

York | MIND

Our wide range of services help individuals as they recover from a variety of mental health conditions. We are a leading local provider of services supporting individuals recovering from mental ill-health to achieve outcomes that will progress them towards recovery, social inclusion and integration in mainstream activity such as learning, volunteering or employment. We believe that the condition does not define the individual. To that end, we campaign to raise awareness of mental ill health and combat the stigma surrounding mental health conditions.

Counselling | York MIND

Daytime Counselling: OPEN (Currently accepting referrals)

<https://www.yorkmind.org.uk/our-services/counselling/daytime-counselling>

York Mind is a non-profit making charity, funded through grants, service contracts and by contributions received from clients. We use a sliding scale of payment with a minimum of £12 in order to identify an affordable donation which helps to ensure the continuation of the service for everyone.

Evening Counselling: CLOSED (Not currently accepting referrals)

<https://www.yorkmind.org.uk/our-services/counselling/evening-counselling>

We have identified a need to provide affordable counselling to employed people on a low income. With this in mind we are now in a position to offer counselling between the hours of 17:00 & 20:00 Mon - Thurs. Please note that this service is only available to people who currently have daytime work or caring commitments.


We ask all clients who use the evening service to contribute a minimum of £18 per session.

Carers Counselling: OPEN (Currently accepting referrals)

<https://www.yorkmind.org.uk/our-services/counselling/carers-counselling>

Minimum of £10 per session.

This is a service specifically developed for people who care for others with any mental, physical or other disability and offer emotional support and counselling. Caring for someone can be emotionally demanding, no matter much you love and care for them. Sometimes when caring for others it may feel like you are neglecting your own emotional needs. This is a space for you to talk about the issues you feel are important to help you cope. There is a 12-week time limit with this service.



Young People's Project | York Mind

We are currently looking for new young people to join our steering group - to help us to shape our Young People's service, as well as actively addressing wider issues surrounding young people's mental health support.

The steering group meet monthly on a Tuesday evening. Group members should be aged between 14 and 21, and have accessed support for their mental health in the past.

If you, or someone you know is interested in this opportunity, please download and complete the application form, which can be found [here](#). The deadline for applications is Friday 9th November.

For more information, please contact a member of the young people's team on [**youngpeople@yorkmind.org.uk**](mailto:youngpeople@yorkmind.org.uk)

Arts Award Application [Age 13 - 16]

York Mind is starting a new Arts Award Group for 13-16 year olds recovering from mental health issues.

Over a 16 week term the participants will achieve an accredited Bronze Level Arts Award by:

Taking part in arts workshops | Researching their favourite artists | Sharing their creative skills | Attending and reviewing an arts event.

Apply online via York Mind.

Peer Support Group [Age 13 - 16]

A weekly peer support group for 13-16 year olds struggling with their emotions and mental health. From 1st October 2018 this will run on Monday evenings.

It's for young people interested in being part of a social and supportive group, chatting about ways of feeling more positive and putting them into action. The young people collaborate to develop strategies that work for them, leading the group themselves with the facilitator there to assist them.

Young people can join the group for up to 6 months. The group also includes socials to take part in activities of the young people's choice e.g. bowling or cinema.

[**vicky.blakey@yorkmind.org.uk**](mailto:vicky.blakey@yorkmind.org.uk) | [**rab.ferguson@yorkmind.org.uk**](mailto:rab.ferguson@yorkmind.org.uk)
01904 643364 and press option 2

York LGBT Forum

LGBT stands for Lesbian, Gay, Bisexual and Transgender. We use the term LGBT to include all other minority sexual orientations and gender identity groups who identify with the LGBT community (e.g asexual, intersex, panromantic).

We have lots of different support services, including:

York LGBT Wellbeing Group

The group is an inclusive well-being support group for members of the LGBT community. It provides a social space where people can come together on a weekly basis and use art, music, drama or just peer talking to support their emotional well-being. Members can talk about feelings, thoughts in a space with others who can relate to them. This includes any challenges to them as individuals.

