

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Next Steps
Dementia Carers
Cuppa and Chat
Fortnightly 1 - 2:30pm
Number One Riverside OL16 9SD

Next Steps
Dementia Support
Diverse Communities
Fortnightly 1:30 - 3pm
Khubsuret House OL11 3SE

Stay Well
Social Space
1 - 2:30pm
The Mind Wellbeing Centre

Next Steps
Social Space
1 - 3pm
Middleton Wellbeing Hub

Get Well - Drop-In
Listening Lounge
Crisis Support
4:30 - 7:30pm
The Mind Wellbeing Centre



Stay Well
The Wellbeing Journey
11 - 12:30pm
Middleton Wellbeing Hub

Stay Well
Diverse Women's Social Café
1 - 2:30pm
Wardleworth Centre OL16 2EP

Next Steps
Dementia Café
Fortnightly 1 - 3:30pm
Middleton Wellbeing Hub

Next Steps
Wellbeing Workshops
1:30 - 2:30pm
Middleton Wellbeing Hub

Next Steps - Drop-In
Dementia Support
Cuppa and Chat
Fortnightly 10:30am - 12pm
Heywood Library OL10 1LL

Next Steps - Drop-In
Dementia Support
Community Advice
Fortnightly 1:30 - 3pm
BACP OL16 2EZ

Get Well - Drop-In
Listening Lounge
Crisis Support
4:30 - 7:30pm
Middleton Wellbeing Hub

Get Well
Welcome to Wellbeing
9:30am - 12 pm
The Mind Wellbeing Centre

Stay Well
The Growth Project
10am - 4pm
Kellett Street Allotments OL16 2JU

Stay Well
The Wellbeing Journey
1 - 2:30pm
The Mind Wellbeing Centre

Get Well - Drop-In
Listening Lounge
Crisis Support
4:30 - 7:30pm
The Mind Wellbeing Centre



Get Well
One-to-one Counselling
(By appointment)
Middleton Wellbeing Hub

Get Well
Welcome to Wellbeing
9:30am - 12 pm
Middleton Wellbeing Hub

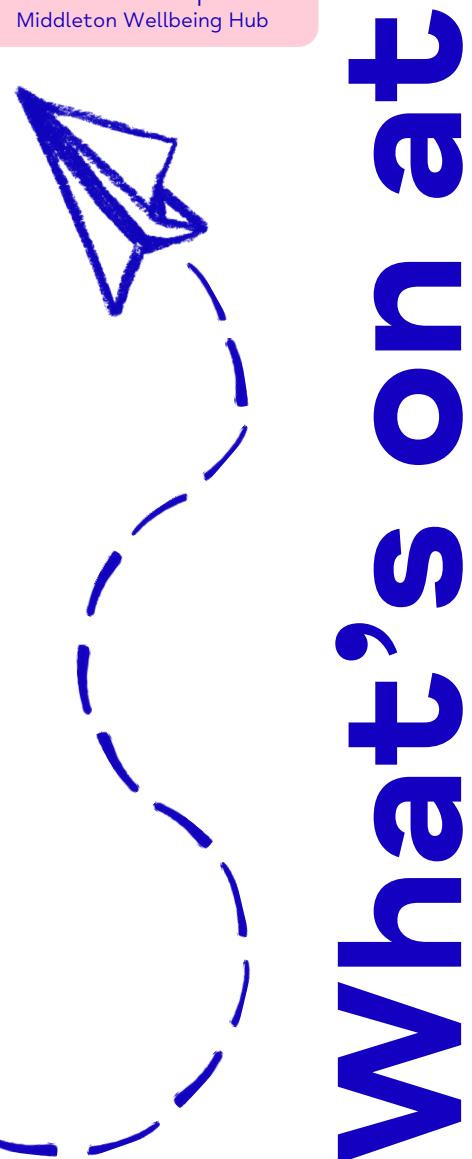
Next Steps
Creative Space
10am - 12pm
Middleton Wellbeing Hub

Stay Well
Diverse Women's Support Group
1 - 2:30pm
The Mind Wellbeing Centre

Stay Well
The Growth Project
10am - 4pm
Kellett Street Allotments OL16 2JU

Get Well - Drop-In
Listening Lounge
Crisis Support
4:30 - 7:30pm
Middleton Wellbeing Hub

Next Steps
Cooking and Nutrition Workshop with Speaking of Food
5 week programme
(starting Friday 23rd Jan)
10:15am - 12pm
Middleton Wellbeing Hub

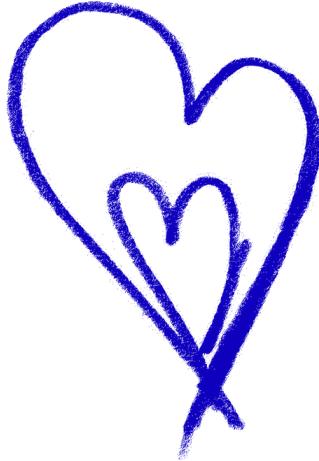


What's on at

mind Rochdale and District

Need support for your mental health? We're here for you.

v4.01/26



Your journey
starts here!

