



Well Together Service

FREE!! Activity Volunteer Led Groups

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Well Together BDCFT



@BDCFT_WTS

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

Creative Writing Tamar Yellin Emily Devane	Explore creative writing - The only thing you need is a desire to write – and pen and paper.	Meet Virtually via Microsoft teams.	Wednesdays Every 2 weeks 12.30pm - 2.00 pm Summer break Restart 7 Sept 2022
Creativity in the Aire Isobel Murdoch	A chance to tap into your creativity and get hands-on, transforming everyday items you have at home into useful objects that look good! Or bring along your own craft project. No specialist skills required Everyone welcome.	Meet Virtually via Microsoft teams.	Wednesdays 1.30 pm - 3.00 pm
Long Covid Support Group Facilitated by Clare Jowett – lead O.T Jo Smith – Physiotherapist (BDCFT staff) Sarah Bayles/ Shanaz Begum	Come along to share your experiences and get support from others in a respectful, confidential space Contact Well Together service to be referred into this group	Meet Virtually via Microsoft teams	Wednesdays 10.30 am – 11.30 am
The Feelgood Group Sue Holliday	A group focused around promoting positive wellbeing with friendly chat and natter.	Meet Virtually via Microsoft teams	Wednesdays 10.30 am – 11.30 am

Face to Face groups –			
Bradford/Shipley and surrounding area of Bradford			
Bereavement Support Group Linda Metcalfe Shaheen Hussain	This is an informal support group for anyone over the age of 18 who has 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 Community Room Cartwright Hall Lister Park Bradford BD9 4NS	Tuesdays 11.00 am – 12.30pm Restricted to 10 people for a covid safe environment. ON HOLD – please contact us to be put on a waiting list.
CFS/ME (Chronic Fatigue Syndrome) Support Group Paul Beasant Adele Barker	Come along to a friendly peer support group and connect with people who understand	Windhill Community centre Church Street Shipley BD18 2NR	Mondays 6.00pm – 7.30 pm 4 Weekly Monday 25 July – No group Monday 22 August – no group Restart Monday 19 September -
Denholme Scribes writing group Anne Sherriff	Come and explore your inner creative self, in a relaxed and informal atmosphere.	Denholme Mechanics Institute Reading Room Main Road, Denholme Bradford BD13 4BL	Tuesdays 10.30 am – 12.00 md Restricted to 6 people for a covid safe environment
Dressmaking group Sajida Malik.	Come a learn dress making skills from learning to make a pattern to producing your own garment all from our skilled volunteer Sajida Malik.	Meridian Centre Velvet Mills, Lilycroft Road, Bradford BD9 5BD	Tuesdays 1.00pm to 2.30pm Term Time only Restart 6 September
Fibromyalgia Support group Lucy Kitwood Sue Cross Nazmin Din Helen Brackenbury	This is a friendly support group for people with fibromyalgia. Come along and meet people who understand you and what it is like to feel lost in a fog.	The Community Room Cartwright Hall Lister Park Bradford BD9 4NS	Thursdays 11.00 am - 12.30pm Restricted to 10 people for a covid safe environment
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 Road Bradford BD2 4LJ	Fridays fortnightly 2.00 pm – -4.00 pm Dates: restart 2 Sept 16 Sept ,30 Sept 14 Oct & 28 Oct
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 11.30 am – 1.00 pm Restricted to 10 ladies in the group

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
Sing For Joy Sue Stewart Carol Godby	Singing for Fun – no experience necessary, just the desire to enjoy Singing. Everyone welcome	St Peter's Church Moorhead Lane Shipley BD18 4JH	Wednesdays Every 2 weeks 2.00pm - 4.00 pm 10 Aug, 24 Aug 7 Sept, 21 Sept
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

Bingley/Keighley & Wharfedale/Craven area

Bereavement Support Group Margaret Thornber Maureen Noble	This is an informal support group for anyone over the age of 18 who has 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 Capacity for the group is full at present due to Covid restrictions, please contact Well Together to be put on a waiting list
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 Thursday of the month 10.00 am -11.15 am Restart 1 September Restricted to 8 people for a covid safe environment
Craven Crafters Pamela Hainsworth Serena Gunpath	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 10.00am – 12.00 md
Family History Liz Rodgers Paul Rhodes	Are you interested in family history? One of our volunteers will help you get started at looking into your family history. Everyone is welcome.	Cottingley Cornerstone Centre Cottingley Bingley BD16 1AL	Wednesdays 10.00 am – 12.00 md Restricted to 9 people for a covid safe environment.
Let's Talk Menopause Shelley Ford Michele Walton	Come along to a friendly volunteer led support group and connect with other people who are going through the menopause. Refreshments available	The Roebuck Room, Skipton Town Hall, High Street, Skipton, BD23 1AH	Mondays Fortnightly 10.30am to 12.30pm No group 29/8 12 & 26 Sept

Reminiscence Writing Group Sue Boerrigter	An informal, friendly group that enables members to commit their memories to paper, socialise with each other and share their experiences. No writing expertise required, just bring a notepad and pen.	Clarke Foley Centre Cunliffe Road Ilkley LS29 9DZ	Wednesdays fortnightly 2.30pm – 4.00pm Restart 7 September Restricted to 10 people for a covid safe environment
STICKS (Simple Therapy in Crochet/Knitting Sessions) Helen Jordan,	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 Thursday of the Month 10.00 am – 11.15 am Restart 1 September Restricted to 8 people for a covid safe environment
The Feelgood Group Sue Holliday Pat Barwick Angi Williamson	A group focused around promoting positive emotional wellbeing through chat and support with small and varied craft activities	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
WRAP Courses In these 12/8-week volunteer led course you will develop your own wellbeing and recovery action plan by exploring your wellness tools, recognising your stressors, early warning signs, daily maintenance plan, as well as writing your own crisis plan to help you take back control of your life.			
Wellbeing and Recovery Action Plan 12 Week Course Gillian Robinson, Mark Watson and Andrew Palmer	'Wellness Recovery Action Plan (WRAP) is a wellness tool anyone can use to get well, stay well, and make their life more the way they want it to be' Course is now full, taking details for next course starting January 2023	Community Room, Cartwright Hall, Lister Park, Bradford, BD9 4NS	Starting Wednesday 7th of September 2022 10.00am-12.30pm Up to 8 people
Wellbeing and Recovery Action Plan 12 Week Course Helen Jordan and Pamela Hainsworth	'Wellness Recovery Action Plan (WRAP) is a wellness tool anyone can use to get well, stay well, and make their life more the way they want it to be' Course is now full, taking details for next course starting January 2023	Skipton Town Hall, High Street, Skipton, BD23 1AH	Starting Tuesday 27th September 2022 1.30pm-4.00pm Up to 8 people
Wellbeing and Recovery Action Plan 8 Week Course For Young People aged 18-25 Mariyam Hans	'Wellness Recovery Action Plan (WRAP) is a wellness tool anyone can use to get well, stay well, and make their life more the way they want it to be'	Community Room, Cartwright Hall, Lister Park, Bradford BD9 4NS	Starting date Postponed Saturday 30th July 2022 10.30am-1.00pm Up to 8 People