

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



mind Rochdale and District

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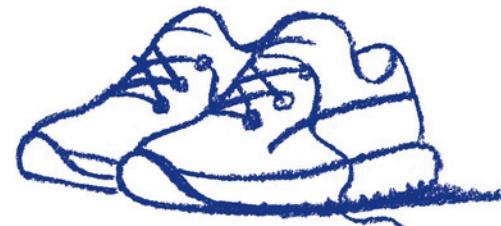
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Next Steps Dementia Carers Cuppa and Chat Fortnightly 1 - 2:30pm Number One Riverside OL16 9SD</p>	<p>Stay Well The Wellbeing Journey 11 - 12:30pm Middleton Wellbeing Hub</p>	<p>Get Well Welcome to Wellbeing 9:30am - 12 pm The Mind Wellbeing Centre</p>	<p>Get Well One-to-one Counselling (By appointment) Middleton Wellbeing Hub</p>	<p>Next Steps Cooking and Nutrition Workshop with Speaking of Food 5 week programme (starting Friday 23rd Jan) 10:15am - 12pm Middleton Wellbeing Hub</p>	<p>Get Well - Drop-In Listening Lounge Crisis Support 1:30 - 4:30pm The Mind Wellbeing Centre</p>
<p>Next Steps Dementia Support Diverse Communities Fortnightly 1:30 - 3pm Khubsuret House OL11 3SE</p>	<p>Stay Well Diverse Women's Social Café 1 - 2:30pm Wardleworth Centre OL16 2EP</p>	<p>Stay Well The Growth Project 10am - 4pm Kellett Street Allotments OL16 2JU</p>	<p>Get Well Welcome to Wellbeing 9:30am - 12 pm Middleton Wellbeing Hub</p>	<p>Next Steps Creative Space 10am - 12pm Middleton Wellbeing Hub</p>	
<p>Stay Well Social Space 1 - 2:30pm The Mind Wellbeing Centre</p>	<p>Next Steps Dementia Café Fortnightly 1 - 3:30pm Middleton Wellbeing Hub</p>	<p>Stay Well The Wellbeing Journey 1 - 2:30pm The Mind Wellbeing Centre</p>	<p>Stay Well Diverse Women's Support Group 1 - 2:30pm The Mind Wellbeing Centre</p>	<p>Stay Well The Growth Project 10am - 4pm Kellett Street Allotments OL16 2JU</p>	
<p>Next Steps Social Space 1 - 3pm Middleton Wellbeing Hub</p>	<p>Next Steps Wellbeing Workshops 1:30 - 2:30pm Middleton Wellbeing Hub</p>	<p>Get Well - Drop-In Listening Lounge Crisis Support 4:30 - 7:30pm The Mind Wellbeing Centre</p>	<p>Get Well - Drop-In Listening Lounge Crisis Support 4:30 - 7:30pm Middleton Wellbeing Hub</p>		<p>What's on at Mind Rochdale and District</p> 
					

Sports 4 Wellbeing

With thanks to our Sports 4 Wellbeing partners-

yourtrust  **LivingWell** Heywood • Middleton • Rochdale • Pennines

v4.01/26



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

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.

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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

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.

**Spaces
available**

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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