

ROCHDALE

Rochdale & District Mind

We exist to ensure that people do not face mental health issues alone and can lead their lives free from stigma and discrimination. Over 90% of the people who contact us do so to ask for help with depression, anxiety and stress. Over 130 clients contact us each month.

We provide a range of services to support people with mental health and wellbeing issues. Our services are designed by people with lived experience for service users. We are focused on wellbeing and recovery, and supporting people to lead fulfilling lives.

Open Young Minds

A confidential young person's service. We provide support for young people aged 12 - 21 years old, who have mild to moderate emotional health issues and live in Heywood, Middleton or Rochdale. As a community mental health service we focus on providing you with the opportunities to develop and grow the skills, knowledge and experiences that allow you to take control of your issues.

Wellbeing services

We offer a wide variety of wellbeing services to help local residents. The first step in accessing any of the help available is to complete a referral form and to meet a Wellbeing Coordinator to discuss your issues. You and your Wellbeing Coordinator will then build up an individual action plan to tackle your issues.

Support Groups

These groups offer the opportunity to talk to other who know safe and supportive environment. They give members the space to share stories and coping strategies. These include:

Anxiety & Depression Support Group

BME Women's Wellbeing Group

Men's Wellbeing Group

Women's Wellbeing Group

Survivors of Childhood Sexual Abuse Support Groups

Engage Project [Asylum Seekers & Refugees]



Female and Male Survivors of Childhood Sexual Abuse

A 12 week support group to help participants to come to terms with childhood sexual abuse. You will have the opportunity to talk in a safe place and not be judged. Empowerment, Surviving and Thriving

Female Survivors of Childhood Sexual Abuse Support Group

The Survivors Support Group is run by survivors. Come along and have a chat with a brew. If you've had counselling and feel you need extra support, then this is the place to be. You are not alone – this is a safe place to talk, and not be judged.

Hearing Voices Course

This 6 week course will guide you through a workbook to help you understand your voices, learn coping techniques and learn what works from others.

Wellbeing Activities

Attending wellbeing groups, enables people to approach their recovery to mental health holistically. The following ongoing activities run in conjunction with, and compliment our other services:

Art for Wellbeing | Complimentary Therapies | Creative Writing | Daylight Therapy Lamp | Relaxation | Social Cafes | Tai Chi | Men's Wellbeing Group | Women's Wellbeing Group

These activities are only open to registered users of Rochdale and District Mind's services. More information on all these activities is available from your Wellbeing Coordinator.

Online support (Elefriends)

It's ok to need support to help you with mental health/wellbeing issues. For some people the best way to get help is by chatting on-line with others.

To assist with this National Mind has set up the "Elefriends Community". You're in good company with around 50,000 other Elefriends who support each other through tough times. Signing up to Elefriends takes a couple of minutes and you can write as much or as little as you want.

For more info: <https://www.mind.org.uk/information-support/support-community-elfriends>

<https://www.rochdalemind.org.uk> | The Mind Wellbeing Centre, 3-11 Drake Street, Rochdale, OL16 1RE | 01706 752 335 | info@rochdalemind.org.uk

Rochdale & Oldham Active Recovery

We work with anyone who is affected by drugs or alcohol and wants support to make a change. We offer a variety of treatment options and will support you to find what is best for you. The team across Rochdale and Oldham includes doctors, nurses, recovery workers, support workers, peer mentor volunteers, and trainers. There are lots of different people who can offer their support, knowledge and encouragement to help you achieve your recovery.

Our services include:

Group work sessions | Recovery worker support | Health and wellbeing services | Relapse prevention | Peer mentors | Substitute prescribing | Mindfulness | Harm reduction services
Needle exchange | Online support | Employment coaching | Tenancy and housing support
Family and carers support | Family support

It can be quite lonely and isolating having to cope with someone you love's substance misuse. We offer the people who are living with, or affected by someone else's use, support, advice, skills and tools so you are better equipped to help them.

