

Champions Show the Way

Engage Encourage Support Motivate Enable Empower

Champions Show the Way run free volunteer led health and wellbeing activities across the Bradford District.



Activities include

- Art, craft and creative activities
- Walking and gentle exercise groups
- Mental wellbeing and social support groups

Champions Show the Way is one of the
Bradford District Care NHS Foundation Trust's Wellbeing Services

Activities are for anyone aged over 18

“I wasn’t well when I started, but it has helped me to recover and I feel much better now” Walking Group Member



“ My diary is so full now I can’t believe it!
It was always hospital appointments before but now
it’s all sorts of things” Tea and Talk Group Member

If you would like more information about the activities Champions Show the Way provide, please contact:



01274 321911



champions@bdct.nhs.uk



www.bdct.nhs.uk/cstw

“Going along to the sessions has been one of the best things I’ve done. I’d definitely recommend it to others!” Relaxation Group Member