

## Horton Wellbeing Café

Providing information and advice, low level practical support, self-care and life skills, and social inclusion activities

The cafes are for anyone, aged 18 and over, who has mental health issues or concerns, as well as family members and carers of anyone with mental health issues or concerns.



The Cafés will run as follows:

➤ **Selby Town** – Coultish Centre, Charles Street, YO8 4DA **Every Wednesday 2 – 4pm (Starting 3<sup>rd</sup> October)**

➤ **Selby Town** – Cunliffe Centre, Petrie

Avenue, Selby, YO8 8DJ **Every Tuesday 2 – 4pm (Starting 2<sup>nd</sup> October)**

➤ **Tadcaster** – Calcaria House, Windmill Rise, LS25 9HR **Tuesdays 10 – 12pm; Fortnightly (Starting 9<sup>th</sup> October)**

➤ **Sherburn** – Harold Mills House, North Crescent, Sherburn-In-Elmet, LS25 6DD – **Wednesdays 10am – 12pm; Fortnightly (Starting 3<sup>rd</sup> October)**

➤ **Riccall** – Riccall Regen Centre, Landing Lane, Riccall, YO19 6PW **Tuesdays 10am – 12pm; Fortnightly (Starting 2<sup>nd</sup> October)**

➤ **Eggborough** - Methodist Church, Selby Road, DN14 0LP **Wednesdays 10am – 12pm; Fortnightly (Starting 10<sup>th</sup> October)**



**For details of the specific activities, please see our monthly programme of activities, available on our website, or contact us for more information.**

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Supported by:

