NHS
Bradford District Care
NHS Foundation Trust

Well Together Service

Improving health through volunteer led activities and walks in the community

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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

Meet Virtually via Microsoft Teams	**Wednesdays 1:30pm – 3:00pm**

Creativity In The Aire
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 is welcome.

4 November - Ring the Changes
Choose any one subject, like a swan or a tree, then draw it 4 times, each in a very different style.
11 November - Applique Craft
Create a small applique scene of autumn or of the night sky: you will need fabric scraps, a needle and thread and scissors.
18 November - Bake Off
As the latest Bake-Off series nears its end, draw or paint a baking-themed still life.
25 November - A Garden Idyll
This year marks the centenary of the death of the French Impressionist painter Claude Monet, so have a go at recreating one of his famous pictures, maybe his waterlilies.

Activities And Walks

Healthy Hearts Helen Goulding This is a gentle paced walk of approximately 1 mile (shorter route options if needed) whilst exploring City parks across the Bradford District. The walk aims to support those who have a heart condition who are aiming to increase their physical activity		**ON HOLD** **Restarting In spring 2027**
Relaxation Sessions Joanne Archer Take some time out just for you, learn some relaxation techniques to manage stress and improve your wellbeing. Enjoy a cuppa and some social time. A partner activity with Bradford Trident.		**ON HOLD** **New Details Coming Soon**
STICKS **(Simple Therapy In Crochet / Knitting Sessions)** Helen Jordan A social, friendly group suitable for everyone from absolute beginners to the very experienced.		**ON HOLD** **New Details Coming Soon**
Friday Friends Barbara Matley / Jenny Medley The group meet for tea, coffee, cake, games and chat! With occasional outings too! Open to anyone over 50.	St James Church Hall (the church hall is across the road from the church) Beaufort Grove Bolton Road **BD2 4LJ**	**Fridays** **Every 2 Weeks** **2:00pm – 4:00pm** 13th and 27th November
Myra Shay Walkers Dinara Husainova Meet us for a gentle stroll around this lovely green space and make time for some relaxation, gentle exercise and a friendly chat. Pushchairs welcome.	Myra Shay Park Meet by the top entrance of the park (below Lapage Primary School) **BD3**	**Thursdays** **10:00am – 10.45am** **ON HOLD**
Peel Park Walk Maureen Gamble / Mary Illingworth A gentle walk around Peel Park, returning to the park gates. The walkers then sit back and catch-up over a cuppa at Peelers' Cafe. Suitable for pram and wheelchair users.	Peel Park Meet at Peel Park Cliffe Road entrance **BD3 0LT**	**Thursdays** **10:00am – 11:00am**

Khush Haal Womens Group (Happiness And Wellbeing) Rubina Niazi / Tahera Kacholia **GROUP IS FULL** **Please contact the office to be placed on the waiting list.** A women's only group focusing on varied wellbeing activities such as healthy eating, exercise and peer support.	WomenZone 19-21 Hubert Street **BD3 9TE**	**Thursdays** **11:00am – 1:00pm**
SewingZone Sajida Malik **Please contact the office to be placed on the list.** **12 WEEK PROGRAM** Come and join our friendly and welcoming ladies only get together, where you can chit and chat and learn and share dressmaking skills. No previous skills needed just a willingness to learn. This group offers a 12-week course to help you create, produce and finish a chosen project.	WomenZone 19-21 Hubert Street **BD3 9TE**	**Mondays** **10:30am – 12:30pm** (Except For Bank Holidays) Term Time Only
Friends Of Bowling Park Barbara Pitts / David Topham A gentle paced walk around the beautiful park. Followed by a drink in the café after. **Suitable for pram and wheelchair users**.	Bowling Park Meet at the Lodge Opposite Lister Avenue Bowling Hall Road **BD4 7TL**	**Tuesdays** **10:00am – 11:00am** (Term Time Only)
All Rounders Walking Group Annie McKay / Barbara Wainwright / Yvonne Elvidge Medium paced walks covering local landmarks in the East Bierley/ Holmewood area -bordering to Tyersal Beck and Black Carr Woods (Pudsey). At times the group walk along the canal at Apperley Bridge. Fields and green spaces woven in for interest.	Meet at St Christopher's Church (car park) Holmewood Road Holmewood **BD4 9EJ**	**Mondays** **9:45am – 12:30pm** (Except For Bank Holidays)
West End Walkers Diana Peace A steady paced circular walk around the local area. Participants are welcome to access the centre beforehand anytime from 9am for tea/coffee/toilets Following the walk, participants are welcome to stay at the centre and take part in any other activities on offer.	West End Community Centre Access to the centre via the Southfield Road entrance **BD5 9DH** 07503 184713 (centre mobile)	**Wednesdays** **10:00am – 11:00am** **Every 2 Weeks** 11th & 25th November