***Every Wednesday 18:00 - 20:00 @ York MIND
Highcliffe House, Highcliffe Court, York***

<https://yorklgbtforum.org.uk> | yorklgbtforum@gmail.com | 07731852533

The Retreat | York

The Retreat is a non-for-profit charity offering a range of inpatient services including: specialist inpatient services for complex trauma and dissociative disorders, complex dementia and eating disorders. Referrals via Community Mental Health Team.

***Heslington Road, York, YO10 5BN
01904 412551 | info@theretreatyork.org.uk | www.theretreatyork.org.uk***

Adult ASD and ADHD Service

Provides diagnostic assessments for autism and ADHD, post-diagnostic sessions and specialised therapies. The service can be accessed both via the NHS and privately and is currently only open to over-18s.

01904 426043 | ny.asdadhd@nhs.net

York Carers Centre

Helps unpaid carers in York find the support they need. They have services for young carers (aged 8-18), young adult carers (18-25) and adult carers.

They support carers regarding their individual situations, and can provide this over the phone, at the office, at home or another suitable place.

Offering carers:

A Carers Emergency Card | Discounts at businesses in York | Free, regular newsletters | Social activities for carers | Employment, education & training support | Help filling in forms | The opportunity to have their voice heard by decision makers | A dedicated advice worker | Information & advice service

17 Priory Street, York, YO1 6ET | 01904 715490

enquiries@yorkcarerscentre.co.uk | www.yorkcarerscentre.co.uk

Blog: www.ycryorkuk.wordpress.com

Carers' Mental Health Group

Runs in partnership with carers themselves, York Carers' Centre and Rethink York branch.

2nd Wednesday of each month: 19:00 - 21:00

Alternates between carers informal sharing, peer support session & discussion group.

@The Studio, 30 Clarence Street, York

Facing the Future

Facing the future is a partnership project between Samaritans and Cruse Bereavement Care. It offers support for people bereaved by suicide to help them understand their grief and cope with their loss. There is a free support group, funded by the Department of Health, running in York.

0208 939 9560 | *info@facingthefuturegroups.org | www.facingthefuturegroups.org*

Survive Counselling Service

Survive counsellors understand the complexities of surviving sexual violence and abuse. They work with post-traumatic stress disorder, dissociative conditions, complex trauma, depression and anxiety in a safe and confidential setting.

01904 638813 | survive@survive-northyorks.org.uk | www.survive-northyorks.org.uk

York Women's Counselling

Providing affordable counselling for women in York and surrounding areas.

They are women counsellors who accept referrals from any women who want to refer themselves. Clients are asked for a donation to cover running costs - the amount depends on income.

15 Priory Street, York, YO1 6ET | 01904 652706
yorkwomens@outlook.com | www.yorkwomenscounselling.org

Café Nelli | New Earswick Less Loneliness Initiative

Every Wednesday 10:00 - 12:00 @ the Folk Hall in New Earswick.

All are welcome. Enjoy the delicious coffee and cakes, newspapers, knit and natter, play chess, swap a book, or just come and have a chat.

elspethbarraclough@yahoo.co.uk [beth] | www.nelli.org.uk

Club 84 | run by Rethink York Group

Monthly social club that provides help and support for people who have experienced mental illness. We aim to help members overcome problems of isolation, loneliness and exclusion through regular meetings and outings which are chosen by members and led by volunteers.

1st Wednesday of every month @ Guppy's Enterprise Club, 17-19 Nunnery Lane, York
18:00 - 20:00 (Members are asked to pay a small entry fee which includes refreshments)

The Club is open to people of working age who live within a reasonable distance of York and who have experience of mental illness.

Rob Hyett: 07788 557371 | www.yorkgroup@rethink.org

Tai Chi | across York

Tai chi is a low-impact exercise which helps you improve your stability, posture and balance. It also helps relax both the mind and body. Tai Chi classes take place at various locations across the city.

