



## Well Together Service

**FREE!! Activity Volunteer Led Groups**

Follow this link to make a referral to this service  
[Well Together service | BDCT](#)



Tel:01274 259190 Email:Welltogether@bdct.nhs.uk



Well Together BDCFT



@BDCFT\_WTS

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

### Virtual Groups

Contact Well Together service to be referred into the virtual group.

<b>Creative Writing</b> Tamar Yellin Emily Devane	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> <b>Every 2 weeks</b> <b>12.30pm - 2.00pm</b>
<b>Creativity in the Aire</b> Isobel Murdoch	A chance to tap into your creativity and get hands-on! The group work to a programme, looking at different art and craft techniques. Alternatively bring along your own craft project. No specialist skills required - everyone welcome.	<b>Meet Virtually via Microsoft Teams.</b>  <b>April 10 - FIVE WAYS</b> Try several short ideas to see how art can boost wellbeing in five different ways – how art can root, ground, absorb, express, and connect. Then tell me what you think. This will help me in the second part of my Arts Council England-funded project, Paint Your Mind: Art As Tool.  <b>April 17 – POP UP POSY</b> Draw some colourful flowers, then make a pop-up card vase to display them in a greetings card. You'll need paper, pens or paint, and some card or thicker paper.  <b>April 24 - PUPPET SHOW</b> Try making a simple hand puppet. You'll need some fabric – or an old sock will do! - plus some fabric scraps or card/paper in different colours.	<b>Wednesdays</b> <b>1.30pm - 3.00pm</b>
<b>Long Covid Support Group</b> Sarah Bayles	Come along to share your experiences and get support from others in a respectful, confidential space.	<b>Meet Virtually via Microsoft Teams.</b>	<b>Wednesdays</b> <b>10.30am - 11.30am</b>  <b>ON HOLD</b>
<b>The Feel-Good Group</b> Sue Holliday	A group focused around promoting positive wellbeing with friendly chat and natter.	<b>Meet Virtually via Microsoft Teams.</b>	<b>Wednesdays</b> <b>10.30am - 11.30am</b>

## Face to Face Groups

### Bradford/Shipley and surrounding areas of Bradford

<p><b>Bereavement and Loss Support Group 'Ladies only'</b> Urfana Ayub Kulsoom Ali</p>	<p><b>LADIES ONLY GROUP</b> The death and loss of a loved one can be a very difficult time. If you are struggling to cope, this volunteer led group can provide support. The aim is to give people a space to talk about their difficulties, and loss, with others in similar situations. <b>(please note this is not counselling)</b></p>	<p>Girlington Community Centre Girlington Road <b>Bradford BD8 9NN</b> (The meeting room is on the ground floor and accessible via the main entrance of the Girlington Centre through the reception area)</p>	<p><b>Thursdays</b> <b>1.00pm - 2.30pm</b>  <b>ON HOLD</b></p>
<p><b>Denholme Scribes writing group</b> Anne Sherriff Tina Watkin</p>	<p>Come and explore your inner creative self, in a relaxed and informal atmosphere.</p>	<p>Denholme Mechanics Institute Reading Room Main Road Denholme <b>Bradford, BD13 4BL</b></p>	<p><b>Tuesdays</b> <b>10.30am - 12.00pm</b>  <b>Closed on 2 April only for Easter</b></p>
<p><b>Dressmaking Woman only group</b> Sajida Malik.</p>	<p>This is a friendly group where you can learn how to make a pattern to go onto produce your own made to measure garment. No previous skills needed just a willingness to learn.</p>	<p>Meridian Centre Velvet Mills Lilycroft Road <b>Bradford, BD9 5BD</b></p>	<p><b>Tuesdays</b> <b>10.00am – 11.30am</b>  <b>TERM TIME ONLY</b>  <b>ON HOLD</b> <b>Restarts after Ramadhan</b></p>
<p><b>Fibromyalgia Support group</b> Lucy Kitwood Nazmin Din Helen Brackenbury</p>	<p>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.</p>	<p>Well Together Hub F75 1<sup>st</sup> Floor Horton Park Medical Centre 99 Horton Park Avenue <b>Bradford BD7 3EG</b></p>	<p><b>1<sup>st</sup> Thursday of each month</b> <b>11.00am - 12.30pm</b>  <b>4 April</b> <b>2 May</b></p>
<p><b>Friday Friends</b> Jenny Medley Anne Smith</p>	<p>We meet for tea, coffee and cake, games and chat! With occasional outings too. Open to anyone 50+</p>	<p>St James Church Hall (The Church Hall is across the road from the church) Beaufort Grove Bolton Road <b>Bradford, BD2 4LJ</b></p>	<p><b>Fridays</b> <b>Every 2 weeks</b> <b>2.00pm - 4.00pm</b>  <b>5 April</b> <b>19 April</b> <b>3 May</b></p>
<p><b>Khush Haal Women's group</b> (Happiness and Wellbeing) Rubina Niazi</p>	<p>This is a women's only group and they will focus on varied wellbeing activities such as Healthy eating, exercise and peer support.</p>	<p>Women's Zone 19-21 Hubert Street <b>Bradford, BD3 9TE</b></p>	<p><b>Thursdays</b> <b>11.00am - 1.00pm</b></p>
<p><b>Men's Wellbeing Group</b> Mark Watson Andrew Palmer</p>	<p>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.</p>	<p>Bradford Deaf Centre 25 Hallfield Road <b>Bradford, BD1 3RP</b></p>	<p><b>Wednesdays</b> <b>12.00pm - 1.15pm</b>  <b>ON HOLD</b></p>

<b>Sing For Joy</b> Sue Stewart	Singing for Fun. No experience necessary, just come and enjoy yourself! Everyone welcome.	St Peter's Church Moorhead Lane <b>Shipley, BD18 4JH</b>	<b>Wednesdays</b> <b>Every 2 weeks</b> <b>2.00pm 4.00pm</b>  <b>3 April</b> <b>17 April</b> <b>1 May</b>
<b>Time for Carers Group</b> Liza Danielle	A craft group specifically for carers.	DeLacey Centre at Bradford Cathedral, 1 Stott Hill, <b>Bradford, BD1 4EH</b>	<b>Tuesdays</b> <b>Every 2 weeks</b> <b>10.00am – 12.00pm</b>  <b>9 April</b> <b>23 April</b>
<b>Wellbeing Group</b> 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 <b>Bradford, BD1 3RP</b>	<b>Tuesdays</b> <b>10.30am - 11.45am</b>
<b>Bingley/Keighley &amp; Wharfedale</b>			
<b>Bereavement Support Group</b> Margaret Thornber Maureen Noble Mary Oxtoby Linda Metcalfe Carole Short Dorothy Pearce	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.	Little House Market Street <b>Bingley, BD16 2HP</b>	<b>Thursdays</b> <b>10.30am - 12.30pm</b>  <b>(please note this is not counselling)</b>
<b>Busy Minds</b> 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 <b>Keighley, BD21 2JH</b>	<b>1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month</b> <b>9.45am - 11.45am</b>  <b>4 April</b> <b>18 April</b>
<b>Creative Writing</b> Tamar Yellin Emily Devane	Explore creative writing - The only thing you need is a desire to write – and pen and paper.	Ilkley library Station Road <b>Ilkley, LS29 8HA</b>	<b>Wednesdays</b> <b>Every 2 weeks</b> <b>1.00pm - 3.00pm</b>  <b>10 April</b> <b>24 April</b>
<b>Family History</b> Liz Rodgers Paul Rhodes Susan Beedham	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 <b>Bingley, BD16 1AL</b>	<b>Wednesdays</b> <b>10.00am - 12.00pm</b>
<b>Reminiscence Writing Group</b> Sue Boerrigter Pamela Booth	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 <b>Ilkley, LS29 9DZ</b>	<b>Wednesdays</b> <b>Every 2 weeks</b> <b>2.00pm – 3.30pm</b>  <b>3 April</b> <b>17 April</b>

