

Courses For Health & Wellbeing



January – April 2020

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Opportunity.

Calderdale Recovery College

Email: calderdale.recoverycollege@swyt.nhs.uk

Phone: 01422 393335

You can text us by replying to text bookings and reminders

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Compulsory for all new students to attend one of these short informal sessions.

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January Open Day

Tuesday 28th January (10:00am - 12:00pm & 1:00pm - 3:00pm)

@ Hope Street Resource Centre – Room 6

This is a great opportunity to find out more about our college and ask questions. Suitable for potential new learners as well as staff and organisations who may wish to signpost people to us.

Find out more about our values of Wellness and Recovery.

Meet some of our amazing volunteers who will share their experiences and journeys from being a learner to volunteering with the college.

We will also have details about the courses and the taster workshops planned that week which you can book onto.

The day is split into 2 sessions (so you only need to attend one of them)

Light refreshments will be provided as well as a warm friendly welcome!



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Introduction to Recovery College

1 hour

We invite all new learners to book onto this course.

This informal introductory session gives you information about the Recovery College and the opportunity to meet some of our wonderful volunteers and staff.

This is a chance to ask questions about attending the College and find out about the importance of learning together and from each other, in a safe and supportive environment.

We will offer support to book onto courses and answer any queries.

Everyone who attends this session will have the opportunity for a 1:1 informal chat so we can make sure your learning needs are met.

Choose one from:

- **Monday 24th February - 10:00am - 11:00am @ Hope Street Resource Centre**
- **Thursday 26th March - 10:00am – 11:00am @ Hope Street Resource Centre**

If you cannot attend this Introductory session don't worry. Get in touch and we will arrange to speak to you 20 mins before your first college course.



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Taster sessions

Mindfulness

1 hour 30 mins

You must attend one taster session to access the follow on 8 week Mindfulness Course

Mindfulness is a life skill we can all learn. It involves the ability to become aware of what is happening in the present moment, rather than being on automatic pilot, without worrying or judging. Being mindful provides us with the opportunity to respond to difficult events and situations in new ways. This introductory workshop looks at the origins of mindfulness, core practices and its potential to be used to combat stress. Together, we will explore the various tools and techniques used, to gain a better understanding of mindfulness and its purpose.

- **Wednesday 15th January 10:30am – 12.00pm**
- **or**
- **Wednesday 22rd April 10:30am-12:00pm**

@ Hope Street Resource Centre



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Taster sessions

Words in Mind

1hour 30mins

Using short stories, poems and other forms of the written word we will promote discussion and positive well-being in a relaxed and welcoming environment. There will be the opportunity to get involved and read aloud, but there will be no pressure to do this. It is okay just to listen and take the opportunity to forget about your cares and worries for a while.

- **Thursday 30th January 10:00am – 11:30pm**

@ Hope Street Resource Centre



Creative Writing

2 hours

This session we will look at developing our own writing skills through reading together, writing together and developing your own voice. We will share our words, old or new it's up to you and look at published and unpublished writers with a view to improving our own work. We will do some fun activities to get your creative flow going and give you the chance to create your own poetry or prose.

- **Thursday 5th March 10:00am - 12:00pm**

@ Hope Street Resource Centre



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Taster sessions

Introduction to wire work Jewellery

2 hours

A great introduction to making your own jewellery. You have the chance to make a your own unique jewellery such as a brooch or earrings using wiring as a technique. Once we get you started there will be no stopping you from creating some fantastic jewellery with friends or by yourself!

- **Monday 20th January 12:00pm– 2:00pm**

@ Hope Street Resource Centre



Medication and Me

1 hour

Do you want to know more about the medication you are prescribed, the impact on your body, the benefits and potential side effects? This one-off session delivered by the Pharmacist at South West Yorkshire Partnership Foundation Trust alongside a Recovery College Volunteer focuses on how anti-depressants and anti-psychotics work and the ways that you are able to get the most from your meds.

- **Wednesday 4th March 1:00pm – 2:00pm**

@ Hope Street Resource Centre



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IAPT delivered - Exploring Wellbeing

The Power of Sleep

3 hours

An important workshop looking at how sleep can affect our daily lives. How a lack of sleep can influence our bodies and minds and ways we can improve our sleep quality. This session will give you some valuable information on sleep and help you develop healthier sleeping habits.

