

05 February 2018

**Champions Show The Way**

**FREE!! Community Health Champion Led Walks**

Ring 01274 321911 or email [champions@bdct.nhs.uk](mailto:champions@bdct.nhs.uk) for more information.

Please be aware that timings do change, therefore please contact to check dates and times.

BRADFORD AREAS		
<b>Tuesdays Free Health Walk</b> With Haja Lamin	Meet at Tong Medical Practice 2 Procter St, Bradford BD4 9QA Join our family walk for a chance to meet other local families with young children, and enjoy the benefits of gentle exercise on health and wellbeing.	<b>Tuesdays</b> 9.30 am – 10.30 am
<b>Friends of Bowling Park</b> with Barbara Pitts	Bowling Park - Meet at the hut near the tennis courts off Burras Road, Bradford, BD4 7TE	<b>Tuesdays</b> 9.30 am - 10.30 am
<b>Frizinghall Walk (Men Only)</b> with Parveez Ahmed	Meet at Frizinghall Community Centre Midland Road Frizinghall Bradford, BD9 4HX	<b>Mondays</b> <b>10.00 am - 10.30 am</b> - short walk for beginners <b>10.30 am - 11.30 am</b> - Longer walk
<b>Haworth Road</b> with David and Sharon Bass	St Martins Church, Haworth Road, BD9 6LL Meet at the community room entrance at the back of the church	<b>Thursdays</b> <b>Meet at 9.45 prompt start at 10.00 am - 11.00 am</b>
<b>Hilton Road Walk</b> with Rehana Kauser	Meet at Hilton Road Masjid Hilton Education & Community Centre Hilton Road Bradford, BD7 2ED	<b>Thursdays</b> 9.00 am - 10.00 am <b>ON HOLD</b>
<b>Holmewood Walk</b> with Barbara Wainwright	Holmewood Library Broadstone Way Bradford BD4 9DX	<b>Mondays</b> 9.45 am - 12.00 noon
<b>Horton Bank top Walk</b> With Peter Dyson	Meet outside Horton Bank Top Surgery 1220 Great Horton Road Bradford, BD7 4PL	<b>Mondays</b> Meet at 10.50 am Walk starts at 11.00 am prompt, finishes at 12.00 noon
<b>Horton Park Walkers</b> with Michael Whyte and Patricia Haigh	Meet at the park gates on Horton Park Avenue, opposite Horton Park Medical Centre, Horton Park Avenue, BD7 3WG	<b>Mondays</b> 10.30 am – 11.30am
<b>Lister Park Walk</b> with Anne Griffin	Meet at Carlisle Business Centre, 60 Carlisle Road, BD8 8BD This is a one hour walk.	<b>Thursdays –</b> Either meet at 9.30 am - Carlisle Business Centre Or 9.45 am - Prince of Wales Gate, (Lister Park) North Park Road.

