

## 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.

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



Noah's Ark Centre  
Safe Haven and Place of Hope



e: [iws@noahsarkcentre.org.uk](mailto:iws@noahsarkcentre.org.uk)

m: 07732 453 775

Instagram: @iws\_nac

## WHAT ARE OUR WALKING GROUPS ABOUT?

Our walking groups are all about **going for a walk together** and **connecting with others** in a **supportive** and **friendly environment** that is **safe** and **inclusive of everyone**.

It is well known that **being active** and getting out into nature whilst connecting with others helps **improve our confidence and wellbeing**.

## WHAT ARE THE BENEFITS OF JOINING OUR WALKS?

Regular exercise such as walking helps:

- Promote **good physical health**
- Improve our **mental wellbeing**
- To feel **more calm and relaxed**
  - **Reduce anxiety**
  - **Boost our mood**
- Regulate **blood pressure**
- Improve **sleep and digestion**

Also, being around **like-minded people** in a **kind and supportive environment** helps to **build confidence** and **self-worth**

## WHAT SHOULD I EXPECT FROM THE WALKS?

- Meeting new people
- Getting out into the local area of Calderdale
- Finding a sense of belonging by exploring your surroundings
  - Connecting with nature
- Learning new skills such as mindfulness, social skills & confidence building
- Understanding the link between exercise, connection and improved mood

## WHAT DO I NEED TO KNOW ABOUT THE WALKS?

Our walks will be on **Wednesdays at 11am** (location will vary – an email or text reminder will be sent out beforehand with details of the location and walk information).

The length and difficulty of the walks will vary. Some will be short and gentle, but others will be longer and more strenuous. They will be guided by our Project Activity Workers who are trained in leading walking groups.

## FAQS

**Q: How will we know what to bring with us and where to meet each week?**

A: You will receive an email on Monday afternoon each week, confirming what you need to bring with you (water, sun cream, snacks, walking boots etc.). You'll also be told where to meet and at what time, the route and what to expect from that walk (e.g. length, duration, difficulty).

**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>

## FAQS

**Q: What if I'm running late?**

A: If you're running late and need us to wait for you or meet you elsewhere, please contact the Project Activity Workers on 07732 453 817 (either call or text). Please don't worry about letting us know if you can't attend. You can attend as many or as few of the groups as you like. .

**Q: What if a walk is cancelled due to bad weather or staff illness?**

A: If we need to cancel a walk for any reason (e.g. snow or high winds), we will send you an email and communicate this via our Instagram page. Please ensure you are following @iws\_nac.