

03 April 2018

Champions Show The Way

FREE!! Community Health Champion Led Walks

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.

BRADFORD AREAS		
Tuesdays Free Health Walk 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.	Tuesdays 9.30 am – 10.30 am
Friends of Bowling Park with Barbara Pitts	Bowling Park - Meet at the hut near the tennis courts off Burras Road, Bradford, BD4 7TE	Tuesdays 9.30 am - 10.30 am
Frizinghall Walk (Men Only) with Parveez Ahmed	Meet at Frizinghall Community Centre Midland Road Frizinghall Bradford, BD9 4HX	Mondays 10.00 am - 10.30 am - short walk for beginners 10.30 am - 11.30 am - Longer walk
Haworth Road with David and Sharon Bass	St Martins Church, Haworth Road, BD9 6LL Meet at the community room entrance at the back of the church	Thursdays Meet at 9.45 prompt start at 10.00 am - 11.00 am
Hilton Road Walk with Rehana Kauser	Meet at Hilton Road Masjid Hilton Education & Community Centre Hilton Road Bradford, BD7 2ED	Thursdays 9.00 am - 10.00 am ON HOLD
Holmewood Walk with Barbara Wainwright	Holmewood Library Broadstone Way Bradford BD4 9DX	Mondays 9.45 am - 12.00 noon
Horton Bank top Walk With Peter Dyson	Meet outside Horton Bank Top Surgery 1220 Great Horton Road Bradford, BD7 4PL	Mondays Meet at 10.50 am Walk starts at 11.00 am prompt, finishes at 12.00 noon
Horton Park Walkers 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	Mondays 10.30 am – 11.30am
Lister Park Walk with Anne Griffin	Meet at Carlisle Business Centre, 60 Carlisle Road, BD8 8BD This is a one hour walk.	Thursdays – Either meet at 9.30 am - Carlisle Business Centre Or 9.45 am - Prince of Wales Gate, (Lister Park) North Park Road.
Low Moor Strollers with David Broadbent and Tim Grunwell	Meet at the Park Road entrance park gates to Harold Park, Low Moor	Fridays 11.00am – 11.30 am

<p>Out and About (womens only walk) With Sally Teasdale, for more information on the walks ring 07494 558337</p>	<p>Meet at Stephens Primary School gates. Flat gentle walk.</p>	<p>Wednesdays Alternate month times 1.00 – 2.30 pm – April 9.00 – 10.30 am – May 1.00 – 2.30 pm – June</p>
<p>Peel Park Starters Walk with Ann Newmark</p>	<p>Meet at Community works Centre, Undercliffe Lane, Bradford, BD3 0DW , for a gentle walk around Peel Park. Returning back to the centre for refreshments.</p>	<p>Tuesdays 10.00 am – 11.00 am</p>
<p>The Ridge Walkers with Michael Whyte and Tim Grunwell</p>	<p>Meet in the Community Lounge next to Jan's café, Ridge Medical Practice, Cousen Road, BD7 3JX</p>	<p>Thursdays 10.00 am – 10.30 am</p>
<p>Tong Valley Walkers With Emma Lewis</p>	<p>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.</p>	<p>Wednesdays 9.30 am – 11.00 am No walk on 4 & 11 April</p>
<p>VIP Walks (for people with visual impairments) with Peter Kierman, David McCormack, Rae Harvey and other Champions</p>	<p>Walks vary each month, usually rotating between Low Moor, Lister Park and Saltaire.</p>	<p>1st Monday of the Month 10.00 am - 12.00 Please Contact Razia Islam before referring to this walk 9 April 2018</p>
<p>Walking Back to Happiness With Rodney Kench</p>	<p>Meet at Thornton Primary School Thornton Road, BD13 3NN Flat walk with some inclines. Everyone welcome.</p>	<p>Tuesdays 1.00 pm – 2.00 pm</p>
<p>West End Walkers with Fran Holgate</p>	<p>Meet at the main entrance of West End Community Centre , inside St Oswalds Church Christophers Street, BD5 9DH</p>	<p>Thursdays 1.30 pm – 3.00 pm</p>
<p>Wibsey Walkers With Gwyneth Chatburn, Tim Grunwell, Betty Stothers and Carol Holdsworth</p>	<p>Meet at the Beacon Road entrance to Wibsey Park, BD6 3QD On the 3rd Monday of the month there is the option to go on an alternative walk, further afield.</p>	<p>Mondays 11.00 am – 12.00 md</p>
<p>Woodland Wanderers With Patricia Haigh Please contact Patricia on 07379 539110 for more information.</p>	<p>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 - 22 March – Shipley Glen to Shipley 29 March – Calverley to Greengates</p>	<p>Thursdays 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.</p>
<p>Wyke Lane Circular Walk Mandy Greaves and Stan Clay</p>	<p>Meet at Sunnybank Medical Practice Towngate Bradford BD12 9NG This is a steady paced walk around Wyke</p>	<p>Mondays 9.30 am – 10.45 am</p>

