

Champions Show the Way

Champions Show the Way provide **free** volunteer led health and wellbeing activities across the Bradford District

Activities include

- Art, craft and creative activities
- Walking and gentle physical activity groups
- Mental wellbeing and social support groups
- Long term condition peer support groups



Activities are for anyone aged over 18 and could be beneficial to those with a long term health condition.

“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

“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”

Chill and Chat Group Member

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

Walking 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/services/cstw



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Champions Show the Way BDCFT

