Champions Show The Way
FREE!! Community Health Champion Led Activities
Ring 01274 321911 or email champions@bdct.nhs.uk for more information.

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

<table>
<thead>
<tr>
<th>BRADFORD AREAS</th>
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<tbody>
<tr>
<td><strong>Bereavement Peer Support Group – Bradford area</strong> Linda Metcalfe</td>
<td>This is an informal peer support group for anyone over the age of 18 who has recently lost a loved one. Come along to learn from each other about coping strategies, support each other and make new friends. (please note this is not counselling)</td>
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<tr>
<td><strong>Chat ‘N’ Relax group</strong> Indira Durlabhbhai</td>
<td>Come and join our friendly peer support group aimed at anyone who would like to assist their recovery of mind and body through chat and simple relaxation techniques</td>
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<tr>
<td><strong>Cinema Group</strong> Bernadette Jarvis</td>
<td>Film watching with optional sing along to keep those brains active.</td>
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<tr>
<td><strong>Denholme Scribes Creative Writing Group</strong> Cas Trustlove-Smith</td>
<td>Come and explore your inner, creative self in a relaxed and informal atmosphere.</td>
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<tr>
<td><strong>Extend Exercise Class</strong> Bernadette Jarvis</td>
<td>Gentle seated and some standing exercise. This is a very sociable group who want to make exercise fun.</td>
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<tr>
<td><strong>Fibromyalgia Peer Support group</strong> Lucy Kitwood</td>
<td>This is a friendly peer support group for people with fibromyalgia. Come along and meet people who understand you and what it is like to feel lost in a fog.</td>
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<tr>
<td><strong>Friday Friends</strong> Jenny Medley Anne Smith</td>
<td>Share ideas and hobbies, have fun, chat and have afternoon tea and cake. This group is for people aged 50+</td>
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<tr>
<td><strong>Ladies Dressmaking group</strong> Sajda Malik</td>
<td>Come along to this friendly dress making group. The ladies will be working on both Eastern and Western fashion. Everyone is welcome, Open to beginners and experienced sewers.</td>
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</tbody>
</table>
| **Manningham Women's Group**  
*Angela Cannon  
Ilona Fabian  
Simon Reynolds* | This is a friendly group for anyone who would like to explore their recovery. A recovery approach provides everyone with an opportunity to take back control over their life. | **Bradford Deaf Centre**  
25 Hallfield Road  
Manningham  
Bradford  
BD1 3RP | **Wednesdays**  
10.00am – 12.00pm  
No group on 21 & 28 August |
| --- | --- | --- | --- |
| **Quiz Group**  
*Bernadette Jarvis* | A quiz to keep brains active and socialize with others over Afternoon tea and Bingo.  
**No group on Wed 26 June** | **St Matthews Church**  
Carr Bottom Road  
Bankfoot, Bradford  
BD5 9AA | **Wednesdays**  
Fortnightly  
2.00 pm - 3.30 pm  
**Dates:**  
26 June – no group  
10 July  
24 July |
| **Sing Out**  
*Barbara Pitts* | Singing for fun – no experience necessary. Everyone welcome. | **Culture Fusion**  
125 Thornton Road  
Bradford  
BD1 2EP | **Wednesdays**  
10.30 am - 12.30 pm |
| **Skillshare Group**  
*Helen Crossland  
Margaret Blackwell  
Michelle Hartlebury* | Come along to this creative group and share your artistic skills in Card making, Crafts, and Drawing and much more. | **St Matthews Church**  
Carr Bottom Road,  
Bradford  
BD5 9AA | **Fridays**  
10.00 am - 12.00 md |
| **Wellbeing Group** supported by  
*Mark Watson  
Andrew Palmer* | This is a friendly, informal group for anyone who would like to assist their recovery through peer support. | **Kala Sangam Arts Centre**  
St Peters House  
1 Forster Square  
Bradford, BD1 4TY | **Tuesdays**  
10.30 am - 12.30 pm |

