

Apna Staying Well Hub Activities Guide

Group Information

Arts and Crafts Group

The group offers a warm welcome and encourages people to undertake a project that interests them. You may come with an aim in mind, but be inspired to try something new.

The group offers a supportive environment, friendship and support to people experiencing loneliness and isolation. If you have an interest in Art or Crafts, and would like to meet others in a warm and welcoming atmosphere, please come and join us, we would love to see you. This group is a great opportunity to connect with other people from the community.

Yaadein Group & Listening Sofa

The Yaadein group aims to preserve the memories and vocalise the contributions made by this community to Halifax. In this weekly group the first-generation South Asian migrants from Park Ward come together talk about their fond memories. They often reminisce about their experiences and the hurdles they faced when they first arrived in the UK as first-generation South Asian migrants, and how they made the UK their new home. Set in a cosy environment, residents of the local community will gather to share:

- Thoughts and ideas on community matters.
- Personal stories, emotions and experiences.
- Encourage and empower fellow community members to bring positive change.
- Collectively creating a legacy within their community.

All whilst having a cuppa and some biscuits!!

Apna Staying Well Hub

Monday

Art and Crafts Group
10.30 am - 12 noon
The Arts and Crafts group offers a range of user led crafts and activities.

This group is for people who wish to express themselves creatively. Our staff and volunteers will be on hand to help with ideas and to assist with whatever you decide to do each week.



Tuesday

Wednesday

Yaadein (Reminiscence Group) and Listening Sofa
11.30 am - 1 pm

The Yaadein group is focused on sharing the heritage created by the arrival of the Pakistani / Kashmiri community in Halifax, from the arrival of settlers in the 1950s through to the current period.

Listening Sofa and Coffee Morning

The Community Organisers listening sofa and coffee morning drop-in runs alongside Yaadein.

Thursday

Knit and Natter
10.30 am - 12 noon

Do you enjoy knitting, crocheting or cross stitch? Bring whatever you're working on and join our friendly group for a morning of making and chatting.

Whether you're a total beginner or a knitting expert, come and share hints and tips, swap patterns, meet new people and enjoy creating together.



Friday



Group Information

Wednesday Walks

These are shorter local walks and are suitable for all. This group is ideal for people who have done little to no exercise in the past. They vary in length from short to long walks, typically between 45 - 60 minutes, on well maintained, flat surfaces. Every walk encourages individuals to go at their own pace, and there will always be a Staying Well staff member to ensure that no one is left behind. Meeting point: Hanson Lane Enterprise Centre, Hanson Lane, HX1 5PG.

Hamari Yaadein (Our Memories) Dementia Support Group

This group is run in collaboration between Overgate Hospice and Halifax Opportunities Trust providing dementia support. The group offers a holistic approach to individual needs, focusing on person-centred care and support for people with dementia.

How can you access this service?

- A referral from your GP, health or social care professional is required for you to access this service. Alternatively call 01422 347392 to speak to Jonaid Iqbal or Gulbaz Kahn from the Staying Well team.

Who can attend? - Anyone with a diagnosis of dementia, along with their carer or family member.

Morning
10 am - 12 noon

Afternoon
1 pm - 3 pm

Hamari Yaadein (Our Memories) Dementia Support Group for Diverse Communities

For a referral please speak to your local healthcare professional or contact Jonaid on 01422 347392
Time TBC



Wednesday Walks

1 pm - 2 pm
A regular programme of free, sociable, and accessible group walks within Park Ward led by the Staying Well team.



On Thursday afternoon's come along and find out more about Calderdale Cancer Aware project - the of CCA is to normalise conversations around cancer within the diverse communities of Parkward, empowering residents to prevent cancer and advocate for their health.



community & wellbeing

Staying Well