- **Wednesday 29th April**

11:00am – 12:30pm

@ Hope Street Resource Centre



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Exploring Wellbeing

Wellness Tools/Jar

3 hours

When you are having a difficult time do you find it tough to decide what to do or what action to take? After exploring wellness options as a group you'll create your own wellness jar containing positive ideas/actions to lift your mood. You'll be decorating your jars to make them personal and take them home to become your wellness toolkit.

- **Monday 10th February 10:00am – 1:00pm**

@ Hope Street Resource Centre



Mindfulness course

(Weekly for 8 weeks)

1 hour 30 mins

You must have attended the Taster session prior to this course.

Mindfulness is an increasingly popular technique used to promote well-being and can be a key tool in recovery. This course will introduce practical exercises to develop mindfulness skills. Over 8 sessions you'll be introduced to the key principles of mindfulness and basic practice exercises. There will also be time to think and talk about ways to introduce this practice into your daily routine. Weekly handouts will help develop your understanding and personal mindfulness practice.

- **Course 1 - Starts Wednesday 22nd January 10.30am – 12.00pm**
- **Course 2 - Starts Wednesday 29th April 10:30am – 12:00pm**

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Exploring Wellbeing

Managing Emotions and Making Decisions (2 week course) 2 hours

This course looks at how emotions can affect our decision making. Learning to manage our emotions by using some simple but effective tools and techniques will help us make more effective decisions and assist us in managing difficult situations. We will use a variety of activities and exercises which requires participation and personal reflection. You will leave this course with a pack of tools and ideas having learnt from other participants.

- Thursday 30th January & Thursday 6th February 1:00pm – 3:00pm



@ Hope Street Resource Centre

Looking after me (2 week course) 2 hours

This course is designed to help you be kind to yourself and plan to be well and stay well. We will help you develop positive strategies that are simple and easy to use. The course is full of practical advice, ideas and concepts to start you on the journey of making your own personal wellbeing plan. You will need to be prepared to develop your self-awareness and share in group discussions in a safe and supportive environment.

- Thursday 27th February & Thursday 5th March 1:00pm – 3:00pm

@ Hope Street Resource Centre

“LOOKING AFTER MY HEALTH TODAY GIVES ME
A BETTER HOPE FOR TOMORROW.”

ANNE WILSON SCHAEF

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Exploring Wellbeing

Quiet the Mind – Meditation

(3 week course) 1hr 30mins

Are you always on the go; continually having somewhere to be and something to do? Do you struggle to switch off and give your brain a well deserved break? If so, this might be the course for you. This interesting introduction to meditation will, over three consecutive weeks teach you some of the history and facts about meditation, the reasons to meditate and how this practice can help us to live in the present moment. You will learn how to meditate using a variety of techniques and as a group will discuss the “Power of Now”.

- **Tuesday 3rd February – Tuesday 18th February**

1:30pm – 3:00pm

@ Hope Street Resource Centre



Resilience Workshop

3 hours

This 3 hour session is designed to give you more information about resilience, understand what it is and how we can develop it to help deal with day to day situations. We'll look at the circle of influence and think about areas of our life we can take control of.

- **Tuesday 21st January 10:00am – 1:00pm**

@ Hope Street Resource Centre



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Exploring Wellbeing

Indian Head Massage

6 week course

Relax & Unwind- An alternative approach to Health & Wellbeing
2 hours

This course aids relaxation and promotes well-being. You will learn how to perform and experience Indian Head Massage, practiced in India for over 1000 years! Learn how to blend essential oils to treat the hair and scalp and how to release tension in the shoulders, back, neck, head and face. The course covers client consultation, contraindications, when not to treat and the full traditional Indian Head Massage treatment. There will be no requirement to remove clothing to perform or experience the massage treatment.

