mind Rochdale and District

Seasonal Support

2026/27

Please note:
Our Listening Lounge times differ slightly from the usual schedule over the festive period. Please see timetable below.

As usual, we are closed at both our wellbeing centres on Sundays.

Mon 21st Dec	Tues 22nd Dec	Weds 23rd Dec	Thurs 24th Dec	Fri 25th Dec	Sat 26th Dec
Seasonal Support Group **11:30am - 1pm** Rochdale Wellbeing Centre **Listening Lounge Crisis Drop-In** **4:30-7:30pm** Rochdale Wellbeing Centre	**Seasonal Support Group** **11:30am - 1pm** Middleton Wellbeing Hub **Listening Lounge Crisis Drop-In** **4:30-7:30pm** Middleton Wellbeing Hub	**Seasonal Support Group** **11:30am - 1pm** Rochdale Wellbeing Centre **Listening Lounge Crisis Drop-In** **4:30-7:30pm** Rochdale Wellbeing Centre	**Seasonal Support Group** **11:30am - 1pm** Rochdale Wellbeing Centre **Listening Lounge Crisis Drop-In** **1:30 - 4:30pm** Middleton Wellbeing Hub	**Closed** **for Christmas Day** 	**Closed** **for Boxing Day** 

Mon 28th Dec	Tues 29th Dec	Weds 30th Dec	Thurs 31st Dec	Fri 1st Jan	Sat 2nd Jan
Bank Holiday **Listening Lounge Crisis Drop-In** **1:30 - 4:30pm** Rochdale Wellbeing Centre	**Seasonal Support Group** **11:30am - 1pm** Middleton Wellbeing Hub **Listening Lounge Crisis Drop-In** **4:30-7:30pm** Middleton Wellbeing Hub	**Seasonal Support Group** **11:30am - 1pm** Rochdale Wellbeing Centre **Listening Lounge Crisis Drop-In** **4:30-7:30pm** Rochdale Wellbeing Centre	**Seasonal Support Group** **11:30am - 1pm** Rochdale Wellbeing Centre **Listening Lounge Crisis Drop-In** **1:30 - 4:30pm** Middleton Wellbeing Hub	**Closed** **for New Years Day** 	**Listening Lounge Crisis Drop-In** **1:30 - 4:30pm** Rochdale Wellbeing Centre