

Need support for your mental health?

We're here for you.

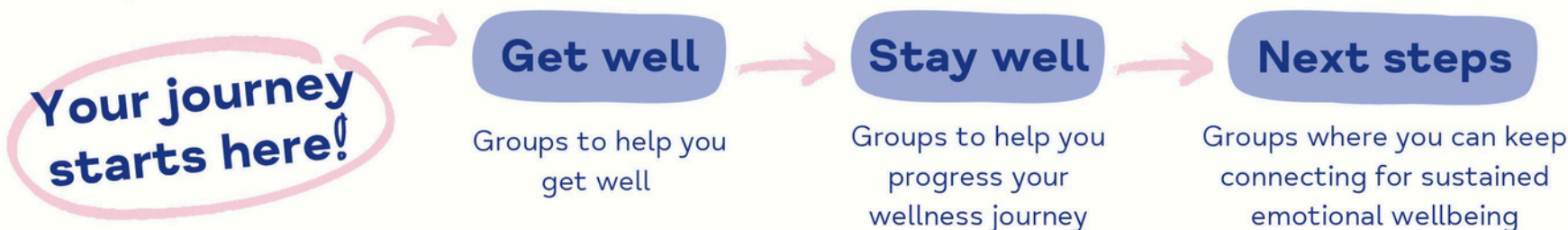
V4 01/26



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.



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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Search for Rochdale and District Mind



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

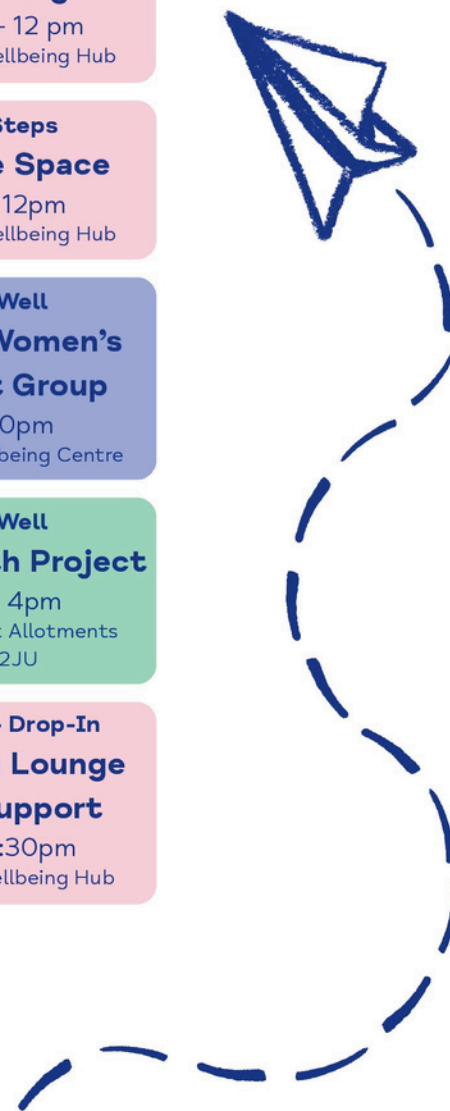
Cooking and Nutrition Workshop with Speaking of Food

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

Sports 4 Wellbeing

With thanks to our Sports 4 Wellbeing partners-

yourtrust

LivingWell
Heywood • Middleton • Rochdale • Pennington



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.

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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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