Oldham Hub: 5 Greaves Street, Oldham, OL1 1QN

0300 555 0234 | ROARreferrals@turning-point.co.uk

<http://wellbeing.turning-point.co.uk/rochdale-and-oldham>

Home Start Bolton

Home-Start Rochdale Borough is a Family Support Charity providing practical and emotional support for parents and children experiencing stress or difficulties.

Any family living in Rochdale, Pennines, Heywood and Middleton with a child pre birth to 12 years of age, can access support from an experienced parent volunteer who can visit them at home.

We have a team of dedicated, skilled volunteers who all have parenting experience, who visit families at home for 2-3 hours per week. Volunteers are trained and checked by the Disclosure and Barring Service prior to being matched with families.

Emotional support and practical help is offered for as long as it is needed. Volunteers build on parents skills, help boost self-esteem and confidence whilst enabling them to cope with the pressures of family life. Our aim is to help reduce stress and prevent crisis and breakdown.

Home-Start can also introduce families who need short term support, to one of our experienced Support Workers. Our Support Workers can help families who experience more complex difficulties at Early Help level.

01706 629651 | 07925 129 136 | info.homestartrochdale@gmail.com

Five ways to Wellbeing

We want to encourage everyone across the borough of Rochdale to live longer, feel healthier and be happier!

Measure your wellbeing today (it takes about 2 minutes) and come back to see how it can improve over time.

A healthy mind and a sense of wellbeing can help in many ways. It can help you develop your potential, help you be more creative and productive and help build relationships with others. The idea is to keep the mind healthy through day to day use and maintenance. Much like how eating five fruit or vegetables a day can help the body stay healthy.

The five activities are based on connecting with others, being active, taking notice of our surroundings, continued learning and giving to others. Just taking the time to do one of these activities everyday can really make a big difference. Evidence shows if you regularly practice these suggestions it can help you function better, make you feel good and add years to your life.

<http://fiveways.rochdale.gov.uk>

Living Well Rochdale

Ready to make some lifestyle changes? Our team can work with you to make changes to your health and wellbeing, and we work right across the borough of Rochdale in various easy to get to venues.

We can help with: ***stopping smoking | increasing exercise | feeling better all round | oral health***

01706 751 190 | Living Well Rochdale, Lock 50, Oldham Road, Rochdale, OL16 5RD

Rochdale Memory Wellbeing Cafe | Alzheimer's Support

Come and chat to people who have been affected by dementia in a friendly and relaxed, social environment at our dementia café. You can chat and share your experiences about your diagnosis of dementia and what that means to you with others and health professionals.

1st Tues of every month: 13:30 - 15:30 @ Milnrow Memory Wellbeing Café, Butterworth Hall, New Street, Milnrow, Rochdale, OL16 3PE | 01706 379034

Mindfulness & Wellbeing | Touchstones, Rochdale

Join us in our peaceful Gallery setting to explore the popular practice of Mindfulness. Learn how to become more aware of your thoughts and feelings through activities and breathing techniques that have been proven to reduce stress and improve wellbeing.

Just bring your own Yoga mat or towel & get ready to relax...

Friday 29th November | 17:00 - 18:00 | Cost: £5
01706 924928 | Touchstones Rochdale, The Esplanade, Rochdale OL16 1AQ

Menopause Monthly | Touchstones, Rochdale

An opportunity for women to come together to discuss the menopause and take an exercise or art class to help relieve anxiety related to the menopause.

Friday 29th November | 18:00 - 19:00 | Pay what you can | Just turn up, no need to book
01706 924928 | Touchstones Rochdale, The Esplanade, Rochdale OL16 1AQ

Knitty Gritty | Touchstones, Rochdale

Join our monthly knitting circle in The Art Café.

Feel free to bring along your own knitting projects, share ideas or start something new inspired by our current exhibitions.

Last Tuesday of every month | FREE – just buy a brew! | Just turn up | All Ages

touchstones@link4life.org | 01706 924492 | Touchstones Rochdale, The Esplanade, Rochdale OL16 1AQ

Activ8tème

A low cost, pay as you go programme for adults which has over 50 fitness and sports sessions to choose from each week. It offers 8 sports to choose from in a friendly, fun and sociable environment.

