



Apna Staying Well Hub Activities Guide

Arts & Crafts

Our 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.

Every Monday 10 am - 12 noon

Knit & Natter

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.

Every Thursday 10 am - 12 noon



Welcoming groups, open to all!

community & wellbeing

Listening Sofa & Coffee Morning



Our Community Organisers listening sofa and coffee morning provides a comfortable space to discuss issues in the local community.

We offer a welcoming environment encouraging open dialogue and active listening, turning the listening sofa into a space where voices are heard, and empathy is embraced.

Come along

Every Tuesday
10 am - 12 noon @
Apna Staying Well Hub,
Hanson Lane Enterprise
Centre, Halifax, HX1 5PG

community & wellbeing



Chat & Chai



A group which welcomes women to come together and discuss any issues they may face in their day to day lives.

This group aims to provide a safe, supportive, caring and confidential atmosphere for women to share, build friendships and boost their confidence.

Every Monday
1 pm - 3 pm

Apna Staying Well Hub, Hanson Lane Enterprise Centre,
Halifax, HX1 5PG

community & wellbeing

'Hearts Apart'



A singing group which welcomes Ukraine individuals to come together and SING!

A welcoming group which aims to ease isolation and loneliness in the community.

Every Friday
1 pm - 3 pm

Apna Staying Well Hub, Hanson Lane Enterprise Centre,
Halifax, HX1 5PG

community & wellbeing

Yaadein (Reminiscence Group)

Our 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.

Come along and share your experiences as first generation South-Asian migrants.

Come along

Every Wednesday
10 am - 12 noon @

Apna Staying Well Hub,
Hanson Lane Enterprise
Centre, Halifax, HX1 5PG

community & wellbeing

Mindful Living

In this weekly welcoming group we will explore:

- How mindfulness helps our choices with things like food, drink, clothing and hobbies
 - How to practice mindfulness and meditation to help our mental health
 - How we can change our environment by practicing mindfulness
- A calming but social space to discuss the issues that affect us, and exploring mindfulness activities to change our experience.

Come along

Every Wednesday
1 pm - 3 pm @

Apna Staying Well Hub,
Hanson Lane Enterprise
Centre, Halifax, HX1 5PG

community & wellbeing

Wednesday Walks



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

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, all welcome!

Meet Every Wednesday
11 am - 12 noon @

Apna Staying Well Hub, Hanson Lane Enterprise Centre,
Halifax, HX1 5PG

community & wellbeing

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.

Chai and Chat

Through chat identify barriers women are facing and explore collective solutions to overcome them. Also, the purpose of this group is to provide a safe, supportive, caring and confidential atmosphere for women to share their experiences and discussing issues that affect their everyday life or past experiences they want to discuss.

This is an opportunity for women to share their ideas and inspirations.

Yaadein Group

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 to the UK as first generation south Asian migrants and how they made the UK their new home.

Call: 01422 347392

Email: apnaswhub@regen.org.uk



Scan here to find out more

Apna Staying Well Hub

Monday

Art and Crafts Group
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.



Morning
10 am -
12 noon

Tuesday

Listening Sofa and Coffee Morning

The Community Organisers listening sofa and coffee morning drop in is a unique experience, where a comfortable sofa becomes a focal point for meaningful conversations for members of the local community regarding their local area.



Wednesday

Yaadein (Reminiscence Group)
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.

Wednesday Walks (11.00am-12.00pm)
A regular programme of free, sociale, and accessible group walks within Park Ward led by the Staying Well team.

Mindful Living

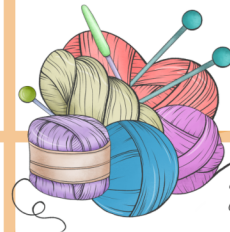
Mindfulness for everyday life - Living well to be in the moment.
In this weekly drop in we will be looking at how we respond to our everyday situations and the way we think about how we live.



Thursday

Knit and Natter

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



Hearts Apart

This singing group was established following the introduction of wider HOT services to all ESOL Groups. Ukraine students are newly arrived & expressed issues of loneliness & not having family & friends. The singing group was then established!



Group Information

Listening Sofa and Coffee Morning

This would be the first point of contact for people within Park Ward to come together and to empower their community to bring about positive change within their communities. 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!!

Mindful Living

We aim to explore:
• How mindfulness helps our choices with things like food, drink, clothing and hobbies
• How to practice mindfulness and meditation to help our mental health
• How we can change our environment by practicing mindfulness
A calming but social space to discuss the issues that affect us, and exploring mindfulness activities to change our experience.

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.

Hearts Apart

The group have cascaded the support within their wider social circle & are inviting other isolated Ukraine individuals to join the singing group & make new friends.

Call: 01422 347392

Email: apnaswhub@regen.org.uk

community & wellbeing