<b>Low Moor Strollers</b> with David Broadbent and Tim Grunwell	Meet at the Park Road entrance park gates to Harold Park, Low Moor	<b>Fridays</b> 11.00am – 11.30 am
<b>Out and About (womens only walk)</b> With Sally Teasdale, for more information on the walks ring 07494 558337	Meet at Stephens Primary School gates. Flat gentle walk.	<b>Wednesdays</b> <b>Alternate month times</b> 1.00 – 2.30 pm - February 9.00 – 10.30 am – March 1.00 – 2.30 pm - April
<b>Peel Park Starters Walk</b> with Ann Newmark	Meet at Community works Centre, Undercliffe Lane, Bradford, BD3 0DW , for a gentle walk around Peel Park. Returning back to the centre for refreshments.	<b>Tuesdays</b> 10.00 am – 11.00 am <b>No walks on 13 Feb, 20 Feb and 27 Feb, returning 6 March 2018</b>
<b>St Oswalds Walk</b> with Francis Holgate	Meet at the main entrance of West End Community Centre , inside St Oswalds Church Christophers Street, BD5 9DH	<b>Thursdays Fortnightly</b> 9.30 – 11.00 am <b>ON HOLD – Relaunch in Spring 2018</b>
<b>The Ridge Walkers</b> with Michael Whyte and Tim Grunwell	Meet in the Community Lounge next to Jan's café, Ridge Medical Practice, Cousen Road, BD7 3JX	<b>Thursdays</b> 10.00 am – 10.30 am
<b>Tong Valley Walkers</b> With Emma Lewis	Meet at the Holiday Inn car park Tong Lane, BD4 0RP This is a reasonably strenuous walk and does require a degree of physical fitness.	<b>Wednesdays</b> 9.30 am – 11.00 am
<b>VIP Walks (for people with visual impairments)</b> with Peter Kierman, David McCormack, Rae Harvey and other Champions	Walks vary each month, usually rotating between Low Moor, Lister Park and Saltaire.	<b>1st Monday of the Month</b> 10.00 am - 12.00 Please Contact Razia Islam before referring to this walk
<b>Walking Back to Happiness</b> With Rodney Kench	Meet at Thornton Primary School Thornton Road, BD13 3NN Flat walk with some inclines. Everyone welcome.	<b>Tuesdays</b> 1.00 pm – 2.00 pm
<b>Wibsey Walkers</b> With Gwyneth Chatburn, Tim Grunwell, Betty Stothers and Carol Holdsworth	Meet at the Beacon Road entrance to Wibsey Park, BD6 3QD On the 3 <sup>rd</sup> Monday of the month there is the option to go on an alternative walk, further afield.	<b>Mondays</b> 11.00 am – 12.00 md
<b>Woodland Wanderers</b> With Patricia Haigh Please contact Patricia on 07379 539110 for more information.	Meet at the Bradford Interchange at 11.00am. Explore different routes and sceneries. The group will travel by bus/train from Bradford Interchange for 30 minutes depending on the route -  1 February 2018 – Riddlesden to Crossflatts 8 February 2018 – No walk 15 February 2018 – Thornbury to Greengates	<b>Thursdays</b> Meet at 11.00 am – Walk starts – 11.30 – 12.30 Café stop for lunch after the walk, return back to Bradford Interchange for 2.00 pm Please remember to bring money for the bus/train fare and for your lunch.

<b>Wyke Lane Circular Walk</b> Mandy Greaves and Stan Clay	Meet at Sunnybank Medical Practice Towngate Bradford BD12 9NG This is a steady paced walk around Wyke	<b>Mondays</b> 9.30 am – 10.45 am
<b>SHIPLEY &amp; SURROUNDING AREAS</b>		
<b>Baildon</b> with Peter and Yvonne Kierman and Howard Lloyd	Meet at the corner of Westgate and Springfield Road Baildon BD17 5NA	<b>Wednesdays</b> 10.45 am - 11.45 am
<b>Bingley Walkers</b> with Sheila Furness, Ralph Harding and Christine Bondarenko	Bingley Arts Centre Main Street Bingley BD16 2LZ	<b>Tuesdays</b> 2.00 pm- 3.00 pm
<b>Bingley 2 Hour Walk</b> with Ronda Christensen, Ralph Harding and Christine Bondarenko	Meeting point varies. Contact Ronda on 07929 898503 for details	<b>Thursdays</b> 12.30 pm - 2.30 pm
<b>Bolton Wanderers, Eccleshill</b> with Anne Smith	Meet at the Bus stop opposite Kent's Fitness, Bradford, BD2 3BN below Eccleshill library, Up to 2 hours, slow paced walk, the group often get the bus to explore new areas.	<b>2nd &amp; 4th Tuesday of the Month</b> 9.30 am – 11.30 am
<b>Cottingley Trail</b> With Eve Wilson and Howard England	Meet in the reception area in Cottingley Cornerstone centre.	<b>Wednesdays</b> 10.00 am – 11.00 am
<b>Cullingworth Walkers</b> with Peter Rye, Judith Bentley, Andrew Bond, Kathleen James, and Ron Thompson.	Methodist Church Dellside Fold Cullingworth BD13 5EX	<b>Thursdays</b> 9.15 am -10.15 am 50p donation for refreshments
<b>Cullingworth Walkers – Level walk</b>	Methodist Church Dellside Fold Cullingworth BD13 5EX	<b>Thursdays</b> 9.15 am - 10.15 am 50p donation for refreshments
<b>Cullingworth Walkers - Shorter, slower walk</b> with Rae Harvey	Methodist Church Dellside Fold Cullingworth BD13 5EX	<b>Thursdays</b> 9.15 am - 10.15 am 50p donation for refreshments
<b>Eccleshill Slow Walk</b> with Edna O'Hara	Meet in the entrance of Eccleshill Swimming Pool Harrogate Road Eccleshill, BD10 0QE This is a slow paced, frequent stops, level ground walk	<b>Fridays</b> 11.00 am - 12.00 noon
<b>Health Walk for All</b> with Bryan Walkden	St Ives Estate, Harden, Bingley, BD16 1BA Meet at the bottom carpark by the main gates	<b>Saturdays</b> 10.30 am - 12.00 noon
<b>ShIPLEY Footsteps</b> with Maureen Myers	ShIPLEY Town Hall, BD18 3EJ Meet at the side of the building, by the bench.	<b>Fridays</b> 11.00 am -12.00 noon
<b>Slow Mobility Walk at St Ives Estate, Bingley</b> with Bryan Walkden	This is a short, flat walk around Coppice Pond and is intended for people with some mobility problems. Meet at the gate adjacent to Coppice pond.	<b>Wednesdays</b> 11.00 am – 12.00 noon

