What's on

at The Mind Wellbeing Centre, Rochdale and out & about in the community.

The Mind Wellbeing Centre, 3-11 Drake Street, Rochdale OL16 1RE

V8 11/26

MONDAY

Creative Space
10 - 11:30am
The Mind Wellbeing Centre

Dementia Carers Cuppa and Chat
Fortnightly 1 - 2:30pm
Number One Riverside
OL16 9SD

Dementia Support Diverse Communities
Fortnightly 1:30 - 3pm
Khubsuret House OL11 3SE

Social Space
1 - 2:30pm
The Mind Wellbeing Centre

Drop-In
Listening Lounge Crisis Support
4:30 - 7:30pm
The Mind Wellbeing Centre

Drop-In
Calm Corner
5 - 6:30pm
The Mind Wellbeing Centre

TUESDAY

Drop-In
Dementia Support Cuppa and Chat
Fortnightly
10:30am - 12pm
Heywood Library OL10 1LL

Living Life to the Full™
12:30 - 2pm
The Mind Wellbeing Centre

Diverse Women's Social Café
1 - 2:30pm
Wardleworth Centre OL16 2EP

Drop-In
Dementia Support Community Advice
Fortnightly
1:30 - 3pm
BACP OL16 2EZ

WEDNESDAY

Drop-In
Welcome to Wellbeing
9:30am - 12 pm
The Mind Wellbeing Centre

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

Drop-In
Listening Lounge Crisis Support
4:30 - 7:30pm
The Mind Wellbeing Centre

THURSDAY

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

Diverse Women's Support Group
1 - 2:30pm
The Mind Wellbeing Centre

FRIDAY

Open Minds
10 - 11:30am
The Mind Wellbeing Centre

Walk & Talk
12:30 - 1:30pm
The Mind Wellbeing Centre

SATURDAY

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

Need support for your mental health?

We're here for you.

Self-refer online or visit us at either of our locations where we can help you with your referral.

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

After registering, you can join our groups and access our services whenever you're ready.

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

mind Rochdale and District

01706 752 338
www.rochdalemind.org.uk
info@rochdalemind.org.uk

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What's on

at Middleton Wellbeing Hub

Rochdale and District Mind at Middleton Wellbeing Hub
14a-16 Wood Street, Middleton M24 5TF

V8 11/26

MONDAY

Social Space
1 - 3pm
Middleton Wellbeing Hub

TUESDAY

Open Minds
10 - 11:30am
Middleton Wellbeing Hub
(Starting 7th July 2026)

Dementia Café
Fortnightly 1 - 3:30pm
Middleton Wellbeing Hub

Wellbeing Workshops
1:30 - 2:30pm
Middleton Wellbeing Hub

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

WEDNESDAY

Living Life to the Full™
10 - 11:30am
Middleton Wellbeing Hub

THURSDAY

One-to-one Counselling
(By appointment)
Middleton Wellbeing Hub

Drop-In
Welcome to Wellbeing
9:30am - 12 pm
Middleton Wellbeing Hub

Creative Space
10am - 12pm
Middleton Wellbeing Hub

Walk & Talk
12:30 - 1:30pm
Middleton Wellbeing Hub
(Starting 9th July 2026)

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

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Follow us!
Search for Rochdale and District Mind

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