Wibsey Walkers Betty Stothers / Tim Grunwell A gentle walk around Wibsey park. **Suitable for pram and wheelchair users.**	Meet at Wibsey Park Beacon Road entrance **BD6 3EY**	**Mondays** **11:00am – 12:00pm** (Except for Bank Holidays)
Walkers and Talkers Harjit Panesar **CLOSED GROUP** The walk will either be locally (2 hours approx.), taking a route through the local estate onto surrounding fields and farmland, or may involve taking a bus to Queensbury and walking back up to Thornton (4 hours approx.) Bus fare: £6.00 day pass required, unless you have a free bus pass.	Meet at the bus stop outside the Esso Petrol Station on Great Horton Road (this is opposite Horton Bank Country Park) **BD7 4LT**	**Mondays** **Meet at 09:45am ready to leave for 10:00am** (Except for Bank Holidays)
The Ridge Walkers Michael Whyte / Tim Grunwell A gentle walk around Horton Park.	Horton Park Meet at the top gates of Horton Park, by the Ridge Medical Practice Cousen Road **BD7 3JX**	**Thursdays** **11:00am – 12:00pm**
You'll Never Walk Alone Michael Whyte A gentle walk around Horton Park.	Meet at the park gates on Horton Park Avenue opposite Horton Park Medical Centre **BD7 3WG**	**Mondays** **11:00am – 12:00pm**
Manningham Library Women's Walking Group Asimah Hussain / HumaFayyaz / Nazreen Akhtar / Shabana Aziz / Safia Rozeen / Zakia Amini **This group is supported by the Bradford Active Travel social prescribing project.** This is a friendly social walk from Manningham Library to Lister Park, enjoying the beautiful scenery of the park and green space, returning to the library To socialize over some light refreshments.	Manningham Library Meet outside the main entrance **BD8 8BB**	**Wednesdays** **10:00am – 11:00am** **Meet at 9:45am**
Harold Park Walk Bernard and Margaret Tetley A 30-45 minute gentle paced walk around Harold Park. **Dogs on leads welcome.**	Harold Park Meet at the main gate Park Road **BD12 0EW**	**Fridays** **11:00am – 11:45am** (Except For Good Fridays)

Wyke Nooks And Crannies Walkers Tony Green / Anne Griffin / Lynda Sweeby / Stan Clay This is a medium paced walk, taking in the nooks and crannies around the Wyke area, passing by allotments, fields and green spaces.	Meet at Wyke Park The Veterans Hut by the bowling green **BD12 9PN**	**Mondays** **9:30am – 10:45am**
Chill, Chat And Relax Mandy Greaves / Michael Shutak / Jane Mead Come along to our friendly group where you learn how to rewind and relax from daily stresses. We'll take you through guided relaxations whilst seated, sharing useful tips and good practice.	Wyke Park Mayfield Terrace Bowling Hut (opposite the bowling green in the corner of the park) Off Towngate Wyke **BD12 9QA** (The postcode will take you to the street opposite the park and is visible to anyone new to the area)	**Mondays** **10:45am – 12:00pm** (Except For Bank Holidays)
Denholme Scribes Writing Group Anne Sherriff / Julie Pryke / Kathyn Holgate / Graham Lockwood Come and explore your inner creative self, in a relaxed and informal atmosphere.	Denholme Mechanics Institute Main Road Denholme **BD13 4BL**	**Tuesdays** **10:30am – 12:00pm**
Cullingworth Walkers John Hudson / Christina Watkinson / Diana Joy Wright / Geoffrey Jones / Helen Melaugh / Kathleen James / Raja Nair / Suzanne Trewartha **A and B Walks** The 'A' walk is a moderately strenuous medium paced walk. There will be some uphill gradients, suitable footwear is necessary. The 'B' walk is generally an easier paced walk avoiding some of the more strenuous routes. Suitable footwear is necessary. The group meet back at the church after the walk for refreshments (optional £1.00 donation) **No dogs allowed.**	Meet at Methodist Church Dellside Fold Cullingworth **BD13 5EX**	**Thursdays** **Meet at 9:15am, for a prompt start at 9:30am** **Finishes at 11:00am / 11:30am**

