

The Hut York



**This is what makes
us different**

Registered Charity: 1147146
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The Hut York



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Introducing The Hut

The Hut York is a charity set up in 2011. We are members-led, bringing creativity and purpose to the lives of adults with their mental health journeys and/or learning disabilities. Supporting individuals for as long as they need us. We are wheelchair accessible and if you have a carer or family member you are welcome to come along with them.



There is lots going on and no two days are the same. We work with members to design the session as its important for them to have their voice heard.

We have the 'Big Room' where we have the Cozy Corner and Hut Made shop, designated Cooking and Crafting area's. The Woodwork Workshop, our Garden and the Wellness Haven that is in the Hubble with its twinkly lights.

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Our Timetables at a glance

The Hut opening times

Monday - Friday

10:00-3:00



Timetable for The Hut

	Monday	Tuesday	Wednesday	Thursday	Friday
10:10-11:00 EARLY BIRD	The drop in A cuppa, chat & games	The drop in A cuppa, chat & games		The drop in A cuppa, chat & games	The drop in A cuppa, chat & games
11:15-12:30 MORNING SESSION	The Perfect Mix Choose from a selection of activities	The Crafty Kitchen Cooking Session		The Crafty Kitchen Cooking Session	The Perfect Mix Choose from a selection of activities
12:30-1:00 Lunch					
1:30-2:45 AFTERNOON SESSION	The Perfect Mix Choose from a selection of activities	The Perfect Mix Choose from a selection of activities		The Perfect Mix Choose from a selection of activities	Finish the week with a Bingo & Games

Timetable Wellness Haven

	Monday	Tuesday	Wednesday	Thursday	Friday
10:10-11:00 EARLY BIRD	Take a Breath with Emma Breathwork	Let's have a laugh Laughter Yoga	Chit, Chat & Social Communication Skills	Calm Space Meditation	Body Magic Tapping and Dance
11:15-12:30 MORNING SESSION		Wellness Warrior This has a bit of everything that can support your wellbeing	The 'A' Team Arts & Crafts Quieter Session	Mindful Tones Using musical instruments, sound & meditation	Stepping Stones Working on everyday lifeskills
1:00-1:25 Let's go for a Bimble - Walking group					
1:30-2:45 AFTERNOON SESSION	Wellness Warrior This has a bit of everything that can support your wellbeing		The 'A' Team Arts & Crafts Quieter Session	Mindful Tones Using musical instruments, sound & meditation	Taking A Breather Breathwork

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Our promise to you

- There will always be a warm welcome
- Our sessions will be facilitated by qualified members of our team
- Wellness Haven - We will have a consultation with you before you access any of our sessions in the Wellness Haven and be around to talk after the session has finished
- We are insured
- We will provide everything you need for your session

What we ask from you:

- Some of our session can be messy (crafting, gardening) please wear clothes that you don't mind getting dirty
- Wellness Haven - To wear comfy clothes, that you can move around easily in, shoes that you can take off easily if possible
- To arrive 10 minutes before your session, we can then get you settled in ready to start
- If you have booked in and no longer wish to attend that you let us know so we can offer the place to someone else



Wellness Haven



Early Bird Sessions

Take a breath with Emma Monday 10:10-11:00

Breathing brings many benefits. It can help manage stress and even pain. Reduces those feelings of anxiety and depression. Promotes calmness and can improve your mood. In these session you will learn different breathing techniques that you can use in everyday life.



Lets have a Laugh Tuesday 10:10-11:00

Our laughter yoga group is great to just let go, it helps the body and mind to feel energised. Reduces the stress we may feel. They always say laughter is the best medicine, this session will certainly make you smile and hopefully let go and laugh out loud. We use music, movement and of course lots of laughing. Everyone leaves the session feeling better than when they came in.



Wellness Haven

Early Bird Sessions

Chit, Chat & Social

Wednesday 10:10-11:00

Communication is so important and this session supports us 'talking' together. Topics can be anything that is promoting kindness. Chat over a cuppa (with biscuits) and make friendships that will last.



Calm Space Meditation

Thursday 10:10-11:00

The emotional and physical benefits of meditation can include, helping you to focus, become more self aware. Reduce negative feelings and gives you a new way to look at things that cause you worry or stress. You can sit or lay down for your gentle meditation session.



