



The cafés are aimed at anyone, aged 18 and over, who has mental health issues or concerns, as well as family members and carers.

The cafés include a range of provision including Information, advice and signposting, Practical support and brief interventions, Support with self-care and life skills. And also social and peer support

The cafés are based in existing community buildings, including Local Authority Community Centres and Village Halls.

We have a series of wellbeing cafés, across the Selby District of North Yorkshire.

- **Selby Town** – Coultish Centre, Charles Street, YO8 4DA – Wednesday 2 – 4pm
- **Selby Town** – Cunliffe Centre, Petrie Avenue, Selby, YO8 8DJ – Tuesday 2 – 4pm
- **Tadcaster** – Calcaria House, Windmill Rise, LS25 9HR – Tuesday 10am – 12pm; Fortnightly
- **Sherburn** – Harold Mills House, North Crescent, Sherburn-In-Elmet, LS25 6DD – Wednesday 10am – 12pm; Fortnightly
- **Riccall** – Riccall Regen Centre, Landing Lane, Riccall, YO19 6PW – Tuesday 10am – 12pm; Fortnightly
- **Eggborough** - Methodist Church, Selby Road, DN14 0LP – Wednesday 10am – 12pm; Fortnightly

Our main aims are:

- To provide easy-access activities and support in a café-style atmosphere, offering clients the time to relax, enjoy light refreshments, and to reflect and share experiences with both peers and professionals.
- To improve mental health and well-being for all clients, thereby preventing the need to access other services.

Our objectives are:

- To act as a local point of contact for people
- To provide access to a range of brief interventions and practical support, including benefits and housing support.
- To identify and offer a range of activities and informal learning opportunities to support self-care and development of life skills.
- To enable and empower individuals to participate in their local community, and to promote social integration.

- To support and facilitate access to employment, training, education and volunteering.
- To raise awareness of and improve access to existing support, services and facilities.
- To support public awareness of mental health issues, including through national and local campaigns, and training.

We hope attendees will be able to

- Improved health and well-being.
- Reduced social isolation, and increased support networks having been explored and established.
- Increased independence and reduced reliance on services.
- Increased awareness of and engagement with other services and community facilities to support better management of mental health and well-being.
- Reduced fear and increased awareness of abuse, and how to stay safe.
- Improved confidence and self-esteem.
- Improved quality of life.
- Increased participation in leisure activities, informal learning, work-like activities and volunteering.
- Increased employability and access to paid work.

We have an open-door policy, which means you can come in any time we are open. You are welcome to call in socially for refreshments and a chat. Informal activities, such as quizzes, games and arts & crafts, are available at all cafes.

We also offer a structured programme of activities, delivered in partnership with a range of local services, for example:

Self-Care/Life Skills Sessions

- Emotional Resilience
- Happiness
- Grounding Relaxation
- Laughter Yoga
- Confidence Building
- Assertiveness

Practical/Advice Sessions

- Debt/Money Management
- Benefits Advice
- Health Advice
- Personal Safety
- Housing Advice
- Healthy Eating

Other things can Horton Wellbeing Café help with.

Although there is a monthly structured programme of activities, brief practical interventions will also be provided where needed. This could include:

- Help to read and understand letters and to fill in forms.
- Help to contact other relevant agencies.
- Advice with issues around home maintenance and self-care.
- Identifying appropriate agencies to provide specialist support or healthcare, and assisting with access to these.

We will provide information about other specialist services, and make referrals for anyone who needs this support.

When Clients attend Horton Wellbeing Café they can expect

- A warm, friendly atmosphere.
- They can bring a carer, friend, family member or other professional to our Wellbeing Cafés.
- They will be treated with dignity and respect, and without discrimination.
- They will have the opportunity to volunteer within Horton Wellbeing Café and/or to be a “Client Champion”, representing the views of others on our Steering Group. We will ask you to give us feedback about Horton Wellbeing Café, and use this to improve and shape our services.

Horton Wellbeing Café aims to be a safe and welcoming place for everyone.

We expect everyone to refrain from causing harm or risk to anyone else.

We will exclude individuals if any staff are subject to threats or acts of violence or behaviour that could be considered as threatening or intimidating.

We do not charge for the service. - Coffee and soft drinks are provided free of charge.

Any question?