Wilsden Walkers Joan Capstick (admin only)/ Christina Watkinson / Wilma Nichol / Christine Dufton / Diana Wright / Geoffrey Jones Gill Holmes / Helen Melaugh / John Hudson / Kath James / Rae Harvey / Raja Nair / Sheila Dickerson **A and B Walks** The 'A' walk is a moderately strenuous medium paced walk. There will be some uphill gradients, suitable footwear is necessary. The 'B' walk is generally an easier paced walk avoiding some of the more strenuous routes, suitable footwear is necessary. The group meet back at the village hall after the walk for refreshments. Optional £1 donation for refreshments. **No dogs allowed.**	Meet at Wilsden Village Hall Townfield Wilsden **BD15 0HT**	**Mondays** **A:9:15am - 10:45am** **B:9:15am - 10:15am** (Except For Bank Holidays)
Mindful Miles Natalie O'Hagan Join us on Wednesday mornings for a relaxing mindful walk around Chellow Dene, Allerton. Our aim is to create new friendships, get out in nature and help improve our physical and mental wellbeing.	Allerton Road Meet at the end of Rhodesway, outside Morrisons Daily **BD15 7AB**	**Wednesdays** **10:00am – 11:00am / 11:30am**
Family History Liz Rodgers / Susan Beedham / Irene James / Christine Richardson Are you interested in family history? One of our volunteers will help you get started at looking into your family history.	Cottingley Cornerstone Centre Cottingley Bingley **BD16 1AL**	**Wednesdays** **10:00am – 12:00pm**
Bingley Walkers Christine Bondarenko / Sheila Furness / Ralph Harding Bingley walkers walk different one-hour circuits starting outside Bingley Arts Centre. This is a steady paced walk, some routes are reasonably flat, but they may also walk uphill to the Twines, up Beckfoot Lane, past Canalside into the estate. Come along and try it!	Meet at Bingley Arts Centre Main Street **BD16 2LZ**	**Tuesdays** **2:00pm – 3:00pm**
Bereavement Support Group Carole Short / Dorothy Pearce / Gail Armatage / Linda Metcalfe **Please note this is not counselling.** 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 **BD16 2HP**	**Thursdays** **10:30am – 1:00pm**

The Feel-Good Group Adna Davidson / Sue Holliday / Pat Barwick / Christine Saunders **GROUP IS FULL** **Please contact the office to be placed on the waiting list.** 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** **10:30am – 12:30pm**
Baildon Jubilee Walkers Howard and Christine Lloyd Varied, medium-paced walks making use of the snickets, moorland and green spaces.	Meet at Cecil Avenue Off West Lane **BD17 5LH**	**Wednesdays** **2:00pm – 3:00pm**
Bingley 2 Hour Walk Christine Bondarenko / Ian Barker / James Muff / Joy Spring Meeting point varies. This is a moderately strenuous 'medium-paced' walk. There will be some uphill gradients, suitable footwear is necessary. For months with 5 weeks, walkers are going slightly further afield for the 5th week only.	5th,11th,18th, 25th November Baildon Meet at Jenny Lane car park **BD17 6RJ**	**Thursdays** **1:00pm – 3:00pm**
Create With A Cuppa Sand Rennie Come and explore your creativity with a chat and a cuppa.	Shipley Library 2 Well Croft **BD18 3QH**	**Thursdays** **10:00am – 12:00pm**
Shipley Bookworms Paula Truman / Susan Morrall **This is a partnership activity with Bradford Libraries** **New to book groups?** This is a friendly, inclusive group, for readers of all levels. Try out large print, audio and digital reading options. Tea and coffee provided.	Shipley Library 2 Well Croft **BD18 3QH**	**First Tuesday** **Of Each Month** **2:00pm – 3:00pm** 3rd November
Sing For Joy Sue Stewart Singing for Fun. No experience necessary, just come and enjoy yourself! Everyone welcome.	St Peter's Church Moorhead Lane **BD18 4JH**	**Wednesdays** **Every 2 Weeks** **2:00pm – 4:00pm** 11th and 25th November

Calm At The Castle Helen Brackenbury Learn the art of stillness and calm, deep relaxation and meditation. Sessions are free and open to all, no experience needed.	Cliffe Castle Spring Gardens Lane Keighley **BD20 6LH**	**Tuesdays** **3:00pm – 4:00pm** Term Time Only
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.	Central Hall Keighley Alice Street **BD21 3JD**	**First And Third Thursday Of Each Month** **9:45am – 11:45am** 5th and 19th November
Aire & Worth Valley Wanderers Richard Pemberton / Hannah Mulholland / Suzanne Trewartha / Stewart Towers 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.	For further information please contact Richard Pemberton on; rjpmolly@gmail.com 07770 792586	**Thursdays** **1:30pm – 3:00pm**
Haworth Walk Annie Williams / Debra Butler / Jennifer Clark This is a steady walk through the beautiful countryside around the historic town of Haworth. It is suitable for anyone who can walk a couple of miles, there may be some uneven ground. Suitable footwear and clothing should be worn.	Meet at West Lane Baptist Church Haworth **BD22 8EN**	**Mondays** **11:00am – 12:00pm** (Except for Bank Holidays)
Craven Crafters Pamela Hainsworth / Cerys Kerswell / Jane Schofield Learn a new craft or work on your own project in a friendly, safe and supportive space. Suitable for everyone.	Craven Arts House 55 Otley Street Skipton **BD23 1ET**	**Tuesdays** **10:00am – 12:00pm**

