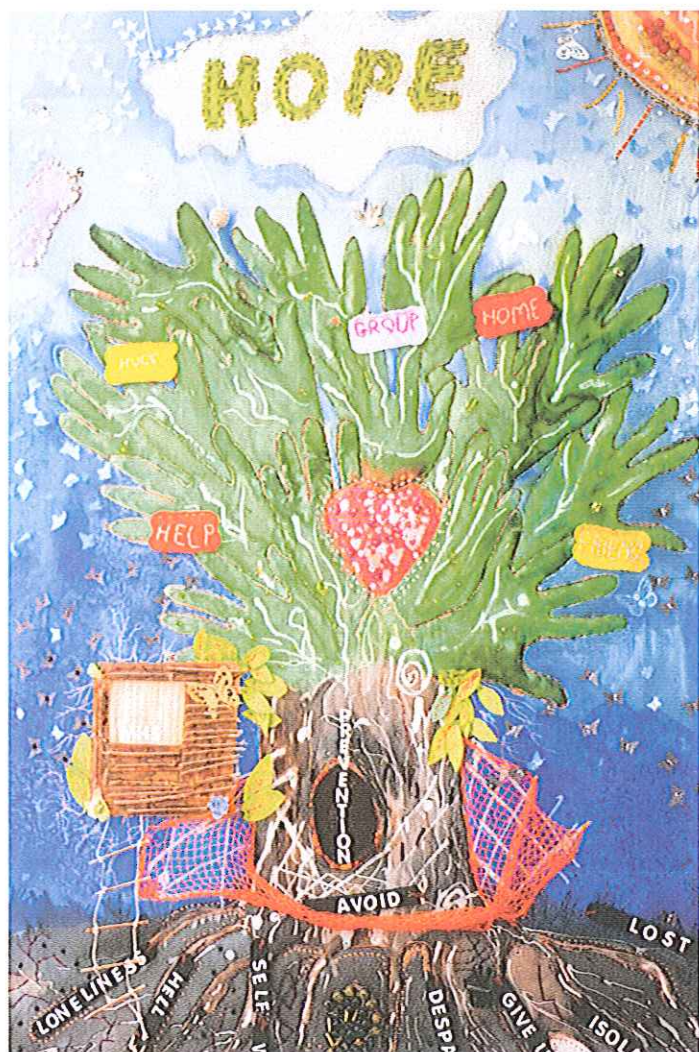
T: 01609 780758

E: contactus@darlingtonmind.com

W: www.darlingtonmind.com

MindinfoLine

0300 123 3393



Office Hours

**Monday – Friday
9.00am - 4.30pm**

“It’s all about the individual”

"Its all about the individual"
**If you would like to find out more about
the activities below please contact us**

Monday



- ☐ **Lunch Club** Centrepont 10.00 am—3.00 pm
- ☐ **Open Access Drop In** Centrepont 10 am—12.30 pm
- ☐ **Richmond Group** The Ralph Fitz Randal, Richmond 10 am—1 pm
- ☐ **Creative Arts & Crafts** Centrepont 2 pm—4 pm

"Its clear that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages."
Mind 2017

Tuesday



- ☐ **Creative Writing** Centrepont 10.30 am—12.30 pm
- ☐ **Creative Arts & Crafts** Centrepont 2 pm—4 pm

" Arts and Culture give us joy, make us healthier, let us reflect and help us empathise"
The Arts Council England

Wednesday

- ☐ **Open Access Drop In** Centrepont 10 am—12.30 pm
(including Bacon Butties)

Thursday



- ☐ **The Bridge** Shute Road, Catterick Garrison 10 am—2 pm
- ☐ **Creative Arts & Crafts** Centrepont 2 pm—4 pm
- ☐ **Krafty Knitters** Centrepont 10.30 am—12.30 pm
- ☐ **Relaxation Sessions** Centrepont 10.30 am-11.30 am & 11.30 am-12.30 pm

" Exploring relaxation can help you look after your wellbeing when you're feeling stressed or busy"
Mind 2017

Friday



- ☐ **Lunch Club** Centrepont 10.00 am—3.00 pm
- ☐ **Lunch Club** Dales Centre, Bedale 10.00 am-2.00 pm

"The benefits of a sustained and active interest in gardening include: Improved mental health through a sense of purpose and achievement"
Thrive 2017



Creative Arts & Crafts

Centrepoint

2 The Link, Crosby Road, Northallerton

Contact: Debra Gell 01609 780758

Tuesdays & Thursdays: 2.00pm - 4.00pm

Contribution: £5.00

Benefits of our groups:

- ☐ Looking for a new leisure activity to promote balance in your life?
- ☐ Looking to develop new skills and add purpose to your life?
- ☐ Looking to make new friends and socialise?
- ☐ Do you want to connect with your community in a creative way?
- ☐ Would you like to develop your creative skills?

"Being involved with Arts and Culture can have a positive effect on our health and wellbeing."

"Art and culture give us joy, make us healthier, lets us reflect and help us empathise."

