

10 September 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 for more information on how to join the Virtual groups/Face to Face groups.

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

We are working with 'Worth Connecting' to get people online - So If you don't have access to a digital device then Worth Connecting could help! Delivered by Carers' Resource and Age UK Bradford the programme is for people aged 55+ and their aim is to get people online. Sign up to a free 6-week session - you will be loaned a tablet and meanwhile you can try out our virtual groups and see if they work for you! For more information or to book your place contact Worth Connecting on 01274 449660.

Virtual Groups

The Check-In Matthew Riley	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.	Meet Virtually via Microsoft teams.	Wednesdays Evert 2nd and 4th week 10.30am – 12.00 pm
Creative Writing Tamar Yellin Emily Devane Pam Barnes	Explore creative writing - The only thing you need is a desire to write – and pen and paper.	Meet Virtually via Microsoft teams.	Wednesdays 12.30pm - 2.00 pm
Creativity in the Aire 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.	Meet Virtually via Microsoft teams.	Wednesdays 1.30 pm - 3.00 pm
Explore Mindfulness Helen Jordan	Practicing Mindfulness can bring benefits to your wellbeing. Experience isn't necessary, just come and have a go!	Meet Virtually via Microsoft teams	Wednesdays, 11.00 am - 12.00 pm
The Feelgood Group Sue Holliday	A group focused around promoting positive emotional wellbeing by exploring Relaxation and Art techniques.	Meet Virtually via Microsoft teams	Wednesdays 10.30 am – 11.30 am

Face to Face groups

Bereavement Peer Support Group 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. (please note this is not counselling)	Meet at the Little House Market Street Bingley BD16 2HP	Thursday – 10.30 am – 12.30pm Restricted to 12 people per session CLOSED GROUP
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 -11.15 am Restricted to 8 people for a covid safe environment

			ON HOLD UNTIL 15 NOVEMBER
Friday Friends Jenny Medley Anne Smith	Share ideas and hobbies, have fun, chat and have afternoon tea and cake. This group is for people aged 50+	St James Church Hall (The Church Hall is across the road from the church) Beaufort Grove Bolton Bradford BD2 4LJ	Fridays fortnightly 2.00 pm – 3.15 pm Dates: Sept: 10 th No group Sept 24 th Oct 8 th Oct 22 th Nov 5 th Nov 19 th Dec 3 rd Dec 17 th
Khush Haal Women's group (Happiness and Wellbeing) Rubina Niazi	This is a women's only group and they will focus on varied wellbeing activities such as Healthy eating, exercise and peer support. Contact the office to be put on a waiting list	Women's Zone 19-21 Hubert Street Bradford BD3 9TE	Thursdays 12.30 pm – 2.00 pm Restricted to 5 ladies in the group CLOSED GROUP restart 9 September
Men's Wellbeing Group Mark Watson Andrew Palmer	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 25 Hallfield Road Manningham Bradford BD1 3RP	Wednesdays 12.00pm – 1.15pm Restricted to 8 people for a covid safe environment
STICKS (Simple Therapy in Crochet/Knitting Sessions) Helen Jordan, 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 – 11.15 am Restricted to 8 people for a covid safe environment ON HOLD UNTIL 15 NOVEMBER
The Feelgood Group Sue Holliday	A group focused around promoting positive emotional wellbeing by exploring Relaxation and Art techniques.	Meeting Room 2 Bingley Methodist Church Herbert Street Bingley BD16 4JU	Thursdays 11.00 am-12.15pm Restricted to 10 people for a covid safe environment
Wellbeing & Recovery Support Group Mark Watson Andrew Palmer	This is a very caring peer support group, helping people to understand they are not alone.	Keighley Healthy Living 13 Scott Street Keighley BD21 2JH	Thursdays 10.30 am – 11.45 am Restricted to 8 people for a covid safe environment
Wellbeing Group supported by Mark Watson Andrew Palmer	This is a friendly, informal group for anyone who would like to assist their recovery through peer support.	Bradford Deaf Centre 25 Hallfield Road Manningham Bradford BD1 3RP	Tuesdays 10.30 am – 11.45 am Restricted to 8 people for a covid safe environment

