

# Calderdale Safety Nets



South West  
Yorkshire Partnership  
NHS Foundation Trust

**Safety Nets is an 8-week intervention for children and young people in Calderdale (11 – 18 years). A therapeutic approach for younger people, so they can talk openly about mental health and reduce stigma. It's a collaborative project involving mental health services and professional sports clubs.**

The project aims to improve the mental health and emotional wellbeing of children and young people in a safe and supportive environment through wellbeing sessions and fun and uplifting team building activities. Free gifts will be given out throughout the programme – water bottles, match tickets and more.

- Dates:** Thursday 11th May - Thursday 29th June  
Thursday 7th September - Thursday 26th October
- Time:** 4pm – 6pm
- Location:** OSCA Foundation Community Sports Hub,  
Cousin Lane, Halifax HX2 8AD

To find out more, contact **Julie Metcalf** on **07771 388318**



If you require a copy of this information in any other format or language please contact your healthcare worker at the Trust.



With **all of us** in mind.