

**Champions Show The Way**

**FREE!! Community Health Champion Led Walks**

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

Please be aware that timings do change, therefore please contact to check dates and times.

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

**We are restricted to 10/15 walkers per Walk leader.**

All walks are 'socially distance' and hand sanitizer is available to use.

BRADFORD AREAS			
<b>Canterbury Wellbeing Walk</b> With Saiqa Akhtar	A Flat gentle walk. Meet at Canterbury Nursery School Basil Street Bradford BD5 9HL	<b>ON HOLD</b>	<b>Wednesdays</b> 9.15 am – 10.30 am Term time only
<b>Eccleshill Health Walkers</b> With Ian Stow and Susan Knox	Meet at Eccleshill Mechanics Institute, Stone Hall Road, Bradford BD2 2EW for a gentle 45 min Walk around the area.	<b>Restricted to 10 walkers per Walk leader– contact champions office for more information</b>	<b>Tuesdays</b> 9.45 am – 10.30 am <b>Restarting</b> 5 April 2021
<b>Friends of Bowling Park</b> with Barbara Pitts, David Topham and Shirley Carlin	Meet at the Lodge (opposite Lister Avenue), Bowling Hall Road, Bowling Park, Bradford, BD4 7TL	<b>Restricted to 10 walkers per Walk leader– contact champions office for more information</b>	<b>Tuesdays</b> 10.00am – 11.00 am
<b>Frizinghall Walk (Men Only)</b> with Parveez Ahmed For more information contact 07816838144	Meet at Frizinghall Community Centre Midland Road Frizinghall Bradford, BD9 4HX	<b>ON HOLD</b>	<b>Mondays</b> 10.00 am - 10.30 am - short walk for beginners 10.30 am - 11.30 am - Longer walk -
<b>Holmewood Walk</b> with Barbara Wainwright, Denise Lindley, Shirley Carlin, Annie McKay, David Forrest	Meet in the layby opposite Holmewood library Holmewood Library Broadstone Way Bradford BD4 9DX	<b>Restricted to 10 walkers per Walk leader– contact champions office for more information</b>	<b>Mondays</b> 9.45 am - 12.00 noon
<b>Horton Bank top Walk</b> With Peter Dyson	Meet at the bottom of Brayshaw Drive, (opposite Horton Bank Top Surgery) BD7 The group usually catch a bus to their walk and need to be there for 10.35 ready for the bus which comes shortly after.	<b>Restricted to 10 walkers per Walk leader– contact champions office for more information</b>	<b>Mondays</b> Meet at 10.35 am length of walk varies depending on walking ability
<b>Mens's Walk in the Park</b> With Parveez Ahmed	This group will meet at Lister Park at the park entrance on Emm Lane BD9 4NR This is a gentle walk around the grounds of Lister Park to support men's health & wellbeing	<b>ON HOLD</b>	<b>Wednesdays</b> 2.00pm - 3.00 pm

<b>Peel Park Walk</b> With Sarah Maybury	Meet at Peel Park (Cliffe road entrance) for a gentle walk around Peel Park, returning back to Park Gates at Cliffe Road. BD2 4BX	<b>Restricted to 10 walkers per Walk leader– contact champions office for more information</b>	<b>Thursday</b> 10.00 am – 11.00 am
<b>The Ridge Walkers</b> with Michael Whyte Tim Grunwell	Meet at the top gates of Horton Park, by the Ridge Medical Practice, Cousen Road, BD7 3JX	<b>Restricted to 10 walkers per Walk leader– contact champions office for more information</b>	<b>Thursdays</b> 11.00 am – 12.00 pm
<b>Walking Back to Happiness</b> With Rodney Kench	Meet at: Thornton Primary School Thornton Road, BD13 3NN Flat walk with some inclines. Everyone welcome.	<b>Restricted to 10 walkers per Walk leader– contact champions office for more information</b>	<b>Tuesdays</b> 1.00 pm – 2.30 pm
<b>Wibsey Walkers</b> With, Tim Grunwell, Betty Stothers, Carol Holdsworth Gwyneth Chatburn	Meet at the Beacon Road entrance to Wibsey Park, BD6 3QD On the 3 <sup>rd</sup> Monday of the month there is the option to go on an alternative walk, further afield.	<b>ON HOLD</b>	<b>Mondays</b> 11.00 am – 12.00 md
<b>Woodland Wanderers</b> With Patricia Haigh Please contact Patricia on 07504991648 for more information.	A walk around Norman Rae Park, Northcliffe or Lister Park	<b>Restricted to 10 walkers per Walk leader– contact champions office for more information</b>	<b>Thursdays</b> 11.00 am – 12.00 md <b>OH HOLD</b>
<b>Wyke Nooks and Crannies Walkers</b>  Tony Green, Stan Clay, Lynda Sweeby, Jean Martin	Meet at Sunnybank Medical Practice Towngate Bradford BD12 9NG This is a steady paced walk around Wyke	<b>Restricted to 10 walkers per Walk leader– contact champions office for more information</b>	<b>Mondays</b> 9.30 am – 10.45 am
<b>SHIPLEY &amp; SURROUNDING AREAS</b>			
<b>Baildon Walkers</b> with Peter and Yvonne Kierman Howard and Christine Lloyd, and Andrew Marshall	Meeting at 2 different locations: Potted Meat Stick, (adjacent to the car park in the village centre) and the bench at the junction of West View/Newton Way (100 metres from the surgery)	<b>Restricted to 15 walkers per Walk leader– contact champions office for more information</b>	<b>Wednesdays</b> 10.45 am and 11am set off times (for a 45 minute walk)
<b>Bingley Walkers</b> with Sheila Furness, Christine Bondarenko	Bingley Arts Centre Main Street Bingley BD16 2LZ	<b>Restricted to 10 walkers per Walk leader– contact champions office for more information</b>	<b>Tuesdays</b> 2.00 pm - 3.00 pm No walk 14 September
<b>Bingley 2 Hour Walk</b> with Christine Bondarenko, Ian Barker, James Muff Dennis Palframan	Meeting point varies: July – Silsden in the main car park August - Baildon, Jenny Lane car park Sept - Harden – on road Harden side of the Malt pub	<b>Restricted to 10 walkers per Walk leader– contact champions office for more information</b>	<b>Thursdays</b> 12.30 pm - 2.30 pm



