

## NEED IMMEDIATE MENTAL HEALTH SUPPORT?

These numbers can offer emergency out of hours support:

Night OWLS - 0800 1488 244 or text 07984 392 700

Childline - 0800 1111 (up to 18 years old)

Samaritans - 116 123

National Domestic Abuse Helpline - 0808 2000 247

Men's Advice Line UK - 0808 801 0327

Shout 24/7 Text Service - 85258

MindWell - 0800 183 0558 (over 18 & registered with a GP in Calderdale)

Single Point of Access (SPA) - Calderdale & Kirklees -

01924 316830

NHS Helpline - 111

### Confidentiality Policy

We may need to break confidentiality if:

- You are putting yourself or others in serious danger;
- You are in danger of physical or sexual abuse;
- You are in danger of killing yourself;
- You are very mentally unwell and need to be seen by a doctor;

In the case of the above, we would need to inform a safeguarding officer at the venue you are receiving sessions or a safeguarding officer at Noah's Ark Centre. This will be done, whenever possible, in discussion with you.

REAL FOOD COOKING THERAPY / COUNSELLING WALKING GROUPS  
MONEY ADVICE BUDGETING COURSE GRANTS (E.G. CARPETS)



## WHAT IS 'REAL FOOD'?

When you look on the ingredients of your favourite snacks, are there any words that sound like they belong in a science lab?

How much of your diet is made up of foods created in factories?

'Real Food' is any food containing unprocessed ingredients i.e. words that you recognise and associate with food.

## WHY IS IT IMPORTANT?

What we eat impacts how we think and feel. Ever heard the phrase 'You are what you eat?' well, it's true! The cells of our food make up the cells of our body. So, what we eat and drink determines if we are healthy and energised or tired and unwell.

More and more research is showing that we can improve our mood and general wellbeing by eating more 'Real Food'. We want to empower you with the information you need to make healthier choices and the skills to make your meals from scratch.

## WHAT TO EXPECT FROM THE SESSIONS

Each session we'll be focusing on a different aspect of 'Real Food' cooking. In a fun and accessible way, we'll be learning cooking skills and exploring what foods can positively affect our wellbeing. Then we'll cook a meal from scratch and eat it together giving you a chance to socialise and meet new people. There will be plenty of food made so you can take some home with you too!

## WHEN?

This is a rolling programme of 8 sessions, running once a week:

**Every Monday from 11:30am - 2pm at Innovations Family Hub**  
Cousin Lane, Ovenden, HX2 8DQ

**Every Friday from 4pm - 6:30pm at The Outback Community Kitchen**  
Lightowler Road, Halifax, HX1 5NB

## FAQS

**Q: What do I need to bring with me?**

A: Just yourself! We'll give you a handout with the recipes and information to take home.

**Q: What happens if I'm running late, or I can't attend a session?**

A: Not a problem, just give the Project Activity Workers a call or text on 07732 453 817 and they'll get back to you as soon as they can.

## FAQS

**Q: Can I sign up again once I've finished the 8 weeks?**

Depending on the demand and capacity you may be able to repeat the programme again.

**Q: Can I bring my friends along?**

Unfortunately not. Everyone who attends needs to have referred themselves online and have been assessed by our team. Once they've been confirmed then they can join the sessions. Please see the our website for more information on how to do this - <https://www.noahsarkcentre.org.uk/wellbeing.html>