

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

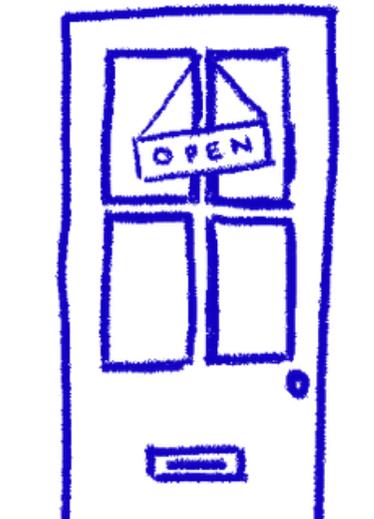
WEDNESDAY

Get Well - Drop In
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 - Drop-In
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

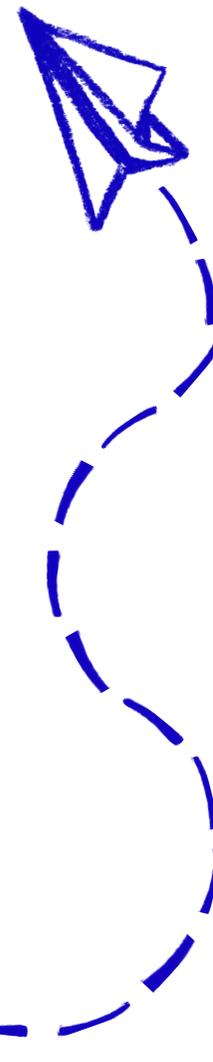
Stay Well
The Growth Project
10am - 4pm
Kellett Street Allotments
OL16 2JU

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

FRIDAY

SATURDAY

Get Well - Drop-In
Listening Lounge
Crisis Support
1:30 - 4:30pm
The Mind Wellbeing Centre

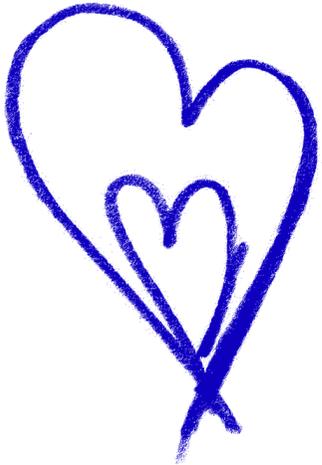


What's on at

Mind Rochdale and District

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

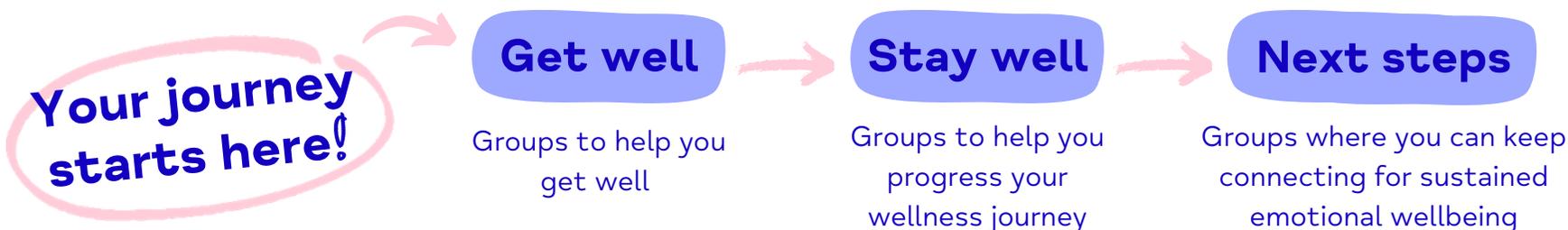
V5 02/26



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



Follow us!

Search for Rochdale and District Mind



Guest Organisations at Middleton Wellbeing Hub

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

MONDAY

TUESDAY

WEDNESDAY

THURS

FRI

The Big Life Group Health Visits

Contact The Big Life Group for more information

KYP Welfare and Advice Service

Fortnightly 9am - 1:30pm

The Big Life Group & Action Together Fibromyalgia and Chronic Pain Group

12 - 3pm



Carer's Hub

Coffee and Chat

10 - 11:30am

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

With thanks to our current guest organisations-



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