The Arts Council England

Our group provides an enabling and creative learning opportunity in the form of relaxed and friendly group sessions with a variety of Arts & Crafts mediums to explore and practice.



Creative Writing

Centrepoint

2 The Link, Crosby Road, Northallerton

Contact: Debra Gell 01609 780758

Tuesdays: 10.30am - 12.30pm

Contribution: £5.00

Benefits of our groups:

- ☐ Looking for a new leisure activity to promote balance in your life?
- ☐ Looking to develop new skills and add purpose to your life?
- ☐ Looking to make new friends and socialise?
- ☐ Do you want to connect with your community in a creative way?
- ☐ Would you like to develop your creative writing skills?

"Arts and culture give us joy, make us healthier, let us reflect and help us empathise."

The Arts Council England

Our group provides an enabling and creative learning opportunity in the form of relaxed and friendly group sessions with a variety of creative writing techniques to help think in creative ways.



Relaxation Sessions

Centrepont

2 The Link, Crosby Road, Northallerton

Contact: Debra Gell 01609 780758

Thursdays: Experienced members 10.30am - 11.30am

Newcomers 11.30am - 12.30pm

Contribution: £5.00

Benefits of the group:

- ☐ Learning to breathe more deeply can make you feel a lot calmer and increase your sense of wellbeing
- ☐ Relaxation techniques are taught and practiced in our group sessions including deep breathing and guided visualisation
- ☐ Enabling you to use relaxation techniques at home to avoid escalation of stress and manage your own mental health

Our group provides an enabling and supportive learning opportunity in the form of a relaxed and friendly group session with a variety of relaxation techniques to explore in structured sessions.

"Exploring relaxation can help you look after your wellbeing when you're feeling stressed or busy."



Krafty Knitters

Centrepoint

2 The Link, Crosby Road, Northallerton

Contact: Debra Gell 01609 780758

Thursdays: 10.30am - 12.30pm

Contribution: £5.00

Benefits of our group:

We are a small friendly group who knit our own projects and help each other develop knitting skills.

All skill levels welcome!

Being involved in our group also can help:

- ☐ Develop a new leisure interest to create balance in your life
- ☐ Connect with others combat loneliness and isolation
- ☐ Social interaction
- ☐ Provide opportunities for cognitive stimulation
- ☐ Peer support

"It's clear that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages."

Mind 2016



Monday & Friday Lunch Clubs

Centrepoint
2 The Link, Crosby Road, Northallerton
Contact: Debra Gell 01609 780758

Mondays: 10.00am - 3.00pm - Centrepoint

Fridays: 10.00am - 3.00pm - Centrepoint

Fridays: 10.00am - 2.00pm - Dales Centre, Bedale

Contribution: £10.00

A two course lunch provided for a small cost followed by
quizzes and games for everyone

Benefits of our social group:

- ☐ Meet weekly to provide social support for group members
- ☐ Cognitive stimulation and memory games
- ☐ Fun and laughter!
- ☐ Meet new friends
- ☐ Relaxed and friendly atmosphere



The Relaxation Room

Centrepoint

2 The Link, Crosby Road, Northallerton

Contact: Debra Gell

01609 780758

Individual, Joint or Group Sessions can be pre-booked

Contribution £: Based on type of session booked

The Relaxation Response is the ability to calm and relax yourself, which can slow your heart rate, blood pressure and in turn your muscles soften and relax giving you a sense of calm. Relaxation can help calm the nervous system and balance bodily functions benefiting mind and body.

Benefits of the Relaxation Room

- ☐ Learn how to manage your anxiety and stress by triggering the Relaxation Response
- ☐ Managing anxiety and stress can reduce some of the physical symptoms of stress and anxiety such as reduced heart rates and changes in breathing
(Please read our Relaxation Room leaflet for further information)
- ☐ A variety of Sensory elements are available to help trigger relaxation for a variety of different people including the use of sight, smell, touch, sound and movement e.g. bubble tubes, rocking chairs, relaxing music and lavender oils are available
- ☐ Learn what works for you and how you can use these techniques at home



Richmond Group

Weatherspoons, The Ralph Fitz Randal,
Richmond DL10 4AE
Contact: Debra Gell
01609 780758

Mondays: 10.00am - 12.30pm

Contribution: £5.00

We are a group who meet weekly and engage in structured activities, including arts & crafts, quizzes and games.

Benefits of our group:

- ☐ Peer support — members express a sense of belonging and a general understanding of each other
- ☐ Make new friends and socialise weekly
- ☐ Develop new skills through a variety of activities
- ☐ Encourage creativity and problem solving skills
- ☐ Develop confidence
- ☐ Develop new interests to help maintain balance in your life

"It's clear that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages."

Mind 2016



The Bridge

Shute Road, Catterick Garrison DL9 4AF

Contact: Debra Gell

01609 780758

Thursdays: 10.00am - 2.00pm

Contribution: £5.00

We are a group who meet weekly and engage in structured activities, including arts & crafts, gardening, cooking, trips out, quizzes and jam making!