Get well

Groups to help you
get well

Stay well

Groups to help you
progress your
wellness journey

Next steps

Groups where you can keep
connecting for sustained
emotional wellbeing



Rochdale and District Mind

The Mind Wellbeing Centre
3-11 Drake Street
Rochdale OL16 1RE

Middleton Wellbeing Hub

14a-16 Wood Street
Middleton M24 5TF

01706 752 338

www.rochdalemind.org.uk

info@rochdalemind.org.uk



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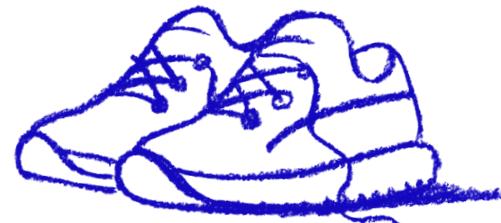
Sports 4 Wellbeing

With thanks to our Sports 4 Wellbeing partners-

yourtrust

LivingWell
Heywood•Middleton•Rochdale•Pennines

v4 01/26



66 Build your self-belief,
boost your self-esteem
and improve your body
confidence 99

MONDAY

Gym Buddy

10 - 11am
Middleton Arena M24 1AG

Walking Football

11am - 12pm
Middleton Arena M24 1AG

Gentle Exercise

12:15 - 1pm
Middleton Arena M24 1AG

Pilates

1:30 - 2:15pm
Rochdale Leisure Centre OL16 2HZ

Swim 4 Wellbeing

3 - 4:30pm
Rochdale Leisure Centre OL16 2HZ

TUESDAY

Gym Buddy

10 - 10:45am
Rochdale Leisure Centre OL16 2HZ

Tai Chi

11 - 11:45am
Rochdale Leisure Centre OL16 2HZ

Sports 4 Wellbeing

12 - 1pm (Until 20th Jan '26)
Rochdale Leisure Centre OL16 2HZ

Gentle Exercise

1 - 1:45pm (Until 30th Jan '26)
Rochdale Leisure Centre OL16 2HZ

THURSDAY

Tai Chi

11:45am - 12:30pm
(Until 29th Jan '26)
Middleton Arena M24 1AG

Gym Buddy

1:15 - 2pm
Middleton Arena M24 1AG

Gentle Exercise

2:15 - 3pm
Middleton Arena M24 1AG

Swim 4 Wellbeing

3 - 4:30pm
Middleton Arena M24 1AG

To access our Sports 4 Wellbeing project please self-refer online or visit us and fill out a referral form.

After registering, you can book onto any of these groups.

If you have any questions or want to talk things through, please get in touch.

Rochdale and District Mind

The Mind Wellbeing Centre
3-11 Drake Street
Rochdale OL16 1RE

Middleton Wellbeing Hub

14a-16 Wood Street
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mind Rochdale and District

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Guest Organisations at Middleton Wellbeing Hub

MONDAY

The Big Life Group
Health Visits
Contact The Big Life Group for more information

Carer's Hub
Coffee and Chat
10 - 11:30am

TUESDAY

KYP
Welfare and Advice Service
Fortnightly 9am - 1:30pm

WEDNESDAY

The Big Life Group & Action Together
Fibromyalgia and Chronic Pain Group
12 - 3pm

THURS

FRI



To book sessions run by our guest organisations, please contact them directly.

With thanks to our current guest organisations-



The BigLife group
social businesses and charities

Rochdale and District Mind

The Mind Wellbeing Centre
3-11 Drake Street
Rochdale OL16 1RE

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14a-16 Wood Street
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 **Rochdale and District**

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Interested in hiring a room for your group or session?

Middleton Wellbeing Hub, 14a-16 Wood Street,
Middleton M24 5TF
Open Monday - Friday 9am - 4pm

For room enquiries or bookings
call our infoline at 01706 752 338
or email info@rochdalemind.org.uk

Facilities on site include refreshments, kettle, plug sockets, Wi-Fi access, and a TV.

By booking a room you are helping us to continue supporting minds in the Borough of Rochdale.

Thank you!

One To One Room

(Two chairs and a desk)

£10 per hour
£25 half day
£45 full day

Group Room

(Conference table with seating for up to 12)

£20 per hour
£40 half day
£70 full day



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