Tai Chi for Health [£5]

Mondays 10:30 - 11:30

@ Poppleton Road Memorial Hall, Oak Street, York

Fran Haggerty: 07896 253214

Mondays 10:30 - 11:30

@ St Oswalds Church Hall, Fulford Road, York

Betty Sutherland: 0777 1850129

Tuesdays 20:00 - 21:00

@ Poppleton Road Memorial Hall, Oak Street, York

Fran Haggerty: 07896 253214

Thursdays 10:30 - 11:30

@ Heworth Without Community Centre, Applecroft Road, Heworth, York

Fran Haggerty: 07896 253214

Advanced Tai Chi [£5]

Wednesdays 10:00 - 11:30

@ Poppleton Road Memorial Hall, Oak Street, York

Fran Haggerty: 07896 253214

Walking Football | York City

Idea for over 50s but open to all ages

£5 per hour | **01904 559508** | Canon Lee School, Indoor Sports Hall

Also Ladies Only Football available @ Huntington Secondary, School Astroturf Pitch

<https://www.huntingtonschool.co.uk> | <http://www.yorkcityfootballclub.co.uk/club/community>

Converge | York

Offers courses that give you the freedom to create, challenge and inspire yourself and others; discover new abilities, share and develop confidence.

Courses take place at York St John University and are taught by staff, students and people with particular expertise who themselves have experience of mental ill health.

Learn and explore new ideas for self-expression and communication, aid recovery and work towards achieving your goals.

Our courses include:

music | dance | theatre | creative writing | coaching for your future | song- writing | art | understanding happiness | filming

We also support Communitas Choir and host Out of Character Theatre Company
www.outofcharactertheatre.squarespace.com

Hilary Bailey: 01904 624624 (Please leave a message for Hilary)
converge@yorks.ac.uk | www.yorks.ac.uk/converge

The Discovery Hub

An innovative service funded by Tees Esk and Wear Valleys NHS Foundation Trust in partnership with Converge.

It provides information and access support for anyone who has experienced mental health illness and wishes to use learning opportunities as part of their recovery journey.

The team of Learning Access Workers support people to gain access to learning opportunities across York and surrounding areas. Working with Converge at York St John University to connect people to educational and learning opportunities that enhance a recovery journey, enabling a person to rebuild identity, relationships and independence.

Offers free one to one information sessions to help meet learning goals.

01904 876070 | discoveryhub@yorks.ac.uk | www.yorks.ac.uk/converge

Alternatives to Violence Project

AVP works with people from all backgrounds and situations who want to handle conflict, deal with strong feelings like anger and fear, and build better relationships.

Friendly, low-cost workshops/courses that can really make a difference - whether you face difficult situations - in the family, on the street, in your workplace or somewhere else.

01904 636318 | 07479 982703 | yorkshire@avpbritain.org.uk | www.avpbritain.org.uk

Survive

Offers a range of services:

Helpline open Wednesdays: 13:00 - 15:30 | 1:1 support or advocacy sessions with emotional and/or practical issues | Male Support Group (chance to meet other male survivors) | Counselling 1:1 service with either a male or female counsellor for survivors of rape and sexual abuse | Supportive social groups (opportunity to meet other survivors of sexual abuse or rape - separate groups are provided for women and men) | Outreach – Supporting survivors in their homes or local communities for those who find it difficult to travel for support | Book loan - Library service - a range of books can be borrowed free of charge

15 Priory Street, York, YO1 6ET | 01904 638813 | Helpline: 01904 642830 (every Weds)
survive@survive-northyorks.org.uk | www.survive-northyorks.org.uk

Change, Grow, Live

Provides help and support to adults, children, young people and families.

Services cover a wide variety of areas including health and wellbeing, substance use, mental health, criminal justice, domestic abuse and homelessness.

www.changegrowlive.org

The Northern Centre for Mindfulness and Compassion

Offers a range of courses and events across the region based upon mindfulness meditation.

