

Meet in the Health Promotion Room

Move to Heal

A place where people feel safe to move their bodies, learn to listen to its voice and follow its guidance... all practised to Soulful Music.

Classes take place on Mondays between 5pm and 6pm. Sessions need to be booked by calling 07788 626363

Coffee Morning

Our 'Pop Up' cafe opens every Tuesday between 9am and 12 noon. Pop in and join us for a cuppa and a chat while enjoying the canal views.

No doctor's appointment necessary!!

Art Group

This creative class runs every Tuesday between 1.30pm and 4pm. Why not try your hand and learn new skills and techniques? An opportunity to meet budding artists of all ages and levels of ability.

Knit or Natter

Every Wednesday afternoon knitters, crocheters, embroiderers, and chit chatterers meet between 1.30 & 3.30pm to work on their own projects; to help with the current group activity; or just to natter. All this with tea, coffee and biscuits as well!



Todmorden Health Centre Champions

Started in April 2016, *Todmorden Health Centre Champions* aim is to help improve the health and wellbeing of the local community. The Champions provide opportunities for people to take part in practical craft and art activities; to become more physically active through short walks, or movement sessions; or to enjoy a coffee and a chat. *Champions* also assist patients on their visit to the Health Centre.


We need your help!!

If you are interested in helping others you could join the *Todmorden Health Centre Champions*. There is no limit to the time commitment needed, or the skills required, but if you have a particular interest it will be put to good use either in supporting the existing activities or in establishing new ones.

Donations

All the *Champion* activities are free. However, all types of donations, whether it be time, materials or money will be gratefully received.

For Further Details Contact:

 Todmorden Health Centre - Champions,
Lower George Street, Todmorden, OL14 5RN

 Tel. 07594472627
email: thcchampions@yahoo.co.uk

Todmorden 
Group Practice

**COMMUNITY
FOUNDATION
FOR CALDERDALE**
Creating Strong Communities through Local Giving


altogether better



Helping to provide a
**Happy
Caring
Community**

EVERYONE WELCOME

to join in Health and Well-being Activities for a happy, caring community

Meet and Greet

Champions are on hand to assist patients with simple queries such as booking in appointments, finding the way around the building or filling in questionnaires.

Walking Group

Short strolls around the Todmorden area, provide the ideal opportunity to take some exercise and meet new people while enjoying some fresh air. Walks are very gentle, last about an hour and start from the Health Centre at 9.45am on the **second & fourth** Monday of the month.

You can go at your own pace. I am already feeling the benefits in only three weeks on my health.



It has felt like someone has turned on the lights for me.



I love NIA. I can turn off the world for an hour and leave relaxed and invigorated.



I now sleep really well on a Wednesday night after knit or natter!