Sessions take place in the community and cost just **£1.50 - £3 per session**

All ages and abilities are welcome and there is something for everyone.

For more info, please download our brochure or contact our Co-Ordinator, Sarah Shard:
01706 926239 or 07976 498629 | sarah.shard@link4life.org.

Active Living

Our Active Living classes and courses are designed for people with long term conditions and those who want to improve their overall health and wellbeing. The classes are centred on the individuals needs to help improve their overall health and quality of life.

All classes have qualified instructors who are there to help and support you every step of the way. Classes include: **Gentle Exercise Classes | 1:1 Classes | Back Care Yoga | Functional Fitness MOT Courses | Aqua Relax Sessions | Walking Football**

01706 926235 | 07890 250655 | paul.gardner@link4life.org | <https://link4life.org/health-wellbeing/active-living>

Skylight Circus Arts

Skylight Circus Arts uses circus creatively for performance and as a vehicle for personal, physical and social development and wellbeing.

Our centre in Rochdale is a multi purpose training space and small studio theatre. We have classes for young people, adults, over 65s, and children & adults with disabilities

01706 650676 | martine.b@skylightcircusarts.com | www.skylightcircusarts.com

Penine Tai Chi

Pennine Tai Chi came into being in 1985, to explore and share the Chinese Internal Arts and related areas. It involves many people learning and teaching within these areas, in a loose knit association and with a spirit of self-exploration.

We encourage participation in these arts in a multi-disciplined way, without strict adherence to any one system or style. The depth and breadth of our activities includes aspects of philosophy and practice related to the martial, performing and healing arts.

Classes [Janet Armson]: 01706 525458

Tuesdays | JD Dance & Martial Art Club, Rochdale | 18:15 - 19:15 | Open to All

Thursdays | Gateway Leisure Centre, Rochdale | 9:45 - 10:45 | Over 50s Group

Fridays | Syke Community Centre, Rochdale | 9:45 - 10:45 & 11:00 - 12:00 | Open to All

Classes with Bruce Goodwin: 01706 868216

Tuesdays | Gateway Leisure Centre, Rochdale | 18:30 - 19:30 | Open to All

Thursdays | Ronald Gorton Centre, Rochdale | 18:30 - 19:30 | Parkinson's sufferers & helpers

<http://www.penninetaichi.co.uk>

Rochdale Pilates & Yoga Studio

Opened in 2014 Rochdale Pilates & Yoga is the leading Pilates studio in the area, with less than a 10-15 minute drive from Heywood, Shaw, Oldham and Bury.

With two beautiful studios we offer a variety of pilates, yoga and general fitness classes to suit all ages and all levels of ability. So whether you want to keep fit, enhance your sports performance (football, running, tennis, golf, rugby, cycling, motocross, horse riding etc) or are recovering from an injury, surgery or illness we can help.

Our aim is for you to enjoy your route to fitness in a calm, comfortable atmosphere taught by fully qualified instructors.

Beginners Pilates | Mixed Ability Pilates | Intermediate Pilates | Beginners Yoga [Hatha] | Mixed Ability Yoga [Vinyasa] | Power Yoga [Ashtanga] | Yoga-4-Fitness | Mama-Real [Pre & Post-Natal] | Tai Chi | Body Conditioning | Equipment Pilates | Body & Mind Class

Single Mat Class: Drop in £10 | Single Reformer Class: Drop in £15

Discounts for block bookings & membership

07973 197716 | info@rochdalepilates.co.uk | 217 Bury Rd, Rochdale, OL11 4E

Military Veterans Service

We provide mental health support to ex-service personnel across Greater Manchester and Lancashire.

We can support you with conditions such as depression, alcohol and substance misuse, anger problems and post-traumatic stress disorder.

Some of our team are veterans themselves and others have family members in the forces, so we understand armed forces culture and how we can help you.

Please click [here](#) for the referral form, or to find out more about our service and the other support that's available.

**<https://www.penninecare.nhs.uk/services/military-veterans-service>
0300 323 0707: Mon-Fri 09:00-17:00 | mviapt.enquiries.nw@nhs.net**

Bereavement Support Services | Springhill Hospice

Available to any adult over the age of 18 who is grieving, irrespective of cause or relationship, and who is registered with a GP in Heywood, Middleton or Rochdale. There is no requirement to have had previous contact with the Hospice services. The service is available after the initial 12 weeks of mourning.