Take an active approach to looking after your mind by learning to meditate in a non-religious setting.

Charges apply.

01904 634710 | www.yorkmbsr.co.uk

York Hearing Voices Group

Do you hear voices, see visions, sense things or have unusual beliefs that other people don't share?

Come to our hearing voices support group for a friendly, confidential, informal and non-judgemental chat about all things related to voice hearing and beyond.

The group provides a safe environment for people to share their experiences and provide mutual support. It is not therapy or treatment and there is no assumption of illness.

Meets every Tuesday from 13:30 - 14:30
@ Sycamore House, Clarence Street, York, YO31 7EW
Maggie: 01904 553850 | mstronach@nhs.net

YUMI – Intercultural York

YUMI provides opportunities for people from different cultures to meet the local community and feel a sense of belonging.

Whether it's helping out in our beautiful Community Garden, growing food from around the world, getting creative at an International Craft Group or practicing English and making new friends at our Conversation Café.

07944 911093 | contact@yumiyork.org | www.interculturalyork.org

The Hut | York Ltd

A small friendly member's led charity, offering a safe space where everyone is welcome.

Open Mon - Fri 10:00 - 16:00

Offers different activities over the week bringing creativity and purpose to lives of adults with enduring mental health conditions and/or learning difficulties, supporting individuals both short and long term.

Wiggington Road, York, YO31 8HG | 01904 652991
info@thehutyork.co.uk | www.thehutyork.co.uk

York Men's Shed

A Community Organisation which aims to help men facing loneliness, illness, unemployment or bereavement find new hobbies, friends and to feel part of the community.

07814 757048 | www.yorkmensshed.co.uk

Yor-Peer Support

A peer-led, mental health support group founded by people with lived experience of mental health difficulties.

The self-help group is for adults experiencing mental health problems and/or learning difficulties, family members, carers and support workers.

We understand you might feel anxious about coming to the group so please feel free to bring a support person. Alternatively someone from the group could arrange to meet with you. You never have to attend alone.

We meet once a month at Briar House, Club Chambers, Museum, Street, York
yor.peeryork@gmail.com

Connecting with Nature Offers New Approach to Mental Health

A report published in February 2016 shows that taking part in nature-based activities helps people who are suffering from mental ill-health and can contribute to a reduction in levels of anxiety, stress and depression.

The report, 'A review of nature-based interventions for mental health care' [also called Ecotherapy or Nature Therapy] suggests making greater use of green care to help people suffering from mental ill-health. The new review was commissioned by Natural England from the University of Essex and Mind, the UK's leading mental health charity.

Green Time: Nature Therapy for ADHD Children & Adults

'Children with ADHD who play regularly in green play settings have milder symptoms than children who play in built outdoor and indoor settings. This is true for all income groups and for both boys and girls. Interestingly, for hyperactive children, the apparent advantage of green spaces is true only for relatively open green settings.

Conclusions: These and previous findings collectively suggest that it is time for randomised clinical trials testing the impacts of regular exposure to greenspace as a treatment for ADHD.'

From 2011 study 'Could Exposure to Everyday Green Spaces Help Treat ADHD? Evidence from Children's Play Settings'

[<http://onlinelibrary.wiley.com/doi/10.1111/j.1758-0854.2011.01052.x/full>]

Ecotherapy

The name given to a wide range of treatment programmes which aim to improve your mental and physical wellbeing through doing outdoor activities in nature. Connecting with nature in this way can have lots of positive health benefits.

www.mind.org

Ecotherapy at St Nick's

Ecotherapy promotes good mental and physical wellbeing through activities based around the natural environment.

At St Nick's, we offer a choice of Ecotherapy activities alongside mentoring support five days per week.

The activities vary and include traditional conservation, creative writing, allotments, gardening and wildlife based activities including nature walks, animal surveys and artwork creation.