<b>Cullingworth Walkers A Walk</b> with, John Hudson, Judith Bentley, Kathleen James, Ron Thompson, Pam Dobson, Andrew Bond, Suzanne Trewartha	Meet at Methodist Church Dellside Fold Cullingworth BD13 5EX The group meet back at the church after the walk for refreshments 50p donation for refreshments	<b>Restricted to 10 walkers per Walk leader– contact champions office for more information</b>	<b>Thursdays</b> Meet at 9.15 am, for a prompt start at 9.30 am - finishes at 11.00am – 11.30 am
<b>Cullingworth Walkers – Level walk B Walk</b>	Meet at Methodist Church Dellside Fold Cullingworth BD13 5EX The group meet back at the church after the walk for refreshments 50p donation for refreshments	<b>Restricted to 10 walkers per Walk leader– contact champions office for more information</b>	<b>Thursdays</b> Meet at 9.15 am, for a prompt start at 9.30 am – Finishes at 11.00 am
<b>River Aire Apperley Bridge Walkers</b> with Nick Milsom	Meet at the George and Dragon pub carpark at Apperley Bridge. This is a walk over variable, uneven and muddy terrain, including inclines and stiles, therefore is not suitable for people those with mobility problems. Suitable footwear and clothing must be worn. The group will meet at the Bridge Cafe for a hot drink afterwards if walkers wish	<b>Restricted to 10 walkers per Walk leader– contact champions office for more information</b>	<b>Tuesdays</b> 2.00 pm – 3.00pm
<b>River Aire Walkers</b> with Nick Milsom	Meet at River footbridge at Dock Lane, Shipley. St Ives Street, Parking available at dock lane.	<b>Restricted to 10 walkers per Walk leader– contact champions office for more information</b>	<b>Tuesdays</b> 10.00 am –11.00 am
<b>Shipley Footsteps</b> with Christine Marston Mark Thompson	Shipley Town Hall, BD18 3EJ Meet at the side of the building, by the bench.	<b>ON HOLD</b>	<b>Fridays</b> 11.00 am -12.00 noon
<b>Wilsden Walkers (A)</b> With Sheila Dickerson, Christine Dufton, Lynn Ramsbotham, Bryan Walkden, Sheila Nurse, Christina Watkinson. Andrew Bond	Meet at: Wilsden Village Hall Townfield BD15 0HT £1 donation for refreshments	<b>Restricted to 10 walkers per Walk leader– contact champions office for more information</b>	<b>Mondays (Except bank holidays)</b> 9.15 am - 10.45 am  Starting 13 September
<b>Wilsden Walkers Level (B)</b> with Kath James, Christine Dufton, Gill Smith, Sheila Nurse, Christina Watkinson	Wilsden Village Hall Townfield BD15 0HT £1 donation for refreshments	<b>Restricted to 10 walkers per Walk leader– contact champions office for more information</b>	<b>Mondays (Except bank holidays)</b> 9.15 am - 10.15 am  Starting 13 September



<b>KEIGHLEY &amp; SURROUNDING AREAS</b>			
<b>Aire &amp; Worth Valley Wanderers</b> With Richard Pemberton and Suzanne Trewartha  For further information please contact Richard Pemberton on; g13rjp@gmail.com / 07770792586	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.	<b>Restricted to 10 walkers per Walk leader– contact champions office for more information</b>	<b>Thursdays</b> 1.30 pm - 3.00 pm
<b>Burley in Wharfedale</b> with Ann Nuttall Elaine Shankland	Meet outside the front door of Burley Library Grange Road Burley in Wharfedale, LS29 7HD	<b>Restricted to 10 walkers per Walk leader– contact champions office for more information</b>	<b>Tuesdays</b> 10.00 am - 11.00 am
<b>Haworth Walk</b> Chris Upton Keith Brown	Meet at West Lane Baptist Church Haworth	<b>Restricted to 10 walkers per Walk leader– contact champions office for more information</b>	<b>Monday</b> 11.00 am – 12.00 md
<b>Ilkley 2 hour Walk</b> with, Howard and Maureen England, Louise Rennie Julia Clayton-Stead	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	<b>Restricted to 10 walkers per Walk leader– contact champions office for more information</b>	<b>Fridays</b> 10.00am - 12.00 noon