Counselling

Available to adults who are experiencing psychological and emotional distress in their lives as a result of their own life limiting illness or the illness of someone significant to them.

The diagnosis of a life limiting illness can be a tremendous shock, shifting our sense of safety and security both physically and emotionally. The treatment for cancer and other illnesses can be debilitating and raise issues around loss and adjustment; body image and disability can become major factors that affect your life. Depression and anxiety are very common problems, not just for patients but also for their families.

Bereavement Counselling

For anyone 18+ experiencing difficulty in their grieving process and/or who are struggling with specific issues around the death of their loved one.

As grief and bereavement are normal human reactions to loss, we don't usually accept referrals until three months after bereavement. We know from experience that our intervention and support is not always helpful in this first phase of mourning.

We also offer:

Ecotherapy Group and **Grief Workshop** [5-week courses]

<https://springhill.org.uk> | 01706 649920 | 24 Hour Advice Line: 01706 653555

WHAG | Rochdale

WHAG provides support for women who are homeless or who are at risk of homelessness, and men, women and children who have experienced domestic abuse.

Rochdale Support:

Rose Court Accommodation for Women

Single women aged 18+, from Rochdale, who do not have children living with them, and who are homeless or at risk of homelessness.

anisah.sheen@whag.info | 01706 716 435

susan.ross@whag.info | 01706 716 433

Rochdale Floating Support

Women aged 18+ who live in Rochdale and have housing issues that mean they need support to stay in their own homes

Clients will receive one-to-one support from WHAG's Rochdale floating support worker. This can include meetings in community-based locations such as community centres or coffee shops, home visits, and telephone and email support.

If you have very complex needs such as high drug or alcohol dependency or domestic abuse issues, we may refer you on to an organisation that specialises in helping people with these things.

julia.johnson@whag.info | 07725 760 004

Rochdale Drop In

Women 18+ who live in the Borough of Rochdale.

Every Wednesday 10:00 - 12:00 at Recovery Republic in Heywood

You don't have to make an appointment, you can just turn up. There is usually a mixture of people who come regularly and people who 'dip in and out.' They are group sessions and the group members decide what they want to do during the sessions.

Chair based exercise | Health & well being | Arts & crafts sessions | Art therapy | Quizzes, games & bingo | Coffee mornings

If you feel you need extra help or information you can book a one-to-one meeting with WHAG's support worker at the end of the session

Attend a drop in sessions at:

Recovery Republic, 63-65 York Street, Heywood, OL10 4NR | 0161 622 722

<https://www.livingwellrochdale.com/service/recovery-republic>

sharon.molly@whag.info | 01706 716 434

Walking Football | Rochdale

As recently seen on TV, walking football has taken off in the Rochdale Borough. Everyone is welcome to come and give it a try.

Thursdays: 09:00 - 10:00 & 10:00 - 11:00

**Paul Gardner: 01706 926235 | 07890250655 | paul.gardner@link4life.org
<https://link4life.org/.../active-living#walking-football>**

Rochdale Code Club

Suitable for children around **7-11 years old** who attend with a parent or carer.

Depending on your child's age and how much coding they already know, they'll have the opportunity to:

Learn some basic coding skills using Scratch, Python, HTML and more | Make cool games, animations & websites | Develop their logical thinking and problem solving skills

Rochdale Central Library: 14:00 15:00 monthly on a Saturday

Book a place via the Rochdale Council website:

<http://www.rochdale.gov.uk/events-and-activities/events/Pages/code-club.aspx>

Rochdale Wheels for All

Embraces all children and adults with disabilities and differing needs, to engage in a quality cycling activity.

By using specially adapted cycles, the activities are both physically and mentally stimulating and above all fun for everyone involved.

All the centres are equipped with specially adapted cycles and Wheels for All trained leaders, who have the knowledge and confidence to work with adapted cycles for participants to enjoy the benefits of cycling. The centres welcome individuals, groups and families to be involved.