**SHIPLEY & SURROUNDING AREAS**

| **Baildon Craft Group**  
*Jean Patrickson* | This is your time to work on any craft projects that you have on the go in a relaxed atmosphere. Come and meet like-minded people. The group explore a range of crafts including knitting, quilting, embroidery and painting. Any craft and any level of skill welcome. Come along and be inspired! | **Baildon Club Halcliffe**  
1-3 Northgate  
Baildon  
BD17 6LX | **Thursdays**  
9.45 am - 11.45 am |
| --- | --- | --- | --- |
| **Family History**  
*Liz Rodgers  
Jane Hornshaw  
Paul Rhodes* | A drop in session to discover your family history. | **Cottingley Cornerstone Centre**  
Cottingley  
Bingley  
BD16 1AL | **Wednesday**  
10.00 am - 12.00 md |
| **Informal Art Social Circle**  
*Christine Atkinson* | An art session for anyone who has an interest in art, no experience needed, just bring a pencil and paper. | **Baildon Link**  
35 Cliffe Avenue  
Baildon  
Shipley  
BD16 1AL | **Mondays**  
1.00 pm - 3.00 pm |
| **Seated Exercise**  
*Pat Todd* | Gentle seated exercise. This is a sociable group who want to make exercise fun. Come along and improve on your fitness. | **Cottingley Cornerstone Centre**  
Cottingley  
Bingley  
BD16 1AL | **Monday**  
11.00am – 12.00 md |
| **Singing Group – Sing for Joy**  
*Shiela Jeffery  
Sue Stewart  
Carol Godby* | Singing for fun - no experience necessary, just the desire to enjoy singing. Everyone welcome. | **Kirkgate Centre**  
39A Kirkgate  
Shipley  
BD18 3EH | **Wednesdays**  
2.00 pm - 4.00 pm |
| **The Feelgood Group**  
| Catherine Bartle  
| Pat Barwick | A group focused around promoting positive emotional wellbeing by exploring Relaxation and Art techniques. | Meeting Room 2  
| Bingley Methodist church  
| Herbert street  
| Bingley  
| BD16 4JU | Thursdays  
| 10.30am – 12.30 pm |

### AIREDALE AND WHARFEDALE

#### Bereavement Peer Support Group
Margaret Thornber

- This is an informal peer support group for anyone over the age of 18 who has recently lost a loved one. Come along to learn from each other about coping strategies, support each other and make new friends. (please note this is not counselling)
- Little House  
| Market Street  
| Bingley  
| BD16 2HP | Thursdays  
| 10.30am – 12.30 pm |

#### Busy Minds
Helen Jordan

- Exploring Relaxation and Mindfulness - This group is aimed at people who would like to revitalize mind and body, help improve focus, and reduce stress.
- Keighley Healthy Living  
| 13 Scott Street  
| Keighley  
| BD21 2JH | 1st and 3rd Monday of the month  
| 10.00 am -12.00 md  
| 1 July  
| 15 July |

#### Chill and Chat
Hazel Crowther

- Chill and chat with a friendly bunch of people. Occasional speakers, but mostly good chat and a cup of tea.
- Central Hall  
| Alice Street  
| Keighley  
| BD21 3JD | Mondays  
| 10.15 am - 12.15 pm |

#### Creating Friends Art Group
Linda Barron  
Pauline Gill

- A friendly informal group, enthusiasm is all you need.
- Central Hall  
| Alice St  
| Keighley  
| BD21 3JD | Fridays  
| 10.00 am - 12.00 md |

#### Creative Writing
Pam Barnes  
Tamar Yellin

- The only thing you need is a desire to write – and pen and paper.
- Ilkley Library  
| Station Road  
| Ilkley, LS29 8HA | Wednesdays  
| 1.00 pm - 3.00 pm |

