

**MAY 2026**



# Well Together Service

## FREE Volunteer Led Activity Groups



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Well Together BDCFT

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.

<p><b>Creativity In The Aire</b> Isobel Murdoch</p>	<p>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.</p>	<p><b>Meet Virtually via Microsoft Teams</b>      <b>Wednesdays 1.30pm - 3.00pm</b></p> <p><b>6 May - CURTAIN UP</b> Craft a mini model theatre complete with curtains, scenery and an actor or two, using card and paper (you will need scissors, glue and some thread too)</p> <p><b>13 May - 1066 AND ALL THAT</b> This year the famous Bayeux Tapestry (sewn after the Battle of Hastings in 1066) is on display in London. Draw one of the scenes on the Tapestry.</p> <p><b>20 May - BIRDS OF A FEATHER</b> Draw some bird heads (first some quick outline sketches and then choosing one or two to add colour and detail) and see how different their beaks and bills all look</p> <p><b>27 May - BEHIND THE MASK</b> Make a fun mask using card or thick paper, maybe an animal or a comic character.</p> <p><b>3 June - PABLO PICASSO</b> Try drawing or painting Pablo Picasso's famous Weeping Woman, a powerful and colourful image showing how art can express emotion.</p>
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# 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.	Wyke Park Mayfield Terrace Bowling Hut Opposite the bowling green in the corner of the park Off Towngate <b>Wyke, BD12 9QA</b> The post code will take you to the street opposite Wyke Park and is visible to anyone new to the area	<b>Mondays</b> <b>10.45am - 12.00pm</b> (Except for Bank Holidays)  <b>4 &amp; 25 May</b> <b>BANK HOLIDAY</b> <b>NO GROUP</b>
<b>Create With A Cuppa</b> Sand Rennie	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>28 May</b> <b>CANCELLED</b>
<b>Denholme Scribes Writing Group</b> Anne Sherriff Julie Pryke Kathryn Holgate	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>8 &amp; 22 May</b> <b>5 &amp; 19 June</b>
<b>Khush Haal Womens Group (Happiness And Wellbeing)</b> Rubina Niazi Tahera Kacholia	<p style="text-align: center;"><b>GROUP IS FULL</b></p> <p style="text-align: center;">Please contact the office to be placed on the waiting list.</p> 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>SewingZone</b> Sajida Malik	<p style="text-align: center;"><b>12 WEEK PROGRAM</b></p> 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. <p style="text-align: center;">Please contact the office to be placed on the list</p>	WomenZone 19-21 Hubert Street <b>Bradford, BD3 9TE</b>	<b>Mondays</b> <b>10.30am - 12.30pm</b> (Except for Bank Holidays) <b>TERM TIME ONLY</b>  <b>4 &amp; 25 May</b> <b>BANK HOLIDAY</b> <b>NO GROUP</b>
<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>13 &amp; 27 May</b> <b>10 &amp; 24 June</b>

## Bingley, Keighley And Wharfedale

<p><b>Bereavement Support Group</b> Linda Metcalfe Mary Oxtoby Carole Short Dorothy Pearce</p>	<p style="color: red;"><b>Please note this is not counselling.</b></p> <p>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.</p>	<p>Little House Market Street <b>Bingley, BD16 2HP</b></p>	<p><b>Thursdays</b> <b>10.30am – 1.00pm</b></p>
<p><b>Busy Minds</b> Helen Jordan</p>	<p>Exploring Relaxation and Mindfulness. This group is aimed at people who would like to revitalize mind and body, help improve focus and reduce stress.</p>	<p>Keighley Healthy Living 13 Scott Street <b>Keighley, BD21 2JH</b></p>	<p><b>First and Third Thursday of each month</b> <b>9.45am - 11.45am</b></p> <p style="color: red; text-align: center;"><b>ON HOLD</b></p> <p style="color: red; text-align: center;"><b>Please contact Well Together for restart date</b></p>
<p><b>Calm At The Castle</b> Helen Jordan</p>	<p>Learn the art of stillness and calm, deep relaxation and meditation. Sessions are free and open to all, no experience needed.</p>	<p>Cliffe Castle Spring Gardens Lane <b>Keighley, BD20 6LH</b></p>	<p><b>Tuesdays</b> <b>3.00pm - 4.00pm</b> <b>TERM TIME ONLY</b></p> <p style="color: red; text-align: center;"><b>26 May</b> <b>NO SESSION</b></p>
<p><b>Family History</b> Liz Rodgers Paul Rhodes Susan Beedham</p>	<p>Are you interested in family history? One of our volunteers will help you get started at looking into your family history. Everyone is welcome.</p>	<p>Cottingley Cornerstone Centre Cottingley <b>Bingley, BD16 1AL</b></p>	<p><b>Wednesdays</b> <b>10.00am - 12.00pm</b></p>
<p><b>STICKS (Simple Therapy In Crochet/Knitting Sessions)</b> Helen Jordan</p>	<p>A social, friendly group suitable for everyone from absolute beginners to the very experienced.</p>	<p>Keighley Healthy Living 13 Scott Street <b>Keighley, BD21 2JH</b></p>	<p><b>Second and Fourth Thursday of each month</b> <b>9.45am - 11.45am</b></p> <p style="color: red; text-align: center;"><b>ON HOLD</b></p> <p style="color: red; text-align: center;"><b>Please contact Well Together for restart date</b></p>
<p><b>The Feel-Good Group</b> Adna Davidson Sue Holliday Pat Barwick Christine Saunders</p>	<p style="color: red; text-align: center;"><b>GROUP IS FULL</b></p> <p style="color: red; text-align: center;"><b>Please contact the office to be placed on the waiting list.</b></p> <p>A group focused around promoting positive emotional wellbeing through chat and support with small and varied craft activities.</p>	<p>Meeting Room 2 Bingley Methodist Church Herbert Street <b>Bingley, BD16 4JU</b></p>	<p><b>Thursdays</b> <b>10.30am - 12.30pm</b></p>