Sessions every Weds & Fri: 10:00 - 14:30

***Rochdale Wheels for All, Bowlee Park Sports Centre, Windermere Road, Middleton, Manchester, M24 4LA
01706 926203 | 07966 635036 | graeme.hill@link4life.org | www.cycling.org.uk***

Rochdale Womens Welfare Association

A community centre based in Wardleworth.

Every person has the right to be safe, empowered, and free from violence and the fear of violence.

Our mission is to challenge and assist women and their children, as who experience, or are at threat of domestic violence.

We promote diversity and equality by empowering women, young people and children to reach their full potential.

Affected by any of these issues?

Physical violence | Emotional violence | Sexual abuse | Self harm | Isolation and control | Forced marriage

Contact us for access to support and a safe place to talk. A free and strictly confidential service.

Mon - Thurs | 09:30 - 16:00

18 Trafalgar Street, Rochdale, OL16 2EB | 01706 860157 | info@rwwa.org.uk

Middleton Men's Shed

Calling all men! Have you got spare time on your hands? Are you stuck in at home? Fancy doing something practical while making new friends?

Our Men's Shed project could be just the thing for YOU – to find out more call or come in and see us at the Lighthouse Project...

Activities vary and are led by those who attend, why not come along and share your skills and interests with others.

14:00 - 16:00 Mon, Weds & Fri

The Lighthouse Project, Unit Sb/c Middleton Shopping Centre, Limetrees Road, Middleton, M24 6EL

0161 643 1163 | www.inspiremiddleton.org.uk

Whitworth Men's Shed

Whitworth Men's Shed

Open to all men from the Whitworth area.

There's always a brew and a chat on offer and plenty of opportunity to do something more practical if you feel like it! Why not come along and take a look for yourself though?

Open on Weds - Fri from 09:30 - 12:30

<https://whitworthmenssheds.org.uk> | info@whitworthmenssheds.org.uk

Woodcraft Folk | Hebden Bridge

Educational movement for children and young people, aims to develop self confidence and activity in society and build a world based on equality, friendship and co-operation. It holds a variety of events including arts, outdoor activities, trips and drama sessions.

Every week thousands of volunteers and young people meet in school halls, community venues and a host of other places to learn about big ideas through fun activities like singing, camping, playing and debating. Our aim is to have great fun, but also to try to develop children's self-confidence and build their awareness of society around them.

01706 650197 | info@woodcraft.org.uk

Inside Out Rochdale [13-18 yrs]

We are a youth group for LGBT+ young people aged 13 – 18 years old (or up to 25 years). We play games, do activities, have debates and go on trips.

Weekly Meetings: Tuesdays | 16:30 - 18:00

matty.donaldson@theproudtrust.org | 07873 351 702

Rochdale Connections Trust, 60 Drake St, Rochdale, OL16 1PA

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'

[\[http://onlinelibrary.wiley.com/doi/10.1111/j.1758-0854.2011.01052.x/full\]](http://onlinelibrary.wiley.com/doi/10.1111/j.1758-0854.2011.01052.x/full)

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.

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

Sow the City | Thrive Ecotherapy

A horticultural and environmental therapy programme for young people in Rochdale. Sow the City is delivering a variety of workshops from growing and cooking aubergines, to building a wormery and creating natural art. Sessions have taken place at the 'Around the Corner Cafe' in Rochdale.

The project is part of #Thrive, a part of the NHS Healthy Young Minds mental health service, focused on early intervention in children aged 0 - 19 years in the borough of Rochdale.

07841 382 837 | info@sowthecity.org | #Thrive Ecotherapy
The Boiler House, 9 Wilcock Street, Manchester, M16 7DA

Rochdale Ramblers

New members are always welcome...

We organise walks on a weekends and alternate Thursdays. Most of the walks are in and around the South Pennine area and are off road in rural areas.

Thursday walks: usually 6 to 7.5 miles and of a moderate grade.

Weekend walks: on alternate Saturdays and Sundays, normally moderate grade and between 7.5 and 12 miles.