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Wellness Haven

Early Bird Sessions

Body Magic Friday 10:10-11:00

A gentle tap around your body, helping to calm your mind. Emma will show you a tapping sequence that will be easy to follow and will help with managing emotions and stress. You can sit down or stand or do a bit of both From time to time we offer variations to this session where we may use; different types of dance or drumming



The Drop in - 10:15-11:00 Monday, Tuesday, Thursday & Friday

(Held in the 'Big Room')

For those who don't want to attend the Wellness Haven sessions we have an alternative.

This will be an opportunity to have a game, cuppa and a biscuit.
A good selection of games on offer.



What our members say...



I really like the fact I can take a bit of time for me. I attend a few of the session and they are mint! Emma tells me that I have really good posture and this helps me to get the best out of the sessions - J

I get a lot out of coming to these sessions they have really helped with my emotionals. When I have talked to other professionals they have said it is making me feel much better - N



It is absolutely spiffing! I enjoy the Calm Space Meditation on a Thursday. Its so relaxing that I drift off to sleep. Emma says this is perfectly fine to do so.- J



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Wellness Haven



Wellness Warriors

**Monday 1:30-2:45 & Tuesday
11:15-12:30**

We will start with a settling in breath. Chair yoga and movement getting you learning new skills you can take away and do at home. A short mindfulness activity to aid with our own self reflection at the end of each session. A must for those that like a bit of everything and want to be a true wellness warrior.

Mindful Tones

**Thursday 11:15-12:30
& 1:30-2:45**

Find the calmness of the instruments, helping to open your emotions through the sounds we play. Use the breath and our own natural musical tones (Toning). (We lay down in this session) Helping you to unlock different aspects of your wellbeing. Then finish your session with a gentle meditation.

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Wellness Haven



Stepping Stones

Friday 11:15 - 12:30

A lifeskills group that uses a coaching model. We starting with a 5 minute 'Take A Breath'

Look at weekly topic that encourages problem solving, decision making, communication and promotes the wellness.

Finishing with a 10 minute meditation



Take a Breather

Friday 1:30-2:45

Meditating for just a few minutes a day can help you feel centered, balanced, and more in control.

Emma will take you on a safe guided breathwork meditation where you will be able to relax, and let your mind just slow down. Each week there will be a different theme to the breathwork mediation. Feeling more positive to go in to the weekend.



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Wellness Haven



Group sessions

Selected evenings & weekends

Follow our social media and our website for themed workshops with Emma. We keep these sessions small and use Breathwork, Meditation and Journaling. In the summer and the run up to Christmas we will run wellness day, themed with Breathwork, Meditation session and include Hut Made workshops.

1-1 sessions

Available to book

All our sessions are available as a 1-1 with Emma, she will offer a consultation where you can discuss what you would like your one hour session to cover. This can be a one off session or a regular weekly session at a time that works for you.

I had a number of 1-1 session with Emma using breathwork and coaching to help with my sleep issues, I now sleep better and learnt so much through my session's - G

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Wellness Haven



The 'A' Team

Wednesday
11:15-12:30 & 1:15-2:45

This is a smaller session where the members attending have designed the space to be quieter.

We do Arts and Crafts and once a month we go to the 'Big Room' to cook in the morning and have a messy crafting afternoon.

This session has limited capacity due to the room size.



'Seed to Feed' Project

We started our 'Seed to Feed' project in 2023. It enables members to learn about where our food comes from. Starting with the 'seed' - the process of choosing what we grow, nurturing it, watching it grow, looking after it. To the 'feed' how we prepare it, cook with it and the final step of eating what we have grown in tasty recipes designed to try something new.



What our members say...



I enjoy talking to the staff. I call bingo for the members. I feel like I am doing something rewarding. I feel safe in the surroundings. The Hut offers a good service, I would recommend to everyone, it gets me out of the flat - D

I get from The Hut, that people are kind .I like to meeting new people. The breathing helps my mental health. I really enjoy cooking and the arts and crafts becuase its not limiting and you can express yourself. - J



I love all the crafting and woodwork sessions that we do, I get to learn new skills. Come and explore your interests as The Hut offers so much.

-J



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Perfect Mix



The Perfect Mix gives members the opportunity to choose sessions that are of interest to them. These are small groups that members have told us they would like to be on the timetable.

