

SEPTEMBER 2026



Well Together Service

FREE Volunteer Led Walking Groups



01274 259190



welltogether@bdct.nhs.uk



Well Together BDCFT

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

BRADFORD AREAS

All Rounders Walking Group Barbara Wainwright Annie McKay Yvonne Elvidge	A medium paced walk covers 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) 14th SEPTEMBER – ON A PRE-PAID TRIP, closed to new members that day.
Chellow Dene Walkers Nahida Sarwar	A steady paced women-only walk starting in Allerton and heading to the beautiful Chellow Dene reservoir. Sturdy shoes are needed as the paths can be muddy. Expect some uphill walking due to the location.	Meeting point for this is changing, please contact the office for updated information.	Mondays 10.00am - 11.30am ON HOLD
Friends Of Bowling Park Barbara Pitts David Topham	A gentle-paced walk around this beautiful park with a drink in the café afterwards. Suitable for Pram/wheelchair users.	Bowling Park Meet at the Lodge Opposite Lister Avenue Bowling Hall Road Bradford, BD4 7TL	Tuesdays 10.00am - 11.00am TERM TIME ONLY RESTARTS 8th SEPTEMBER
Harold Park Walk Margaret and Bernard Tetley	A 30-45 minute gentle-paced walk around Harold Park. Dogs on leads welcome.	Harold Park Meet at the main gate Park Road Bradford, BD12 0EW	Fridays 11.00am - 11.45am (Except for Good Friday)
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.	Exploring various parks across Bradford District 26th August at Harold Park. Meet - Cemetery Road entrance. 9th September at	Wednesdays 4pm-5pm

		Lister Park. Meet - bowling club car park within park. 23rd September Peel Park. Meet - Cliffe Road. 7th October at Roberts Park. Meet - Higher Coach Road entrance 21st October. Bowling Park. Meet - Bowling Hall Road entrance	
Manningham Library Women's Walking Group Shabana Aziz Asimah Hussain Huma Rabia Fayyaz Nazreen Akhter 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 socialise over some light refreshments.	Manningham Library Meet outside the main entrance Carlisle Road Bradford, BD8 8BB	Wednesdays Meet at 9.45am Set off at 10.00am Walk finishes approximately 11.00am
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. Prams/pushchairs welcome.	Myra Shay Park Meet by the top entrance to the park (below Lapage Primary School) Bradford, BD3	Thursdays 10.00am - 10.45am ON HOLD
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 Bradford, BD15 7AB	Wednesdays 10.00am - 11.00am / 11.30am
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 Bradford, BD3 0LT	Thursdays 10.00am - 11.00am
The Ridge Walkers Tim Grunwell Michael Whyte	A gentle walk around Horton Park.	Horton Park Meet at the top gates of Horton Park, by the Ridge Medical Practice Cousen Road Bradford, BD7 3JX	Thursdays 11.00am - 12.00pm
The Wellness Walkers Mohammed Riaz	Incorporating both indoor and outdoor walking at your own pace, with opportunity to use facilities in the sports hall after (badminton, basketballs, cricket sets and the yoga mats.) The outdoor part will take place on the field directly outside the centre, weather permitting, refreshments provided.	Meet at Grange Interlink Summerville Road Bradford, BD7 1PX	Tuesdays 10.30am - 11.30am Timing can be subject to change, please phone to book on to receive updates.

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) Bradford, BD7 4LT	Mondays Meet at 09.45am ready to leave for 10.00am. (Except for Bank Holidays)
Wibsey Walkers Betty Stothers Tim Grunwell	A gentle walk around Wibsey park. Suitable for pram and wheelchair users.	Meet at Beacon Road entrance to Wibsey Park Bradford, BD6 3EY	Mondays 11.00am - 12.00pm (Except for Bank Holidays)
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 The Veterans Hut by the bowling green Wyke Park Bradford, BD12 9PN	Mondays 9.30am - 10.45am
You'll Never Walk Alone Michael Whyte	You'll Never Walk Alone walking group joins up with Walk For Wellbeing Walking group on alternate weeks and take in the sights of Scholemoor, Great Horton, Horton Park and Clayton at medium pace. Some uphill walking due to location.	Meet at Park gates on Horton Park Avenue opposite Horton Park Medical Centre Bradford, BD7 3WG	Mondays 11.00am - 12.00pm

SHIPLEY AND SURROUNDING AREAS			
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 Baildon, BD17 5LH	Wednesdays 2.00pm - 3.00pm
Bingley Walkers Sheila Furness Christine Bondarenko 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 Bingley, BD16 2LZ	Tuesdays 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.	6,13,20,27 August Cullingworth meet opposite St. John's Parish Church 3,10,17,24 September Gilstead Meet at Glen pub	Thursdays 1.00pm - 3.00pm
Cullingworth Walkers John Hudson Christina Watkinson Diana Joy Wright Geoffrey Jones	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	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

Helen Melaugh Kathleen James Raja Nair Suzanne Trewartha	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.		
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 (Except for Bank Holidays) A:9.15am - 10.45am B:9.15am - 10.15am

KEIGHLEY AND SURROUNDING AREAS

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
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
Clarke Foley Circular Walk Jill Finnerty Charlie Harris	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

Haworth Walk Debra Butler Annie Williams 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 (Except for Bank Holidays) 11.00am - 12.00pm
Ilkley 2 Hour Walk Julia Clayton-Stead Helen Hack Sarah Haines Suzanne Holdsworth 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
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. Dogs must be on a short lead at all times. Option to join us for a drink in a local community cafe after.	Meet at the bottom of Mill Ghyll by the fountain in central Ilkley, LS29	Saturdays 10.00am (for approximately 2 hours)
Summer Evening Meditation Walks Cathy Bruce	These walks coincide with sunset and the full moon rising later that evening. They include a visualisation meditation and a short nature connection walk on Ilkley moor. They are purposefully slow paced and are suitable for anyone who can walk up and down hills and steps and over uneven surfaces easily.	Meet at the bottom of Mill Ghyll by the fountain in central Ilkley, LS29	Monthly Saturday 26th September 17:00 - 18:45