We also organise leisurely **Saturday walks** once a month of about 5 miles and some social events.

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

Growth Project | Rochdale

The project aims to promote good mental and physical wellbeing through outdoor activity in a green environment; providing a supportive haven at our allotment

On your first visit to the project, our Wellbeing Co-ordinator will meet you and spend some time during the day to find out the best ways in which we can support you personally. You will also be given a full induction by our on site horticultural expert.

People who are engaged on the project will have a safe and supportive haven to come to, but most of all we have lots of fun while we work!

Weds & Thurs: 10:00 - 16:00

The Growth Project, Kellett Street, Rochdale, OL16 2JU

<https://www.facebook.com/Hourglass.org.uk> | k.hayday@hourglass.org.uk

Hollingworth Lake Water Activity Centre

We offer a variety of watersports including sailing, kayaking, canoeing, powerboating and windsurfing as well as outdoor activities including rock climbing, archery, mountain biking.

01706 370499 | holwac@link4life.org | www.link4life.org/holwac

Hollingworth Lake Activity Centre, Lakebank, Hollingworth Lake, Littleborough, OL15 0DQ

Get close to nature

From bugs and slugs, birds and bees to flowers, trees and other flora and fauna, explore the natural world all around you and encourage a lifelong love of wildlife and nature.

Learn through play

Nature Tots is all about breaking free from the classroom and learning essential life skills through fun, interactive play sessions that don't feel like learning at all.

Get creative

Let your Tot's imagination run wild as they make wooden name discs, leaf collages, bird feeders and finger paintings during imaginative sessions themed around teddy bear's picnic, fairies, bees and more.

Encourage independence

Tots are encouraged to lead their own learning with gentle encouragement and prompting from accompanying adults. Watch their faces light up with the sense of achievement that comes from learning to use tools and completing a task all by themselves.

Tues: 10:00 - 11:15 & Fri 09:30 - 10:45 11:30 - 12:45 | £4.50 per child |

ahughes@lancswt.org.uk

Rochdale Field Naturalist Society

Rochdale Field Naturalists' is run by, and for its members, and we encourage everyone to plan and participate in our activities.

We are friendly group of people with a shared love of all nature. We have a rich programme of events with something to suit everyone, from activities observing, recording and reporting on local natural history in all of its forms; visiting areas of interest by coach or car, hosting talks by speakers on various natural history subjects, and engaging in projects run by likeminded organisations...

Our members range from those with great expertise to complete beginners, and we welcome everyone.

Membership is only £10 per year.

www.rochdalefieldnaturalists.org.uk | www.facebook.com/groups/965410946937744

<https://rochdalefieldnaturalists.org.uk>

Rochdale Walking for Health

Walk and talk health walks are short weekly walks designed for people who wish to gain the benefits of regular exercise, whilst talking to like-minded people. Led by trained volunteers, these Borough-wide health walks are free, friendly and fun.

Benefits:

Halve the risk of heart disease | Improve muscle strength | Improve levels of cholesterol | Reduce weight and maintain your weight loss | Helps to reduce the risk of developing diabetes | Reduce the risk of bowel and colon cancer | Relieve depression and anxiety | Helps reduce the risk of osteoporosis and improve co-ordination and balance

Why not join in one of the following weekly 'rain or shine' led walks, all year round?

Mondays:

Hollin and Hopwood Woods: Hollin EMB office on Nowell Road, Hollin Shopping Precinct, Hollin, Middleton M24 6FL.

9:30 for a half hour walk | 10:30 for a 1 hour 15 minutes walk through the woods.

Syke Circular Walks: Syke Methodist Church, Syke Road, Rochdale OL12 9TF. This particular walk is longer, with more hills than our usual walks.

13:00 for a 2-hour walk. Toilets are available.

Tuesdays:

Cutgate, Bamford and Norden: Edenfield Road Surgery, Cutgate Shopping Precinct, Edenfield Road, Cutgate, Rochdale OL11 5AQ. Slower pace walking group.

10:00 walking for approximately 2 hours. Free car parking and bus stops in front of surgery.