#### Heartbeat
Val Mills  
Val Gustard

- For people diagnosed with an irregular heartbeat, their family/carers or friends.
- Canalside Health Care Centre  
| 2 Kingsway  
| Bingley  
| BD16 4RP | Tuesdays  
| Fortnightly  
| 10.00 am - 12.00 md  
| 9 July  
| 23 July |

#### Keighley Women’s Group
Marcella Drennon

- This is a friendly group for anyone who would like to explore their recovery. A recovery approach provides everyone with an opportunity to take back control over their life.
- All Saints Church Hall,  
| Highfield Lane  
| Keighley  
| BD21 2DH | Thursdays  
| 9.15am - 11.15am |

#### Pilates Group
Claire Ormesher

- A pilates class for beginners. Rolling programme **for 6 weeks**. Limited to 8 places. Contact the office to be put on the waiting list.
- Central Hall  
| Alice Street  
| Keighley  
| BD21 3JD | Wednesdays  
| 3.00 pm – 4.00 pm  
| Next class start date: TBC |

#### Reminiscence Writing – Experienced group
Sue Boerrigter  
Kathleen Waddington

- A chance to reminisce and capture your memories on paper, in a friendly group.
- Clarke Foley Centre  
| Cunliffe Road  
| Ilkley  
| LS29 9DZ | Wednesdays  
| fortnightly  
| 2.30 pm – 4.00pm  
| 10 July  
| 24 July |
| **Reminiscence Writing – Starters group**  
Sue Boerrigter  
Kathleen Waddington | A chance to reminisce and capture your memories on paper, in a friendly group.  
Clarke Foley Centre  
Cunliffe Road  
Ilkley  
LS29 9DZ | **Wednesdays**  
fortnightly  
10.30am – 12.00 md  
10 July  
24 July |
| --- | --- | --- |
| **Singing Together**  
Hazel Crowther | For people who want to have fun singing! No talent necessary, just the desire to enjoy singing.  
Central Hall  
Alice Street  
Keighley  
BD21 3JD | **Wednesdays**  
10.30 am - 12.30 pm |
| **STICKS (Simple Therapy in Crochet/Knitting Sessions)**  
Helen Jordan, Pamela Hainsworth | A social, friendly group suitable for everyone from absolute beginners to the very experienced.  
Keighley Healthy Living  
13 Scott Street  
Keighley  
BD21 2JH | 2nd and 4th  
Monday of the Month  
10.00 am - 12.00 md  
8 July  
22 July |
| **Wellbeing & Recovery Support Group**  
Sheila Driver  
Mark Watson | This is a very caring peer support group, helping people to understand they are not alone.  
Central Hall  
Alice Street  
Keighley  
BD21 3JD | **Thursdays**  
11.00 am - 1.00 pm |
| **CRAVEN AREA** | **Action for Happiness**  
Sarah Hampshire | A friendly social group – Watch Action for Happiness webinars or videos, short talks by external speakers on mindfulness, sleep, natural remedies, craft activities, everyone is welcome.  
Settle Community and Business Hub  
Unit 1, Commercial Courtyard  
Settle  
BD24 9RH | 1st and 3rd  
Friday of the month  
10.00 am-12.00 md |
|  | **Craven Crafters**  
Pamela Hainsworth  
Serena Gunputh | Learn a new craft or work on your own project in a friendly, safe and supportive space. Suitable for everyone.  
The Oddfellows Three Links Club  
26 Rectory Lane  
Skipton  
North Yorkshire  
BD23 1ER | **Tuesdays**  
10.00am – 12.00 md |
|  | **Sewing group**  
Jo Rhodes | Become a sewing bee – A sewing group for all abilities. You can either bring your own sewing project or you will be supported in making your own project. Sewing machines are provided, you will be shown how to use one and also trying out different sewing techniques. Come along and meet like-minded people and made new friends.  
Settle Community and Business Hub  
Unit 1, Commercial Courtyard  
Settle  
BD24 9RH | **Mondays**  
9.00 am – 1.00 pm  
(the group moves to a Wednesday if there is a bank holiday Monday that week) |