£20 course fee (see back of this brochure for details)

- **Wednesday 8th January - 12th February 1:00pm – 3:00pm**

@ Hope Street Resource Centre



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Exploring Wellbeing

Essence of Aromatherapy

6 week course

2 hours

Aromatherapy is the age old practise of using essential oils to achieve both physical and psychological benefits. This course will teach you the history of aromatherapy, the benefits of the essential oils, contraindications to treatment and when not to use them. Learn how to blend the oils safely and how to use pre-blended aromatherapy oils. You will learn how to and be able to experience a luxury facial treatment which includes, superficial cleansing, deep cleansing, toning, hot towel treatment, exfoliation, pressure point massage, mask application and removal, moisturising and after care advice. Learn how to and experience aromatherapy massage to the face, hands and arms using aroma-candle- massage treatment oil.

£20 course fee

- **Wednesday 26th February – 1st April 1:00pm – 3:00pm**

@ Hope Street Resource Centre



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Exploring Wellbeing

The Beauty Retreat- Relax & Unwind

6 week course

2 hours

This is a course to stimulate your senses, aid relaxation and promote well-being. Learn and enjoy the benefits a hopi ear candling treatment, aroma candle massage treatment. Your skin will benefit from our Aromatherapy spa facial treatments which will be prescribed to suit your individual skin type. This course looks at how skin types are affected by the environment, age, diet, hormones and other factors. The spa facial treatments use the very best in Aromatherapy skin care products to include; superficial cleansing, deep cleansing, the benefits of toning, how to gently exfoliate the skin, steam and hot towel treatments, how to apply both setting and non-setting masks, facial massage using aromatherapy facial oils, lip, eye and hand treatments, application of eye gels and night creams.

£20 course fee

Dates T.B.C. please get in touch to book your place on the waiting list



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Discovering Interests

Colouring to Calm

2 hours

Join us for some creative colouring. Pick from a wide range of pictures and colours. Colouring has been shown to elicit a relaxing mind-set, similar to what you would achieve through meditation. Like meditation, colouring allows us to switch off our brains from other thoughts and focus on the present moment.

- **Thursday 16th January 10:00am – 12:00pm**
- **Tuesday 10th March 12:00pm - 2:00pm**

@ Hope Street Resource Centre



Words in Mind

1 hour 30mins

Over 4 weeks we will use short stories, poems and other forms of the written word to promote discussion and positive well-being in a relaxed and welcoming environment. There will be the opportunity to get involved and read aloud as your confidence grows, but there will be no pressure to do this. It is okay just to listen and take the opportunity to forget about your cares and worries for a while.

- **Thursday 6th – 27th February 10:00am – 11:30pm**

@ Hope Street Resource Centre



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Discovering Interests

Creative Writing

6 weeks - 2 hours

Exploring creative writing is a six weeks course, doing just what it says. Each week we will look at developing our own writing skills through reading together, writing together and developing our own voice. We will share our words, old or new it's up to you and look at published and unpublished writers with a view to improving our own work.

The sessions will start with a quick warm up game to get our brains going and then get on with our writing activities. Whether you're a budding Pam Ayres or a William Shakespeare come and give it a try. You never know where it will go.

All abilities are welcome, if you need a little help just let the course facilitator, Carrie know.

6 weeks

- **Thursday 19th March – Thursday 7th May**
(No sessions on 9th & 16th April due to Easter holidays)

10:00 am – 12:00pm

@ Hope Street Resource Centre



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Discovering Interests

Introduction to wire work (Jewellery)

3 weeks - 2 hours

During this 3 week course our tutors will guide you through the art of wire work jewellery and give you the opportunity to create your own set of earrings, necklace and bracelet.

There will be lots of choice and design options available so book your place and let your imagination guide you.

£5 course material fee

- Monday 2nd March – Monday 16th March

12:00 pm – 2:00pm

@ Hope Street Resource Centre



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Discovering Interests

Mandala Stones

3 hours

During this fun craft session you will learn how to produce a beautiful 'Mandala Stone' for decoration or meditation. You will learn a little about the history of mandala patterns and their cultural background.

- **Thursday 13th February 10.00am – 1:00pm**

@ Hope Street Resource Centre



Make a Bowl using Rope Coiling

3 hours

By the end of this fun hands on workshop you will have created your own bowl, using this ancient technique. These rope coil vessels are quite meditative to make. You may find the repetition of the stitches gives you a sense of stillness.