Kathy Sturgess | 01904 411821
ecotherapy@stnicks.org.uk | www.stnicks.org.uk

St Nicks | Centre for Nature & Green Living

St Nick's is York's leading organisation promoting sustainable living, by endorsing the benefits of outdoor activity to physical health and mental well-being.

Opportunities to volunteer are available.

St Nicks Environment Centre, Rawdon Avenue, York, YO10 3ST
01904 411821 | info@stnicks.org.uk | www.stnicks.org.uk

Flower Power York

Flower Power York grow beautiful seasonal flowers to bring positive changes to people's lives, improving mental health and wellbeing.

We support lonely, isolated or disadvantaged people and those living with health conditions, including dementia, to experience therapeutic benefits of growing and working with flowers through volunteering programmes, workshops and events.

07899 695749 | 07944 911093 | hello@flowerpoweryork.co.uk | www.flowerpoweryork.co.uk

Poppleton Community Railway Nursery

A charity run by volunteers. It has formed partnerships with health agencies in the York area that find horticultural skills training to be therapeutic for adults recovering from mental health issues.

An opportunity to learn about growing and propagating plants and to develop simple DIY skills which could help to enhance future career prospects. A recent addition to the Nursery is a craft group; teaching skills such as rag rug making and felting for pleasure and leisure.

Benefits of working at the nursery include improvements in confidence and self esteem, social development through working alongside a range of different people and the opportunity to make new friends and build new relationships.

**Poppleton Community Railway Nursery, Station Road, Upper Poppleton, York, YO26 6QA
01904 797623 | 07800 501382 | pcrn.info@yahoo.co.uk | www.poppletonrailwaynursery.co.uk**

York Health Walks

Regular guided walks for people from various venues across the city.
Walks range from 30 minutes to 2 hours.
They are free, and provide a great way to maintain or build up fitness.

**Jenny Nicholson: 07709526254 | jennynich53@gmail.com
Kay Ovenden: 01904 693235 | kayork@btinternet.com
www.york.gov.uk/healthwalks**

Get Cycling

Promotes cycling for health and happiness.

**22 Hospital Fields Road, York, YO10 4DZ | 01904 | admin@getcycling.org.uk
www.getcycling.org.uk**

YorWellbeing Exercise Referral

Exercise can help enormously with a wide range of medical conditions including mental health issues such as depression and anxiety.

The Exercise Referral Programme aims to help people overcome barriers to exercise, making it easier for to get started.

01904 553377 | yorwellbeing@york.gov.uk | www.york.gov.uk/exercisereferral

Green Spaces near you...

Yorkshire Sculpture Park | Free Admission

The Yorkshire Sculpture Park is an open-air gallery in West Bretton near Wakefield in West Yorkshire, England, showing work by British and international artists, including Henry Moore and Barbara Hepworth - also with temporary/visiting exhibitions. The park's collection of works by Moore is one of the largest open-air displays of his bronzes in Europe.

Open 10:00 - 18:00 daily
<https://yosp.org.uk>

York Museum Gardens

Set in the stunning surroundings of the Medieval ruins of St. Mary's Abbey, the York Museum Gardens are a great space to meet friends and family and enjoy some peace and tranquility in the heart of the city centre.

The Gardens are free to visit and are open every day apart from Christmas Day, Boxing Day and New Year's Day with reduced opening on Christmas Eve and New Year's Eve – please check our website for details.

There is so much to see and do including a chance to see inside Yorkshire's oldest working observatory, wander round the gardens and see the vast botanical collection, spot some of the 40 species of bird within the gardens and visit the award winning Yorkshire Museum, which showcases some of Britain's finest archaeological treasures and many rare animals, birds and fossils, in exciting new displays.

<https://www.yorkmuseumgardens.org.uk>

Rowntree Park

Rowntree Park is a 20-acre park in York, England open to the public, featuring children's playgrounds, tennis courts, bowling greens, basketball court, skateboarding area and general areas for picnicking. Facilities include a Reading Cafe and Tree Trails.

Rowntree Park | Terry Avenue | Micklegate | YO23 1JQ

