

AUGUST 2025



# Well Together Service

## FREE Volunteer Led Activity Groups



01274 259190
 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>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>Wednesdays</b> <b>1.30pm - 3.00pm</b>
		<p><b>August 6 - DAYDREAMING</b></p> <p>Paint or draw whatever "daydreaming" makes you think of.</p> <p>Maybe a comfortable chair to sit in to dream, or something you daydream about and spend some mindful creative time.</p>	
		<p><b>August 13 - BRADFORD 2025</b></p> <p>Have a go at the theme the Bradford 2025 organisers set for August (<a href="https://bradford2025.co.uk/programme/draw">https://bradford2025.co.uk/programme/draw</a>)</p>	
		<p><b>August 20 - SUMMER BREAK</b> <b>NO GROUP</b></p>	
		<p><b>August 27 - SUMMER BREAK</b> <b>NO GROUP</b></p>	

# Face To Face Groups

## Bradford, Shipley And Surrounding Areas

<b>Chill, Chat And Relax</b> Mandy Greaves Jane Mead Michael Shutak	Come along to our friendly group. Learn how to unwind and relax from daily stresses. We'll take you through guided relaxations whilst seated, sharing useful tips and good practice.	Veterans Hut Wyke Park Off Towngate <b>Wyke, BD12</b>	<b>Mondays</b> <b>10.45am - 12.00pm</b> <b>(Except for Bank Holidays)</b>
<b>Create With A Cuppa</b> Sand Rennie Aishat Arowosegbe	Come and explore your creativity with a chat and a cuppa.	Shipley Library 2 Well Croft <b>Shipley, BD18 3QH</b>	<b>Thursdays</b> <b>10.00am - 12.00pm</b>
<b>Denholme Scribes Writing Group</b> Anne Sherriff Tina Watkin	Come and explore your inner creative self, in a relaxed and informal atmosphere.	Denholme Mechanics Institute Main Road Denholme <b>Bradford, BD13 4BL</b>	<b>Tuesdays</b> <b>10.30am - 12.00pm</b>
<b>Friday Friends</b> Jenny Medley	We meet for tea, coffee and cake, games and chat! With occasional outings too. Open to anyone 50+	St James Church Hall (The Church Hall is across the road from the church) Beaufort Grove Bolton Road <b>Bradford, BD2 4LJ</b>	<b>Fridays</b> <b>Every 2 weeks</b> <b>2.00pm - 4.00pm</b>  <b>1, 15 &amp; 29 August</b> <b>12 &amp; 26 September</b>
<b>Khush Haal Womens Group (Happiness And Wellbeing)</b> 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.	WomenZone 19-21 Hubert Street <b>Bradford, BD3 9TE</b>	<b>Thursdays</b> <b>11.00am - 1.00pm</b>  <b>GROUP IS FULL</b> Please contact the office to be placed on the waiting list
<b>SewingZone</b> Sajida Malik	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 <b>Bradford, BD3 9TE</b>	<b>Tuesdays</b> <b>10.30am - 12.30pm</b> <b>TERM TIME ONLY</b>  <b>RESTARTS</b> <b>9 September</b>  <b>12 WEEK PROGRAM</b> Please contact the office to be placed on the list
<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>6 August - CANCELLED</b> <b>20 August</b> <b>3 &amp; 17 September</b> <b>1, 15 &amp; 29 October</b>

## Bingley, Keighley And Wharfedale

<b>Bereavement Support Group</b> 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. <b>Please note this is not counselling.</b>	Little House Market Street <b>Bingley, BD16 2HP</b>	<b>Thursdays</b> <b>10.30am - 12.30pm</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>First and Third Thursday of each month</b> <b>9.45am - 11.45am</b>  <b>7 &amp; 21 August</b> <b>4 &amp; 18 September</b>
<b>Calm At The Castle</b> Helen Jordan	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 <b>Keighley, BD20 6LH</b>	<b>Tuesdays</b> <b>2.30pm - 3.30pm</b> <b>TERM TIME ONLY</b>
<b>Creative Writing</b>	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>ON HOLD</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>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>Second and Fourth Thursday of each month</b> <b>9.45am - 11.45am</b>  <b>14 August - CANCELLED</b> <b>28 August</b> <b>11 &amp; 25 September</b>
<b>The Feel-Good Group</b> Sue Holliday Pat Barwick 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> <b>10.30am - 12.30pm</b>  <b>GROUP IS FULL</b> Please contact the office to be placed on the waiting list.

## Craven District

<b>Better Days</b> Pat Porter	<b>This group is run in conjunction with Rethinking Pain</b>  Better Days supports people in the community who struggle with persistent physical, psychological or social pain.	The Place (Opposite Ruchee Indian restaurant) 11 Commercial Courtyard Duke Street <b>Settle BD24 9RH</b>	<b>First Wednesday of each month</b> <b>1.00pm - 3.00pm</b>  <b>6 August</b> <b>3 September</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.	Craven Arts House 55 Otley Street <b>Skipton BD23 1ET</b>	<b>Tuesdays</b> <b>10.00am - 12.00pm</b>
<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 (Opposite the Ruchee Indian restaurant) Unit 10D Commercial Yard Duke Street <b>Settle, BD24 9RH</b>	<b>Second and Fourth Wednesday of each month</b> <b>2.00pm - 3.00pm</b>  <b>13 &amp; 27 August</b> <b>10 &amp; 24 September</b>
<b>Settle Cancer Support Group</b> Caroline Wilson Audrey Larkin	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 (Opposite Ruchee Indian restaurant) Unit 11 Commercial Yard Duke Street <b>Settle, BD24 9RH</b>	<b>Fourth Monday of each month (Except for Bank Holidays)</b> <b>10.30am – 11.45am</b>  <b>25 August - CANCELLED</b> <b>22 September</b>
<b>Settle Knit And Natter (Or Sew) Group</b> Jo Rhodes Samantha Glossop David Singer	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 Yard Duke Street <b>Settle, BD24 9RH</b>	<b>Wednesday</b> <b>10.00am - 12.00pm</b>
<b>Settle Public Living Rooms</b> David Singer Jo Rhodes Rachel Campbell Simon Wells	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 <b>Settle, BD24 9DX</b>	<b>Mondays &amp; Thursdays (Except for Bank Holidays)</b> <b>10.30am - 1.30pm</b>