£3 course fee

- **Tuesday 4th February 10:00am - 1:00pm**

@ Hope Street Resource Centre



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Discovering Interests

Tree of Life

3 hours

Join us as you create a beautiful Tree of Life to take home using wire and beads. The Tree is associated with a symbolic meaning for personal growth into a beautiful and unique person. They are just as we all wish to become – shaped into fascinating, intriguing individuals who have weathered hardships and broad experiences in life that have made us into who we are.

This fun workshop is a great way for you to be creative and learn a new skills.

£3 course fee

- **Tuesday 28th April 1:00pm – 3:30pm**

@ Hope Street Resource Centre



Jam Making

3 hours

These workshops are a fantastic way to learn a new skill and make some delicious jam to take home. Using some of the fruits harvested from the Outback Kitchen Garden we'll be using the eco building kitchen to create some fabulous jams and chutneys.

- **Thursday 30th January** **12:00 pm– 3:00pm**
- **Thursday 27th February** **12:00 pm– 3:00pm**



Meet @ Hope Street Resource Centre to walk up to The Outback Garden

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Moving More

Being active is great for your physical health and fitness, and evidence shows it can also improve your mental wellbeing.

- We think that the mind and body are separate. But what you do with your body can have a powerful effect on your mental wellbeing.
- Mental wellbeing means feeling good – both about yourself and about the world around you. It means being able to get on with life in the way that you want to.
- Evidence shows there's a link between being physically active and good mental wellbeing.
- Being active doesn't mean you need to spend hours in the gym, if that doesn't appeal to you.
- Find physical activities you enjoy and think about how to fit more of them into your daily life.

How exercise helps your mental wellbeing

- Scientists think physical activity helps maintain and improve wellbeing in a number of ways.
- Physical activity can help people with mild depression. Evidence shows it can also help protect people against anxiety.
- Physical activity is thought to cause chemical changes in the brain, which can help to positively change our mood.
- Some scientists think being active can improve wellbeing because it brings about a sense of greater self-esteem, self-control, and the ability to rise to a challenge.

How you can get more active

If you want to get active, think about physical activity in the broadest sense. Find activities you enjoy and make them a part of your life.

Check out some activity options here at the Calderdale Recovery College

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Moving More

Photography course

(4 week course)

1-2 hours

Join us as we explore Halifax developing our photography skills and capturing images of local sites and scenery. These explorations are an introduction to walking for health and wellbeing, we will go at a steady pace and build our distance gradually over the course.

We will be using some professionally created maps to guide our routes, these will then be available for you to use in your own time.

We will have handouts and guides to help improve your photography skills using either your Smartphone or borrow one of our digital cameras.

We will also have printing facilities available to print your favourite images to take away. We hope that some course participant images can be printed and displayed at the college and local NHS sites.

£5 course fee

- **Tuesday 4th Feb, 11th Feb, 25th Feb & 3rd March (no session in half-term)**

All courses run 10:00am - 12:00pm and meet @ Hope Street Resource Centre



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Moving More

Yoga for Wellbeing

1 hour 30mins

You are invited to come and spend an hour exploring how a combination of movement and focus on the breath can help you feel more connected to the moment, connected in the body and connected to yourself.

Yoga has been practiced for thousands of years however, it is increasingly being recognised by the 'modern world' to have positive effects on physical, mental, and emotional health and on how we relate to ourselves and the world around us.

Combining management of the breath with yoga postures (asana) can bring a sense of overall wellbeing to the mind and body. Also, as a bonus it can help improve flexibility and strength.

You do not need to be flexible to take part, there is more to yoga than the shapes you make. This class focuses more on the experience of yoga and how it feels on the inside rather than perfecting what can seem to be unobtainable postures.

Previous experience is not necessary and you will be encouraged to work at your own pace and listen to your own body.

£20 course fee (£2.50 a class)

8 week course

Class details T.B.C

Register your interest with the college

@ Hope Street Resource Centre



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Moving More

Parent and baby walks

1-2 hours

The Recovery College is taking over the Shibden Park parent and baby walk, come and join us as we walk around this amazing historical park site.

Babies can be in buggies or slings. Various distance options are available. Once we've clocked up our steps we'll head to the café for a brew and natter.

