

Monday

Tuesday

Wednesday

Thursday

Friday

Health Visits

Middleton Wellbeing Hub
Contact The Big Life Group for more information



Carers Hub

Coffee and Chat

Middleton Wellbeing Hub
10-11.30am



Gym Buddy

Middleton Arena
10am-11am
(Booking required)



Walking Football

Middleton Arena
11am-12pm
(Booking required)



Social Space

Middleton Wellbeing Hub
12 Week Duration, 1-3pm
(Booking required)



Welfare and Advice Service



Middleton Wellbeing Hub
Fortnightly, 9am-1pm

Dementia Cafe

Middleton Wellbeing Hub
Fortnightly, 1-3.30pm



Pilates

Middleton Arena
12.30-1:15pm
(Booking required)



Listening Lounge Crisis Drop-In

Middleton Wellbeing Hub
4.30-7.30pm



One-to-one counselling

Middleton Wellbeing Hub
Contact The Big Life Group for more information



Fibromyalgia and Chronic Pain Group

Middleton Wellbeing Hub
12-3pm



One-to-one Counselling

Middleton Wellbeing Hub
(By appointment only)



Creative Space

Middleton Wellbeing Hub
12 Week Duration, 10am-12pm
(Booking required)



Pilates

Middleton Arena
10.30am-1pm
(Booking required)



Tai Chi

Middleton Arena
11.45am-12.30pm
(Booking required)



Gym Buddy

Middleton Arena
1.30-2.30pm
(Booking required)



Listening Lounge Crisis Drop-In

Middleton Wellbeing Hub
4.30-7.30pm



Living Well Wellbeing Sessions

Middleton Wellbeing Hub
(By appointment only)



A timetable of what's currently on in Middleton, including collaborative projects at Middleton Wellbeing Hub and our Sports 4 Wellbeing groups at Middleton Arena.

Want to find out more?

Pick up the relevant flyer from Middleton Wellbeing Hub
Or call 01706 752 338

Interested in booking one of our rooms at Middleton Wellbeing Hub for your own service?

Call 01706 752 338

Email

info@rochdalemind.org.uk