Monday
11:15-12:30 & 1:15-2:45
Tuesday & Thursday
1:45-2:45
Friday
11:15-12:30 & 1:45-2:45

Some of the sessions on offer:

- Woodwork
- Hut Made Makers
- Gardening (indoor & outdoor)
- Wellness sessions
- Arts & Crafts
- Cooking
- Games
- Drama (Theatre Royal)

(there will be a daily selection on offer on our notice board for members to choose from)

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Crafty Kitchen

**Tuesday & Thursday
11:15-12:30**

A weekly cooking session where members will learn new skills, make a recipe book so you can make what we make in the session at home. The two sessions are planned differently. There will be a savory or sweet version.

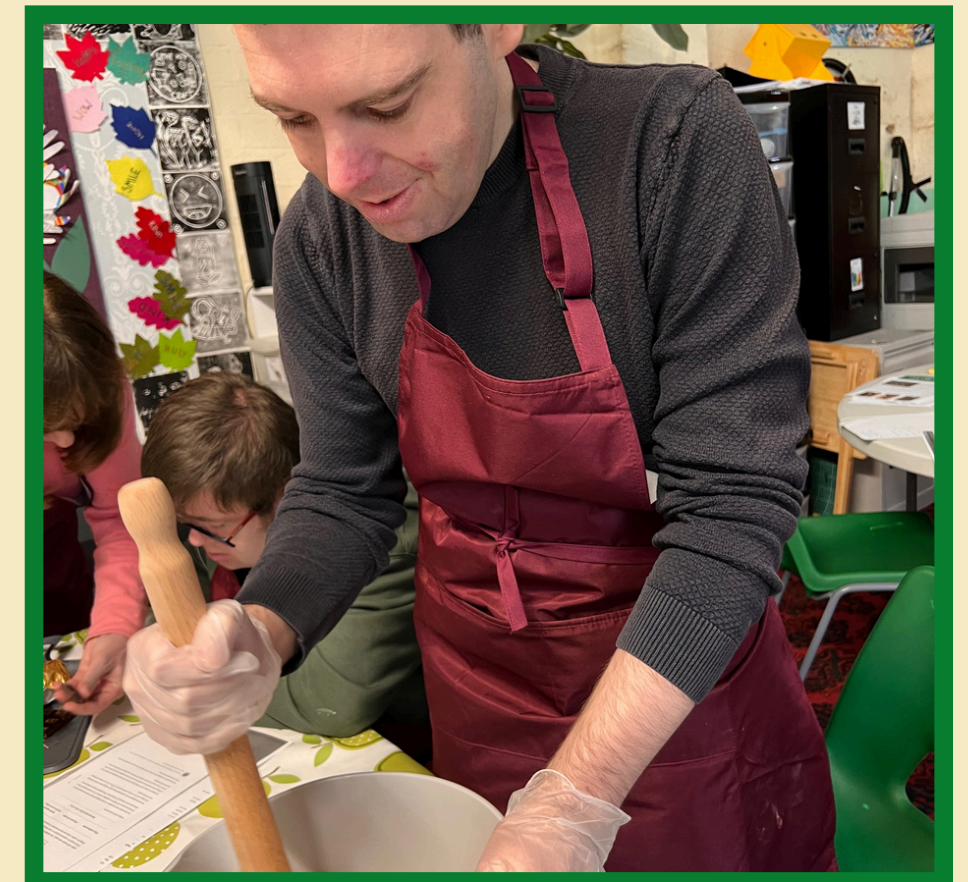
Please make us aware of any dietary requirements or Allergens when booking