Mood-Boosting Walks Cathy Bruce Easy paced, all-inclusive walks covering all areas of Ilkley. Using nature and mindfulness techniques to restore wellbeing. Must be able to walk up and down hills and steps and over uneven surfaces. Time will be given during each walk to be still and focus on our breathing and our surroundings to promote calmness. Option to join us for a drink in a local community cafe after. **Dogs must be on a short lead at all times.**	Meet at the bottom of Mill Ghyll by the fountain in central Ilkley **LS29**	**Saturdays** **10:00am** **(for approximately 2 hours)**
Addingham Riverside Walking Group Marina Davies / Steph Morris A flat, gentle stroll, usually through the historic village and along the paths by the River Wharfe, spotting a variety of wildlife including kingfishers. Please wear suitable footwear and clothing. Join us afterwards for a free coffee, tea and biscuits at the Addingham Hub **Dogs on leads welcome.**	Meet at Addingham War Memorial next to the car park by Addingham Memorial Hall and opposite the Fleece Main Street Addingham Ilkley **LS29 0LZ**	**Tuesdays** **10:00am – 11:00am/11:30am**
Clarke Foley Circular Walk Charlie Harris / Jill Finnerty Join us for our fairly gentle, friendly walk starting from the Clarke Foley Centre. The walk will be circular starting and finishing at Clarke Foley. There may be some gradients and uneven ground. Suitable footwear and clothing are required. **Dog friendly - must be on lead at all times and well behaved.**	Meet at The Clarke Foley Centre Cunliffe Road Ilkley **LS29 9DZ**	**Fridays** **10:00am – 11:00am**
Ilkley 2 Hour Walk Julia Clayton-Stead / Helen Hack / Sarah Haines / Sue Tupling / Warren Brown / Rachel Jordan Routes will vary. Terrain can be variable with uneven ground people need to be reasonably physically fit. There is another option to do a shorter walk for those who would struggle to walk for the full time/distance. **No dogs allowed.**	Starts from The Bandstand Opposite Bettys Tea Room The Grove Ilkley **LS29 9EE**	**Fridays** **10:00am – 12:00pm**

Settle Public Living Rooms Jo Rhodes The group offers a space for people to participate in activities such as card games and crafts, but there is no pressure to take part if you want to just chat and have some company. Hot meals and drinks are also on offer, with the chance for service users to help with the cooking. **We welcome well-behaved dogs.**	Public Living rooms Settle Quakers 21 Kirkgate Settle **BD24 9DX**	**Mondays** **And** **Thursdays** **10:30am – 1:30pm**
Better Days Audrey Larkin **This group is run in conjunction with Rethinking Pain.** **A free bookable 20-minute volunteer led 1-1 complimentary therapy session will be available to anyone attending.**	The Place (Opposite Ruchee Indian restaurant) Unit 11 Commercial Yard Duke Street Settle **BD24 9RH**	**First Wednesday Of Each Month** **1:00pm – 3:00pm** **ON HOLD**
Settle Cancer Support Group Audrey Larkin **A free bookable 20-minute volunteer led 1-1 complimentary therapy session will be available to anyone attending.** 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 (Opposite Ruchee Indian restaurant) Unit 11 Commercial Yard Duke Street Settle **BD24 9RH**	**Fourth Monday Of Each Month** **10:30am – 11:45am** (Except for Bank Holidays) 23 November
Settle Knit And Natter (Or Sew) Group Jo Rhodes / Samantha Glossop 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 Place (Opposite Ruchee Indian restaurant) Unit 11 Commercial Yard Duke Street Settle **BD24 9RH**	**Wednesdays** **10:00am – 12:00pm**
Settle Vision- Aid Group Anne Webster Are you Registered Severely Sight Impaired (Blind); or do you suffer from vision loss; Macular Degeneration; Cataracts; Glaucoma or any other sight issues? Settle vision- Aid group is a volunteer led peer support group which meets on the fourth Monday of each month to chat, share problems and useful tips over some refreshments in a relaxing environment. Guest speakers will also join meetings at various points of the year to share information regarding sight loss.	The Place (Opposite Ruchee Indian restaurant) Unit 11 Commercial Yard Duke Street Settle **BD24 9RH**	**Fourth Monday Of Each Month** **1:00pm – 3:00pm** 23 November