SHIPLEY & SURROUNDING AREAS		
Baildon with Peter and Yvonne Kierman and Howard Lloyd	Meet at the corner of Westgate and Springfield Road Baildon BD17 5NA	Wednesdays 10.45 am - 11.45 am
Bingley Walkers with Sheila Furness, Ralph Harding and Christine Bondarenko	Bingley Arts Centre Main Street Bingley BD16 2LZ	Tuesdays 2.00 pm- 3.00 pm No walk 3 April
Bingley 2 Hour Walk with Ronda Christensen, Ralph Harding and Christine Bondarenko	Meeting point varies. Contact Ronda on 07929 898503 for details	Thursdays 12.30 pm - 2.30 pm
Bolton Wanderers, Eccleshill 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.	2nd & 4th Tuesday of the Month 9.30 am – 11.30 am
Cottingley Trail With Eve Wilson and Howard England	Meet in the reception area in Cottingley Cornerstone centre.	Wednesdays 10.00 am – 11.00 am
Cullingworth Walkers with Peter Rye, Judith Bentley, Andrew Bond, Kathleen James, and Ron Thompson.	Methodist Church Dellside Fold Cullingworth BD13 5EX	Thursdays 9.15 am -10.15 am 50p donation for refreshments
Cullingworth Walkers – Level walk	Methodist Church Dellside Fold Cullingworth BD13 5EX	Thursdays 9.15 am - 10.15 am 50p donation for refreshments
Cullingworth Walkers - Shorter, slower walk with Rae Harvey	Methodist Church Dellside Fold Cullingworth BD13 5EX	Thursdays 9.15 am - 10.15 am 50p donation for refreshments
Eccleshill Slow Walk 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	Fridays 11.00 am - 12.00 noon
Health Walk for All with Bryan Walkden	St Ives Estate, Harden, Bingley, BD16 1BA Meet at the bottom carpark by the main gates	Saturdays 10.30 am - 12.00 noon
ShIPLEY Footsteps with Maureen Myers	ShIPLEY Town Hall, BD18 3EJ Meet at the side of the building, by the bench.	Fridays 11.00 am -12.00 noon
Slow Mobility Walk at St Ives Estate, Bingley 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.	Wednesdays 11.00 am – 12.00 noon
Westcliffe Walkers – PHC With Tony Urwin	Meet at the Westcliffe Medical practice	1st Monday of the Month 11.00 am – 12.00 noon

Wilsden Walkers (A) 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	Mondays (Except bank holidays) 9.15 am - 10.45 am
Wilsden Walkers Level (B) with Kath James, Christine Dufton, Gill Smith, Sheila Nurse, Kath Crabtree, Tina Watkinson	Wilsden Village Hall Townfield BD15 0HT £1 donation for refreshments	Mondays (Except bank holidays) 9.15 am - 10.15 am
Wilsden Walkers - Shorter, slower walk (C) with Rae Harvey	Wilsden Village Hall Townfield BD15 0HT £1 donation for refreshments	Mondays (Except bank holidays) 9.15 am - 10.15 am
KEIGHLEY & SURROUNDING AREAS		
Aire & Worth Valley Wanderers 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. May 3rd – A stroll round Devonshire and Cliffe Castle Parks (2 ¼ miles) Meet at the main Gates of Devonshire Park on Spring Gardens Lane. Come and enjoy the spring blooms and see the improvements done to Cliffe Castle Park. May 10th - Oakworth circular via Grouse inn (3 ½ miles) Meet at Keighley Bus station and catch 1.10pm K7 Oakworth bus or meet at the bus terminus on Low Bank Drive at 1.30pm. May 17th – East Morton Circular via Sunnysdale & the Glen (3 ½ miles) Meet at Keighley Bus station and catch 1.55pm 727 Cullingworth bus or meet outside the Busfield Arms in East Morton at 2.05pm. May 24th - Micklethwaite Circular meet at the canal swing bridge on Micklethwaite Lane.	Thursdays 1.30 pm - 3.00 pm April 5th – Cliffe Castle to Riddlesden via Utley (3 miles) Meet at the Cliffe Castle carpark on Spring Garden Lane, April 12th - Haworth circular via Marsh (3 ½ miles) Meet at Keighley bus station and catch the 1.05pm B3 Hebden Bridge Bus or meet at Haworth Railway station at 1.20pm. April 19th - Riddlesden Circular via the old Riddlesden Golf Course (3 miles) Meet by the canal road Bridge on Bar Lane. April 26th - Silsden Circular (3 ½ miles) Meet at Keighley Bus Station and catch the 12.55pm 62 Otley bus or meet outside the Kings Arms Pub in Silsden at 1.15pm.
Burley in Wharfedale with Ann Nuttall, and Elaine Shankland	Meet outside the front door of Burley Library Grange Road Burley in Wharfedale, LS29 7HD	Tuesdays 10.00 am - 11.00 am
East Riddlesden Walkers with Judith Bentley and Bryan Walkden	Meet outside Airedale Barn, The first building on the left in East Riddlesden Hall Bradford Road Riddlesden, BD20 5EL	Tuesdays 2.00 pm - 3.00 pm
Highfield Women's Walkabout With Razia Begum	Meet in the entrance of Highfield Community Centre 21 Drewry Road Keighley. BD21 2QG	Wednesdays 10.00 am – 11.00 am School term time only
Ilkley 2 hour Walk 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.	Fridays 10.00am - 12.00 noon