

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

Next Steps

Cooking and Nutrition Workshop with Speaking of Food

5 week programme
(starting Friday 23rd Jan)
10:15am - 12pm
Middleton Wellbeing Hub

SATURDAY

Get Well - Drop-In Listening Lounge Crisis Support

1:30 - 4:30pm
The Mind Wellbeing Centre

What's on at

Mind Rochdale and District

The Mind Wellbeing
Centre, Rochdale

Middleton
Wellbeing Hub

In the community



Need support for your mental health?

We're here for you.

V4 01/26



Self-refer online or visit us at either of our locations.
After registering, you can join our groups and access our services
whenever you're ready.

Please note: bookings are required for all groups except drop-ins.

If you have any questions or want to talk things through,
please get in touch, our friendly team is here to help.



**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



Follow us!

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Sports 4 Wellbeing

With thanks to our Sports 4 Wellbeing partners-

yourtrust

LivingWell
Heywood • Middleton • Rochdale • Pennines



V4 01/26

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

Pilates

12:15 - 1pm
Middleton Arena M24 1AG

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



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



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
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Rochdale OL16 1RE

Middleton Wellbeing Hub

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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-



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

Spaces
available

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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