

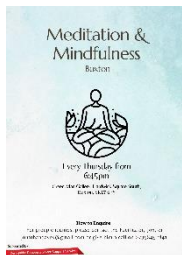
North Group Update – December 2023

High Peak Groups



Buxton – Lets Game! – 1pm-3pm every Tuesday @Zink in Buxton.

Join us at Let's Game! For a fun game of Mega Bomberman! No experience needed and if you have your own Wii remote bring it along. To access this group please contact our single point of access on 01773 734989.



Buxton – Meditation & Mindfulness – Thursdays from 6:45pm @ Green Man Gallery, Hardwick Square South, Buxton. SK17 6PY.

A weekly group that meets to do meditation and mindfulness exercises. For more information, please contact the facilitator Jon on jonathandavey@gmail.com or 07958492841.



Buxton – Rise up and Flourish.

For any lady in the high peak who needs a safe space. For more information, times and where it's held, please contact Iona on riseupandflourishladies@gmail.com or the DRPSS on 01773 734989.

This Group is on Hold for the moment.



Buxton – Tai Chi Relax – Thursdays 12pm-1:30pm @ Bath Road Church Centre, Buxton. SK17 6HT.

Tai Chi for mental and physical wellbeing and recovery in a supportive environment. £3:50 per session but first session is free. For more info, please contact taichirelax@live.co.uk or the website www.taichirelax.btck.co.uk



Buxton – Therapeutic Yoga – Every other Monday 17:20pm-18:20pm @ Bath Road Church Centre, Buxton. SK17 6HJ.

All are welcome to join our Therapeutic Yoga Group, no previous experience necessary. £5 per session or £3 concession. Please contact Lynn on 07840170159 or DRPSS on 01773 734989



Buxton – High Peak Writers – From 2:30pm every 2nd and 4th Tuesday of the month @ Buxton Library

A safe space for anyone with a passion for writing and poetry. For information, please contact highpeakwriters@live.co.uk or DRPSS on 01773 734989



Buxton – Soul Sisters – 6pm - 7pm once a month. See dates on the poster. **11A Market Street, Buxton. SK17 6LF.**

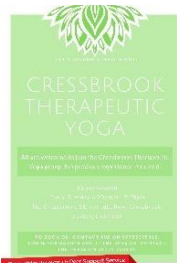
A support group for women who have not been able to conceive due to infertility, illness or other circumstances in the High Peak area. A friendly group providing a safe and supportive space to provide understanding, promote healing and coping skills. To find out more or to attend please email soulsistersbuxton@gmail.com



Chapel-en-le-Frith – Townend Community Gardens – The support Group meets every Thursday 2pm – 4pm.

A peer led group aimed at those in the community who are in need of extra support with improving their mental wellbeing. This health and wellbeing gardening project is for adults of 17 and over of all abilities, no experience needed, tools and refreshments provided. If you are feeling lonely, anxious or depressed, then come along and join our friendly support group. We offer a safe space where you can be listened to, understood and accepted. Make new friends and enjoy working in the peaceful atmosphere of a garden.

For more information contact townendcommunitygarden@gmail.com or 07423402915 or DRPSS on 01773 734989



Cressbrook – Therapeutic Yoga - Every Tuesday 6:20pm till 7:20pm, The Cressbrook, 51 Institute Row, Cressbrook, Buxton, SK17 8SX.

All are welcome to join the Cressbrook Therapeutic Yoga group. No previous experience required.

£8 per session

To book on, contact Sue on 07785395362.

For information about the service, contact the DRPSS ON 01773 734989.



Whaley Bridge – Wellbeing Group – Tuesdays 12:30pm – 2:30pm @ Footsteps Cafe, Whaley Bridge.

A friendly and supportive peer support group that meets to socialize and enjoy various activities.

For more info, please contact DRPSS on 01773 734989

Derbyshire Dales Groups



Ashbourne – Craft and Chat – Mondays 2pm-4pm @ The Cornerstone on Church Street.

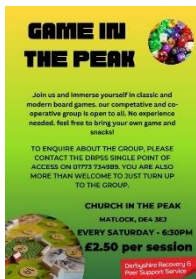
Do you like to knit, papercraft, stitch, Crochet, draw, craft things, bring your own project to do or just come to chat. You will be made welcome. For more details call Clare on 01335 342321 or see www.ashbournemethodist.org.uk/craftchat



Matlock – Create & Chat – Fridays 11am – 2:30pm @ The Church in the Peak, Matlock. DE4 3EJ

A friendly and inclusive group for people who are living with mental health difficulties to come together and enjoy arts and crafts, learn new skills and make new friends.

For more info contact Tracey on createchat.matlock@outlook.com , Instagram – create_chat_matlock or contact DRPSS on 01773 734989



Matlock – Game in the Peak – Saturdays 6:30pm onwards. @ The Church in the Peak, Matlock DE4 3EJ

Join us and immerse yourself in classic and modern board games. our competitive and co-operative group is open to all. No experience needed. feel free to bring your own game and snacks! To enquire about the group, please contact the DRPSS Single Point of Access on 01773 734989. You are also more than welcome to just turn up to the group. £2.50 per session. Facebook page - <https://www.facebook.com/groups/929818338389704/>

Tai Chi Chuan
Lee Style Group



Matlock – Tai Chi Chuan Lee Style Group - Imperial Rooms Matlock. Every Other Wednesday 1:00pm to 2:30pm

Tai Chi Chuan Lee style uses ancient meditative movements and Yin Yang breathing methods to benefit physical and mental health. Awareness, balance, coordination in mind and body will improve, creating an inner peace. Tai Chi helps to increase strength, stamina and flexibility. It has sleep benefits as your nervous system is soothed and you learn to ground yourself. You learn to focus the mind more easily stopping racing negative thoughts. The mind becomes calm and tranquil increasing awareness and concentration. A sense of emotional wellbeing within is created, illness and pain improve Confidence, self- esteem and motivation increases. The interaction with others in the group offers many social benefits. Empower yourself; find your inner strength (Chi), the inner wisdom with meditation in movement.

Due to the limited number of places and to avoid disappointment, to attend please ring: -

Sarah: 07832107286

WELLBEING HUBS

If you require any more information, any posters for the groups listed above or know of someone who could help facilitate a group that is on hold or any staff that would like adding to the update contact list please contact us via email on GroupsDRPSS@rethink.org or call the Service Single Point of Access on 01773 734989.