Walking, getting out into the fresh air and green space is great for both parents and babies. Other family members are also more than welcome on the walks 😊

- **Wednesday 8th January**
- **Thursday 23rd January**
- **Thursday 6th February**
- **Wednesday 19th February**
- **Thursday 5th March**
- **Tuesday 17th March**
- **Wednesday 1st April**
- **Thursday 23rd April**



10:00am – 12:00noon @ Shibden Park

Meet outside the café or inside if it is cold or raining.

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Moving More

Outback Garden

4 week course - 3 hours per session

During these 4 week courses we'll introduce you to the amazing Outback Garden. A green gem hidden in the suburbs of Halifax.

The Outback is a community kitchen and garden in Park Ward, packed with edible produce including fruit, veg and herbs.

During the course you can help around the garden have fun and develop your green fingers. Gardening gloves are provided.

Meet @ Hope Street to walk to the Outback together.

You can come to any or all of these sessions:

- **Thursday 5th March – Thursday 26th March**
- **Thursday 23rd April - Thursday 14th May**
- **All sessions run 12:00pm – 3:00pm**



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OTHER OPPORTUNITIES IN 2020

Artworks - Health and Wellbeing Support Group

This Health and Wellbeing Peer Support Group offers guidance and resources for people using Art to support their mental health and wellbeing. From our dedicated studio space on the ground floor of Artworks we will host meetings, meet ups, support and sharing sessions.

First meeting - **Tuesday 14th January 2020 at 10 am** in Artworks School floor.

Alongside this group Artworks offers its brilliant courses / workshops free of charge for SWYT Mental Health service users. To find a full list of the courses and workshops available visit their website www.theartworks.org.uk

Create Peer Group

Join this weekly group to flex your creative muscles from poetry to prose, book discussions to music lyrics with a range of themes decided by the group this is a great way for you to meet new people in a safe and friendly environment.

1:30pm – 3pm in The Refresh Café @ Hope Street Resource Centre



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Course material fees

We try our best to ensure all our courses are free or affordable. All courses are heavily subsidised and supported by volunteers. On occasions we ask for a small contribution from participants where there are extra costs for materials and products.

Course material fees can range from £2.50 - £20 depending on the content and materials and products required.

Payment is required in advance of the workshop / course starting which will secure your place. Course fees are not refundable.

Details of payment etc. will be sent to you after booking onto your chosen course.

Attendance

Where possible, we want to offer every learner the chance to do the most popular courses and ensure all spaces are filled.

Help us to help you by following these simple rules:

- **Only attend a course if you have had a confirmation of a place by email, text, letter or phone**
- **Attend all courses you are booked onto for the full amount of sessions**
- **If you are unable to attend the first week or miss a session of an on-going course please ask the tutors/facilitators permission to continue to attend**
- **If you cannot attend a course or session you have booked onto please let us know in good time, well in advance of the course start date**
- **Please get in touch if you are unsure what you have booked onto, need more information or need help to enrol**

Please note that failure to follow these procedures may result in a course place being withdrawn or you being turned away from the College. We monitor attendance and will contact you if we feel there is a problem so we can work together to solve these issues.

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Contact us:

Telephone: 01422 393335 (Calderdale Recovery College office)

You can also reply to text reminders sent by our online system..

Address:

Hope Street Resource Centre
Hope Street
Halifax
HX1 5DW

Email: calderdale.recoverycollege@swyt.nhs.uk

Facebook: Recovery College Calderdale

Twitter: @RecColCalKirk

How to get to Hope Street Resource Centre

Walking: 10-15 mins walk from the centre of Halifax/bus station.

Walk to the top of town towards Thai Style and either take **Gibbet Street** or **Pellon Lane**.

Gibbet Street - Walk past St Mary's Church. Hope Street is on the right. Walk along Hope Street we are on the right before Screwfix.

Pellon Lane - Walk up the hill until you get to Screwfix then turn left onto Hanson Lane. Hope Street is next left, walk a short way along, we are on the left.

If you are coming down the hill on Pellon Lane, turn right onto Hanson Lane and left onto Hope Street.

Use our postcode **HX1 5DW** if coming by car. There is local street parking nearby.

