

Practice Champions

Walking group:

Our practice champions hold a walking group that meet at the surgery every WEDNESDAY at 2pm (Sept -March) or 6.30pm (April-Aug) and walk for about an hour.

All abilities are welcome, just come along on the day.

Drop in club:

This is a social group that meet in the lounge at Hamerton Close in Elland every Thursday morning at 9.30am-11.30am.

Refreshments are available, all are welcome. No need to book, just come along on the day.



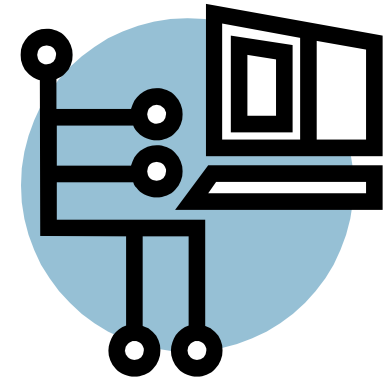
Couch to 5K:

This group meet weekly at the surgery. Their aim is to introduce patients to running and to help them run 5 kilometres.

If you are interested in joining the group, please leave your name with the reception team.



Free services
for patients to
self refer



Improving Access to Psychological Therapies (IAPT) - 01422 222888

Leaflet available

Insight Healthcare - 03005550191

Leaflet available

Healthy Minds:

01422 345154

www.healthymindscalderdale.co.uk

Bereavement counselling:

Cruse helpline – 0808 808 1677

Volunteers can help talk you through things and also help you find your local Cruse service



CHIBS (Calderdale Help in Bereavement Service) Calderdale – 0845 0099220 Website: www.chibs.co.uk

Leaflet available

Turning point Brighouse:

Counselling service – 01484 950 808

Andy's Man Club:

Suicide prevention and mental health support for men – andysmanclub.co.uk

Women's Centre:

Help for women going through domestic violence – 01422 323339

Noah's Ark Centre:

Support for children who have suffered loss – 01422 300457

Online counselling for children:

Kooth.com

Healthy Weight and Better Living team:

Lifestyle advice regarding diet & exercise – 01422 230230

Drug & Alcohol support:

The Basement Project (drugs) – 01422 383063

Al-Anon (alcohol) - 01422 240566

Calderdale Drug and Alcohol Service – 01422 415550



Smoking cessation:

Yorkshire Smoke Free – 0800 612 0011

<https://yorkshiresmokefree.nhs.uk/>

Sexual Health Services:

Broad Street Plaza – 01422 261370

Termination of pregnancy:

BPAS – 03457 30 40 30

Adult Social Services:

Gateway to Care – 01422 393000

Voluntary Action Calderdale:

<https://cvac.org.uk/directory/>

Calderdale Council – Wellbeing Hub

www.calderdale-carers.co.uk

01422 369101

Bladder and Bowel Advisory Service (adults):

01422 252086

Falls Prevention team:

01422 307323

Health visitors:

0300 304 5076

Midwives (General Services):

01484 728934

Podiatry:

Foot and lower limb care

01422 355626

Speech & Language Therapy:

<https://www.cht.nhs.uk/services/clinical-services/childrens-therapy-services/making-a-referral/>

Eye problems:

Refer to your local opticians

District Nursing Team:

01422 310838

Sure Start:

Support for families

<http://surestartchildrenscentresnhp.org.uk/>