## Craven District

<p><b>Better Days</b> Suzanne Wakeman</p>	<p style="text-align: center;"><b>This group is run in conjunction with Rethinking Pain</b></p> <p>Better Days supports people in the community who struggle with persistent physical, psychological or social pain.</p> <p><b>A bookable 20 minute volunteer led 1-1 complimentary therapy session will be available to anyone attending the group free of charge.</b></p> <p><b>Please ask for more information</b></p>	<p>The Place (Opposite Ruchee Indian restaurant) Unit 11 Commercial Yard Duke Street <b>Settle, BD24 9RH</b></p>	<p><b>First Wednesday of each month</b> <b>1.00pm - 3.00pm</b></p> <p><b>6 May</b> <b>3 June</b></p>
<p><b>Craven Crafters</b> Pamela Hainsworth Cerys Kerswell</p>	<p>Learn a new craft or work on your own project in a friendly, safe and supportive space. Suitable for everyone.</p>	<p>Craven Arts House 55 Otley Street <b>Skipton BD23 1ET</b></p>	<p><b>Tuesdays</b> <b>10.00am - 12.00pm</b></p>
<p><b>Movement To Music - Settle</b> Gillian Walton Pam Hickin</p>	<p>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.</p>	<p>The Place (Opposite Ruchee Indian restaurant) Unit 11 Commercial Yard Duke Street <b>Settle, BD24 9RH</b></p>	<p><b>Second and Fourth Wednesday of each month</b> <b>2.00pm - 3.00pm</b></p> <p><b>13 &amp; 27 May</b> <b>10 &amp; 24 June</b></p>
<p><b>Settle Cancer Support Group</b> Caroline Wilson Audrey Larkin</p>	<p>The group is open to anyone who has been affected by cancer, including patients, Carers, family &amp; Friends. If you fancy some company, a drink, and a chat, please come along. Everyone is welcome.</p> <p><b>A bookable 20-minute volunteer led 1-1 complimentary therapy session will be available to anyone attending the group free of charge.</b></p> <p><b>Please ask for more information</b></p>	<p>The Place (Opposite Ruchee Indian restaurant) Unit 11 Commercial Yard Duke Street <b>Settle, BD24 9RH</b></p>	<p><b>Fourth Monday of each month (Except for Bank Holidays)</b> <b>10.30am – 11.45am</b></p> <p><b>18 may - rearranged due to bank holiday</b></p>
<p><b>Settle Knit And Natter (Or Sew) Group</b> Jo Rhodes Samantha Glossop</p>	<p>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.</p>	<p>The Settle Community and Business Hub Unit 1 Commercial Yard Duke Street <b>Settle, BD24 9RH</b></p>	<p><b>Wednesdays</b> <b>10.00am - 12.00pm</b></p>
<p><b>Settle Public Living Rooms</b> Jo Rhodes Rachel Campbell</p>	<p>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.</p>	<p>Public Living rooms Settle Quakers 21 Kirkgate <b>Settle, BD24 9DX</b></p>	<p><b>Mondays &amp; Thursdays</b> <b>10.30am - 1.30pm</b></p>

<p><b>Settle Vision- Aid group</b> Anne Webster</p>	<p>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.</p>	<p>The Place (Opposite Ruchee Indian restaurant) Unit 11 Commercial Yard Duke Street <b>Settle, BD24 9RH</b></p>	<p><b>Fourth Monday of each month</b> <b>1.00pm - 3.00pm</b>  <b>18 May - rearranged due to bank holiday</b></p>
<p><b>Talking Drums</b> Simon Wells</p>	<p>This volunteer led drumming group offers therapeutic benefits for people, due to the rhythm, beat and socialization, and is particularly good for people with long term mental health issues due to its meditative effect.</p>	<p>The Place (Opposite Ruchee Indian restaurant) Unit 11 Commercial Yard Duke Street <b>Settle, BD24 9RH</b></p>	<p><b>First and Third Monday of each month</b> <b>6.00pm - 7.30pm</b>  <b>ON HOLD</b></p>