<b>STICKS (Simple Therapy in Crochet/Knitting Sessions)</b> Helen Jordan	A social, friendly group suitable for everyone from absolute beginners to the very experienced.	Keighley Healthy Living 13 Scott Street <b>Keighley, BD21 2JH</b>	<b>2nd and 4th Thursday of the Month</b> 9.45am - 11.45am  <b>11 April</b> <b>25 April</b>
<b>The Feel-Good Group</b> Sue Holliday Pat Barwick Angi Williamson Christine Saunders Adna Davidson	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 <b>Bingley, BD16 4JU</b>	<b>Thursdays</b> 10.30am - 12.30pm  <b>GROUP IS NOW FULL</b> <b>Why not try the Virtual group who meet via Microsoft Teams meet on Wednesdays</b> 10.30am - 11.30am
<b>Craven District area</b>			
<b>Bentham Post Cancer Support group</b> Caroline Wilson	This group is open to anyone who has been affected by cancer, whether it is yourself, a family member or friend. We hope that by coming together and sharing our own lived experiences we can help each other post cancer. Refreshments available	Bowland View Meeting room Scholars Rise <b>Bentham, LA2 7FS</b>	<b>4th Thursday of each month</b> 1.00pm - 2.30pm  <b>ON HOLD</b>
<b>Craven Crafters</b> Pamela Hainsworth Cerys Kerswell	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 <b>Skipton, BD23 1ER</b>	<b>Tuesdays</b> 10.00am - 12.00pm
<b>Knit and Natter (or Sew) group</b> Jo Rhodes Julie Phillips Pat Porter	Bring your own items to make or use our materials and sewing machines. We will include sessions which focus on specific activities such as learning to make hats, bags or patchworks, so come and join our friendly group for all levels of experience. Refreshments are provided.	The Settle Community and Business Hub Unit 1 Commercial Courtyard <b>Settle, BD24 9RH</b>	<b>Wednesdays</b> 10.00am -12.00pm
<b>Movement To Music – Settle</b> Gillian Walton Pam Hickin	A relaxing chair based exercise group focused on stretching and movement– Important at any age! Half an hour chair based exercises followed by refreshments and time to socialise with others.	The Place Unit 10D, Commercial Yard Duke Street <b>Settle, BD24 9RH</b> (Opposite the Ruchee Indian restaurant)	<b>2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month</b> 2.00pm – 3.00pm  <b>10 April</b> <b>24 April</b>
<b>Settle Cancer Support Group</b> Caroline Wilson	The group is open to anyone who has been affected by cancer, including patients, Carers, family & Friends. If you fancy some company, a drink, and a chat, please come along. Everyone is welcome.	The Place Unit 11 Commercial Yard Duke Street <b>Settle, BD24 9RH</b> opposite Ruchee Indian restaurant	<b>4<sup>th</sup> Monday of each month (except for bank holidays)</b> 10.30am – 11.45pm  <b>22 April</b>

## 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.

### All our volunteers that lead the WRAP 1 course are trained WRAP 2 Facilitators

<b>Wellbeing and Recovery Action Plan 12 Week Course</b> Mariyam Hans Mark Watson	'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'	Horton Park Medical Centre, Well Together Hub, Room F75, 1 <sup>st</sup> Floor, 99 Horton Park Avenue, <b>BD7 3EG</b>	<b>SEPTEMBER 2024</b> <b>Date and Time to be confirmed</b>  Limited to 12 people in the group  Contact the Well Together team to be placed on the waiting list.
<b>Wellbeing and Recovery Action Plan 12 Week Course</b> Helen Jordan 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'.	<b>TO BE CONFIRMED</b>	<b>SEPTEMBER 2024</b> <b>Date and Time to be confirmed</b>  Limited to 8 people in the group.  Contact the Well Together team to be placed on the waiting list.
<b>Wellbeing and Recovery Action Plan 8 Week Course For Young People aged 18-25</b> 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'	<b>TO BE CONFIRMED</b>	<b>2024</b> <b>Date and Time to be confirmed</b>  Limited to 8 people in the group.  Contact the Well Together team to be placed on the waiting list.