

1 July 2021

## Champions Show The Way

**FREE!! Community Health Champion Led Activities**

Follow this link to make a referral to this service <https://www.bdct.nhs.uk/services/cstw/>

**Or ring 01274 321911 or email [champions@bdct.nhs.uk](mailto:champions@bdct.nhs.uk) for more information.**

**Please do not turn up to these groups without prior arrangement.**

<b>VIRTUAL GROUPS</b>			
<b>Chat 'n' Relax</b> Indira Durlabhbai	This is a friendly peer support group aimed at anyone who would like to assist their recovery of mind and body through chat and simple relaxation techniques  <b>Closed group</b>	<b>Meet Virtually via Whatsapp</b>	<b>Tuesdays</b> 11.00 am –12.00 md
<b>The Check-In</b> Matthew Riley  <b>NEW GROUP</b>	Peer Supported Men's Health Group Come along to share your experiences, thoughts and feelings and get support from others in a respectful, confidential space.	<b>Meet Virtually via Microsoft teams.</b>	<b>Wednesdays</b> Evert 2 <sup>nd</sup> and 4 <sup>th</sup> week 10.30am – 12.00 pm <b>Starting 14 July</b>
<b>Creative Writing</b> Tamar Yellin Emily Devane Pam Barnes	Explore creative writing - The only thing you need is a desire to write – and pen and paper.	<b>Meet Virtually via Microsoft teams.</b>	<b>Wednesdays</b> 12.30pm - 2.00 pm
<b>Creativity in the Aire</b> Jackie Runton	A chance to tap into your creativity and get hands-on, transforming everyday items you have at home into useful objects that look good! No specialist skills required as you will be guided and supported by Jackie. Everyone welcome.	<b>Meet Virtually via Microsoft teams.</b>	<b>Wednesdays</b> 1.30pm - 3.00 pm
<b>Explore Mindfulness</b> Helen Jordan	Practicing Mindfulness can bring benefits to your wellbeing. Experience isn't necessary, just come and have a go!	<b>Meet Virtually via Microsoft teams</b>	<b>Wednesdays,</b> 11 am - 12.00 md
<b>Ladies Wellness group</b> Staff Led with Rubina Niazi and Saiqa Akhtar	Qi Gong and Holistic Wellbeing Sessions  <b>Closed Group</b>	<b>Meet Virtually via Microsoft teams.</b>	<b>Tuesdays</b> 12.30 – 1.30 pm
<b>The Feelgood Group</b> Sue Holliday	A group focused around promoting positive emotional wellbeing by exploring Relaxation and Art techniques.	<b>Meet Virtually via Microsoft teams</b>	<b>Thursdays</b> 10.30 – 11.30 am
<b>Culture Café Led by Sarah Bayles (staff member)</b>	Missing your holidays abroad? Well look no further whilst we at Champions Show the Way whisk you off to another land via our Culture Café!  Relax and enjoy whilst we share information about a themed country,	<b>Meet Virtually via Microsoft teams.</b>	<b>Tuesdays</b> 2 <sup>nd</sup> & 4 <sup>th</sup> week of the month 10.30 am-11.30 am  Starting 8 June

	there'll be an opportunity to share stories and photos of a holiday you may have had or facts you may have learned about the place.		
<b>Face to Face groups</b>			
<b>Bereavement Peer Support Group</b> Margaret Thornber Maureen Noble	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. <b>(please note this is not counselling)</b>	Meet at the Little House Market Street Bingley BD16 2HP	<b>Tues - 11.00 –1.00pm AND Thurs – 11.00 – 1.00pm Restricted to 6 people per session</b>  <b>CLOSED GROUP</b>
<b>Chill and Chat</b>	<b>Chill and chat with a friendly bunch of people.</b>	<b>ON HOLD</b>	<b>Mondays 10.00am – 11.00am</b>
<b>Khush Haal Women's group (Happiness and Wellbeing)</b> Rubina Niazi	This is a women only group and they will focus on varied wellbeing activities such as Table Tennis, Healthy eating, exercise and peer support.	Women's Zone 19-21 Hubert Street Bradford BD3 9TE	<b>Thursdays 11.00 am – 12.30 pm CLOSED GROUP</b>