Benefits of our group:

- ☐ Peer support — members express a sense of belonging and a general understanding of each other
- ☐ Make new friends and socialise weekly
- ☐ Develop new skills through a variety of activities
- ☐ Encourage creativity and problem solving skills
- ☐ Develop confidence
- ☐ Develop new interests to help maintain balance in your life

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Mind 2016



Outreach/Befriending Services

Hambleton & Richmondshire

Contact: Debra Gell 01609 780758

Provided by our qualified staff team

Contribution: £15.00 per hour

Accessed by a self referral or referrals from the
Community Mental Health and Crisis Teams

Benefits of our service:

- ☐ Assessment of need
- ☐ Tailored personal centred approach
- ☐ Aim to increase your confidence
- ☐ Encourage inclusion into the community
- ☐ Using a graded approach to suit your needs
- ☐ Develop your life skills
- ☐ Explore employment opportunities



General Counselling Service

Hambleton & Richmondshire

Contact: Debra Gell 01609 780758

Provided by a Qualified Volunteer

Contribution: £5.00 per session

Maximum of 6 sessions

Darlington Mind Counselling Service aims to give people an opportunity to explore and discover different coping strategies to deal with their own challenges in life. We would like to support people in developing a greater sense of wellbeing through talking therapies.

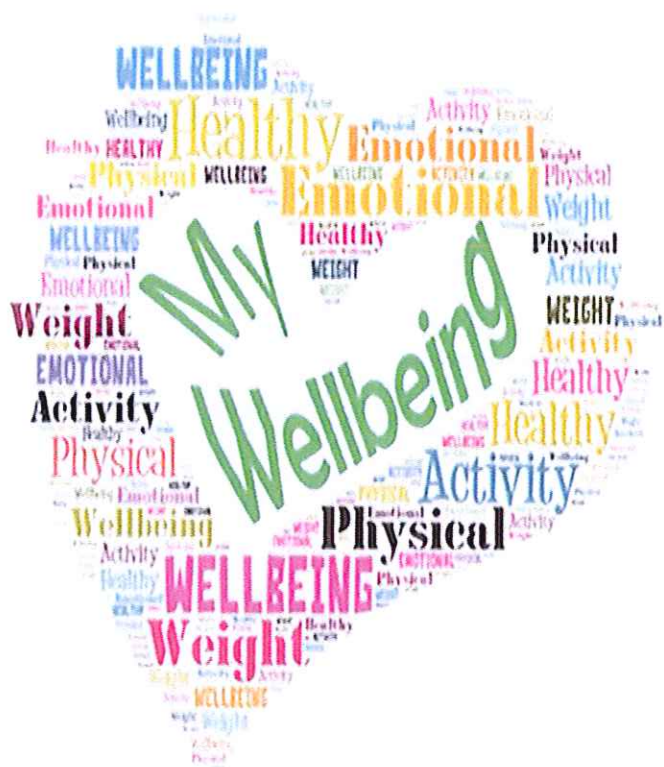
We all have ups and downs and for most of the time we cope, but on those occasions when we need help a Darlington Mind Counsellor is someone who will:

- ☐ Listen to what you have to say
- ☐ Not make judgements about you
- ☐ Work with you to find a way to cope with life's challenges

All Darlington Mind Counsellors are qualified to Foundation Degree standard (or higher) in Counselling and undergo regular training and personal development courses to continually develop and enhance their skills and expertise.

Darlington Mind Counselling Service is an organisational member of the British Association for Counselling and Psychotherapy.

Charity Number 1093140



We provide a range of support
groups throughout
Hambleton & Richmondshire

- ✚ Bedale
- ✚ Catterick Garrison
- ✚ Easingwold
- ✚ Leyburn
- ✚ Northallerton
- ✚ Reeth
- ✚ Richmond
- ✚ Stokesley
- ✚ Thirsk

OUR MIND MATTERS PROJECT

FUNDED BY NORTH YORKSHIRE COUNTY COUNCIL

Offers things like:

- Practical advice, information and help with accessing other services

As well as fun stuff like:

- Activities to improve your wellbeing

Or just come along for a cup of tea & friendly chat



YOUR SUPPORT – YOUR WAY

To register your interest or for further information please
contact us on:

Telephone: 01609 780758

Email: contactus@darlingtonmind.com


for better mental health
Darlington



Volunteering

A few hours of your time each week supporting people with mental health and emotional issues can make such a difference

We have many different opportunities in different areas where you can volunteer such as:

- Fundraising
- Gardening
- Cooking and kitchen support
- Developing group work skills
- Supporting projects

If any of these areas interest you then why not come and volunteer?

There are several reasons why volunteering will help other people, although volunteering will also benefit you. These include:

- Positive feeling of helping others
- Getting to use your existing talents
- Improving your job prospects
- Access to training
- Enhancing your self-esteem
- Having an active retirement
- Learning new skills
- Making new friends
- Giving something back
- Changing your career direction

When volunteering at Darlington Mind you can expect:

- A chance to use your expertise to help others gain new experiences
- Support from staff and other volunteers
- Training courses and direct learning from staff and other volunteers

For further information please contact us on:

Telephone: 01609 780758

Email: contactus@darlingtonmind.com

