

JUNE 2026



Well Together Service

FREE Volunteer Led Activity 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.

Virtual Groups

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

<p>Creativity In The Aire 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>Meet Virtually via Microsoft Teams Wednesdays 1.30pm - 3.00pm</p> <p>3 June - PABLO PICASSO Try drawing or painting Pablo Picasso's famous Weeping Woman, a powerful and colourful image showing how art can express emotion.</p> <p>10 June - COLOURS OF THE RAINBOW Do some cutting and pasting today to create a colourful abstract collage.</p> <p>17 June - GOAL Now that the FIFA World Cup has kicked off, draw or paint footballers in action, or a stadium or the team kit.</p> <p>24 June - 100 AKER WOOD It's the centenary of Winnie The Pooh, so draw your favourite character and see if it reflects your personality or mood – maybe bouncy Tigger, brave Piglet or sad Eeyore.</p>
---	--	--

Face To Face Groups

Bradford, Shipley And Surrounding Areas			
Chill, Chat And Relax 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 Wyke, BD12 9QA The post code will take you to the street opposite Wyke Park and is visible to anyone new to the area	Mondays 10.45am - 12.00pm (Except for Bank Holidays)
Create With A Cuppa Sand Rennie	Come and explore your creativity with a chat and a cuppa.	Shipley Library 2 Well Croft Shipley, BD18 3QH	Thursdays 10.00am - 12.00pm
Denholme Scribes Writing Group 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 Bradford, BD13 4BL	Tuesdays 10.30am - 12.00pm
Friday Friends 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 Bradford, BD2 4LJ	Fridays Every 2 weeks 2.00pm - 4.00pm 5 & 19 June 3 & 17 July
Khush Haal Womens Group (Happiness And Wellbeing) Rubina Niazi Tahera Kacholia	<p style="text-align: center;">GROUP IS FULL</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 Bradford, BD3 9TE	Thursdays 11.00am - 1.00pm
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. This is partnership activity with Bradford Trident. <p style="text-align: center;">Please book on by phoning our office</p>	Park Lane Centre Pakington Street Bradford, BD5 0LN	Wednesdays 9.30am - 10.30am
SewingZone Sajida Malik	<p style="text-align: center;">12 WEEK PROGRAM</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 Bradford, BD3 9TE	Mondays 10.30am - 12.30pm (Except for Bank Holidays) TERM TIME ONLY

Sing For Joy Sue Stewart	Singing for Fun. No experience necessary, just come and enjoy yourself! Everyone welcome.	St Peter's Church Moorhead Lane Shipley, BD18 4JH	Wednesdays Every 2 weeks 2.00pm 4.00pm 10 & 24 June 8 & 22 July
------------------------------------	--	--	--

Bingley, Keighley And Wharfedale

Bereavement Support Group Linda Metcalfe Mary Oxtoby Carole Short Dorothy Pearce	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 Bingley, BD16 2HP	Thursdays 10.30am – 1.00pm
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.	Keighley Healthy Living 13 Scott Street Keighley, BD21 2JH	First and Third Thursday of each month 9.45am - 11.45am ON HOLD Please contact Well Together for restart date
Calm At The Castle Helen Jordan 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
Family History 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 Bingley, BD16 1AL	Wednesdays 10.00am - 12.00pm
STICKS (Simple Therapy In Crochet/Knitting Sessions) Helen Jordan	A social, friendly group suitable for everyone from absolute beginners to the very experienced.	Keighley Healthy Living 13 Scott Street Keighley, BD21 2JH	Second and Fourth Thursday of each month 9.45am - 11.45am ON HOLD Please contact Well Together for restart date
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

Craven District

<p>Better Days Audrey Larkin</p>	<p style="text-align: center;">This group is run in conjunction with Rethinking Pain</p> <p>Better Days supports people in the community who struggle with persistent physical, psychological or social pain.</p> <p>A bookable 20 minute volunteer led 1-1 complimentary therapy session will be available to anyone attending the group free of charge.</p> <p>Please ask for more information</p>	<p>The Place (Opposite Ruchee Indian restaurant) Unit 11 Commercial Yard Duke Street Settle, BD24 9RH</p>	<p>First Wednesday of each month 1.00pm - 3.00pm</p> <p>3 June 1 July</p>
<p>Craven Crafters 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 Skipton BD23 1ET</p>	<p>Tuesdays 10.00am - 12.00pm</p>
<p>Movement To Music - Settle 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 Settle, BD24 9RH</p>	<p>Second and Fourth Wednesday of each month 2.00pm - 3.00pm</p> <p>10 & 24 June 8 & 22 July</p>
<p>Settle Cancer Support Group Caroline Wilson Audrey Larkin</p>	<p>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.</p> <p>A bookable 20-minute volunteer led 1-1 complimentary therapy session will be available to anyone attending the group free of charge.</p> <p>Please ask for more information</p>	<p>The Place (Opposite Ruchee Indian restaurant) Unit 11 Commercial Yard Duke Street Settle, BD24 9RH</p>	<p>Fourth Monday of each month (Except for Bank Holidays) 10.30am – 11.45am</p> <p>22 June 27 July</p>
<p>Settle Knit And Natter (Or Sew) Group 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 Settle, BD24 9RH</p>	<p>Wednesdays 10.00am - 12.00pm</p>
<p>Settle Public Living Rooms 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 Settle, BD24 9DX</p>	<p>Mondays & Thursdays 10.30am - 1.30pm</p>

<p>Settle Vision- Aid group 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 Settle, BD24 9RH</p>	<p>Fourth Monday of each month 1.00pm - 3.00pm 22 June 27 July</p>
<p>Talking Drums 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 Settle, BD24 9RH</p>	<p>First and Third Monday of each month 6.00pm - 7.30pm ON HOLD</p>