Wednesdays:

Castleton: Rear carpark of Castleton Community Centre, Manchester Road, Castleton. one hour walk around Castleton using lanes and the Canal towpath. Toilets and parking available.

Hollingworth Lake: Various routes. Hollingworth Lake Visitors Centre, Littleborough M1 1HW. This walk is a little quicker than our other walks and uses the surrounding hills and moors. Pay and display car parking, toilets and cafe available.

14:00 Start.

Thursdays:

Roch Valley or Crimble Circular, Heywood: front of Queens Park Cafe, Queens Park Road, Heywood OL10 4UY. Choice of walks.

10:00 start start for either the 1-hour walk through Roch Valley or Crimble, or join the group walking around the park. Both meet up in the cafe afterwards if you would like to join them. Toilet facilities, refreshments and children's play area in park.

Smallbridge Clinic Circular – Suitable for prams. Smallbridge Clinic, Steven's Square, Smallbridge, Rochdale OL12 9SA. 10:30 for 1-hour walk on various track and pavement routes.

Fridays

Syke Circular Walks: Syke Methodist Church, Syke Road, Rochdale OL12 9TF. This particular walk is longer, with more hills than our usual walks. Toilets in clinic.

10:00 for a 2-hour walk. One walk is a level walk and one uses the hills surrounding Syke.

Alkrington Woods, Middleton: 1-hour walk through Alkrington Woods and back. In dry conditions, suitable for prams.

10:00 outside Comple@t Internet Cafe, Midway House, (next to Tesco), Middleton Centre M24 1AF.

Meet under the walk through. Wheelchair accessible route

Suitable for Prams

Mondays (initially for 8 weeks from Monday 15 May).

10:00 at Broadfield Park, Sparrow Hill/Vicar's Drive entrance. This walk is especially suitable for people who require very gentle exercise, on a wheelchair accessible route, and more social involvement.

Poor weather plans

Please note, health walks taking place in the winter may be cancelled or re-routed if surfaces are considered too dangerous due to ice, deep snow or mud. In poor weather conditions, a water proof coat and walking boots or similar hardy footwear is advisable.

danny.smith@biglifecentres.com | 01706 751190: Mon-Fri 09:00 - 16:30

Suite G2, Lock 50, Oldham Road, Rochdale, OL16 5RD

Nature Ed

"No one will protect what they don't care about, and no one will care for what they have never experienced"

NatureEd CIC is a social enterprise helping schools and communities in Rochdale to enjoy and benefit their local green spaces. Working in agreement with Rochdale Council, we are based at Hollingworth Lake delivering high quality, educational activities and outdoor experiences across the Borough.

<http://natureed.co.uk>

Some Green Spaces near you...

Hollingworth Lake

Tranquil wildlife reserve with walking & cycling paths, simple seating & open views.

Seven Acres Local Nature Reserve is situated in the Bradshaw Brook Valley in the residential district of Brightmet in the east of Bolton. Designated in 2004, the reserve provides a popular location to experience the countryside and wildlife with open views towards Winter Hill and the moors to the north of Bolton.

125 Thicketford Road, Bolton BL2 2LU | 01204 529352

Greenbooth Reservoir | Rochdale

A reservoir to the north of Heywood and close to Norden in the Metropolitan Borough of Rochdale. A great place to have , a good walk - not too strenuous with fantastic views, especially in Autumn.

Greenbooth Road, Norden, Rochdale

Healey Dell Nature Reserve & Tea Rooms

Healey Dell is a beauty spot and wildlife sanctuary rich in industrial archaeology, 2 miles from Rochdale town centre on the way to Whitworth and Bacup. The River Spodden has carved its way through the woodlands down thousands of years, creating delightful scenery and spectacular waterfalls which once powered ancient corn, wool and cotton mills.

The Healey Dell Heritage Centre now offers visitors a unique experience with its recently opened Victorian themed tea rooms with English cream teas served in vintage bone-china. The centre offers a permanent exhibition featuring a pictorial history of the Dell. There is a Fairy Grotto where children can meet the Healey Dell

Healey Corner, Off Whitworth Road, Healey, Rochdale, Greater Manchester, OL12 6BG