<b>Westcliffe Walkers – PHC</b> With Tony Urwin	Meet at the Westcliffe Medical practice	<b>1<sup>st</sup> Monday of the Month</b> 11.00 am – 12.00 noon
<b>Wilsden Walkers (A)</b> With Andrew Bond, Sheila Dickerson, Christine Dufton, Lynn Ramsbotham, Bryan Walkden, Sheila Nurse, Jill Winter, Tina Watkinson.	Meet at: Wilsden Village Hall Townfield BD15 0HT £1 donation for refreshments	<b>Mondays</b> <b>(Except bank holidays)</b> 9.15 am - 10.45 am
<b>Wilsden Walkers Level (B)</b> with Kath James, Christine Dufton, Gill Smith, Sheila Nurse, Kath Crabtree, Tina Watkinson	Wilsden Village Hall Townfield BD15 0HT £1 donation for refreshments	<b>Mondays</b> <b>(Except bank holidays)</b> 9.15 am - 10.15 am
<b>Wilsden Walkers - Shorter, slower walk (C)</b> with Rae Harvey	Wilsden Village Hall Townfield BD15 0HT £1 donation for refreshments	<b>Mondays</b> <b>(Except bank holidays)</b> 9.15 am - 10.15 am
<b>KEIGHLEY &amp; SURROUNDING AREAS</b>		
<b>Aire &amp; Worth Valley Wanderers</b> With Muppett For more information contact: muppett@cabad.org.uk or ring him on 01535 665258.	Meet new friends, explore the hidden gems of the Aire & Worth valley and learn about the local & natural history of the walks. The walks are aimed at people who have reasonably good mobility & some of the walks will include hill climbing (up & down) and will go over uneven surfaces.  <b>Feb 15th Goose Cote Lane to Haworth, a linear walk bus fare / bus passes needed for this walk. meet at Keighley Bus Station, catch the 1.10 pm K7 Oakworth bus or meet at the junction of Keighley RD</b>	<b>Thursdays</b> 1.30 pm - 3.00 pm  <b>Feb 1st</b> Riddlesden Circular meet at the canal swing bridge on Bar lane.  <b>Feb 8th</b> Riddlesden to Silsden, a linear walk meet at the canal swing bridge on Bar lane..
<b>Burley in Wharfedale</b> with Ann Nuttall, and Elaine Shankland	Meet outside the front door of Burley Library Grange Road Burley in Wharfedale, LS29 7HD	<b>Tuesdays</b> 10.00 am - 11.00 am
<b>East Riddlesden Walkers</b> with Pat Sheals, Judith Bentley and Bryan Walkden	Meet outside Airedale Barn, The first building on the left in East Riddlesden Hall Bradford Road Riddlesden, BD20 5EL	<b>Tuesdays</b> 2.00 pm - 3.00 pm
<b>Highfield Women's Walkabout</b> With Razia Begum	Meet in the entrance of Highfield Community Centre 21 Drewry Road Keighley. BD21 2QG	<b>Wednesdays</b> 10.00 am – 11.00 am <b>School term time only</b>
<b>Ilkley 2 hour Walk</b> with, Howard and Maureen England, Ronda Christensen and Eve Wilson,	Starts from The Bandstand, Opposite Bettys Tea Room. The Grove, Ilkley, LS29 9EE Routes will vary. Terrain can be variable with uneven ground people need to be reasonably physically fit.	<b>Fridays</b> 10.00am - 12.00 noon