

3 July 2018

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.

BRADFORD AREAS			
Cinema Group Bernadette Jarvis	Film watching with optional sing along to keep those brains active. 8 Aug – The Big Bounce 5 Sept – Fools Gold	St Mathews Church Carr Bottom Road Bankfoot, Bradford BD5 9AA	Wednesday - Monthly 1.15 pm - 2.45 pm 11 July – Muriel's wedding
Reading Aloud group Gail Berridge	A chance to get together and improve the skills of reading in a friendly supportive way.	Community Works Undercliffe Lane Bradford, BD3 0DW	Wednesdays 12.30 pm – 2.30 pm ON HOLD
Connect Through Creativity (womens only group) Rubina Nazi and Sally Teasdale	New Group starting Wednesday 27 June	Parkside Centre Bradford BD5 8EH	Wednesdays 1.00 pm - 3.00 pm
Denholme Scribes Creative Writing Group Cas Trustlove-Smith	Come and explore your inner, creative self in a relaxed and informal atmosphere.	Denholme Shared Church Keighley Road Denholme Bradford BD13 4JT	Tuesdays 10.30 am – 12.00 pm
Extend Exercise Class Bernadette Jarvis	Gentle seated and some standing exercise. This is a very sociable group who want to make exercise fun.	St Mathews Church Carr Bottom Road Bankfoot Bradford BD5 9AA	Fridays 2.00 pm - 3.30 pm <i>Apart from Easter and Christmas</i>
Feelgood Group Bev Monkman	A group focused around promoting positive emotional wellbeing by exploring relaxation and art and craft techniques.	Carers Hub at Horton Park Health Centre, Level 2 99 Horton Park Avenue BD7 3EG	Wednesdays 10.30 am – 12.00pm
Health Club (Women only group) Humera Khan 6 Week Course	A welcoming, friendly peer support group that covers topics like; nutrition, salt & sugar, good fat/bad fat. Also includes gentle exercises.	Community Works Undercliffe Lane Bradford BD3 ODW	Mondays 10.30 – 12.30 pm ON HOLD
Manningham Women's Group Angela Cannon Ilona Fabian Simon Reynolds Chris Binns	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 Hallfield Road Manningham Bradford BD1 3RP	Wednesdays 9.15 am – 11.15 am 'Working in partnership with Moving Forward'

Mindfulness Sessions Mohammed Khan and Reena Khan	Experience guided Mindfulness sessions.	Community Lounge The Ridge Medical Practice Cousen Road BD7 3JX	Tuesdays 10.00 am - 12.00 md
Pregnant Mums Tea & Talk Sanah Iqbal	The group is for pregnant mums, come along to socialise, gain peer support, gentle exercise (short walk) and promote self-help and wellbeing.		Mondays (AM) ON HOLD
Quiz Group Bernadette Jarvis	A quiz to keep brains active and socialize with others over Afternoon tea and Bingo. 18 July – Name That film	St Mathews Church Carr Bottom Road Bankfoot, Bradford, BD5 9AA	Wednesdays Fortnightly 2.00 pm - 3.30 pm Dates: 4 July – Music Quiz
Relaxation Group Jyoti Parmer	Experience guided Relaxation sessions for everyone.	Community Lounge The Ridge Medical Practice Cousen Road BD7 3JX	Wednesday Registration at 10.15 am, group starts at 10.30am to 12.15 md
Sing Out Barbara Pitts	Singing for fun – no experience necessary. Everyone welcome.	Culture Fusion 125 Thornton Road Bradford BD1 2EP	Thursdays 10.30 am - 12.30 pm
Skillshare Group Doreen Kerfoot, Maureen Dewhirst and Maureen Jones	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 Group is now full: please contact to put on waiting list
Wellbeing Group supported by James Stockton, Mark Watson, Mary lockey, 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
Women's Group Rubina Niazi	Come along and socialise, gain peer support and promote self-help and wellbeing. Also includes gentle exercises.	Women Zone 19-21 Hubert Street Bradford BD3 9TE	Thursdays 11.00 am –1.00 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. The ladies practice 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 Hallcliffe 1-3 Northgate Baildon BD17 6LX	Thursdays 9.45 am - 11.45 am
Family History Jane Hornshaw and Liz Rodgers	A drop in session to discover your family history.	Cottingley Cornerstone Centre Cottingley Bingley BD16 1AL	Wednesday 10.00 am - 12.00 md

Friday Friends Jenny Medley and Anne Smith	Share ideas and hobbies, have fun, chat and have afternoon tea and cake. No meeting in August	St James Church Hall Beaufort Grove Bolton BD2 4LJ	Fridays fortnightly 2.00 pm - 4.00 pm Dates: 13 July and 27 July
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 BD17 6NX	Mondays 1.00 pm - 3.00 pm
Singing Group – Sing for Joy Maureen Myers, Shiela Jeffery and Sue Stewart	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 and Pat Barwick	A group focused around promoting positive emotional wellbeing by exploring Relaxation and Art techniques.	Canalside Health Care Centre 2 Kingsway Bingley BD16 4RP	Thursdays 10.30 am – 12.30 pm
AIREDALE AND WHARFEDALE			
Bracken Bank Group Marcella Drennon Paul Skinner Chris Binns	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.	Sue Belcher Centre Bracken Bank Avenue Keighley BD22 7AE	Wednesdays 9.30am - 11.30am 'Working in partnership with Moving Forward'
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 2 July 16 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 and 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 and 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 and 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 10 July and 24 July
Keighley Women's Group Marcella Drennon Simon Reynold	This is a friendly group for anyone who would like to explore their recovery. A recovery approach provides everyone with	All Saints Church Hall, Highfield Lane Keighley BD21 2DH	Thursdays 9.15am - 11.15am

Chris Binns	an opportunity to take back control over their life.		'Working in partnership with Moving Forward'
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 - 12 September 2018
Pre-diabetes prevention and management course	Have you been diagnosed as being a pre-diabetic? If so, this 6 week course can provide helpful information on pre-diabetes prevention and management. To show your interest in the course please call us on 01274 321911 to put your name on the waiting list. Once we have sufficient numbers we will contact you with further details	Oakglen Surgery Eldwick Bingley BD16 3PA	Wednesdays 10.00am – 12.30pm Starting 8 August for 6 weeks
Reminiscence Writing Sue Boerrigter, Edythe Geoghegan and 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 - 4.00 pm Dates: 11 July and 25 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
Space to Stop (A Mindfulness Group) Helen Jordan and Pam Barnes	Mindfulness can help us enjoy life more and understand ourselves better. A friendly drop-in session.	Central Hall Alice Street Keighley BD21 3JD	Last Tuesday of every Month 2.00 pm - 4.00 pm Dates: 31 July
STICKS <i>(Simple Therapy in Crochet/Knitting Sessions)</i> Helen Jordan and 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 9 July and 23 July
Stroke Peer Support Group	A supportive and friendly social group for stroke survivors. Meet in the café area.	Sight Airedale 1 Albert St Keighley BD21 2AT	Wednesdays 10.30 am – 12.30 pm ON HOLD
Wellbeing & Recovery Support Group Sheila Driver and Arran Firdos	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			
Craven Crafters Pamela Hainsworth, Serena Gunpath and Angi Williamson	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 10.00 am – 12.00 md