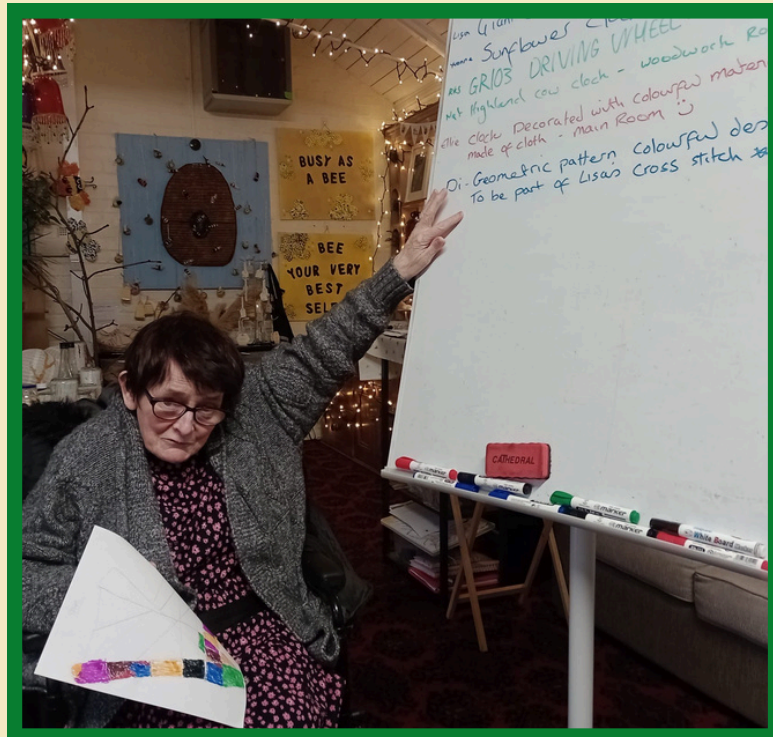


Lets go for a Bimble

Everyday weather permitting 1:00-1:25

Lets get some fresh air and have a gentle walk around the park and up to the cycle path.





Bingo & Games

Friday 1:15-2:45

Finishing a busy week at The Hut with games and a few games of bingo.



Hut Made Shop

Hut Made is giving the members an opportunity to design and make items to sell in our shop.

There is a job for everyone in this project from marketing to selling and the making of what we sell.

We will sell in pop-up shops, online, in-house and the wider community.

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Meet our team



Emma is the service manager at The Hut since 2015. Members wellbeing is really important to her and she has specialised her knowledge in this area. She wanted to develop a space at The Hut that anyone can attend and worked with members to develop the Wellness Haven. Emma is qualified as a **Wellbeing Life Coach** and undertaken further accredited training as a **Breathwork Facilitator**. With other courses in **Meditation Practitioner, Sound Therapy Practitioner, EFT & TFT Tapping Practitioner and Laughter Yoga Wellness Practitioner**. She is always looking at ways to broaden her knowledge and to introduce new session



Tom is the senior mentor his role involves planning and delivering sessions on a wide range of topics and activities. These include arts and crafts, and the world famous Friday bingo session! I enjoy liaising with other organisations such as YAT (York Archaeological Trust) & The York Theatre Royal to provide our members with the opportunity to have new experiences. I really enjoy working with the members, particularly the wide range of conversations that we have. I see my main role as ensuring that The Hut is welcoming to all and that we have fun!

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Meet our Team



Angela joined the Hut in January 2025 in the role of Hut Made coordinator to help develop and build the enterprise side of the service. Her background is as a learning disability nurse. Her role will be to help support other team members in their various daily activities, and within Hut Made sessions support our members to learn and experience new crafts ideas and skills with a purpose to sell our products to the local community.



Lauren is a mentor and has worked at The Hut since 2021. Her role is to plan and deliver sessions to our members that they will find fun and engaging. Her particular interest is in arts and crafts. She feels The Hut is a very special place to work. Spurred on by our members enthusiasm, the main objective is to make The Hut a safe, happy and fun place for all to visit!



Corrie is a mentor and has been working with people with mental health and or learning disabilities for 20 years. In the past 5 years She has been developing a passion and knowledge of horticulture. She has found this hugely valuable in numerous ways for improving mental and physical wellbeing.

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Session fees

We believe that we offer outstanding value at The Hut, we have tried to keep our sessions affordable to everyone.

Hot and cold drinks and biscuits are provided within the session fees

10:15-11:00 Early Bird in the Wellness Haven or Big Room
£6:50

11:15-12:30 Morning session
£10

1:15-2:45 Afternoon session
£10

Early Bird & Morning session
£13:25 get the Early Bird half price

10:00-3.00 Full day
£20 get the Early Bird for free

Wellness Haven session
(see the timetable) £10



There is light refreshment included in the session fees.

You will need to bring a packed lunch if you are staying all day. There are shops and cafes local if you wish to pop out.

Ways to pay:

The Hut accept - card payments / invoice by payment link.



Next Steps

We would like to invite you to visit The Hut and find out more about what we do, meet our members who attend our sessions. Emma will have a chat about how are sessions work and will answer any of your questions.

Then why not try a taster session, choose from one of our many sessions we have on offer with no commitment. If you like it then we can discuss your next steps.

Where to find us:

The Hut York
Wigginton road
York
YO31 8HG

We are opposite the hospital car park, with a drop off area just outside.
The number 6 bus stops right outside.



01904 652991



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Follow us on social media